Adapting Clinical Practice When Caring for Homeless Diabetics

Bernadette Lee, MSN, RN

Homeless patients have more difficulty managing their diabetes than the regular population. According to the Health Care for the Homeless Clinicians’ Network (2007), diet is an obstacle because, “Homeless persons are usually dependent on soup kitchens or shelters for meals, and it may be difficult to plan meals to coincide with insulin administration” (p. 3). Exercise is problematic because walking is usually the only form available. Medication management is a barrier because theft is common. Glucose monitoring is near impossible because glucometers and supplies are difficult to obtain. Many homeless individuals suffer with mental illness/addiction. Transience “prevents regular follow-up, interrupts patient education, and undermines long-term care” (Health Care for the Homeless Clinicians’ Network, 1999). Finally, the lack of health insurance limits access to specialty referrals and to pharmacy supplies.

For those homeless diabetics fortunate enough to receive medical care, the care received is often inadequate. According to Strechlow, Kline, and Zerger (2005), “Evidence-based clinical practice guidelines rarely address implementation of primary healthcare services for the homeless population” (p. 433-434). In 2002, Health Care for the Homeless Clinician’s Network recognized the need for clinicians to specifically address this population. The organization “provides specific recommendations for the clinical practice of working with homeless persons with diabetes” (Health Care for the Homeless Clinicians’ Network, 2007, p. iii).

The network compiled recommendations specific to diabetic homeless persons to assist providers who care for homeless adults with diabetes. The recommendations are compiled in a guide titled “Adapting Your Practice: Treatment and Recommendations for Homeless Patients with Diabetes Mellitus.” The American Diabetes Association’s Standards of Medical Care for Patients with Diabetes Mellitus was the source document for these recommendations. Here are a few of their suggestions.

- Recognize that walking may be the only form of exercise available. Consider that most homeless carry their belongings which increases exercise effort. Document approximate daily walking distance.
- Assess for foot sores or ulcers and inspect the patient’s shoes. Identify community resources that provide the patient with new or gently-used shoes and socks. Encourage patients to examine their feet daily and to keep their feet dry. Advise patients to take off shoes and socks to allow the patient’s skin and foot wear to dry. Instruct patients to wash socks to kill bacteria.
- Prescribe insulin pens which are easily concealed and reduce the risk of theft.
- Ask about food sources and eating habits. Encourage the patient to make the best choices from what is available. Ask the patient to save part of the meal for later in the day especially when only one or two meals are available per day. Acknowledge the patient’s limitations given food choices and work to adjust medications to address glucose control.
- Remember that patients receiving food stamps or other public entitlements may exhaust their resources by the end of the month. Recognize that patients may choose to eat at local fast food restaurants. Provide a list of healthier food choices available within these locations. Provide suitable documentation for the patient with diabetes to use at food pantries, soup kitchens, and shelters to obtain healthy snacks and foods.
- Perform dipstick urinalysis and portable HBA1C. Examine the albumin-to-creatinine ratio.
- Record labs and exam results on a diabetic monitoring card. Patients can use this card to share information with their next health care provider, and it is also useful as a self-management tool.
- Document lab and exam results on-line. Although this patient demographic can be transient, the electronic medical record allows clinicians immediate access to a patient’s medical history regardless of the patient’s location. Clinicians can refer to this information to assess how well a patient is meeting his or her self-management goals.

References

The deadline for submission of articles for the October 2012 issue of the New Mexico Nurse is August 4th so that our editorial board can review them before the publication deadline.
Give the Board of Nursing your NEW ADDRESS!

If the Board of Nursing sends you a notice and you don’t receive it because they don’t have your latest address, you may miss something critical to your license! There is a Name/Address change/Residency Change form at www.bon.state.nm.us under Licensing Forms.

Nursing Information Web Sites

**NM Nurses Association:** [www.nmna.org](http://www.nmna.org)

Information on the organization, calendar of events, legislative update, online registration for workshops, job listings for all kinds of health care jobs, and Continuing Education applications for workshops for nurses.

**NM Board of Nursing:** [www.bon.state.nm.us](http://www.bon.state.nm.us)

Lists board meeting dates, downloads the Nursing Practice Act, Rules and Regulations, download renewal forms, complaint forms, get information on recent rules and regulations changes, get names of board members.

