First Lady Dianne Bentley will speak to participants of ASNA’s 2005 Annual Convention which will be held October 1 – 3, 2015 at the Perdido Beach Resort. Mrs. Bentley’s keynote address will center around her work on Alabama’s Domestic Violence Initiative.

The First Lady promotes awareness for domestic violence prevention and Family Justice Centers. As an advocate for healthy marriages and families, Mrs. Bentley strives to help every victim feel support and love. If people know what resources are available they are able to make healthy choices. Alabamians, if they stand together, can end this cycle of violence.

Registration information is included in the pull out section of this edition. You may also register online at http://alabamanurses.org. Smartphone users may register more quickly by scanning the QR stamp (left). Mark your calendars today and plan to attend an exciting convention at the BEACH.

MEET US AT THE BEACH!
ASNA 2015 Annual Convention
Perdido Beach Resort • October 1-3, 2015

The Alabama State Nurses Association will hold its 102nd Annual Convention co-sponsored by the Alabama Association of Nursing Students at the Perdido Beach Resort in Orange Beach, AL. We invite each of you to attend.

This year’s convention promises to be fun and informative, beginning October 1st with our Annual Mabel Lamb Continuing Education Day. This is a great opportunity for all LPN’s who haven’t quite met the ABN requirements during the LPN renewal Cycle to finish getting your 24 hours. RN’s are also encouraged to attend. The Convention kicks off with a welcome party; ending October 3rd with ASNA’s Awards Luncheon.

Participants will have time each day to tour the area, sample local fare, and soak up plenty of sunshine on Alabama’s beautiful Gulf Coast Paradise. ASNA members who are delegates to the convention will have the opportunity to debate issues of current concern to the association and the nursing community. Resolutions become action items that drive ASNA’s Strategic Plan for the next year.

Educational offerings include the topics of Family Violence, Management of Bedside Emergencies, All Things Tubes, and presentations by ASNA’s 2015 Leadership Academy.

Alabama First Lady Dianne Bentley will provide the Keynote Address about the state’s initiative to reduce domestic violence.
Below are just a few:

proclaimed the year of 2015 as the Year of the Nurse.

I think it can't be said enough, you are awesome, you are appreciated, and

we serve on process improvement teams, precept students

clinicians, advance their own education and experience,

see nurses give unselfishly to go above and beyond to meet

professional. Each day at work I

fore the sacrifice you make on

I appreciate each one of you

Thank you for being a nurse!

To say…THANK YOU!

a wonderful summer. We just

friends. I hope each of you has

time off with family and

are planning well deserved

summer time and many of you

for the largest population of professionals licensed

by any single regulatory board in Alabama.

• Alabama State Nurses Association (ASNA) just

celebrated 100 years of serving, supporting, and

creating excellence in our nursing profession.

The Alabama Board of Nursing is celebrating its

100th year this year. Help us in recognizing and

celebrating their many accomplishments.

• We have Alabama Nurses serving on local, state,

and national committees and task forces leading

the way for healthcare improvement. If you knew

of a nurse serving in one of these capacities, please

contact the ASNA office so that we can congratulate

and recognize them.

• We are making a difference in the lives of our

patients and their families and in our communities

each and every day!

As nurses we serve and care in many environments

such as physician offices, schools, long-term care

facilities, rehab, military, clinics, out-patient areas,

operating rooms, hospital inpatient floors, ICUs,

EDs, administration, on state and national healthcare

committees, healthcare policy, and the list goes on and on.

As your ASNA President, I am asking all of Alabama's

nurses to take the time to tell your fellow nurses how

much you appreciate their commitment and sacrifice
to our profession. At the same time, self-reflect on

everything you have done as a nurse. Reflect on how many

lives you have saved, encouraged, comforted in their final

hours, helped bring into this world, provided excellent,

quality care and given your all.

