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WV Nurses PAC 2014 General Election

West Virginia Nurses PAC is proud to announce the endorsements* for 2014 General Election.

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<td>Mike Hall</td>
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<td>Mike Woelfel</td>
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<td>Gregory A. Tucker</td>
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<td>Doug Skaff Jr.</td>
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*All endorsements were made by WVN PAC for those candidates who filled out questionnaires and asked for endorsements. Careful consideration of all responders answers were voted by WVN PAC members. WVN PAC is nonpartisan and does not endorse based on party affiliation.
Fall is a busy time for everyone it seems. Returning to school should just about start to become routine, teachers becoming easier to anticipate and study habits are forming. Fall is also a busy time for WVNA. With talks to nursing classes, conferences, continuing education and legislative sessions it seems as if there's something to do every second of the day. It is often while rushing about that we forget to take care of ourselves. Those little things we forget, the ones that make us feel pampered, loved or just relaxed. During these times and the busy holidays ahead take time to reflect on doing something for ourselves, breathe, be grateful… then rush headlong about as usual.

Start your future here! Find the perfect nursing job that meets your needs at www.wvnurses.org

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Diabetic Wound Program

This online course takes you through the science of the disease process and covers the unique needs of a diabetic patient.

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Your license is your livelihood!

Elizabeth S. Lawton, RN, BSN, JD Representing Nurses before the West Virginia Board of Nursing & in Medical Malpractice cases.

Charleson 304-345-1400 Morgantown 304-291-2702

Copy Submission via email:

To: centraloffice@wvnurses.org

Phone: 304-342-1169 or 800-400-1226
Fax: 304-414-3369
Email: centraloffice@wvnurses.org

West Virginia Nurse
Official Publication of the West Virginia Nurses Association

1007 Bigley Avenue, Suite 308 Charleston, WV 25302
Phone: 304.342.1169 or 800.400.1226
Fax: 304.414.3369

West Virginia Nurse

November, December, 2014, January 2015

WVNA Mission Statement

To ensure a unified and powerful voice for all nurses, to advocate for enhancement and access to quality, professional, healthcare services for all citizens of West Virginia, and to promote the professional development of nurses to ensure the forward progress of our profession.

Executive Board

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Evelyn Martin, 1st Vice President: emartin@hsc.wvu.edu
Brenda Keefer, 2nd Vice President: bkeefer@aol.com
Angy Nixon, Treasurer: anmidwife@netzero.com
Susan Rash, Secretary: suansra@yahoo.com
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Ruth Blevins, Executive Director: ruth@wvnurses.org
Ruth Blevins, Managing Editor

West Virginia Nurse

Copy Submission Guidelines

All WVNA members are encouraged to submit material for publication that is of interest to nurses (especially in the following sections: Nightingale Tribute, District News and Members in the News). The material will be reviewed and may be edited for publication. There is no payment for articles published in the West Virginia Nurse.

Article submission is preferred in Word Perfect or MS Word format. When sending pictures, please remember to label pictures clearly since the editors have no way of knowing who or whose photos in the photos might be.

Copy Submission via email: Only use MS Word for text submission. Please do not embed photos in Word files, send photos as separate jpg files. Approximately 1,600 words equal a full page in the paper. This does not account for headlines, photos, special graphics, pull quotes, etc.

Submit material to:

West Virginia Nurse
PO Box 1946, Charleston, WV 25327
or Email: ruth@wvnurses.org or centraloffice@wvnurses.org

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Future of Nursing WV Update

Annual Strategic Development Meeting

Our annual all day Executive Committee Strategic Development meeting is scheduled for October 31. The day will begin with a national perspective presented by Susan Hassmiller, PhD, RN, FAAN, Director, Future of Nursing: Campaign for Action and Winifred V. Quinn, PhD, Co-director, Center to Champion Nursing in America. Winifred will be with us throughout the day to offer ideas about what other states are doing that our teams might find helpful. Each Team Leader will have a brief presentation to the Advisory Council and make an “Ask” from the Advisors for their team. In the afternoon Team Leaders will share their updated Action Plans and hear feedback from each other and Winifred Quinn. At the end of the day we will have a dessert reception to celebrate the year of accomplishments!

Watch for our next update in the January issue of the WVNurse for more exciting news about strategic partnerships developing for all the teams. If you are interested in knowing more about the Future of Nursing WV, please contact Aila at aillaspeaks@gmail.com

Educating West Virginia’s Nurses

FSU’s School of Nursing and Allied Health Administration has a long and distinguished history of educating health care professionals.

- Non-traditional LPN-ASN builds on LPN’s expertise
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Proposed Bylaws Changes*

Districts (12) change to State Senate Voting Districts (18). This will be voted on for the General Assembly November 15, 2014 which will be held at 1114 Quarrier Street, Charleston WVCA. There will be an open comment period for all active members.