**NM Center for Nursing Excellence:** [www.nm nursingsexcellence.org](http://www.nm nursingsexcellence.org)

Information on NMCNE activities to lessen the nursing shortage, recognize nurses for their accomplishments, Links to nursing organizations, workforce reports and much, much more.

**American Nurses Association:** [www.nursingworld.org](http://www.nursingworld.org)

Member booker to buy standards of various nursing practices, the Code of Ethics for Nurses, Online Journal of Nursing, press releases on various legislative initiatives, connections to state (constituent) nurses associations, American Nurses Credentialing Center, and the American Academy of Nursing.

**Exceptional Nurse:** [www.ExceptionalNurse.com](http://www.ExceptionalNurse.com)

A nonprofit resource for nurses and students with disabilities. The email address is exceptionalnurse@aol.com.

**Mission Statement**

New Mexico Nurses Association is committed to advocating for all licensed nurses, improving health care, and promoting life-long learning.

**Core Values**

- Promote the professional and educational advancement of nurses.
- Develop alliances with other professional health care organizations on issues affecting nurses and health care.
- Enhance recognition of the contribution of the nurse in health care.
- Promote high standards of nursing practice by upholding the integrity of the New Mexico Nursing Practice Act.
- Improve access to health care services by expanding opportunities for nurses.
- Foster personal and professional self-advocacy.
- Advocate for nurses through legislative, regulatory, and policy making endeavors.

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The American Nurses Credentialing Center (ANCC) is a subsidiary of the American Nurses Association (ANA).
Purpose: Participants will receive information to improve their skills in assessing and intervening in various common conditions and situations to improve patient outcomes and prevent harm to patients or health care workers, meet newly adopted Pharmacology CE requirements by the Board of Nursing, and recognize trends in Health Care delivery that offer opportunities to Revolutionize Nurses for the year future. Additional participants will recognize the legislative initiatives for 2013 that may impact their practices and how they can help to move those forward for the profession.

Keynote: Janet Haebler, MSN, RN
Associate Director, State Government Affairs
American Nurses Association

Plenary: Ricki Garrett, PhD
Business woman and expert in Nurses in Power Positions

3 tracks:
• Leadership Track
• Clinical Track
• Controlled Substances Track

Disclosure: Criteria for Successful Completion: participant must have registered for the conference, signed in, attended the sessions for which registered, and submitted a completed evaluation form.

Conflicts of Interest: Planners had no conflicts of interest to resolve. Presenters had no conflicts to resolve Exhibitors had no part in the planning of this activity. All funds provided were in the form of grants to NMNA. If you cancel your registration 2 weeks before the event, you will receive 75% of the fee; if cancel within 72 hours, you will receive 30%. Ms. Haebler and Dr. Garrett received travel expenses for presenting at the conference.

4.5 Pharmacology contact hours will be awarded for the Controlled Substances Track session.

In order to receive continuing education contact hours, you must have registered, sign in, attend the session for which registered, and submit the evaluation form.

Resort Sleeping Rooms: A limited number of rooms have been reserved for participants at the Buffalo Thunder Resort for $119.00 per night + tax and fees from 9/24-9/30/2012. This includes discounted fees to use the Spa facilities. Cutoff date for reservations is 9/3/2012. Please note: 6-30 Exceptions! Reservations must be made through http://www.hilton.com/svn/h/gp/lepersonalized/8/SFECGHH

Preconference Thursday, September 27, 2012
0830 Registration with coffee
0900-1030 Writing Individual CE applications
1030-1045 Break
1045-1215 Continue Writing Indiv. CE Apps
3.0 c.h.
1215-1330 Lunch on your own
1330 Registration
1345-1645 Writing Approved Provider Apps
3.0 c.h.

Networking Reception Thursday, September 27, 2012
6:00-8:00 p.m.
Cash bar, free soft drinks and hearty hors d'oeuvres
Specialty groups are encouraged to network, and arrangements can be made for meetings on site if agree to cosponsor (free) by 8/1/2012.

