

Tennessee Nurse

The voice for professional nursing in Tennessee since 1905

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I Am TNA

Confessions of a Life-Long Learner

by Judy Woodward, MSN, RN (District 3)



Judy Woodward

I decided to write this article for the *Tennessee Nurse* because I hope that my story will inspire others to take a leap toward more education and specifically not to put off joining TNA. I think I could be the poster-child for life-long learning, because at 58, I have just started my DNP! But, let me start at the beginning of this long journey. My first degree was my BSN in 1978. The BSN program at the University of Tennessee in Knoxville was new, and I was very excited about it. I went to interview, and met Barbara Reid. That was basically all it took to set me on fire to want to become the kind of nurse that she was. Was I a good student? No I wasn't. I struggled very hard and even had to repeat courses. I am sure that my professors had many conversations about whether or not I would make it. I can remember my pinning ceremony as if it were yesterday—I was so thrilled. I knew at that point that I wanted to learn more, and I was exploring graduate programs. But then “life happened” and I married and had children and had to take a break from formal education.

The next phase of my education was in the trenches. I have always referred to myself as a “renaissance nurse” because I really loved to know about and learn about many areas. I started in critical care at Ft. Sanders in Knoxville, and had the privilege of very early morning teaching sessions from the outstanding Dr. Freeman Rawson. He was a natural, gifted teacher and we would all gather around at the end of our night shift when he made rounds about 5am. We were eager to learn, and he was generous with his knowledge. There was always something to share

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I Am TNA continued from page 1

with us about an EKG or CXR. I went from critical care to dialysis and was given a very specific skill set that I was glad to master. Next, I went to the NICU at UT in Knoxville, and spent some very tender and important years with excellent nurses and gifted neonatologists. I was so grateful for all they gave to me and taught me. I have always said that I “grew up” during those years.

Another twist of life, and after a divorce, I needed to plan my work schedule around my children, so I went to home health care. Being alone on the front line with my patients at home was a challenge and an education, and one I will never forget. Next came one of my great loves—public health at the Blount County Health Department. How lucky I was to work with these dedicated nurses and the challenge of learning about the difference between the health of an individual and of an entire community. After that, I returned to the hospital to be a ‘float’ nurse and to learn about flexibility, resolve, and organizational skills. I enjoyed the challenge of the continuous learning process that was required to work on a different floor or unit each day. During those years, I met a wonderful patient who was 88 years old, and looked at least 10 years younger than his stated age. He was very anxious to be discharged, and told me he had work to do (he still worked full-time with his own electrical company) and that he had an assignment due. Assignment? What was he talking about? I asked him, and he grinned just a little sheepishly. He said he always wanted his electrical engineering degree, and he decided to get it online! Now, I had been hoping to return to school for many, many years and just kept putting the dream aside. I looked with amazement at this inspirational man and I decided that if he could return to school at 88, surely I could go to school at age 50!

My second degree was my MSN from University of Phoenix, online. Now let me set the stage. Although I could use a computer for charting, emails and surfing the web—I literally knew nothing else. I didn’t even know how to create a document or do an attachment! I can remember my abject fear about starting to school online, and thankfully there were tutorial sessions that I would

review over and over until I felt more comfortable. What a steep learning curve! How patient my fellow students and instructors were with me! The first PowerPoint! What agony and trepidation! I really didn’t know if I could do it. I kept remembering my 88 year old patient, and kept showing up at the computer screen. Miraculously, I kept passing the courses and got my MSN. The MSN was a huge turning point for me on so many levels. I really needed that shot in the arm to help me re-focus on who I was and make a stronger commitment to professionalism. **And I had a professor who made it very clear that your professional organization (TNA) is mandatory—not optional.** I knew that it was time for me to join TNA and ANA. Did I mention that I am a late-bloomer?!? I appreciate that professor and now understand the importance of supporting TNA and ANA as they protect our practice, even without the support of so many nurses who do not understand that the Legislature governs what we do in our jobs every day.

I had always wanted to teach and had a wonderful part-time clinical adjunct position at Tennessee Wesleyan to start my teaching career. Today I am at Austin Peay State University and I teach Community Health, Trends and Issues, and Concepts of Professional Nursing. We spend a lot of time talking about the professional nursing role and responsibilities. I make it as clear to my students as my professor did to me—joining a professional organization is not an option. Now I go with my students to the TNA Legislative Summit and even presented a poster at the TNA Convention in October, 2013.

So here I am, 36 years after my first degree, working on my “terminal degree”—at least, they kept telling me this is my terminal degree! When I told my sons that I was going back to school again, they laughed and asked me “Mom, does the old boxer have one more fight left in her?” I looked right at them and said “bring it!”

Judy Woodward teaches in the School of Nursing at Austin Peay State University. She is married and has two sons who are both, coincidentally, in college. She is currently attending UT of Chattanooga to complete her DNP.

Tennessee Nurse

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From the President

Billie W. Sills, MSN, CLNC, RN

“The only way to make sense of change is to plunge into it, move with it, and join the dance.”

~ Alan Watts

The “winds of change” are swirling around us in the academic world, the workplace and in the state and national legislative arenas. Some are coming so fast that we hardly have time to understand and deal with one when two more come racing around the corner. To say that the nursing profession is in the middle of revolutionary change is indeed an understatement. The “paradigm shifts” taking place not only in nursing, but the world in general are being driven by rapid technological innovation, the globalization of the healthcare industry, and the arrival of the internet healthcare information web-sites. The practicing nurse at the bedside is focused on providing the best nursing care she/he can in an environment of increased patient acuity, advanced technology, an increasing aging population, decreased resources, and a shortage of nursing staff. **These challenges call for action and it is essential that as nurses we advocate for the patients and families, the communities we live in, and for ourselves and our profession.**



Billie Sills

Anthony Robbins has written that individuals have the power to change virtually anything and everything in their lives. Over the years I have learned that we have the resources we need to turn dreams into realities and that they actually exist within each of us. The time has come for us to turn our visions of what we see nursing to be in the 21st century. There are many pieces of legislation pending in the Tennessee General Assembly and the U.S. Congress that can affect our practice both in positive and negative ways. **We can no longer sit back and turn a blind eye, a deaf ear, or let someone else “take care of it” because in reality it is up to us.** We can successfully navigate through the present “winds of change” because of the resiliency of each nurse. Yes, we are resilient... as nurses we have had to pay attention to the many complexities of our nursing experiences, listen to our emotions, and be willing to learn from disappointment as well as success. There have been many studies that have shown that individuals have learned significant lessons from the hardships we have all experienced. One of the most significant changes that the nursing profession has experienced is that of being a political advocate. We have learned its importance as we have come to understand that as professional nurses and constituents, we do have an important voice. One that can influence not only the development of healthcare legislation, but its passage as well.

We can no longer sit back and turn a blind eye, a deaf ear, or let someone else “take care of it” because in reality it is up to us.

With the TN General Assembly done for 2014 and the August Congressional Recess in effect, it is a perfect time to communicate directly with our

legislators regarding nursing, nursing issues and healthcare in general. Get to know the candidates, schedule face to face meetings with them, learn where they stand on important issues involving healthcare and nursing. Attend the “town hall” meetings, debates that they will be having... Remember the “Campaign machines” are in full motion and how we respond will make a difference in the November election.

The TNA-TASN JOINT CONFERENCE will convene in Murfreesboro, TN on October 10-12, 2014 with the conference theme of *NURSES TRANSFORMING HEALTHCARE: A WORLD OF OPPORTUNITY*. Make plans now to attend. This will be a great opportunity to meet with colleagues across the state to share our individual vision for the future of nursing and healthcare in TN.

I look forward to seeing you there...as we all “join the dance of change.”

From the Executive Director

The Gift of Storytelling

Sharon A. Adkins, MSN, RN

I have learned so much from storytellers. What a wonderful gift we receive when we listen to the stories of others. I once had the privilege of listening to Terry Tafoya, a traditional Native American storyteller. He reminded me, in ways I will not forget, about seeing through another’s eyes. He spoke of how our view of the valley changes depending on how high up on the mountain we are... and that each view is true. He demonstrated how harmony exists only when there are different notes being played: one single, uniform note does not produce harmony.



Sharon Adkins

I’ve thought about these things a lot in the past weeks as I’ve reflected on our world, our country and our profession. It seems to me that if there is ever going to be harmony among us, we must listen to each other’s music and not insist that our song is the only song. We need to move to a different place on the mountain and look at the valley again, remembering that each view is just as valid as the next.

Some say these word pictures, these stories are too simplistic, but it works for me. When I am able to “see” a relationship, an analogy, it sticks with me and I’m able to pull it out and look at it when I start to become short sighted or impatient with others. So I gather these insights from all the storytellers I meet, like Dr. Tafoya and those I meet every day: colleagues, family, friends and patients. I continue to listen to and learn from their stories, they have given me a precious gift and I thank them all.

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*Wilhelmina Davis
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Although the legislature is out of session, the TNA has had a very busy summer. We've attended meetings with legislators, healthcare advocates, and Government officials. We've also attended scheduled meetings of the Board of Nursing and the Board of Medical Examiners. These meetings have been centered on topics of telemedicine, control substance monitoring database, rulemaking hearings for newly enacted legislation, developing the state health plan and other matters of healthcare concerns having an impact on the nursing profession as well as the healthcare of Tennessee citizens. Aside from busying ourselves with a plethora of meetings, TNA has been busy with fundraising efforts and attending events leading up to the 2014 primary elections.

The primary is now over, the field of candidates has been narrowed down to just one candidate of each party affiliation seeking election or re-election as a member of the 109th Tennessee General Assembly. As reported earlier, all House seats and the odd number Senate districts will be on the ballot. It's time to begin a serious look at the personalities and potential of candidates and for nurses across Tennessee to let their voices be heard. **You are the experts and your voice is power.**

As Registered Nurses, you are part of the largest voting block of professionals and the largest group of health care professionals in the State. **Your profession is governed by the actions of the legislature.** When the members of

the 109th General Assembly convenes in January 2015, it is imperative that as constituents, nurses inform and equip legislators with information necessary to make informed decisions once bills begin to be introduced.