Constituent Associations (Districts)

Section 01 Composition

The WVNA shall be composed of 17 Senate Districts (12) change to State Senate Voting Districts (18). These Districts shall be required to:

1. District Presidents and/or Appointee shall attend:
   - 1. Quarterly Board Meetings as determined by the Board of Directors, Directors will be notified at least 30 days in advance, and
   - Conference calls shall be called by President or other board member and shall be recorded.

Section 04 Obligations

1. Districts shall be required to:

   1. Abide by WVNA Bylaws;
   2. Submit reports to WVNA Board of Directors (upon request);
   3. Submit Districts election results with contact information to the WVNA Central Office within 30 days of election;
   4. Ensure all Districts newsletters and/or correspondence are on file at the WVNA Central Office.

Section 05 Inactive Status

Any District which fails to comply with the requirements stated in these bylaws shall be designated as “inactive” by two-thirds vote of the WVNA Board of Directors provided notice has been given at least 30 days prior to the date the vote is taken. The District will have the opportunity for a hearing with the WVNA Board of Directors within three-month period. If a District is designated “inactive” all dues/fees will be forfeited and returned to WVNA.

Section 06 Reinstatement

Any District which has been designated as inactive may be reinstated to active status by two-thirds vote of the WVNA Board of Directors, provided the District is again complying with the requirements of these bylaws. Adopted: 11/90, Reviewed by Bylaws Chair: 11/94, 11/95, 9/97, 8/00, 6/05

* Current Bylaws can be found at wvnurse.org

What is Palliative Care?

Amy Casto, RN, MSN, FNP-BC

Palliative Care is a medical specialty for patients with life-limiting chronic disease and their families. The word “palliate” means to relieve or reduce pain and discomfort. The goal of palliative care is to improve suffering and improve the quality of life of patients with a serious disease when cure is not expected. It focuses on relief of physical, emotional, and spiritual distress of the patient as well as support for their families.

Palliative Care is a philosophy and system of care that uses a multidisciplinary approach to patient and family centered care. It is a collaborative effort to support patients living with a progressive life-limiting disease. Palliative Care initiates goal clarifying discussions earlier to allow patients the ability to make informed choices regarding treatment options, have better symptom control, and have more opportunity to work on issues of life closure.

Currently, our healthcare system is administered using an acute care model. A patient suffers an illness, the provider prescribes a treatment plan to help the patient recover from the illness and prevent any further complications from the disease. What happens when “good health” cannot be restored? Under the current system, the treatment plan shifts from cure to comfort care. Unfortunately, the diseases and patients we treat do not have the same built in switch from cure to comfort we have structured our healthcare system around. Also, our population is growing older with more chronic illnesses to manage and technology and research are increasing survival rates of older adults with chronic life limiting illnesses.

As a result, we have an older population than we have had in the past and a healthcare system that is not set up to accommodate their needs. As stated in an ELNEC Core Curriculum resource by Joanne Lynn, MD (2012), “What is different about those who know they will die is that they shift goals to wanting comfort but that they rediscover all the goals they once had as people and they aim to achieve them in constrained circumstances” (p. Res-5). As our population grows older and their conditions decline, “support of the patient and family as they LIVE with bad disease generally becomes more important and prevention of progression and treatment of complications becomes less important; but neither kind of goal goes away” (Lynn, as cited in ELNEC-Core Curriculum, 2012, p. Res-5).

What do we need in order to accommodate our increasingly older population living with progressive chronic disease? According to Lynn, we need “reliability” (as cited in ELNEC-Core Curriculum, 2012, p. Res-6). We need all providers working together with the patient and their family at the center of care. We need treatment goals clarified with the patient and family early in the disease. We need the available resources to support those goals (outpatient Palliative Care services, home health, social workers, community support). We need providers to collaborate with each other in order to avoid duplication of services or services that are not in line with the patients’ wishes. Lastly, we need this to be available to the patient at any stage of a progressive chronic disease. Palliative Care fills this gap in our current healthcare system. Palliative Care provides reliable care in line with the patients’ wishes while supporting the family along the way at any stage of a chronic illness. Palliative Care works in collaboration with the patient’s PCP to improve the patient’s quality of life and relieve physical, emotional, and spiritual suffering at a time when cure of disease is not expected. Palliative Care assists in the transfer of patients to appropriate care settings when the need arises. Palliative Care providers recognize the vital role nurses play in educating their patients about resources to support their care. Our healthcare system needs nurses to be knowledgeable about the resources in their community that are available to support the changing healthcare needs of older adults living with chronic disease.

References:


Respectfully submitted by:

Amy Casto, RN, MSN, FNP-BC

Palliative Care Center

Consulting and Education

1606 Kanawha Blvd West
Charleston, WV 25387
(304)941-1951
acasto@palliativecarewv.org
It’s hard to follow the reasoning of the Legislative Auditor who in January 2014 released a report recommending some changes in the law that governs the practice of Advanced Practice Registered Nurses (APRNs) but not expanding the scope of practice to what the APRNs requested and which 18 states and the District of Columbia have already passed.