Friday, September 28, 2012
0730-0830 Registration w coffee & breakfast
0830-1000 Keynote Leadership and Policy Development for ALL RNs—Janet Haebler
1000-1030 Break – visit Exhibitors
1030-1200 Leadership track: R Garrett, Making connections, forming collaborative groups to accomplish goals
Clinical track: Assessment and Tx of Asthma—Scotty Silva, RRT
Controlled Substances track: Responsible prescribing and monitoring of opioids and other controlled substances Larry Loring, RPh at BON and US Atty Kenneth Gonzales, 1.5 pharm hrs
Lunch – Ricki Garrett, PhD
Nurses in Power Positions, 60 min.
1200-1330
1330-1500 Leadership track:
Michael Healey LFC and Panel discussions by specialty groups on their particular NPA needs: reps from 1190 APL-CIO, CNMA, NMNPC, APNA, ENA, NMONL, NMBO
Clinical track: TBD
Controlled Substances track: Pain management strategies LV. Zamora, MSN, CNS, 1.5 pharm hrs
Break – visit Exhibitors
1500-1530 Leadership track: [IOM, PPACA, the NPA and you—how to extend your influence] D. Haebler
Clinical track: De-Escalating Agitated folks
D Cheshire and Dwight Coleman
Controlled Substances track: Assessing, referring and treating those with substance use disorders Tim Condit, Chandler Scott McMillin, 1.5 pharm hrs
Turn in Evaluations for certificates (7.0 contact hours)
Dinner with entertainment
An auction to benefit New Mexico Nurses Foundation featuring arts and crafts from New Mexico.

Saturday, September 29, 2012
0730-0830 Registration with coffee
0830-1000 The Power of One Voice & Legislative update for a very busy 2013, Linda Siegle, Lobbyist of NMNA, NMNPC, NM Midwives and many others.
1000-1030 30 min. break
1030-1100 NMNA update on activities and projects—a collaboration with other nursing and HC groups.
1100-1200 Report on Race for Relevance and reorganization of ANA and NMNA, our goals, projects, opportunities and challenges
1200 Turn in Evaluations for CE certificates. (3.0 c.h.)
1200-1400 Luncheon Honoring our Leaders
Annual meeting: install new officers; vote on bylaws changes, district, committee and financial reports
1400-1700 NMBA of Directors
Public session: Open to all NMNA members.

Registration form
Name:
Address:
City:
State:
Zip:
Email:

Thursday, September 27, 2012
“Writing CE applications to 2013 ANCC Criteria
Both sessions FREE to NMNA CNE Reviewers!
Lunch on your own at resort or next door at Gabriel’s Restaurant
9 a.m.-12:15 p.m. Individual CNE Applications
For nurse-educators for hospitals, LTC facilities, health systems, and planners for specialty groups (3.0 CE) $60
1:30-4:45 p.m. Writing an Approved Provider
App For large hospitals, health systems providing numerous CE activities each year (3.0 CE) $60
Both Morning and Afternoon Sessions $100
(Add these costs to those below if also attending Conference)

Only Thursday, September 27, 2012 Reception
6:00-8:30 p.m. no CE available
to meet colleagues and new friends, with areas for specialty groups to meet, discuss issues, and plan talking points for the Panel discussion on Friday. Dinner foods and Cash bar
Member, BSN-completion or Grad. Student $60
Specialty group cosponsor members (APSA, VNMCPC) Others signed up by 9/01 $70
Non-member $80

Full conference: Thursday Reception through lunch on Saturday total 10.0 contact hours Includes breaks x 2, lunch x 2, breaks, and a dinner with entertainment and a live auction of arts and crafts
Member, BSN-completion or Grad. Student $225
Specialty group cosponsor members $250
Non-member $275

Track registration:
10:30-1200
Leadership Track
Clinical Track
Controlled Substances Track
1330-1500
Leadership Track
Clinical Track
Controlled Substances Track
1530-1700
Leadership Track
Clinical Track
Controlled Substances Track

This continuing nursing educational activity was approved by the Arizona Nurses’ Association, an approved approver by the American Nurses Credentialing Center’s Commission on Accreditation.
On Saturday, April 28, 2012 the New Mexico Nurses Political Action Committee had its first fundraiser at the historic Barela-Reynolds-Taylor home, the home of retired Representative J. Paul Taylor, right on the Mesilla Plaza in southern New Mexico. Representative Taylor and his family were gracious hosts, providing a docent to take those attending through this house full of bultos, retables, and antiques, naming the people in paintings and photographs, pointing out handmade bedsteads with ropes for the support under mattresses.

Representative Taylor was a strong advocate for education and nursing in the 1980's and early 1990's, sponsoring bills for NMNA, the School Nurses Association, and many others for many years. His hacienda is lovely with two gardens surrounded by the building, a realistic example of territorial buildings built before statehood.

Barbara Salas, President of NM Nurses PAC with Representative J. Paul Taylor, Retired. Ms. Salas is an NP with her own private practice in Santa Fe.