We continue to encourage members to get involved with your local campaigns, either by volunteering or inviting candidates to your TNA district meetings. We urge members to get acquainted with House and Senate members who will represent you on Capitol Hill. As an expert in the healthcare arena, you can reassure your Legislator that there is someone in the district they can call on to help them understand healthcare issues when a better understanding is needed. By being that go to person, you are exercising your **knowledge, power and influence.**

Another mechanism of **exercising your power and influence** is by supporting TNA's political action committee (TNPAC). The TNPAC brochure states, "TNPAC is founded on the belief that nurses have a stronger voice and representation in the political process by making contributions to candidates." Contributions play an integral part in the political process. Showing support through TNPAC, allows TNA staff and the nursing professional an opportunity to be at the table when decisions are being considered which affect your livelihood and healthcare across the state. TNPAC distributes funds to those legislative candidates who support nursing and those who demonstrate a desire for quality cost effective healthcare regardless of political party affiliation.

Election Day is November 4, 2014, let your voice be heard, exercise your power and influence!

Tennessee Nurse Wins ANA's Lobby Day Photo Contest

Towanda Stewart, of TNA District 1, recently won ANA's Lobby Day photo contest held June 12, 2014. Stewart served on the Reference Committee during ANA's 2014 Membership Assembly in Washington, D.C. and is currently a member of ANA's Advisory Committee. Over 160 nurses in Washington, DC advocated on Capitol Hill for issues like safe staffing, safe patient handling & mobility, home health, durable medical equipment, among others. Nearly 255 Congressional meetings were held with lawmakers and their staff and 400 nurses participated virtually. Over 900 letters were sent to Congress and tons of Tweets and Facebook messages connected nurses across the country with legislators. It was truly an outstanding day. Congratulations Towanda for the great photo, and for the Tennessee group representing Tennessee nurses in Washington!



First Vice President of TNA District 5, Kathleen Jones, MSN, RN, CNS; TNA District 1 member, Towanda Stewart, MSN, BSN, RN; Congressman Steve Cohen; TNA President, Billie Sills, MSN, CLNC, RN; and TNA District 9 member, Thomas Ray Coe, FACHE, MBA, MHA, NEA-BC, PhD, RN.



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Tennessee State Senate 2014 General Election Candidates

District	Republican	Democrat	Independent
1	Steve Southerland		
3	Rusty Crowe		
5	Randy McNally		
7	Richard Briggs	Cheri Siler	
9	Mike Bell		
11	Bo Watson		
13	Bill Ketron		
15	Paul Bailey	Betty Vaudt	William L. Draper
17	Mae Beavers		
19	Sterlina Inez Brady	Thelma Harper	
21	Diana Cuellar	Jeff Yarbro	
23	Jack Johnson		
25	Kerry Roberts	Tony Gross	
27	Ed Jackson	Randy Lamb	James A. Baxter
29	James R. Finney	Lee Harris	
31	Brian Kelsey		
33		Reginald Tate	

Tennessee House of Representative 2014 General Election Candidates

District	Republican	Democrat	Independent
1	Jon Lundberg		
2	Bud Hulsey		J.R. Enfield
3	Timothy Hill		
4	John B. Holsclaw, Jr.	Rob Martin	
5	David Hawk		Kermit E. Steck
6	James (Micah) Van Huss		
7	Matthew Hill		
8	Art Swann		
9	Mike Harrison		
10	Tilman Goins		
11	Jeremy Faison	Marjorie J. Ramsey	
12	Dale Carr		
13	Eddie Smith	Gloria Johnson	
14	Ryan A. Haynes		
15	Joe Armstrong		Pete Drew
16	Bill Dunn		
17	Andrew E. Farmer		
18	Martin McDaniel		
19	Harry Brooks		
20	Bob Ramsey	John Ross Conkey	
21	Jimmy Matlock	Pamela O. Weston	
22	Dan Howell		
23	John W. Forgety		
24	Kevin D. Brooks		
25	Cameron Sexton	Judy Barnett	
26	Gerald McCormick		
27	Patsy Hazelwood	Eric Mcroy	
28	JoAnne Favors		
29	Mike Carter		
30	Marc Gravitt		
31	Ron Travis		
32	Kent Calfee	Joe Kneiser	
33	John D. Ragan	Misty Neergaard	
34	Rick Womick		
35	Jerry Sexton		
36	Dennis H. Powers	James Virgil Kidwell	
37	Dawn White		
38	Kelly T. Keisling		
39	David Alexander	Matthew Huffer	
40	Terri Lynn Weaver	Sarah Marie Smith	
41		John Mark Windle	
42	Ryan Williams	Michael R. Walsh	
43	Robert F. Dunham	Kevin Dunlap	
44	William Lamberth		
45	Courtney Rodgers	Steven D. Puckett, Jr.	
46	Mark A. Pody	Candace Reed	
47	Judd Matheny		
48	Bryan Terry	William "Bill" Campbell	
49	Mike Sparks	Mike Williams	

District	Republican	Democrat	Independent
50	Troy Brewer	Bo Mitchell	
51	Brian L. Mason	Bill Beck	
52		Mike Stewart	
53	John Wang	Jason Powell	
54		Brenda Gilmore	
55	John Ray Clemmons		
56	Beth Harwell		
57	Susan M. Lynn	Jess McLevain	
58		Harold M. Love	
59		Sherry Jones	
60	Jim Gotto	Darren Jernigan	
61	Charles Sargent, Jr.		
62	Pat Marsh		
63	Glen Casada		
64	Shelia Butt		James Gray
65	Jeremy Durham	William S. Peach	
66	Sabi (Doc) Kumar	Kyle Roberts	
67	Joe Pitts		
68	Curtis Johnson		
69	Michael G. Curcio	David Shepard	
70	Barry Doss		
71	David "Coach" Byrd		
72	Steve McDaniel		
73	Jimmy Eldridge	Shelia I. Godwin	
74	Jay D. Reedy	John C. Tidwell	
75	Tim Wirgau	Randy Patton	James L. Hart
76	Andy Holt	Joyce Washington	
77	Bill Sanderson	Mark S. Oakes	
78	Mary Littleton	Jane R. Crisp	
79	Curtis Halford	Bobby Barnett	David Nance
80		Johnny Shaw	
81	Debra Moody		
82		Craig Fitzhugh	
83	Mark White		
84		John Towns	
85		Johnnie R. Turner	
86	George T. Edwards	Barbara Cooper	
87		Karen D. Camper	
88	Harry Barber	Larry J. Miller	
89	Roger Kane		
90		John J. Deberry	
91	Samuel Watkins	Raumesh Akbari	
92	Billy Spivey	Vicki C. Cain	
93	Colonel Gene Billingsley	G.A. Hardaway	
94	Leigh Rosser Wilburn		
95	Curry Todd		
96	Steve McManus	Hilman Thompson	
97	Jim Coley		
98		Antonio Parkinson	
99	Ron Lollar		

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Leadership/Policy



Lessons Learned on the Journey to Nursing Leadership: A Preview

Virginia (Ginna) Trotter Betts, MSN, JD, RN, FAAN
HealthFutures, Inc. President and CEO



Virginia Betts

Admit it! Aren't we all really curious about what propels our nursing colleagues to take actions that change health care in both small and large ways? Don't we want to know what characteristics or experiences engender certain nurses to stand out, to influence others toward change and innovation? And, more important, don't we all need to know about how we, too, can be leaders and change agents?

I recently had the opportunity to explore these very questions while developing a chapter for an exciting book that will hit the marketplace in 2014. *Nurses: Making Policy from Bedside to Boardroom*, edited by Rebecca Patton, Margaret Zalon, and Ruth Ludwick, will highlight the tremendous impact nurses have made, are making, and must make on health policy in both micro and macro arenas and provide nurses with intellectual and practical leadership tools to do more.*

I think that you, my Tennessee nursing colleagues, will be intrigued by a sneak preview from my chapter in the book entitled "Serving the Public through Policy and Leadership." The editors granted me permission to give you just a bit of the flavor and wisdom of the nurse leaders that we gathered in writing this chapter. I hope this brief piece will simply whet your appetite to read the entire book when it rolls off the presses.

In order to explore the lived experience of nurses as leaders, we identified 20 exceptional nurses from across the nation whose careers exemplify achievement in health policy, both public and private, and in local, state, national and international arenas. We chose professional nurses from their early 40's to their late 70's, women and men, different ethnicities from a breadth of professional roles, geographic locations and practice specialties. All are exceptional role models whose stories will enable you to recognize that we, as nurses, are more alike than we are different, and we all can develop the expertise, skills, and will, to lead nursing and health care forward.

We gathered stories and histories from these nurse leaders and distilled common themes, threads, values and advice from them. As you read just a few morsels, you will see that their words will make you say, "I agree!" or, "That's me!" Or, they may simply inspire you to up the pace on your own leadership journey.

FOUR KEY LESSONS LEARNED

ONE, almost all of these nurse role models chose nursing in order to be part of a profession that has deep meaning—"To have work," as one stated, "that makes a profound difference in people's lives." Just pause to reflect on that one concept. Professional nursing brings to all of us both intrinsic and extrinsic rewards. Intrinsically, each day, we make a positive difference to our patients and their families and our communities. Extrinsically, our immense value to others is validated by decades of Gallup polls that rank professional nurses as the most ethical and trusted profession by the American public. As one nurse stated, "We need to both treasure and use that trust to advance the best on behalf of our patients and society's

well-being during these complex times." Thus, what nurses say matters and allows us the opportunity to leverage the public trust into making a difference in public life through promoting quality health policy for our state.

TWO, while contributions to nursing and policy can be made by anyone with motivation and opportunity, some building blocks serve as a strong foundation. In reviewing the career paths of the nurse leaders interviewed, *education* as evidenced by advanced degrees, certifications, internships, fellowships, and continuing education was a frequent marker in their success, providing knowledge, skills, and relationships that were both fundamental and motivational as well as a perspective well beyond the boundaries of position, facility, and employment. Conceptualizing nursing as a discipline with a body of knowledge, a Code of Ethics and a contract with society through the profession's *Social Policy Statement* becomes critical for professional success.

THREE, every nurse leader interviewed said over and over, "Nursing is so much more than a job!" and went on to emphasize, without exception, the profound and critical role their involvement with professional associations played throughout their careers. Professional association membership (especially ANA, the SNAs, and NSNA) and participation led them both to connect to policy issues and to connect with other policy interested professionals. Like most nurses, their careers began in providing direct patient care in a clinical setting, but over time with encouragement and mentoring, their passion for participation grew in making needed changes in the practice setting and in their professional environments. Many grew upward within their workplace and then outside the workplace into their communities. Membership and active involvement with professional associations and other volunteer activities in their communities provided to them their greatest opportunities for professional development, honing leadership skills and behaviors and shaping a professional mission and career.