West Virginia APRNs want the Legislature to:
- Retire the requirement for written collaborative agreements between physicians and APRNs.
- Approve prescribing of all drugs by APRNs including schedule II drugs.
- Permit APRNs to have the same signatory authority as physicians on all health care documents.

The 84 page auditor’s report is thorough and well-researched citing existing literature and practice in other states. Listening to the auditor’s testimony before the Legislature and reading through the report, I have difficulty understanding how he came to the conclusions that APRNs are not ready for independent practice.

Here are some findings from the report, that persuade me that APRNs should be granted the expanded scope of practice as soon as possible.

The auditor found no “apparent public safety issues with the prescribing and clinical practice of experienced APRNs.”

The auditor acknowledged federal projections that demand for primary care services will grow under the Affordable Care Act and that rural areas have a shortage of primary care providers. Since January 2014 an additional 145,325 West Virginians have gained health coverage through Medicaid demonstrating that indeed there is a greater need for primary care practitioners.

The auditor wrote that “in all the literature reviewed, the vast majority of organizations support an expanded scope of practice (of) APRNs with the important and notable exception of the American Medical Association (AMA) and the American Osteopathic Association (AOA).”

The auditor acknowledged the recommendation of the Federal Trade Commission, which wrote “Removing the requirement that APRNs who want to prescribe medications have a collaborative agreement with a physician has the potential to benefit consumers by expanding choices for patients, containing costs and improving access.”

The auditor also acknowledged that APRNs may have difficulty finding a physician collaborator and increase cost because APRNs in independent practice pay a physician for the collaborative agreement.

To be fair to the auditor, there is a lot of information in the 84 page report and throughout he expresses his opinions and reservations about the full scope of practice for APRNs. He is entitled to his opinions, but the Legislature should consider the interest of the public. Opposition from the State Medical Association and the State Osteopathic Association and the auditor’s reservations (not facts), however, should not deter the Legislature from expanding the scope of practice for APRNs in the 2015 Legislative Session. It’s past time that APRNs be permitted to practice within the full scope of their education and training.

CALL FOR CANDIDATES

The Nominating Committee is looking for enthusiastic, creative members with new and old ideas, experienced scope and energy to fill board positions. All WVNA members are eligible to submit nominations, including self-nominations. BECOME INVOLVED! Your voice can make a difference in the future of your professional association. Complete this form or submit the name of a member you feel has the qualifications needed for state office, and send them in to the WVNA Office (Box 1946, Charleston, WV 25327, (304)414-3369 or centraloffice@wvnurses.org. The Nominating Committee will then contact you.

AVAILABLE POSITIONS
- President (2 year term)
- 1st VP (2 year term)
- Treasurer (2 year term)
- WVNA/ANA General Assembly (1) (2 year term)

RESPONSIBILITIES INCLUDE:

- General:
  - Attending quarterly WVNA Board Meetings (usually in Charleston), attending “Special Meetings” called by the President, be available by phone, fax and or e-mail throughout term.
  - President – is the chairperson of General Assembly, Board of Directors, and Executive Committee. Also a representative at the ANA Constituent Assembly and ex-officio member of all committees except the Nominating Committee.
  - 1st VP – shall assume all the duties of president in the president’s absence, shall be a member of the HPRL Committee and the WVNA-PAC.
  - Treasurer – shall be the chairperson of the Finance Committee, shall be accountable for the fiscal affairs of WVNA and provide reports and interpretation of WVNA’s financial condition at the General Assembly. Also serves as a member of the Conference and Unity Day.
  - ANA/WVNA General Assembly Representative: serve as WVNA’s Representative to the ANA General Assembly.

Full Name & Credentials

Preferred Address

City ___________________________ State Zip ___________________________

Work Phone __________________ Home Phone __________________ E-mail __________________________

WORK HISTORY & POSITION STATEMENT:

Provide Description of your nursing experience and include a position statement for the office you selected.

PERD, an Ongoing Adventure for Nurses

A few issues back there was an article on PERD, Performance Evaluation and Research Division of the legislature. It brought about the reasoning behind WVNA requesting PERD to look at the removal of written collaboration. The response from PERD has been a topic of much contention. The recommendations seemed to be overshadowed by personal opinions ghosting over national studies. A response was filed by WVNA in July and presented before the Government Organization Sub Committee A on Sept 8, 2014.
The Nightingale Tribute begins with a short synopsis of the nurse's career. A creative reading follows the synopsis. A white rose is placed with the nurse after the reading, with the statement:

“(Name), we honor you this day and give you a white rose to symbolize our honor and appreciation for being our nursing colleague.”

This entire tribute takes only two minutes and can be placed anywhere in the service appropriate to the traditions and beliefs of the recipient's faith.

How do I arrange for this tribute for my loved one?