Leigh DeRoos, MSN, RN, President of NMNA District 14 sitting beside Rep. Taylor with three enthusiastic soon-to-graduate nursing students from NMSU.

Mary J. Sletten, President of NMNA with Representative J. Paul Taylor in the courtyard.

Randee Greenwald, a public health nurse in Las Cruces with Representative J. Paul Taylor in the courtyard.

Representative Taylor spent many years as a teacher and superintendent of schools in southern New Mexico, and supported many bills related to school nursing. Here are five school nurses with Rep. Taylor, thanking him for his past support of school nurses.

Representative talking with three school nurses in the courtyard.

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- Nurse Anesthetists
- Physician Assistant/Nurse Practitioner – Breast Institute; Santa Fe Pulmonary

Registered Nurses
- Program Coordinator, CVOR
- Behavioral Health; Case Management; Emergency; ICU; Maternity; Med/Surg; OR, Amb. Surg. Ctr. (OR, PACU); Rehab; PCU Stepdown

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- RN – OR, Main Campus

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921 Paseo de Oñate, Española, New Mexico 87532 / www.nnmc.edu
The New Mexico Drug Card is free statewide prescription assistance program that offers free drug cards to all New Mexico residents. The program provides discounts on both brand and generic medications with an average savings of around 30%. The program has no restrictions to membership, no income requirements, no age limitations and there are no applications to fill out. Everyone is eligible to receive savings!

The New Mexico Drug Card was launched to help uninsured and underinsured residents afford their prescription medications. The program can also be used by people who have health insurance coverage with no prescription benefits, which is common in many health savings accounts (HSA) and high deductible health plans. Additionally, people with prescription coverage can use the program to get a discount on prescription drugs that are not covered by insurance.

There are currently more than 56,000 pharmacy locations across the country participating in the program, including all major pharmacy chains. To locate participating pharmacies and search medication pricing, go to www.NMDrugcard.com. There you can also learn more about the program and print customized cards for your friends, family, employees, etc. No personal information is required to print a card and all prescriptions processed through the program are completely confidential. There is also a new smart phone app, Free Rx iCard, available to make obtaining a card even more convenient.

If you have any questions or would like hard cards for your patients, contact Mike McCabe, Program Director for New Mexico Drug Card, by sending an email to mikem@NMdrugcard.com.
It is May right now, the lilacs have bloomed, the irises are blooming now, the locust trees are beginning to bloom, and the dogs are constantly trying to catch the squirrels and bunnies on the land (unsuccessfully, so far). It has been a bumper crop of Miller Moths all week, and again next week—so far without a drop of rain... but we have a bumper crop of Miller Moths this year!

Our big conference this year will start on Thursday, September 27th with a Preconference on Continuing Nursing Education Application documentation, followed by a reception open to all participants coming for the Friday, September 28 conference with 3 tracks, 2 keynote, great food and fun, a gala dinner that evening that will feature a live auction of items donated by our members and districts, then the Saturday, September 29th day about the New Mexico Legislature and NMNA activities. We hope you are intrigued and will check our website after July 1 for the brochure and more information!

I want to share a vision with you...one fueled by the Patient Protection/Affordable Care Act and the IOM report:

Imagine with me a moment that the Supreme Court upholds the PPACA and that states working on meeting the recommendations of the IOM Report are successful in increasing the numbers of nurses with BSNs (and PhDs) to educate all the added nursing students that replace us older nurses as our arthritic, lung and heart diseases take their inevitable toll. Now imagine that the hospitals don’t need as many RNs as they used to because they have improved patient care with excellent staffing and educators to teach the patients how to care for themselves when they go home. Nurse Practitioners are graduating in larger numbers, and are setting up their own practices or are forming practices with Family Practice or Internal Medicine docs, and clinics are established in little towns and cities across the state to meet the health care needs of the increasing numbers of citizens now insured under PPACA. Those NPs and MDs don’t want barely educated Medical Assistants to be in their offices—they want an educated nursing workforce who can make the calls to chronically ill patients to check on their BP, do a tele-health ERG, see what their weight was that morning, manage the CHF patient who has gained weight via protocols to add a dose of Lasix, and if their weight doesn’t drop X number of pounds in 24 hours, to come in to the office. The BSN RNs in these clinics will be teaching the COPD patient how to check their peak-flow, to adjust their medications based on their numbers, how to avoid allergy triggers, follow up on their Oxygen prescription, and ensure that their medications are being taken as required. The MDs and NPs can see acutely ill patients and not have hours of phone calling; they are happier because they feel like they are accomplishing something; and the BSNs are thrilled to have ongoing relationships with a cadre of patients, they are helping the chronically ill to understand their illnesses and how to deal with them, thus improving the patients’ lives AND giving the BSNs terrific satisfaction. Now that CAN happen—we just have to make the change we want to be implemented. We can do this! We can help to develop clinics that meet patient AND caregivers needs!