FOUR, the nurse leaders we interviewed took risks, spent valuable time and energy, and accepted many, many challenges to create better health care on their units, in their organizations, communities, legislatures or regulatory bodies. They insist that becoming a leader includes getting prepared and then saying YES to opportunities as they come along--or making opportunities happen. One said, "Leadership is not an academic experience—it is an immersion experience in life, and it can be messy as it is evolving." And another, "Stay open to feedback, but walk through the doors of opportunity to lead without waiting for an invitation." Those initial first steps in one's clinical area or on a community issue of the "I see a problem, and I can make a change" moments gives one confidence and courage plus the chance to be recognized in increasingly widening circles. One leader urged, "No matter how fearful you are, or how small you may feel, you can make a difference as you raise your voice. Find your passion and grow your skills then look for ways to apply those to advance the profession." As you can see, leadership requires nurses to become involved, to make a commitment, to make noise. Tennessee nurses know this—we must VOLUNTEER!

In summary, let me assure you that not one among those nurse leaders interviewed became a nurse in order to be a nursing or health policy influential. Yet, they are. But ALL would challenge YOU, each Tennessee nurse, to join them. And, I will add, *if not you, then who? Who will lead in Tennessee to change laws, reimbursement, regulations, and organizational policies that restrict nurses from practicing to the full extent of their education and abilities?*

**Patton, Zalon, and Ludwick designed this book with a clear goal in sight: the creation of a Washington Fellows Program for Nurses administered through the American Nurses Foundation and supported through the book royalties.*

ANA News

ANA's New President Takes the Helm, Lays out Priorities



Tennessee Nurses Association welcomes new ANA President Pamela Cipriano, PhD, RN, NEA-BC, FAAN! Cipriano was elected at the ANA Membership Assembly on June 14 to a two-year term. Here is a little more about President Cipriano and her hopes for the future of ANA and the profession.

Getting to Know ANA's New President

Prior to becoming ANA president, Cipriano served as senior director for health care management consulting at Galloway Advisory by iVantage. She also has held faculty and health system leadership positions at the University of Virginia (UVA) since 2000.

Cipriano is known nationally as a strong advocate for health care quality, and serves on a number of boards and committees for high-profile organizations, including the National Quality Forum and the Joint Commission. She was the 2010-11 Distinguished Nurse Scholar-in-Residence at the Institute of Medicine.

A longtime ANA member, Cipriano has served two terms on the ANA Board of Directors and was the recipient of the association's 2008 Distinguished Membership Award. She acted as the inaugural editor-in-chief of *American Nurse Today*, ANA's official journal, from 2006-14, and is currently a member of the Virginia Nurses Association.

Vision for the Future of ANA

In a recent conversation with *The American Nurse*, Cipriano shared her vision for ANA by outlining three priorities for her presidency.

First, she will focus on ANA's "core strengths," which include: political advocacy, efforts around safe staffing and healthy work environments, and fighting for nurses' rights to control their profession and practice to the full extent of their education and licensure.

Second, Dr. Cipriano will lead membership growth and retention. "I strongly believe in the old saying, 'There's strength in numbers,'" she said.

The third priority for her first term includes positioning nurses to exert greater influence in the transformation of health care. "It's very important for ANA to make sure nurses are in prime positions and key decision-making groups so our voice is there at every turn," she said.

Finally, what does President Cipriano want members around the country to keep in mind? Optimism. "We are making a number of strides," she said. "We're going to need all of our members...if we want to truly achieve a new direction in health care."

To read more about President Cipriano, please visit: www.theamericannurse.org/index.php/2014/06/30/meet-anas-new-president/

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2014 TNA & TASN Joint Conference

**Conference Kicks Off
Friday, October 10
at 6:00 PM**

Make Plans Now to Attend!

*2014 TNA & TASN Joint Conference
October 10 - 12, 2014
Embassy Suites SE – Murfreesboro
Murfreesboro, TN*

The Tennessee Nurses Association and the Tennessee Association of Student Nurses presents the *2014 TNA & TASN Joint Conference!* **If you are looking for educational sessions to ignite and sustain you in your nursing journey, this is it!**

You will want to get settled in at Embassy Suites Friday afternoon, October 10. TNA activities begin Friday at 6 p.m. with TNA's Welcome Reception, exhibits and the TNF Silent Auction. TNA's registration desks will open at 3 p.m. for your convenience.

Overview

Nurses are poised to be leaders in healthcare transformation. This year's conference will address issues from the boardroom to the bedside. Topics will range from a provocative healthcare financing presentation to new models of patient care. In addition, the joint conference offers a forum for networking allowing plenty of opportunities for you and your colleagues to meet for the first time, or catch up with those you've met along the way. Plus, the outstanding Poster Presentation session is a must see.

Membership Assembly

This year will be the inaugural TNA Membership Assembly. **All TNA members who attend** the Annual Conference **will be eligible to vote** on all issues, positions, resolutions and policies brought before the assembly. Don't miss this chance to let **YOUR** voice be heard!

TNF Silent Auction

The Tennessee Nurses Foundation will hold its ninth *TNF Silent Auction* and will offer a unique assortment of items for sale with proceeds going to **support nurses** through TNF's programs. Donations are being accepted through 9:30 a.m. on Saturday, October 11; the last day of the auction.

Exhibits & Schools of Nursing Luncheon

The *Exhibits & Schools of Nursing Luncheon* held Saturday, October 11, allows all attendees to visit with the large variety of vendors who exhibit and learn more about new products and services. It also offers a great opportunity for graduates, from the many schools of nursing, to visit with alumni and gives student nurses and seasoned nurses the chance to network and get to know one another.

TNA Achievement Awards Gala

The *TNA Achievement Awards Gala* held on Saturday evening, October 11, offers an opportunity to honor nurses and other individuals by acknowledging their exceptional dedication, commitment and professionalism to the profession of nursing.

Joint Conference

The purpose of this joint conference is to promote mentoring opportunities between seasoned nurses and nursing students. **We ask that you take some time out to get acquainted with the future of nursing while you are with us.**

Hotel Information – Embassy Suites – SE Murfreesboro

To make a room reservation at the Embassy Suites – SE Murfreesboro, you may visit <http://embassysuites3.hilton.com/en/hotels/tennessee/embassy-suites-nashville-se-murfreesboro-MBTESES/index.html> or you may call 1-800-EMBASSY or 615-890-4464 and **mention the conference name and the group code of NSS**. The special room rate of \$139 per night plus tax will be available until the group block is filled and includes a full, made-to-order, breakfast and afternoon cocktail hour. The cut-off date for the discounted rate is Thursday, September 18, 2014. The Embassy Suites – SE Murfreesboro offers complimentary guest parking.

TNA & TASN Joint Conference

October 10 - 12, 2014

Embassy Suites SE - Murfreesboro
1200 Conference Center Boulevard
Murfreesboro, TN 37129



Registration Form

Please Print

Name _____ Credentials _____

First Name for Badge _____ TNA Member I.D.# / RN License# _____

Address _____

City _____ State _____ Zip _____

Email _____ Nursing Area _____

Home Phone _____ Cell Phone _____ Work Phone _____

I am a: TNA Member Non-Member Full-time Student Retiree New Member First Time Attendee

Please change my membership record to reflect the above information.

Checking here indicates TNA will not provide your contact data to sponsors, exhibitors or attendees of this event.

I require special accommodations to participate in this program. Please specify:

Vegetarian Meals Diabetic Meals Food Allergy Identify Allergy _____

Please complete the following information by entering a check mark beside activities you will attend.

Note: These activities are included in your registration fee unless otherwise indicated.

By completing this information TNA can ensure that we provide adequate counts for meal and break functions.

Friday, October 10
Evening Reception _____

Saturday, October 11
Luncheon with Exhibitors _____
Awards Gala _____

Sunday, October 12
Boxed Lunch _____



2014 TNPAC FUNDRAISING EVENT: TNA DISTRICT BASKET CHALLENGE

Baskets will be auction on
Sunday, October 12,
during
membership assembly.



THANK YOU
for your continued support of
TNA's Political Action
Committee TNPAC.

Need More Information? Contact TNA by phone 615-254-0350, by FAX 615-254-0303, by email tna@tnaonline.org, by visiting our website at www.tnaonline.org, or by mail 545 Mainstream Drive, Ste. 405, Nashville, TN 37228-1296.

2014 TNA & TASN Joint Conference

Meeting Information

Embassy Suites SE – Murfreesboro

The Embassy Suites SE – Murfreesboro Conference Center is headquarters for the TNA & TASN Joint Conference and offers guests a complimentary cooked-to-order breakfast served each morning, a well-equipped fitness center and a Manager’s Reception each evening featuring your favorite beverages and hors d’oeuvres. You’ll enjoy casual dining at the Gateway Grille and Atrium Lounge or visit the many local area restaurants and attractions.

Hotel Parking

Embassy Suites SE – Murfreesboro offers complimentary on-site parking.

Conference Registration – SAVE \$25! Register Now!

Regular registration will be available from August 20 through September 30, 2014. On-site registrations will be taken after that time. Please refer to the Registration Form for rate differentials. For additional information contact TNA at 615-254-0350. Note: A \$40 service fee will be charged for returned checks.

Meeting Attendance

Only paid registrants, displaying an official TNA conference name badge, will be allowed entrance to conference program events.

Attire

Attire at educational and business sessions is business casual. Note: temperatures in the hotel can fluctuate so please dress accordingly. A jacket is recommended.

ADA Compliance

Embassy Suites SE – Murfreesboro will comply, to the best of its abilities, with the Americans With Disabilities Act. In order to offer this program to all interested parties, please indicate any special needs on the registration form.

Cancellations

A refund of registration fees, less a \$45 processing fee, will be made upon receipt of a written cancellation request postmarked no later than Monday, September 29, 2014. No refunds will be made after that date.

IRS Statement

Registration fees are not deductible as charitable contributions for federal income tax purposes. Generally, registration fees can be deducted as an ordinary and necessary business expense.

Continuing Education

The Tennessee Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. Nurses who attend the entire conference program will be awarded a maximum of 5.5 contact hours. If you only attend a portion of the conference, you may receive CNE credit for each session you attend. You must attend the entire session and complete and sign the Attendance Verification/Certificate Form listing each session you attended. Attendance Verification/Certificate Forms must be turned in at the close of the conference.

Disclaimer

TNA will make every effort to ensure information herein is accurate at the time of

publication. TNA will not be held liable for misprints, omissions, changes or alterations.

Disclosure

A portion of what you pay for overnight accommodations is rebated back to TNA by the hotel to assist in underwriting the cost of the conference. Please help keep the registration cost low by booking your room through the TNA room block at Embassy Suites SE – Murfreesboro.