• Visit with your funeral home director about this tribute.
• Choose a nurse friend or colleague (active or retired) of the deceased to present the tribute.
• Ask the nurse to visit with you. Provide them a brief synopsis of your loved one's life as a nurse.
• Use the words included with this brochure as a creative reading to follow the career synopsis. Adapt the reading to fit the recipient.
• The Tribute will be scheduled in the service in collaboration with the family, funeral home and place of worship as appropriate.
• Decide if you would like a white rose placed with your loved one in tribute and honor. If so, notify the nurse presenter and any other nurse friends to bring a white rose or make arrangements to have white roses available for the tribute and the colleagues.

THE NIGHTINGALE TRIBUTE READING

Nursing is a calling, a lifestyle, a way of living. Nurses here today honor __________ and his/her life as a nurse. __________ is not remembered by his/her _______ years as a nurse, but by the difference he/she made during those years by stepping into people's lives... by special moments:

SHE WAS THERE

When a calming, quiet presence was all that was needed, she was there.

In the excitement and miracle of birth or in the mystery and loss of life, she was there.

When a silent glance could uplift a patient, family member or friend, she was there.

At those times when the unexplainable needed to be explained, she was there.

When the situation demanded a swift foot and sharp mind, she was there.

When a gentle touch, a firm push, or an encouraging word was needed, she was there.

In choosing the best one from a family's “Thank You” box of chocolates, she was there.

To witness humanity—its beauty, in good times and bad, without judgment, she was there.

To embrace the woes of the world, willingly, and offer hope, she was there.

And now, that it is time to be at the Greater One's side, she is there.

NOTE: Pronoun can be changed. © 2004 by Duane Jaeger, RN, MSN

__________________, we honor you this day and give you a white rose to symbolize our honor and appreciation for being our nursing colleague.

We lose many people in our lives and nurses who have an impact on the nursing community have a special place in our hearts. If you have lost a nurse this year please let WVNA know so that we might honor these nurses at Unity Day February 25, 2015.

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- Unity Day
- Format for The Nightingale Tribute
- The Nightingale Tribute
- We lose many people in our lives and nurses who have an impact on the nursing community have a special place in our hearts. If you have lost a nurse this year please let WVNA know so that we might honor these nurses at Unity Day February 25, 2015.
Unity Day

Nurses Unity Day is an event for nurses and nursing students to educate them on the legislative process.

On Feb 25 from 8:00am-3:00pm WVNA will be welcoming them at the state capitol complex with a morning program in the Culture Center. There will be a march to the capitol to fill the galleries in both the Senate and House. Lunch is in the lower rotunda along with awards. The afternoon allows for visits with representatives and a panel discussion about nursing.

WVNA has opportunities for Vendors as well as a poster presentation which serves as an educational experience for those attending as well as the representatives.

For more information please contact centraloffice@wvnurses.org or call 304-342-1169

You’ve always dreamed of being a nurse.

Now find your dream job at nursingALD.com

FREE to Nurses!

Unity Day Application Feb 25, 2015

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**Payment Details**

Method of Payment:
- Check (Payable to WVNA)
- Money Order
- Credit Card (Visa or MC)

Member: $30.00 *
Non-member: $35.00 *
Graduate Student: $50.00 *
*Join WVNA

Credit Card #: CVV #: Exp. Date

Name on Card | Signature

Billing Address of Card

Billing Address Phone Number

*Registration fees are non-refundable

*Unity Day Special: Join WVNA and attend Unity Day for $ 60.00

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- Online Classes
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This flexible online program allows students to expand their knowledge base in the cognitive, affective, and psychomotor domains and to expand their capacity for critical thinking.
**WVNA Partners with Choosing Wisely WV**

Choosing Wisely WV is an important initiative for all nurses to embrace because it is about educating and advocating for West Virginians to make better health choices. You can learn more about this initiative and print materials to share with your clients and friends at the new website [http://consumerhealthchoices.org/choosing-wisely-west-virginia](http://consumerhealthchoices.org/choosing-wisely-west-virginia) To the left column, click on Tests, Imaging or Drugs to see the latest recommendations for making wise choices for your healthcare.

WVNA has signed on as an organizational partner for Choosing Wisely WV and Choosing Wisely Kanawha County. The Kanawha Valley Foundation funded a Coordinator position held by Nancy Tolliver, RN for the Kanawha County Project. Nancy, along with Renate Pore presented a plan to reach both providers and patients in Kanawha County at our WVNA Board Retreat. The Board agreed to become an organizational partner and several nurses signed on as individual providers, who are committed to sharing Choosing Wisely recommendation with their patients.

**WV Free on Choosing Wisely Women's Initiative**

WVNA has also partnered with WV FREE to disseminate the Choosing Wisely WV Women’s Health recommendations. The first step is to encourage all providers and patients to take the survey.

**Take the Survey: Advance Choosing Wisely’s Impact in WV**

WV FREE, the statewide women's health policy and education group, is proud to be a partner, along with WVNA, in the Choosing Wisely in WV campaign. The aim is to improve health outcomes for women and families through strengthening patients' participation in decision making around medical tests, prescriptions, and procedures with an eye toward decreasing unnecessary and overserved medical care and improving health outcomes.