Think about it! Help NMNA to bring this vision into reality!

Carrie

It is time again to nominate outstanding New Mexico nurses for the 2012 Nursing Excellence Awards!

I would like to spotlight an award category of which many nurses are not aware. The Nursing Legend award is designed to honor nurses who have had a long and distinguished nursing career and are now retired. Sponsored by the University of New Mexico Hospitals, the Nursing Legend award is presented to five distinguished nurses annually.

Anyone can nominate a nursing legend, much the same as any other award. Eligibility criteria for a Legend are:

- The nominee must be fully retired from nursing. This means that the nurse does not earn any income as a nurse. Volunteer work is acceptable.
- The nominee has served as a nurse in New Mexico for at least 20 years.

To nominate a legend, go to the NM Center for Nursing Excellence website—www.nmnursingexcellence.org. Either download the nomination form online or complete the nomination online. We ask for the nominee’s contact information as well as that of the nominator. Along with a short biography, nominators are asked to describe how their nominee meets the following criteria:

- Examples of nominee’s significant and outstanding contributions to building the nursing profession in New Mexico, either regionally or statewide.
- Examples of nominee’s contributions as a living tribute to the commitment and dedication she/he demonstrated to the profession of nursing and to community service.
- Examples of how nominee has pioneered and/or provided leadership in building the nursing profession in New Mexico.
- Examples of nominee’s advancement of the profession of nursing through political, organizational, academic or community processes.

Because of UNMH’s generous sponsorship, there is no nomination fee for Nursing Legends. The nomination deadline is August 1, 2012 (that means done online, faxed, or postmarked by August 1).

Nursing Legends are selected by a committee comprised of nurses from around the state. The nominations are blindness and scored based on the selection criteria. The 2012 Nursing Legends will be honored at the New Mexico Nursing Excellence Awards gala Saturday, October 20, at the Hyatt Tamaya Resort.

Did I tickle your memory? Do you know a nurse that would be a great candidate for a Nursing Award? Reconnect—go to lunch—and interview your nominee. You will be surprised at the richness of their career—there will be many things you didn’t know! We can find inspiration and mentors if we take time to listen to the stories of our colleagues. We need to thank them for their work that pioneered the way for us.

To see a list of Nursing Legends, go to the NM Center for Nursing Excellence website (www.nmnursingexcellence.org). Have questions? Call us at 505-889-4518.

Spotlight on Nursing Legends

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- Chris, VA Nurse

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To learn more about us and for progress updates, please visit us at: www.unmsrmc.org

Together, we’ll grow and share a bright future at UNM Sandoval Regional Medical Center!
New Members

NM 01 (Albuquerque area)
Nancy Joanna Anderson
Adaline Blount
Carla M. Brooks
Kathryn Kuenzi Bucher
Kathleen Crisp
Beth Cumbie
Cheryl A Dodd
Tristan D. Fin
Elizabeth Anne Finley
Nancy Hobbs
Christina Lynn Kamm
Susan Kirkmaier
Sheilah Kay Kotulski
Deanna M. Laforce
Susan E. Lewark
Karen Marie Lopez-Rivera
Emily Maner
Michelle L. Martin
Deborah W. Mueller
Sharon Prudhomme
Jennie Rodriguez
Jean Carolynne Romero
Linda S. Smouse
Cindy L. Torres
Joyanna Warwick

NM 02 (Santa Fe area)
Deanna Rowley
Linda J. Stanke

NM 04 (Clovis/Portales area)
Nefise Kaysa
Denise Martin
Imelda Sindro De Contreras

NM 14 (Las Cruces area)
Kandy L. Aboud
Emily Marilyn Ceralo
Mark A. Holmes
Cindy Lou Took-Dexter

NM 15 (Alamogordo area)
Sherry E. Gill
Karen Ellen Sadowski

NM 16 (Gallup area)
Joyce Ann Archuleta
Rosemary T. Coyne
Kathleen M. Head
Tyrone Pablo