Murfreesboro Area

Embassy Suites SE – Murfreesboro is adjacent to The Avenue Murfreesboro providing convenient shopping and dining options. Numerous historical sites in the area include the Stones River National Battlefield, Cannonsburgh Village, The Sam Davis Home and the Oakland Historic House Museum.

Ways to Register

Secure Online Registration: Visit TNA’s website at tnaonline.org to register online. Online registration fees may be paid with a credit card through our secure website. If you choose to pay by check or money order, your registration will not be processed until your payment is received at the TNA office.

Mail: If you do not wish to register online, you may use the conference registration form beginning on page 7, access a printable version of the registration form at tnaonline.org, or contact TNA at 615-254-0350 for a form. Mail your two-page registration form to TNA, 545 Mainstream Drive, Suite 405, Nashville, TN 37228-1296. Include credit card number, check, or money order payable to the Tennessee Nurses Association. Do not send cash in the mail.

Fax: 615-254-0303. Faxed registrations are for credit card payments only. Please contact TNA to confirm receipt of faxed registrations. For additional information, contact TNA at 615-254-0350.

NOTE: Only MasterCard and Visa are accepted.

The Tennessee Nurses Association appreciates those who helped develop this event, especially the TNA Committee on Education members:

- Mary Lynn Brown
- Francisca (Chita) Farrar
- Tommie Norris
- Billie Sills
- Karen Ward
- Georgita Washington

2014 TNA & TASN Joint Conference Registration Fees										
NOTE: Only paid registrants, displaying an official TNA conference name badge will be allowed entrance to conference program events. <small>The Tennessee Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.</small>	Early Bird Registration (Must be postmarked by 8/19/14)			Regular Registration (Postmarked between the dates of 8/20/14 until 9/30/14)			On-Site Registration (On-Site Registrations will be accepted after 10/1/14)			Amount
	Member	Non-Member	TNA Member Full Time Student or Retiree	Member	Non-Member	TNA Member Full Time Student or Retiree	Member	Non-Member	TNA Member Full Time Student or Retiree	
Conference Registration Options - Friday, October 10 through Sunday, October 12, 2014										
Full Registration - Includes Friday’s Welcome Event featuring exhibits, food, music, silent auction opening and networking opportunities, attendance to all educational activities, entrance to Saturday Awards Gala, Exhibit Hall, Saturday Luncheon, all Breaks and Membership Assembly	\$275	\$325	\$245	\$290	\$340	\$260	\$315	\$365	\$285	\$
Saturday Only - Includes educational activities for the day, entrance to Exhibit Hall, Luncheon, Awards Gala, and Breaks	\$220	\$255	\$200	\$240	\$275	\$220	\$260	\$295	\$240	\$
Sunday Only - Includes educational activities for the day, Breaks, Boxed Lunch, and Membership Assembly	\$75	\$95	\$55	\$95	\$115	\$75	\$115	\$135	\$95	\$
Guest Tickets (Additional Guests Only)				Guest Ticket Pricing				Quantity Ordered		
Saturday - Exhibits and Schools of Nursing Luncheon				\$30 each						\$
Saturday - Awards Gala				\$45 each						\$
Total Amount Due – Registration & Guest Tickets										\$
PAYMENT METHOD										
<input type="checkbox"/> Check <input type="checkbox"/> Employer Sending Check Employer _____ Credit Card <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa Name of Card Holder _____ Address of Card Holder _____ City _____ State _____ Zip _____ Credit Card Number _____ Expiration Date _____ 3-Digit Authorization Code (Located on back of card) _____ Signature _____										



2014 TNA & TASN Joint Conference

SPECIAL KEYNOTE SPEAKERS

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Kathleen M. Parrinello, Ph.D.
Executive Vice President and Chief Operating Officer
University of Rochester Medical Center, Strong Memorial Hospital
Rochester, NY

Kathy is the Chief Operating Officer for UR Medicine's Strong Memorial Hospital, serving residents in the greater Rochester and Upstate NY regions. In this 830 bed academic medical center she provides all levels of quaternary, tertiary and primary care services. Kathy has also held the position of Practitioner/Teacher in the Surgical Services Department while at Rush Presbyterian Medical Center in Chicago, Illinois. Kathy has served on numerous community boards; has led community wide healthcare initiatives; served as a board member on the Greater Rochester Community Technology Assessment Advisory Board; and serving as board member and committee chair of Visiting Nurse Service. Kathy holds two academic appointments at the University of Rochester, Associate Professor in the School of Nursing and Clinical Associate Professor of Public Health Sciences in the School of Medicine and Dentistry. She is a Fellow in the American College of Healthcare Executives and is the author of several publications on clinical practice and administration.



R. Lawrence Van Horn, Ph.D., MPH, MBA
Associate Professor of Economics and Management
Executive Director of Health Affairs
Vanderbilt University Owen Graduate School of Business

Larry Van Horn is Associate Professor of Economics and Management and Executive Director of Health Affairs at Vanderbilt University's Owen Graduate School of Management, where he oversees the Health Care MBA and Master of Management in Health Care programs. His research has appeared in leading academic journals including The Journal of Health Economics, Journal of Law & Economics, Management Science & Operations Management, New England Journal of Medicine and Harvard Business Review. In addition to his academic duties, Van Horn is a regular speaker on health care economics and policy for corporate clients across the country. Professor Van Horn holds a Ph.D. from the University of Pennsylvania's Wharton School.



Ninth Annual TNF Silent Auction
October 10-12, 2014
Embassy Suites SE - Murfreesboro

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Estimated monetary value of donated item: \$ _____ Date: _____

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This donation becomes the property of the Tennessee Nurses Foundation and is to be offered for sale at an auction, the proceeds of which go to the Tennessee Nurses Foundation. Should donor provide any displays or samples of the donation to coincide with a donated gift certificate, TNF will not be held responsible for those items. It will be the sole responsibility of the donor to either pickup the samples or displays, as stated above, at the hotel or to pay the shipping charges on the return.

Donors will be listed in the winter issue of the *Tennessee Nurse* (circulation 90,000+). The Tennessee Nurses Foundation is a non-profit, tax-exempt, 501(c) (3) organization.

Please submit the completed form by email to tnf@tnaonline.org, fax to 615-254-0303 or mail the form to **TNF, 545 Mainstream Drive, Suite 405, Nashville, TN 37228-1296**. For questions regarding this event please contact TNF's Program Director, Kathy Denton at 615-254-0350 or email tnf@tnaonline.org.



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Murfreesboro, TN 37129

Presented by the TNF Board of Trustees, donations are now being accepted through 9:30AM Saturday, October 11, the last day of the event.

Items suggested for donations include, but are not limited to:

- autographed sports items
- tickets to the theatre/movie/sports
- restaurant/spa treatment gift certificates
- a week of vacation at a time share
- horseback ride
- jewelry, apparel, paintings, gift baskets, etc.
- antique nursing books and prints
- share some lovely items that you would rather stop dusting

A donation form is in this issue or for complete details visit tnaonline.org. From the 'Home' page, click on the conference link; the Tennessee Nurses Foundation link; or call 615-254-0350

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Tennessee Nurses Foundation

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 In Tribute In Memory
 In Name of _____

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This program is available to honor any Tennessee nurse. Honor a nurse friend, nurse family member, or nurse colleague by marking their anniversary, birthday, special event or occasion, or as a memorial. Patients, or the patient's family, may honor a nurse that truly made a difference in their care or the care of a family member.

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Happy Fall to all Tennessee nurses. As the leaves begin to turn and fall it is time to reflect on a year of blessings and look forward to more. The Tennessee Nurses Foundation has had a great year and we are looking forward to another year with more offerings to nurses in Tennessee. The Foundation Board of Trust would like to thank every nurse who purchased and renewed their license plates. The monies collected from this effort are being spent on scholarships, mentoring project and other items to help nursing as we move forward into a new year. It is such a joy as you drive throughout the state and see that license plate on the cars you pass. If you don't have one yet and would like to support nurses in our state, please, join us with a **Nurses Change Lives** license plate on your car.

It is time to begin thinking of attending the joint TNA/TASN conference on October 10-12, 2014 at the Embassy Suites in Murfreesboro. There will be a Silent Auction again this year and we are asking for donations of items for the auction. If you have donations for the auction you can bring them with you, give them to another member attending or send them to the office on Mainstream Drive. As you send in your items don't forget to fill out, and send with the item, a donation form. You can retrieve a copy of the form from the website – www.tnaonline.org and click on the TNF link or a copy is in this paper. We are also selling donated books and videos again this year as that was a big hit last year. The auction is a good time to buy those special presents for the upcoming holiday seasons and birthdays.

I look forward to seeing you at the conference.

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Tennessee APRNs Support Full Practice Authority



Respectfully submitted by Carole R. Myers, PhD, RN, Chair of the TNA GOVA Committee and Nursing Lead for the TAC.



Carole Myers

The Tennessee Nurses Association (TNA) Government Affairs (GOVA) committee, in coordination with the TNA APRN committee, recently conducted a survey of Tennessee APRNs to gauge the level of support for introducing and promoting full practice authority (FPA) legislation. Preparations are underway by TNA to advance FPA legislation in Tennessee. To be successful, we must build the case for the value of FPA to all Tennesseans, equip nurses with the knowledge and skills for effective advocacy and leadership, and engage a broad base of support among nurses and others. The survey, developed at the request of an important Tennessee legislator, assessed the level of support for FPA among Tennessee APRNs and demonstrated how committed APRNs are to doing what it takes to make FPA a reality and what can be done to equip nurses with the knowledge and skills to be effective legislative advocates.

Full practice authority (FPA) is the collection of state practice and licensure laws that allow APRNs to practice fully in the four domains of practice **under the exclusive licensure authority of the state board of nursing** (Source: American Association of Nurse Practitioners).

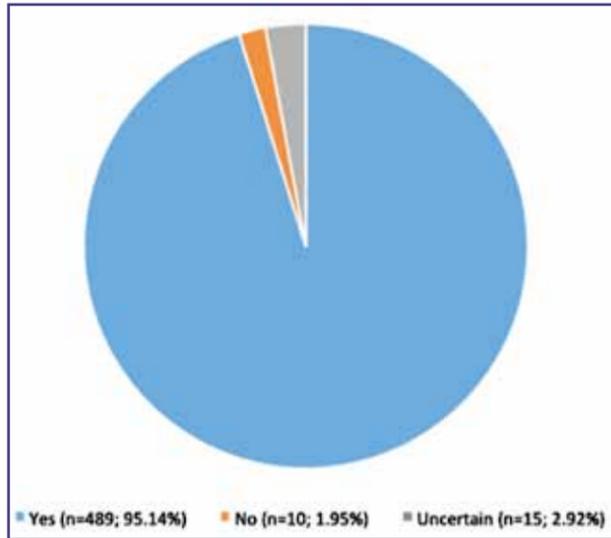
The four domains of APRN practice include: evaluation of patients; diagnosis; ordering & interpretation of diagnostic tests; and initiation and management of treatments, including prescribing of medications. Currently the prescribing of medications by APRNs with a Certificate of Fitness requires physician supervision and involvement of the Tennessee Board of Medical Examiners.