As planning for an education campaign is underway, a survey is being conducted to find out how health consumers engage with their providers, as well as how consumers' habits and beliefs around two specific Choosing Wisely recommendations. The anonymous survey linked below should take no more than six minutes to complete but will provide WV FREE with valuable information the best way to approach to the campaign is determined. Your input is necessary and appreciated.

Take WV FREE’s Choosing Wisely in WV survey here: [https://www.surveymonkey.com/s/WVFREEchoosingWisely](https://www.surveymonkey.com/s/WVFREEchoosingWisely)

And, read more about Choosing Wisely’s national campaign at [www.choosingwisely.org](http://www.choosingwisely.org)

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**WVNA Board Retreat 2014-15**

WVNA President, Aila Accad, kicked off the 2014 Board Retreat with a strategic planning power point presentation “A Vision for Growth” which provided an overview of where we were, where we are today and ideas to envision the future growth of our Association.

**Accomplishments since our 2013-14 Retreat include:**

- All debts are paid
- Membership increase through Executive Director, Ruth Blevins
- Presentations at nursing schools
- Booth at healthcare conferences
- Website upgrades
- Increasing Active Volunteers
- Trained team of Health Policy Advocates
- Sherri Williams improved Approver Unit structure & function
- Unity Day Chair, Brenda Keefer, expanded visibility at the Capital
- PERD Team led by Beth Baldwin, Sam Cotton and Toni DiChiacchio
  - Researched, wrote and submitted PERD application & responses
- Improved communication and decision-making with Thursday Conference Calls
- WVNA became a Co-Sponsor of Future of Nursing WV
- WVNA members are leaders on all IOM implementation teams
- WVNA strengthens partnerships with nursing organizations and grass roots coalitions including:
  - WV Organization of Nurse Executives
  - WV Association of Nurse Anesthetists
  - Association of Nurse Practitioners
  - School Nurses Association
  - ADNNE
  - Center for Nursing
  - West Virginians for Affordable Healthcare
  - Choosing Wisely
  - WV Healthy Kids and Families Coalition
  - WV United PAC
  - Innovation Collaboration (HHS Secy)
  - WV Free
  - WV Women’s Commission

---

**WVNA Board Retreat 2014-15 Strategies**

**Goals for 2015**

**Goal 1… Build Internal Organizational Strength**

- Increase staff
  - Hire a full time lobbyist
- Bring in more members to 6,128 --- Use thermometer to measure growth
  - 2a Increase Trained Advocates
  - 2b Conduct a Survey of all nurses
  - “What is most important to nurses?”
  - 3. Membership Drive
  - 4. Fill Committee positions with new leaders
  - 5. Get 501C3 completed for WV Nurse Education Foundation
  - Search for grants to fund PhD/DNP Research
  - Explore creation of Nurse License Plates

**Goal 2., Continue Building Strong Partners**

- Partner with other organizations to provide central office functions
  - Increase staff
  - Hire a full time lobbyist
- Bring in more members to 6,128 --- Use thermometer to measure growth
  - 2a Increase Trained Advocates
  - 2b Conduct a Survey of all nurses
  - “What is most important to nurses?”
  - 3. Membership Drive
  - 4. Fill Committee positions with new leaders
  - 5. Get 501C3 completed for WV Nurse Education Foundation
  - Search for grants to fund PhD/DNP Research
  - Explore creation of Nurse License Plates

**Strategies**

1. Increase nursing leaders in WVNA through a. Communication, b. Personal outreach to nursing leaders
  - c. on-going website development
2. Engage grassroots partners in legislative initiatives
  - a. Support Legislation to Remove Barriers to APRN Practice

---

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Most affordable RN-BSN in West Virginia
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First They Came …

Evelyn Martin, DNP, APRN, FNP-BC, EET
VWNA Vice President

First they came for the Socialists, and I did not speak out—Because I was not a Socialist. Then they came for the Trade Unionists, and I did not speak out—Because I was not a Trade Unionist. Then they came for the Jews, and I did not speak out—Because I was not a Jew. Then they came for me—and there was no one left to speak for me.

A famous statement and provocative poem attributed to pastor Martin Niemöller (1892–1984) about the cowardice of German intellectuals following the Nazis’ rise to power and the subsequent purging of their chosen targets, group after group.

There are changes in healthcare at every level in today’s America and in today’s West Virginia. These changes are being continually discussed at virtually every level of government, business, healthcare administrator, and society in general. Just ask anyone about today’s healthcare and they will have an opinion. Why are these changes important? Simply put, because how things are being done is completely different from what we as a society are used to and what we have grown accustomed to and comfortable with. We are leaving our comfort zone. Though we may not always be happy with various aspects of the healthcare system, we really had a relatively good idea on what to expect from our doctor, nurse, hospital visit, and yes, even our insurance company.

What you, as a practicing nurse may not realize, is that with the changes that are taking place, the workplace and future of nursing is also facing a complete change in the landscape as well. Whether you are a current RN or a newly graduated nurse, what you are facing in the future is very uncertain in regards to expectations and demands that will be placed on the table for you to digest. As such, you may find yourself quickly becoming disenchanted with your career choice.