NM 19 (Farmington area)
Charles M. Baez
Karen L. Huxley (Ignacio, CO)
Heather Manus

NM 50 (At Large members)
Brooke Carnathan (Artesia)
Karen Ann Duncan (Taos)
Lucas S. Gonzales (Santa Cruz)
Kimberly A. Hansen (Roswell)
Melanie Jonel Lopez (Taos)
Serena Skinner (Roswell)
Ellen Trabka (Espanola)
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Combined Membership Application
for ANA/NMNA/ District membership, NMNA or NMNA/ District ONLY, and LPN Affiliate membership

Last name __________________________ First name __________________________ MI DOB: __________________________

Check preferred contact
☒ Home Address __________________________ City __________________________
☐ County __________________________ State __________________________ Zip code __________________________
☐ OR ☒ Employer name __________________________
☐ Street/POB __________________________ City __________________________
☐ County __________________________ State __________________________ Zip code __________________________
☐ Wk Phone __________________________
☐ Email: __________________________

Full membership (employed full or part time in nursing)
$230.00 yearly or $19.67/month

Reduced 50% reduction in membership fees
$115.00 yearly or $9.58/month

Special—75% reduction in membership fees
$57.50 yearly or $5.30/month

Only the following districts are active and are either receiving membership fees or are accruing them:
District 01—Albuquerque; District 02—Sante Fe; District 04—Clovis/Portales; District 10—Raton;
District 14—Las Cruces; District 15—Alamogordo; District 16—Gallup and District 19—Farmington.

Bi-level-ANA, NMNA, no active district or District “50” membership
Full membership
$218.00 yearly or $18.67/month

Reduced 50% reduction in membership fees
$109.00 yearly or $9.15/month

Special—75% reduction in membership fees
$54.50 yearly or $5.00/month

Choice of payment:
☒ Full Annual Payment (submit application with a check payable to ANA for the yearly amount) 
☐ Online (www.nursingworld.org) —credit card only
☐ E-Pay (This is to authorize monthly electronic payments to American Nurses Association, Inc. (ANA)). By signing on the line, I authorize my Constituent Member Association (CMA)/ ANA to withdraw 1/12 of my annual dues plus bank fees from my account.

Checking—Please enclose a check for the first month’s payment; the account designated by the enclosed check will be drafted on or after the 15th of each month.

Monthly Electronic Deduction Authorization Signature
☒ Automated Annual Credit Card Payment This is to authorize annual credit card payments to American Nurses Association, Inc., (ANA). By signing on the line, I authorize my Constituent Member Association (CMA)/ ANA to charge the credit card listed in the credit card information below for the annual dues on the 1st day of the month when the annual renewal is due. Please mail your completed application to: New Mexico Nurses Association, P. O. Box 29658, Santa Fe, NM 87592 or American Nurses Association Customer and Member Billing, P. O. Box 17026, Baltimore, MD 21297-0405

☒ Monthly Electronic Payment through Credit Card Please complete the credit card information below and this credit card will be debited on or after the 1st day of each month.

CREDIT CARD INFORMATION
☒ VISA ☒ Mastercard

Bank Card Number and Expiration Date __________________________

Authorization Signature
Printed Name on Card __________________________

Amount __________________________

Please mail your completed application to: New Mexico Nurses Association, P. O. Box 29658, Santa Fe, NM 87592 or American Nurses Association Customer and Member Billing, P. O. Box 17026, Baltimore, MD 21297-0405

By signing the Monthly Electronic Deduction Authorization or the Automatic Credit Card Payment Authorization, you are authorizing ANA to change the amount by giving the above-signed thirty (30) days advance written notice. Above signed may cancel this authorization upon receipt by ANA of written notification of termination twenty (20) days prior to deduction date designated above. Membership will continue until this notification is received. ANA will charge a $5 fee for any returned drafts or chargebacks.

☐ NMMA-only or NMMA/ District- ONLY membership (Not ANA)
Membership Category (check 1)
☐ NMMA only $128.00/year

☐ LPN Affiliate membership (Not ANA)
Membership Category (check 1)
☐ NMMA only $50.00/year

Active districts: District 01—Albuquerque; District 02—Sante Fe; District 04—Clovis/Portales; District 10—Raton; District 14—Las Cruces; District 15—Alamogordo; District 16—Gallup and District 19—Farmington.
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