The survey was a convenience sample with snowballing. There was a total of 515 respondents, 57%

are TNA members.

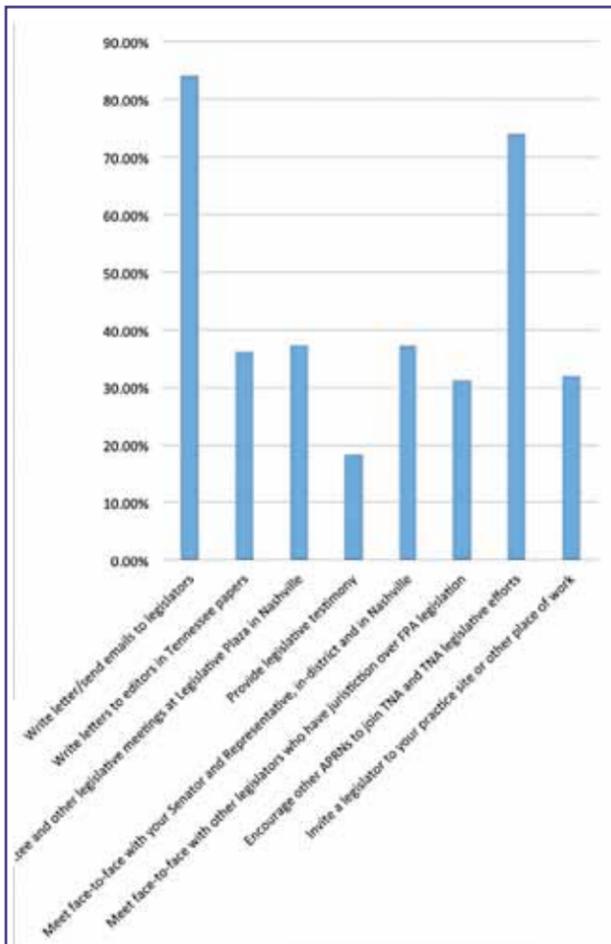
Respondents overwhelmingly support FPA (see Figure 1) and provided informative comments. One respondent said, "Research has shown that APRNs have just as much success with positive patient outcomes as physicians do. With the shortage of primary care providers, it is a thoughtful decision to open up practicing for APRNs so that the citizens of Tennessee can better be served". Another respondent noted, "NPs will play an ever increasing role in meeting the health care needs of our Nation. Putting unnecessary barriers in our way only serves to maintain an MD-centric healthcare system that is antiquated and failing". There were comments in support of a graduated granting of FPA.

Figure 1: Do you support FPA for APRNs?



Willingness to support the passage of FPA varied among respondents as shown in Figure 2.

Figure 2: Which of the following things are you willing to do to support the passage of FPA legislation?



At a meeting with TNA, the Board of Nursing discussed some of the issues that are turning up as they do random competency audits of APRN records.

In order to comply with all regulatory requirements, please remember the following:

- You must have a **current** APN certificate issued by the Board of Nursing.
- You must have a **current** national certification.
- If you have a DEA number you must register in the Controlled Substance Monitoring Database.
- If you prescribe, you must have a "certificate of fitness".
- If you prescribe, you must have a current notice of formulary **on file** with the Board of Nursing.
- You must keep your profile up to date including the supervising physician.
- If you have a certificate of fitness you must complete the 2 hr CE prescribing requirement.
- If you prescribe, you must have a supervising physician and protocols **on site**.

Please share this reminder with your colleagues so all can avoid any compliance issues.

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Less than half of the survey respondents belong to a regional APRN group. When asked to identify regional group affiliation, many respondents listed a national group. This could be problematic as practice authority is currently under the jurisdiction of state, not federal, government.

Several implications were derived from the survey results. More information about other states' experience with graduated FPA is needed. TNA membership among APRNs needs to be increased. To accomplish this, TNA needs to make the case why membership matters and spread the message wide and far.

Several opportunities were identified. These include: TNA can increase effectiveness by better aligning and coordinating with APRN groups across the state; coordinating communications and advocacy efforts across the organization (e.g., the GOVA and APRN committees could be a powerful pair); and collaborating with other organizations interested in improving health and health care to create synergies and maximize the impact of efforts and resources.

An important collaboration related to FPA is the partnership between TNA and the Tennessee Action Coalition (TAC). TNA will lead legislative efforts and grassroots advocacy among nurses and other stakeholders. As a complement to these efforts, the TAC will provide resources and programming to equip nurses now with knowledge, skills, and resources necessary to achieve FPA. The TAC has two upcoming events of interest related to FPA: A Legislative Boot Camp to be held November 14, 2014, at Legislative Plaza and the year-long Tennessee Policymaking Academy set to launch in January 2015. You are encouraged to visit the TAC website for more information about these events: <https://tac.tennessee.edu/Pages/default.aspx>.

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Spotlight on Practice

A Day in the Life of a Pain Management Nurse Practitioner in Tennessee

Brett B. Snodgrass, MSN, APRN, FNP-C

The past few years has wrought enormous change for providers prescribing pain medications in the state of Tennessee as well as across the nation. States such as Washington and Utah have adopted chronic pain guidelines for practitioners within their state. According to the CDC, Tennessee has been ranked #2 over the past few years in opioid prescribing. Due to these figures, there has also been a rise in neonatal abstinence syndrome and overdose deaths. With these staggering developments, it became evident that Tennessee was in need of chronic pain guidelines. I was asked in 2012 to set in on the Chronic Pain Task Force for the state of Tennessee as a clinical expert – the only nurse practitioner on the task force. The chronic pain guidelines have been created and will slowly be rolled out over the next few years.

With the adoption of the chronic pain guidelines, pain management offices have been inundated with patients in need of chronic pain treatment. Many primary care providers are choosing not to prescribe any opiates at all, creating an influx. The creation of the chronic pain guidelines for Tennessee was meant to curtail high doses of opiates and encourage referral of those patients thought to need the higher dosing of medications. It was never the intention of the guidelines to stop providers from providing opiate dosing under 100 milli-equivalents of morphine to appropriate patients needing chronic therapy.

As a Pain Management Nurse Practitioner, my office has been deluged with patients in need of chronic pain consultations. I would like to give you a glimpse into a day in the life of a Pain Management Nurse Practitioner. Due to the influx of patients in need of consultation, much of my day can easily be spent looking through patient

referrals from providers around our area. In 2013, there were fifteen registered pain clinics in Shelby County, a small number for those patients needing treatment. Many of those offices are currently not taking new patients. This has created an even larger influx for those pain offices who are taking new patients.

As patients are scheduled for appointments in my office, there is a lot of work to do before the patient is ever seen. It is important that these patients have an appropriate diagnosis of pain. This is often where providers can get into trouble, it is vital that the patient's chart has documented proof to justify the use of opiates. Without this documented proof, opiates are not appropriate for any patients. Where does their pain arise from? Have the appropriate radiologic or serum tests been ordered to support the diagnosis? You as a provider, must make a case for why you prescribe what you prescribe, if ever there was question and a chart audit occurred or litigation ensued. We would never start a patient on insulin without a documented diagnosis of diabetes, this is no different with a patient suffering from chronic pain.

Some days working in pain management feels a bit like being Sherlock Holmes. You must document, check and recheck that all aspects of your chart are included. This includes confirmations of urine drug screens, opioid risk tools, and verification of the appropriate state's Controlled Substance Monitoring Database – before even laying eyes on the patient. But there are many opportunities to change patient's lives while working in chronic pain. The goal of pain management is not to take a patient's pain away completely. This very seldom happens, and is not an appropriate goal to set. The goal of pain management is to increase a patient's quality of life. Patients usually don't return to tell you how much less their pain is, rather

patients return with tears in their eyes to tell you how you have changed their lives or given them their lives back. Things they were unable to do, like playing with their children or grandchildren, gardening or attending events are the things that truly matter to people. Working in pain management, you are able to give those opportunities back to your patients, and for that they are truly grateful. It is these experiences that remind me why I do what I do.

I wear many hats, not only am I a clinician, I am also a speaker, teacher, and consultant on "all things pain related". Therefore, my clinic work is only a portion of how I spend my days. On any given day, I am also consulting with offices regarding their pain practices, creating slides and education for presentations, reviewing cases, answering emails, jumping on a plane to present at a conference or consulting with other providers to help them offer the best care possible for their patients suffering from chronic pain. I have been honored to speak on pain topics at the national conference for American Association of Nurse Practitioners, American Academy of Pain Management, Painweek, and many other state and local conferences for health care providers. I feel it is my job, as well as my passion to educate as many health care providers on safe and appropriate chronic pain treatment – our patients deserve it. I have many ideas on the horizon for ways we can educate and equip clinicians to offer the best care for their chronic pain patients. I am in the process of creating a Chronic Pain Boot Camp to aid clinicians in the most up to date treatment of chronic pain, and many other things to come.

I am honored to work in the area of Pain Management and proud to be a Nurse Practitioner. I get to see lives changed each day through the patients I treat, as well as the clinicians I educate. I love what I do!

TN Action Coalition

Equipping Nurses to Lead: Upcoming Event Highlights from the Tennessee Action Coalition

Since commissioned, the Tennessee Action Coalition (TAC) has been equipping nurses to lead in efforts to ensure that all Tennesseans have access to high-quality patient centered health care. With nurses leading and contributing to the full extent of their education and capabilities, we're making strides towards advancing the future of healthcare even further as the TAC continues to grow and expand.

Every day, nurses bridge the gap between patient needs and long-term health system development. Because of this, the TAC is speaking to the needs of a more active community of nurse leaders in Tennessee healthcare with unique events and in-depth webinars.

TAC members and partners understand the distinct healthcare challenges and needs that Tennessee faces, so, to combat those challenges, our events and webinars are

innovative solutions to prepare and equip nurses to lead on hospital floors and in boardrooms. In the immediate future, we have three scheduled leadership events for nurses.

These three events have been designed to instill capabilities that ensure the high standards of nursing are met, from clinical and other leadership to policymaking and more.