In the past, nurses were leaders of change in the healthcare industry. Going back a simple generation or two you would find the nursing industry being mandated by the healthcare industry to work overtime in addition to some already very long shifts. It didn’t make any sense how long you had already worked, the nurse faced either an additional hour or being fired for refusing to work. Patient counts per nurse were much higher with no possibility of overtime in addition to some industry being mandated by the healthcare administrator, and society in general.

The solution starts with each individual involved in the nursing industry. In WV alone, there are over 30,000 nurses. That is 1 person in 43. Do the math. That is a relatively large portion of our state population that is in the nursing industry. We have the ability to make our voice heard. It is easy to discuss the weather, kids, and ballgames with fellow peers and even socially. However, do you ever think about pointing out to a colleague that instead of being unhappy with their employment choice they should work towards the betterment of the industry? Perhaps, by learning the problems that are faced today and voicing an opinion to the leaders of government, our voice can be heard. If each nurse would only spend 10 minutes per week writing an email, placing a phone call to their legislator, that would be 300,000 minutes per week voicing our opinion. That is the equivalent of 5,000 hours per week.

Don’t you think if you were a legislator and you were receiving the equivalent of 5,000 hours per week of phone calls and emails, that it would get your attention? Absolutely!

In order to do this, you must first become informed. Read the articles. Recognize the changes. Talk to your representative and become informed on the issues. Find out where they stand. Do they have your back or will they continue to ignore a strong voice. The choice is yours.

Will you be a leader and help lead the industry or will you simply set back and let them come?

This would be considered to be an extreme example and certainly a low point in the history of humanity, the nurses of West Virginia are facing a critical crossroads in their future endeavors with the upcoming election. There are those who fully support each one of you in your daily task and cheer you on in understanding the full scope of what each and every one of you face while attending to those in need. There are of course others who choose to only listen to others who find only fault and insist that you are incapable and certainly not educated to the level necessary to be considered professional.

Which way will you vote? Do you know where your current representative stands on these issues? Do you know where your candidates stand on the issues that will determine your future – the future of nursing?

If not, perhaps you should read the above poem continuously until you understand that it is up to you to get involved with the VWNA and fight for your future. Call and join today!!

The problems we face are not insurmountable. It is easy to discuss the weather, kids, and ballgames with fellow peers and even socially. However, do you ever think about pointing out to a colleague that instead of being unhappy with their employment choice they should work towards the betterment of the industry? Perhaps, by learning the problems that are faced today and voicing an opinion to the leaders of government, our voice can be heard. If each nurse would only spend 10 minutes per week writing an email, placing a phone call to their legislator, that would be 300,000 minutes per week voicing our opinion. That is the equivalent of 5,000 hours per week. Don’t you think if you were a legislator and you were receiving the equivalent of 5,000 hours per week of phone calls and emails, that it would get your attention? Absolutely!

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Dear WVNA Members and Future Members,

This is an exciting and busy time for WVNA! In this issue of the WV Nurse you can see what we are doing at the state and federal level to protect nursing practice and ensure that the public will have access to competent nursing care. We are advocating for changes in state law, focusing on the goals we have set for ourselves, and working hard to assure that our members are provided with the best possible services.

WVNA Board Plans for the Future

In August, we held our annual WVNA Board Retreat in Grafton, WV at the beautiful home of APRN Congress Chairperson, Beth Baldwin. Forward thinking and fun prevailed. We celebrated our accomplishments, envisioned our future and focused our goals to achieve even more in the next year! Building membership by attracting more nursing leaders who are passionate about the future of WV Nursing is a top priority. You can read about the outcome of our planning in this issue. Then, join the team that is making things happen!

Legislative Agenda

The Legislature has assigned Removing the Barriers to APRN Practice to the Joint Committee on Government Organization Subcommittee on Government Organization. Senator Snyder, Beth Baldwin did an outstanding presentation to the committee which had excellent news coverage in the Dominion Post! In September our legislative leadership team planned and presented a fantastic panel about removing the barriers to APRN practice. We will be asking you to fill the ballot box to make Removing the Barriers to APRN practice one of those top five issues!

Partnering with Nurses and the Public for Better Health Choices

The Choosing Wisely initiative is picking up steam with a recent grant from the Kanawha Valley Foundation to fund a full time position to promote Choosing Wisely to providers and the public in Kanawha County. Nancy Tolliver, RN will lead this project. She and Renate Pore came to our Board Retreat to propose a partnership with WVNA for this project. We signed on as an organization and several of our members signed the pledge to promote Choosing Wisely to their patients.

The Future of Nursing WV

Regardless of your setting, if you are a nurse today, you must begin to find opportunities to educate and advocate with other professionals and the public about the unique contribution of your role on the healthcare team. The Future of Nursing WV Action Coalition is the perfect venue for you to take an active role in leading the changes in WV healthcare. Read more in this issue and make a decision to add your expertise to one of the teams.