Legislative Boot Camp

Legislative Boot Camp is an opportunity for APRN leaders from across the state to meet Friday, November 14, 2014, to strategize and learn practical skills for coordinating regional initiatives to advance legislative priorities.

The camp will be held at the Legislative Plaza in Nashville with a keynote address from a representative from another state involved with full practice authority legislation, along with skills-based and informational sessions on legislative advocacy and networking opportunities. Participation is limited to 30 selected Tennessee nurses.

Tennessee Policymaking Academy

The Tennessee Policymaking Academy is a year-long program designed to equip nurses with the skills and knowledge necessary to advocate for policies that improve healthcare. Each selected participant will be paired with a mentor to assist the participant throughout the experience.

An educational summit and networking session in Nashville kick-off the mentored experience in January 2015.

40 Under 40

To equip merging nurse leaders with skills and knowledge, TAC's 40 Under 40 event is open to nurses who are interested in becoming more involved in community and professional boards.

The one day conference will be held from 10 a.m. to 2 p.m. on October 10, 2014 at the Embassy Suites SE – Murfreesboro, 1200 Conference Center Boulevard, Murfreesboro, TN 37129. During the event, participating nurses will have the opportunity to hear a keynote address from a board representative under age 40. This is an ideal time for young nurses to brainstorm and network about the next steps to getting nurses on community and hospital boards.

TNA Annual Conference

The TAC will also be represented at this year's TNA Annual Conference on October 10-12 thanks to Kelly Wolgast and Debby Powell. Both will be manning the booth, so be sure to stop in and find out more information about TAC's initiatives and upcoming events.

Learn More

Click on the News and Events link at the top of our home page at <https://tac.tennessee.edu/> for more event details, applications and registration information and a chance to get involved with the Tennessee Action Coalition.

Brittany Woodson is the Communications Specialist for the Tennessee Action Coalition.

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Student Forum

Marqueta Abraham, BS, MSN
Graduate 2014 UTHSC



Marqueta Abraham

I am Marqueta Abraham the Legislative Director for the Tennessee Association of Student Nurses (TASN). I am a recent graduate from the University of Tennessee Health Science Center. I recently wrote a resolution for the National Student Nurse Association (NSNA) convention that was held in Nashville, TN in April 2014. The resolution I wrote was presented, passed, and adopted with 94% of votes

from students around the United States. A resolution is an official written position statement forming the foundation for policies and actions of the NSNA to advocate for the nursing profession. Receiving the opportunity to advocate for nursing students, the profession, and the community, gave me the ability to voice matters of importance to my new career and health needs of the public. This resolution gave the ability to transform nursing issues into policy through political action (Resolutions, 2014).

The topic I am most passionate about is, "Patient Protection by Establishing Safe Nurse Staffing Levels." Research shows that patient safety in hospitals is directly proportionate to the amount of registered nurses working in the hospital. Providing higher staffing levels by experienced registered nurses are related to lower rates of harmful patient outcomes (H.R. 1821, 2014). In my research, I found that adding Registered Nurses to unit staffing has been shown to eliminate almost one-fifth of hospital deaths and to reduce the relative risk of adverse patient events. In 2012, a study of serious patient events reported to the Joint Commission reveals that one of the primary causes of all hospital sentinel events is human factors; including staffing and staffing skill mix.

Earlier this year, I had the opportunity to talk with Congressmen Steve Cohen to tell him about the resolution and to continue his support for the nurses in Tennessee at the state and national level. It is refreshing to know that we have someone on our side for nursing support.

In April of this year, at the Legislative Summit held in Nashville, I had the amazing opportunity to speak to 1,100 students from the State of Tennessee; including nursing faculty and legislators across the state. I explained the importance of nursing advocacy and spoke on safe staffing levels for nurses. The students and politicians were fired up to keep the voice of nurses heard for present and future nurses.

We can continue to support our profession to save its integrity and uphold the vision that Florence Nightingale had for us. Being our own advocates can enhance our vision, and help us to move forward into optimizing our care for patients and their families. I would like to urge everyone to get involved in your local nursing organizations such as the Tennessee Nurses Association (TNA) and National Organizations, such as the American Nurses Association (ANA) and those related to your specialty so your voice can be heard.

In conclusion, the TNA and TASN joint conference is October 10 – 12, 2014. This year's theme is *Nurses Transforming Healthcare: A World of Opportunity*. The conference will offer information on issues from the boardroom to the bedside and subject matter will include topics from healthcare financing presentation to new models of patient care. Additionally, the joint conference offers an opportunity for networking, while allowing plenty of chances for you and your colleagues to meet for the first time, or catch up with those you've met along the way. There will also be an Evidence Based Poster Presentation session that will allow you to see nurses research.

A quote I would like to end with by the late Maya Angelou, "I learned a long time ago the wisest thing I can do is be on my own side, be an advocate for myself and others like me." With this quote in mind we can work together, so our voice can be heard.

Reference:

H.R. 1821--113th Congress: Registered Nurse Safe Staffing Act of 2013. (2013). In www.govtrack.us. Retrieved February 14, 2014, from <http://www.govtrack.us/congress/bills/113/hr1821>
Resolutions. (n.d.). NSNA. Retrieved July 28, 2014, from <http://www.nсна.org/Resolutions/NSNAResolutions.aspx>

Global Education: Macau Student Exchange

by: Leslie McKeon, RN, PhD, NEA-BC

Three senior BSN students from Kiang Wu Nursing College of Macau joined the University of Memphis Loewenberg School of Nursing (LSON) students and faculty this summer to experience American healthcare and nursing practice. In China, clinical education occurs after graduation through a one-year internship; subsequently, this exchange program was the students' first introduction to clinical nursing prior to their graduation.

Kiang Wu Nursing College is located in Macau, a China peninsula situated near Hong Kong. A former Portuguese colony, Macau has one of the highest life expectancy in the world; tourism and gambling are the primary industries. The college, founded in 1923, is an international academic institute integrating Chinese and Western culture. Accordingly, the College places great emphasis on international exchanges, sponsoring senior students for programs in central Asia, England, Brazil, Australia, and the United States.

This exchange program is one of many global partnerships forged by Dr. Lin Zhan, LSON Dean. Since 2010, LSON has collaborated with several Asian universities, assisting them to better prepare BSN and MSN graduates through nursing faculty development and transforming a traditional medicine-based nursing curriculum to be in line with AACN BSN essentials.

The LSON worked collaboratively with Macau for many months, making detailed plans for this student exchange. Wan Cheng Man, Ao Ka Meng, and Lam Mei Ieng arrived on June 1st after visiting New York and other U. S. cities. To ease communication, they selected English names, Teresa, Mina, and Gloria respectively. The students stayed at the University of Memphis Scholars Guest House. The first order of business was obtaining campus IDs, and then attending a welcome dinner with faculty and staff. The following morning they joined 4th semester Pediatric Nursing students for class and clinical.

Professor Beverly West, course instructor, started the exchange by asking the students to introduce themselves and share their reason for entering nursing school. Sherry Spano, LSON student, reflected on the similarities of the cultures:

While we all have differences in our background, age, ethnicity, and even culture, we all share a passion to care for others in need; we all have been affected by our own or a loved one's personal experience as a patient; and we all want to be a diligent, honorable, and caring nurse to ensure excellent patient care.

The Macau students participated in a 2-day observational experience at LeBonheur Children's Hospital. Students were provided LSON student uniforms and their passports served as official identification. The LSON students were excited to share this experience with the exchange students because there are no children's hospitals in Macau.



Macau Student Exchange Program

The Macau students also joined Community Health Nursing classes and clinical. Robin Burnett, LSON student, learned that there were vast differences in diet between the cultures. In China, the typical diet is rice, vegetables, and fish, whereas, in the Mid-South, there is much fried food. This discovery prompted Robin and other students to discuss the relationship of diet to cultural differences in life expectancy, health issues, and even the number of four-generation households because of longevity.

Other highlights for the Macau students included a tour of the Memphis Mental Health Institute, participation in high-fidelity simulation activities, and Evidence-Based Nursing classes. They also learned about advanced practice nursing by visiting the Life Point Village and May Medical Group with FNP faculty. Macau students noted, in their own words "The scope and the autonomy of nursing practice are what Macau nursing needs to be and humanistic and caring approaches to elderly and the patient by Memphis nursing are truly impressive..."

The Macau students rated their experience positively. They were very impressed that LSON students were shown a high level of respect and courtesy in the clinical setting that unfortunately, they had not experienced. Gloria, a Macau student, shared her disappointment that some patients do not even take the effort to learn their nurse's names. This disclosure saddened Sherry Spano, though *made her appreciate her own nursing experiences all the more*. To improve the exchange experience, the Macau students recommended that LSON provide an overview of the U. S. nursing system prior to attending class. They also suggested more class time and simulation activities, and a visit to St. Jude Children's Research Hospital.

In 2015, LSON plans to host a larger cohort of Macau students and begin a student exchange program at the Lambuth Campus in Jackson, TN with the Nrupur Institute of Nursing and Research in India. These programs, together with our other international partnerships, demonstrate LSON's commitment to promote health of global communities and enhance cultural awareness among our nursing students.

Dr. McKeon is the Assistant Dean, Student Affairs at the University of Memphis Loewenberg School of Nursing. She is also an Associate Professor for the undergraduate and graduate programs.

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TNA District News

District 1

President: *Connie McCarter*



Connie McCarter

TNA District 1 Legislative Forum was held on July 15, 2014 in Memphis at Jason's Deli meeting room on Poplar Avenue prior to early voting for the primary election. RNs, interested constituents, and legislative, judicial, and local candidates over Shelby, Fayette, Lauderdale, Dyer, and Tipton Counties were in attendance to discuss problems constituents and others in Tennessee face, the burden of these problems and their position regarding proposed legislation.

Connie McCarter, District 1 President, welcomed everyone with the Tennessee Nurses Association mission to advocate for nurses and the profession of nursing, promoting and protecting the registered nurse, advancing the practice of nursing, and ensuring Tennesseans have improved health and healthcare. McCarter announced the next forum planned for September 23, 2014 at Jason's Deli meeting room on Poplar Avenue in Memphis prior to early voting for the general election.

Jackson Baker, writer with the Memphis Flyer alternative newsweekly, serving the metro Memphis area questioned candidates regarding proposed legislation regarding Medicaid expansion or healthcare compacts for healthcare provision, independent prescribing and APRNs, handling illegal immigrants' health issues, helmet exemption, LEA mailings to families of students related to the ACA, and required suicide prevention training.