Actions Speak Louder Than Words

Florence Nightingale said, “You ask me why I do not write something...I think one’s feelings waste themselves in words, they ought all to be distilled into actions and into actions which bring results.”

WV Nurses are committed to improving the health of their patients and communities. WVNA is committed to taking the actions to assure that nurses in WV have what they need fulfill their mission.

We have the best team of WV Nurse Leaders acting together to achieve our mission for a healthy WV and we have a lot of fun doing it. Go to www.wvnurses.org and become a member of the WVNA leadership team today. Join the Best... Join WVNA!

Warm Regards,
Aila

Military Nurses

WVNA would like to highlight a military nurse in each issue of WV Nurse and thank Shaver for their service. If you are a nurse veteran or know of a nurse veteran or a nurse currently serving in active duty and would like to share their story please contact centraloffice@wvnurses.org or call 304-342-1169.

President’s Message

Aila Accad, MSN, RN
WVNA President

REM WV LPN

LPN positions (full-time and part-time available) at Olive and Marshall County areas for individuals who want to be LPN. Candidate must be licensed in the state of WV and have valid driver license. New Starting Wage!

Interested applicants may apply online at: http://nursing.hsc.wvu.edu/about/careers/

Dr. Phyllis Huddleston
REM WV
748 McMechen St, Benwood, WV 26331
EOE

Employment Opportunities with the School of Nursing

• Associate Dean for Research and Scholarship
PhD in Nursing or related field

• Tenure-Track Research Faculty Position
Doctoral Degree is required

• Lecturer/Senior Lecturer (Medical/Surgical Nursing)
MSN in Nursing

These positions also require an unencumbered WVLP license by position start date.

To learn more about these openings visit: http://nursing.hsc.wvu.edu/about/careers/

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West Virginia University

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West Virginia University is an Affirmative Action, Equal Opportunity Employer.

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Col. Pauline Shaver, MSN, APRN of Charleston has been awarded the Jefferson Award for Public Service. The Jefferson Award is a prestigious recognition honoring community and public service. Founded in 1973 by former first lady Jacqueline Kennedy and Senator Robert Taft Jones, and Sam Beard, it was intended to award something akin to the Noble Prize for public service. Recognized locally for their community contributions and nationally for endeavors that have a far reaching impact this award is bestowed on unsung heroes.

Col. Shaver’s extraordinary deeds came to light after being nominated by several anonymous individuals and Mr. Sylvia Lewis. The nominations resulted in her earning the Jefferson Award. The story was picked up by several news shows such as WCCH-TV and WVAH-TV and her volunteer hours in many community groups were profiled.

Involvements in grassroots efforts such as the start of Hospice for Charleston in the 80’s, establishment of a community Health Ministry for the Methodist church with a medical lending closet and health consulting program for homeless and low income families lead Col Shaver to request the need for these services. Her history of being the first WVU Nurse Practitioner with US Public Health Corp Clinic in 1975 she was our representative in the Army medical community. She recruited nurses, and health educators. She is a FEMA (Federal Emergency Management Agency) and RED Cross (WV) Disaster certified. Her achievements include being the first Red Cross Certified Disaster Nurse in WV, an instructor for Paramedics and EMTs in the 750-900 Army Guard’s first ORSA Certified Occupational Safety and Health State Military Officer. Her army awards for the Hearing Conservation and Immunization Programs resulted in protocols for the army and National Guard and was adopted by all military branches. She served as “Desert Storm” veteran healthcare advisor for WANGs.

Born and raised in Morgantown, WV Col. Shaver is the mother of three. She is an active member in the West Virginia Nurses Association and continues to bring healthcare to those less fortunate.

WVNA congratulates Col. Pauline Shaver, MSN, APRN for all her contributions to nursing throughout her career and wishes her many more years as she continues in her endeavors.

DEA Follows Reclassification of Hydrocone Compounds

As urged by FDA from Schedule III to Schedule II

Beth Baldwin, MSN, APRN, PCP-BC, APRN Chair

Rescheduling of Hydrocone Combination Products From Schedule III to Schedule II

With the issuance of this final rule, the Administrator of the Drug Enforcement Administration reschedules hydrocone combination products from schedule III to schedule II of the Controlled Substances Act. This scheduling action is pursuant to the Controlled Substances Act which requires that such actions be made on the record after opportunity for a hearing through formal rulemaking. This action imposes the regulatory controls and criminal and civil sanctions applicable to schedule II controlled substances on persons who handle manufacture, distribute, dispense, import, export, manufacture for sale, distribute in furtherance of a public health act, conduct instructional activities with, conduct chemical analysis with, or possess (or propose to possess) or propose to handle hydrocone combination products.

This rule goes into effect October 6, 2014

For more information please check the Federal Register.

Unsung Hero

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**Membership Categories**

**Check One:**  
- [ ] Full  
- [ ] Special  
- [ ] WVNA ONLY

**Fees:**  
- [ ] Full Payment** Electronic Dues  
- [ ] Special Payment Electronic Dues  
- [ ] WVNA ONLY Full Payment** Electronic Dues

**Employed Full Time**  
- $288.00
- $149.00 (State Only)

**Employed Part Time**  
- $248.00
- $151.00

**RN's who work or live in West Virginia**  
- $25.00

**All other**  
- $24.50

**Transfer**

**PAYMENT DETAILS**

**Check: One:**  
- [ ] Annual  
  - Enrollment fee in multi-year and check or money order for the amount of $72.00  
  - Check should be made payable to WVNA and submitted in the above address.

- [ ] Electronic Dues Payment Plan (EDPP)  
  - Initial payment of $100.00 payable at the time of enrollment.

**Signature Date**

- [ ]  

- [ ] Approval is required for monthly electronic payments in American Express (AMEX). You are authorized to charge 12% of your annual dues and any additional fees from my checking account designated for this purpose for the first month's payment. AMEX is authorized to charge the amount given the allowed amounts shall be credited within ten (10) days. The credit limit may reduce the authorization you may receive on AmEx or Delta of the amount over the intended date as a preauthorized debit. AMEX will charge $5.85 for any return checks.

**Annual Membership Cost**

- [ ] $250.00 (Full)  
- [ ] $140.00 (State Only)

**Credit Card Details**

- [ ] Check
- [ ] Money Order
- [ ] Credit Card (Visa or MC)

**Membership News**

WVNA/ANA Membership Application

**Welcome New Members**

Karen Barb  
- Shona McIntyre  
- Angela Suttle  
- Ma Lorlee Wilkes  
- Theresa D. Cowan  
- Sherry Kirwan  
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- Debra Doris Barker  
- Lois Marie Hartman  
- Rebecca Marie Hebel  
- Kathryn Koons  
- Terry Anne Roberts  
- Sandra Wood  
- Kem M. Dye  
- Stacey Pierce

Members we shall miss. If your name appears on this list it means that your membership with WVNA has ended. If you feel that this is in error, please contact the Central Office at 304-342-1169 or centraloffice@wvnurses.org.

**Dynamic Career Opportunity**

Mildred Mitchell-Bateman Hospital is a 110-bed Acute Care Mental Health facility operated by the West Virginia Department of Health & Human Resources. We are seeking qualified staff to fill permanent and temporary positions:

- [ ] Staff RNs  
- [ ] LPNs  
- [ ] Health Service Workers  
- [ ] Interpreters

**Some of the benefits you will enjoy:**

- [ ] Enjoy state paid holidays with incentive for working Thanksgiving, Christmas, and New Year’s Day
- [ ] Accrued Sick Leave  
- [ ] Accrued Annual Leave  
- [ ] Shift differential for evenings and night shifts  
- [ ] Education Assistance (Tuition Reimbursement)  
- [ ] Annual increment pay after 3 years of service  
- [ ] Public Employees Retirement System  
- [ ] Comprehensive Health insurance plans, including PEIA  
- [ ] Prescription Drug Plan and optional dental and vision coverage  
- [ ] Staff to acuity

Temporary positions do not include benefits. Interested individuals should contact: Patricia D. Hamilton, RN, BC, Director of Nursing  
- [ ] Phone: 304-525-7801 X 734  
- [ ] Fax: 304-529-6399  

**Welcome to Outstanding Nurse Leadership**

- [ ] Master of Science in Nursing – Family Nurse Practitioner  
- [ ] Masters of Science in Nursing/Masters in Business Administration Dual degree  
- [ ] Post Masters Certificates available in Family Nurse Practitioner, Nursing Education, and Nursing Administration  
- [ ] Master of Science in Nursing from WVWC  
- [ ] Post-Graduate Certificate in Nurse-Midwifery from Shenandoah University  
- [ ] Master of Science in Nursing from WVWC and a Post-Graduate Certificate for Psychiatric Mental Health Nurse Practitioner from Shenandoah University

**Contact Us**

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- Stacey Pierce

Mary Sizemore  
- Alycia Adams  
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- Patricia J. Harman  
- Catherine Mayle  
- Mary Ellen Werner  
- Courtney Schrebe  
- Vicki Dix  
- Lee Bias  
- Stacey E. Bias  
- Benjamin Campbell  
- Janet Collins  
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The patient’s daughter filed a lawsuit. The case was settled for more than $1 million, split evenly among the nurse and two physicians.

1 Source: Forum, May 2008

COULD YOU MAKE THIS MISTAKE—AND BE SUED?

We all make mistakes. But as a nurse, one mistake can lead to disaster. Consider this real-life example.

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Get the protection you need—without paying more than you need. To take advantage of special rates for ANA members, visit proliability.com/65011 for an instant quote and to fill out an application.

MALPRACTICE INSURANCE OFFERED BY THE ANA ANNUAL PREMIUM AS LOW AS $982

Protect yourself now! Visit proliability.com/65011 or call 800-503-9230.

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1 Source: Forum, May 2008

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