Candidates present included Dr. George Flinn, U. S Senate; Registered Nurse, Dana Matheny, US Congress, 8th congressional district; Incumbent Steve Cohen, US Congress, 9th congressional district while in DC, sent a representative, James Finney; Lee Harris, TN Senate District 29; Doris Deberry-Bradshaw, TN House, District 91; Incumbent Representative G.A. Hardaway, and Colonel G. Billingsley, District 93; and Dwayne Thompson, District 96.



Candidates: Left to Right: Geoff Diaz, Shelby County Commission District 10, Republican; Stephen Lee Hale, TN House District 94, Republican; James Finney, TN House District 29, Republican; Keith Alexander, Shelby County Assessor of Property, Republican; Doris Deberry Bradshaw, TN House District 91, Democrat; Mark Ward, Criminal Court Judge-Division 9, 30th Judicial District; Criminal Court Judge, Division 5, 30th Judicial District; Jim Lammey, Criminal Court Judge Division 5, 30th Judicial District; Dana Matheny, RN, US House 8th Congressional District, Republican; Bobby Carter, Criminal Court Judge, Division 3, 30th Judicial District



Left to right: Florence Jones, President-Elect TNA District 1; Connie McCarter; Dr. George Flinn, US Senate. Background: Towanda Stewart, Director, TNA District 1; Ellen Morris, TNA member District 1; Dr. Peggy Strong, Director of the Tennessee Institute for Leadership and Policy, TN Action Coalition



Left to right: Connie McCarter; Lee Harris, TN Senate District 29, Democrat; Marqueta Abraham



Left to right: Connie McCarter; Dr. Peggy Strong, Director of the Tennessee Institute for Leadership and Policy, TN Action Coalition; G. A. Hardaway, Senior, TN House 93rd District, Democrat



Left to right: Dr. George Flinn, U.S. Senate, Republican; Dr. Diana Baker, TNA Member

Upcoming District 1 Events

Plan to attend the September 23rd forum by contacting Connie McCarter at 901-832-5983 or connie.tnadistrict1@gmail.com and let your voice be heard! District 1 meetings are held the first Tuesday of the month and are open to members and nonmembers. Feel the pulse of District 1 by visiting <http://www.tnaonline.org/district-associations> and find out about upcoming events and how you may get involved in District 1 activities. Don't miss the networking!!

District 2

President: *Billie Phillips*



Billie Phillips

District 2's September 11, 2014 meeting will be held just before you receive this quarterly issue. Addressing professionalism in the workplace, will be the topic of discussion. Our next Board Meeting is scheduled for November 6, 2014 at LMU-Cedar Bluff Campus and then plan to join us on November 8 for a prevention and response program co-sponsored by TNA District 2 and Stewards of Children. The program, entitled *Prevent Child Sexual Abuse – With 5 Steps to Protecting Children*, will be held at LMU-Cedar Bluff Campus. Visit tnaonline.org and click on *District Associations* for details of this and all of District 2's upcoming events.

District 5

President: *Teresa Martin*



Teresa Martin

District 5 is comprised of twelve counties in Upper East Tennessee including Carter, Cocke, Grainger, Greene, Hamblin, Hancock, Hawkins, Jefferson, Johnson, Sullivan, Unicoi, and Washington. Find out about meeting times/activities on our Facebook page, Tennessee Nurses Association, District 5 OR by going to www.tnaonline.org and look under District Associations.

Currently, the membership is being surveyed for their input. This information will be used for future meetings/activities.

On July 24, 2014, Tennessee Nurses Association, District 5, was invited to come to the Greenville Astros vs Kingsport Mets at Pioneer Park on Tusculum campus. The district was recognized during the game. The following nurses came with their friends and family: Cathy Forbes, Kathleen Jones, Teresa A. Martin, Wendy Nehring, Jennie Walls, Sandra Wells, and Elaine White. Everyone had a great time.



Our next meeting will be August 28, 2014, at the Olive Garden in Johnson City. Social/networking at 6:00pm and meeting at 6:30 pm. The speaker will be Jarrod Holman with Accuvein. Accuvein digitally displays a map of vasculature on the surface of the skin in real time, allowing clinicians to verify vein patency and avoid valves or bifurcations. More effective venipuncture procedures with less patient discomfort result in higher patient satisfaction. Accuvein is available to clinicians in our local hospital systems. Appetizers and non-alcoholic drinks will be provided by the speaker.

Watch the Tennessee Nurses Association, District 5 Facebook page OR under District Associations on www.tnaonline.org for the future meetings on October 23 and December 5, 2014.

District 9

President: *Angel Brewer*



Angel Brewer

We had a district meeting at Mauricio's restaurant in Cookeville on July 15. We had a great meeting with a nice turnout of members and guests from other districts. One of the restaurant owners came to our table and thanked us as a nursing group for the care he received recently at his local hospital, Cookeville Regional MC. He said that he did not get a flu shot, then contracted the flu, resulting in him getting critically ill and being placed on a vent for several days. He complimented all nurses and stated we saved his life!

District News continued from page 16

Upcoming District 9 Events

District 9 is planning a meeting in mid-December. The date is pending. Visit www.tnaonline.org, click on District Associations and then District 9 for updates on the meeting.



District 9's meeting at Mauricio's.

District 10

President: *Melissa Swinea*



Recipients of the TNA District 10 Educational Scholarship, sponsored by the Tennessee Nurses Foundation (TNF) for TNF's fiscal year of June 1, 2013 – July 31, 2014. Each, very qualified, recipient attends Bethel University's BSN program and received \$500. From left; Amanda Beth Ayers; Cassandra Michelle Laws; Nicole Marie Hall; and Hannah Mabelle Potts.

Congratulations!

Part Of Your ANA/ TNA Dues Are Tax Deductible!

You are allowed to deduct, as a professional/business expense, the percentage of dues that are NOT used by ANA or by TNA for political activities such as lobbying at the legislature. In 2014, the non-deductible percentage for ANA's portion of the dues is 22.23%. The non-deductible percentage for TNA's portion of the dues is 16.70%.

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Full ANA/TNA: \$290 @ 63.07%--deduction \$182.90

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Journal of Midwifery & Women's Health



Editorial

Mental Illness: My Personal Experience, Our Professional Responsibility

Frances E. Likis, CNM, NP, DrPH, FACNM, FAAN

I was 17 years old the first time I was hospitalized for mental illness. After that, I spent more than a dozen years on a roller coaster of getting better and getting worse. I dropped into and out of care depending on how poorly or well I felt. I was willing to take medications or seek therapy when my symptoms interfered with my life, but I stopped them when I felt better. Finally, in my early 30s, I accepted the fact that having bipolar disorder is a chronic condition for which I will need medication for the rest of my life.

The next 10 years were more stable than the years that preceded them. I took my medication every single day. I tried to get adequate exercise and sleep, both of which help me feel better. That isn't to say it was always smooth sailing. I had episodes that required adjusting the dosage of my primary medication and, at times, adding additional medications. But overall, my bipolar disorder was fairly well controlled.

Last spring, without warning, everything changed. I had a severe depressive episode. I had forgotten how consuming and awful depression is. I was constantly exhausted; it could take hours of napping to recover from a short period of activity. My brain felt like mud. I could not think or concentrate. I did things that I usually would enjoy, that I wanted to enjoy, but I found no pleasure in them. I cried for no reason. There are no words to adequately convey the horrific and overpowering darkness of depression.

In addition to feeling terrible, I was terrified. I had convinced myself that as long as I took my medication and went to my psychiatrist regularly, I would never be that sick again. But it happened anyway, and it was frightening. I was even more frightened that I would not recover. I relentlessly repeated a mantra in my head, "You have gotten better before, you will get better again," as if my life depended on it. And it may well have. After a few months, with the help of new medication and cognitive-behavioral therapy, I did get better. I also benefitted from a great deal of love, support, faith, and grace.

During this time, I was often so sick and tired that I didn't have the energy to put on a good face and conceal my illness, as I had in the past. While most of my close friends knew I had bipolar disorder, I had never been completely open about it beyond my inner circle. This time, when people asked why I wasn't myself, I told them what was wrong. While many were empathetic, others commented, "Why are you depressed when you have so much in life going for you?" or "You just need to get up and out, go exercise, think positively, etc." I know they didn't mean to be hurtful, but their comments reflect a lack of understanding of mental illness that is pervasive.

As I began to feel better, I felt a strong need to be more public about having bipolar disorder. I was frustrated that there are still so many misconceptions about mental illness. I was reminded, yet again, that I have been one of the fortunate ones. Frequently, I see individuals who are obviously mentally ill, and I know how thin the line is between me and them, and how much of that line is simply luck. I have always had health insurance and

thus the ability to access care and get treatment. I have found medications that work for me as well as wonderful physicians and therapists. I have loving and supportive family and friends.

Last June, a close friend of my sister and her husband committed suicide after a long battle with mental illness. When my sister called to tell me, I told her how sad I was that we don't have better treatments for mental illness in this country. She told me how mad she was that mental illness is so misunderstood and uncomfortable that we are often unwilling to discuss it. One of our friends referred to mental illness as a fatal disease; indeed, one-third of individuals with bipolar disorder attempt suicide. [1] Suddenly the idea of an editorial as testimony and a call to action was no longer optional, it was imperative. I wrote my first draft last August and have spent the months since deciding whether to publish it. I have had lengthy conversations with family and friends about the implications for my personal and professional life. Throughout this time, I have had repeated signs and increasing conviction that it is the right thing to do.

Why do I feel compelled to tell my story in this public and professional forum? First, I want to fight back against the stigma and fear that surround mental illness. Believing mental illness is shameful and should be kept a secret has to stop. People are not embarrassed or reluctant to say they have diabetes or hypertension or other common health conditions. I want to acknowledge and share my story.

Second, I stand to remind you that mental illness is widespread and the faces of those who are affected are not always the faces you might expect. I have a successful career and a life filled with family and friends, and I have a serious mental illness. And my face is only one of the millions of people in the United States experiencing mental illness. One-fifth of adults in the United States have a diagnosable mental illness in a given year, and 5% of US adults suffer from a serious mental illness that substantially interferes with or limits their life activities.[2]

Finally, I want to call my fellow midwives and other health care providers to action. More than half of US adults with mental illness are not getting mental health care.[2] As clinicians, we have a duty to ensure mental illness is recognized, accurately diagnosed, and treated. When women we care for have mental health needs beyond our expertise, we must help them access the care and resources they require. We have to educate patients and their loved ones that mental illness can be severe and even life-threatening. We can help remove the fear and shame about mental illness and increase understanding that mental illness is another health condition and not a special category. Each year, May is observed as Mental Health Month in the United States. This May and beyond, I hope my personal experience will encourage all of us to consider our responsibility in identifying and helping those who are suffering from mental illness.

References Available Upon Request.

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Member News

Terrica Adams, MSN, RN
Dr. Florence Jones, DNP, RN, NEA-BC,
FACHE



Terrica Adams



Florence Jones

Dr. Florence Jones and Terrica S. Adams, both from District 1, co-authored an article that ran in the *Infection Control Today* publication entitled *Success Story No "Bed" Bugs*.

Gloria Burness, RN

Calvary Church of the Nazarene in Memphis has awarded Gloria Burness and her husband, Walter, with *The Distinguished Service Award* for their unending mission work, as well as Gloria providing nursing care to those in need in the Shelby County area as well as around the world. Gloria has worked in pediatrics at LeBonheur Children's Hospital and is currently working in Associate Health at Methodist University Hospital.



Gloria Burness

Debbie Harrington, MSN, RN

Debbie Harrington, of TNA District 2, has just completed her Masters of Science degree at Vanderbilt University School of Nursing.

April Freeman, RN

April Freeman, of TNA District 2, is currently teaching health science classes at Anderson County Career & Technical Center (ACCTC), and is also a sexual assault nurse examiner, as well as a part time FNP student. She was summoned recently to the ACCTC courtyard to help with a student having a seizure. When Freeman arrived the student was unresponsive with no pulse or respirations. She worked on the student alongside of her husband, who is an administrator at the school, and initiated CPR and used the AED to save her life (per her cardiologist at children's hospital). Freeman has recently received a *Certificate of Appreciation* from Governor Haslam and the Anderson County EMS, as well as letters of appreciation from the superintendent of schools and Senator Rand McNally.



April Freeman

Rene A. Love, DNP, PMHCNS/NP-BC

Rene Love, Assistant Professor and Director of the Vanderbilt University School of Nursing Psychiatric Mental Health Nurse Practitioner (Family) Program, was recently inducted as a Distinguished Scholar and Fellow in the Nursing Academy of the National Academies of Practice. Dr. Love was selected for Fellowship based on her extensive clinical practice and scholarship focusing on trauma. She has received funding through the Tennessee State Department of Education to work with schools on post-crisis recovery. Further, she integrates practice and scholarship working with women in recovery from prostitution and addiction.



Rene Love

Geri Reeves, PhD, FNP

FNP Director Geri Reeves, named as 1 of Top 25 NP Program Professors by *Nurse Practitioner Schools!* Geri Reeves is an Assistant Professor and Specialty Director for the Family Nurse Practitioner Program at the Vanderbilt University School of Nursing. Dr. Reeves was also instrumental in orchestrating a partnership between Vanderbilt and the high school at Lipscomb Academy in order to address the shortage of qualified nurses in the U.S.



Geri Reeves

Kimberly A. Sell, RN, PhD

Kimberly Sell received her Ph.D in Nursing from the Medical University of South Carolina in December 2013. She focused her dissertation on the study of the phenomena of chronic disease in older adults.



Kimberly Sell

Ruth Willard, MSN, RN, MBA

Ruth Willard assumed the role of chief nursing officer for TriStar Stone Crest Medical Center on June 23. She joins the Smyrna hospital from HCA's Lewis Gale Medical Center, a 521-bed tertiary care center in Salem, Va., where she has served as associate chief nursing officer for the past two years. During that time, the hospital achieved Primary Stroke Certification by The Joint Commission, enhanced the patient care experience, expanded telemetry services, and pushed for nearly one-third of the hospital's nurses to be certified through a clinical ladder program.



Ruth Willard

New/Reinstated Members

District 01

Lynn Bowie, Elisabeth A. Chismark, Kimberly Gatlen, Marlon Gibson, Edna Goodwin, Sara Ann Guerra, Tori Holmes, Mary L. Hoppert, Eun Kim-Jones, Karen Kuusisto, Alexander N Labrador, Lisa L. Lucas, Kathy McCracken, Mary Diane Pilkington, Nancy Katherine Ray, D'Andrea Danielle Riley, Moriah Robertson, Hazel Ann Rogers, Susanna Rudy, Dawn M. Stewart, Traci C. Stewart-Saltwell, Shannon Colleen Sullivan-Evans, Amber L. Tarvin, Danielle Tennial, Evelyn Sue Trzynka, Chelsea Marie Turnipseed, Melissa K. Vanderwerf, Hannah Wilson, Tiffinie L. Wilson

District 02

Carolyn Alley, Susan Blaine, Melinda J. Bruer, Tammy R. Dean, Carrie Fry, Aimee Gardner, Allison Gonzalez, Katherine Kotsianas, Christy Lynn Lear, Helene A. Mazarakes, Malinda Munsey, Sarah Peddicord, Cynthia L. Ryan, Mary E. Salerno, Jodie Schneitman, Courtney Leigh Seals, Jennifer Ward

District 03

Jessica Bechard, Dustin Coots, Andrea Dadisman, Molly Jean Dejanovich, Jaclyn Dillingham, Ashley Farrar, Lisa Gallion, Gerardo Gutierrez, Christian Blake Haefele, Angela Hamm, Kayla Holloway, Renita Holmes, Rita Jakpor, LuAnn J. Johnson, Ieshia T. Kelly, Brett D. Kinzig, Rudolf Kuesters, Stacy M. Lane, Stacey Kay Lawrence, Martha J. Lemons, Thomas A. Marquart, Sarah May, David Meyer, Elaine Minton, Susan Pike, Rebecca Prymak, Phyllis A. Reynolds, Jessica Blu Sanders, Lauren Schully, La Tasha Nicole Sheets, Darla Smith, Merrill M. Stoppelbein, Elizabeth Sullivan, Jane L. Todd, Sheila Umayam, Barbara J. Wolff, Dahna K. Wright, Dana Wright

District 04

Kenneth L. Anderson, Joy Brown, Sara L. Campbell, Michelle Cortese, Bridget Hall, Kelly Hathaway, Sabrina Darlene Higdon, Mary L. Morrison, Vanessa Moser, Angela Dawn Scarbrough, Renee Vandiver

District 05

Sara Brittany Ball, Retha Hess, Deborah G. Hodge, Lisa C. Kirk, Rachel Palermo, KariAnne Whitney-

Freshour Proctor, Robert D. Reynolds, Barbara Ellen Taylor

District 06

Kimala Rush

District 08

Constance Berner, Julie N. Bonom, Claudia P. Davis

District 09

Julie Machel Moore, Charles Olsen

District 10

Yvette Cooper Barton, Barbra F. Glisson, Melinda Ann Knott, Natalie Montana, Joy Thomason

District 12

Sandra Jean Tharpe

District 15

Renee Clevenger, Terri Sue Gay, Elizabeth Ann Sherfy, Kara Urban, Kathryn Elisabeth White, Wanda Louise Wicker, Ruth Collins Willard

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 Home Phone _____ Work Phone _____ Cell Phone _____
 Home Fax _____ Work Fax _____ Pager _____
 Employed at _____ as _____
 Employer's Address _____
 Academic Degree(s) _____ Certification(s) _____
 Graduation from basic nursing program (Month/Year) ____/____/____ RN License # _____ Date of Birth ____/____/____

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American Nurses Association Direct Membership is also available. For more information, visit www.nursingworld.org.

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<input type="checkbox"/> 3. Reinstated	<input type="checkbox"/> 3. Special (25%)	<input type="checkbox"/> 3. CCM	Today's Date: _____
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 *SEE AT RIGHT

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 Number _____
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TNA also has Payroll Deduction Dues plans set up at the: Regional Medical Center – Memphis @ \$12.08 per pay period

ANA CEO Named to 100 Most Influential in Health Care List



The American Nurses Association (ANA) is pleased to announce that ANA Chief Executive Officer Marla J. Weston, PhD, RN, FAAN, has been chosen as one of Modern Healthcare's 100 Most Influential People in Healthcare. In its 13th year, the program honors individuals in health care who are deemed by their peers and an expert panel to be among the nation's most influential leaders. Weston is also quoted in a related article where she discusses the importance of nursing's perspective on health care.
 The "100 Most Influential" honorees come from all sectors of health care, including hospitals, health systems, physician organizations, insurance, government, vendors and suppliers, trade and professional organizations, and patients' rights groups. Weston and the other honorees are currently highlighted in the Aug. 25 print edition of *Modern Healthcare* and online.

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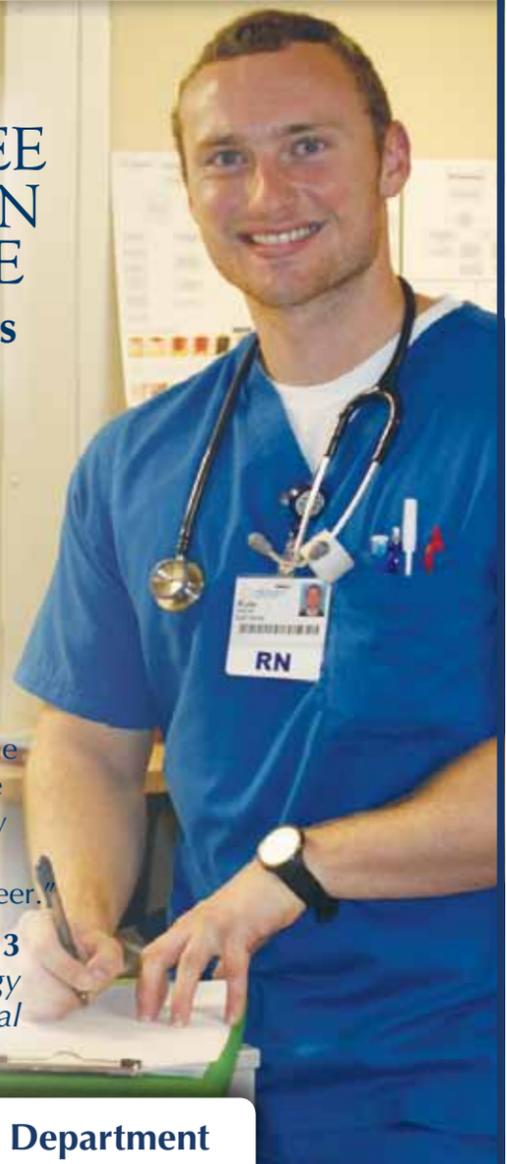
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A jury awarded the plaintiff \$927,000 in damages.¹ ”

It's because of cases like this that the **American Nurses Association (ANA)** offers the Nurses Professional Liability Program. It protects nurses from the potentially devastating impact of malpractice lawsuits.

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