The President’s message

Brian Buchmann, BSN, RN, MBA

Hello Alabama nurses! It's

summer time and many of you

are planning well deserved
time off with family and

friends. I hope each of you has

a wonderful summer. We just

celebrated Nurses Week, May

6-12th, and I want to take this
time to say...THANK YOU!

Thank you for being a nurse!

I appreciate each one of you

for the sacrifice you make on

daily basis to care for others

and promote our nursing

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patient and family needs, promote teamwork with fellow

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• Year after year national surveys consistently rank

nursing among the most trusted professions in the

U.S.

• Alabama Nurses are almost 90,000 strong making

us the largest population of professionals licensed

The Alabama Department of Public Health is now

hiring for the position of:

Licensure and Certification Surveyor –
classification number 40726, nurse option. This

involves professional work surveying health care

directory and certification of health care providers to
determine compliance with state and Federal regulations. To qualify you must have a

Bachelor Degree in Nursing and two years of direct

patient care nursing experience OR an Associate

degree in Nursing or diploma in Nursing and five

years of direct patient care nursing experience.

This position offers competitive compensation, generous

paid time off and excellent benefits. Extensive overnight

travel is required. For more information and to apply

please go to:

http://www.adph.org/employment/index.asp?id=474


If you have questions please contact

Diane Mann at (334) 206-5078

or email diane.mann@adph.state.al.us

The Alabama Department of Public Health is an

Equal Opportunity Employer.

Don’t Forget to Update Your Information

We continue to receive returned mail and emails. Many

phone numbers are incorrect. It’s easy to do – just go to

the “Membership & Benefits” tab on our website http://
alabamanurses.org and click on “Update My Information”

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AUBURN UNIVERSITY SCHOOL OF NURSING

Associate Dean

Auburn University School of Nursing invites applications from accomplished, innovative

education leaders for consideration as the new Associate Dean for Academics.

Applicants should be tenure-eligible and hold the rank of Associate or Full Professor. The

Associate Dean of the School of Nursing will be a critical member of the School’s

academic leadership team.

Minimum Qualifications: Requires an earned doctorate in nursing or a relevant

discipline and master's degree in Nursing. Must have a teaching and scholarly record

meriting tenure at the Associate or Full Professor rank in an academic unit within a

School/College of Nursing. Must have strong research emphasis evidenced by publications in

leading academic journals.

Preferred Qualifications: Candidates with successful experience coordinating or

administering academic programs are preferred.

For a complete job description and application information,

please go to:

http://aufacultypositions.peopleadmin.com/postings/889

EXCELLENT NURSE OPPORTUNITY

The President’s message

Brian Buchmann

2015-The Year of the Nurse

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If you have questions please contact

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Good Things Are Happening

Dr. John C. Ziegler, MA, D.,MIN.

Good things are happening at ASNA! In the spring, hundreds of nurses participated in our events, our membership grew to new heights, the nurse car tag was approved for production and we worked in harmony with other nursing organizations on legislative issues. All of these things are very significant. At Nurses Day at The Capitol, the Capitol Auditorium and Tunnel were packed with nurses. When Governor Bentley made his remarks, the podium was draped with a sign that said, “ALABAMA NURSES – 90,000 STRONG!” The sign along with the crowds made quite an impression on legislators and leaders who spoke at the event. You could almost read their minds… “90,000 nurses… Wow! That’s a lot of votes!”

ASNA is the ONLY nursing organization in the state that represents nurses of all specialties. There are numerous organizations and societies for nurses to join. But, for 102 years – ASNA has served as the “mother ship” representing nurses of all specialties and to join. But, for 102 years – ASNA has served as the “mother ship” representing nurses of all specialties and in all settings of care. As far as I know, we are the only organization that has two full-time lobbyists looking out for you. We help YOU influence the future of your profession. Case in point. In July, two of our members may be elected at the American Nurses Association Membership Assembly in Washington to serve on a national level. (Janet Crawford, DNP, MSN, MBA, ACNP-BC, FNP-BC, CCRN candidate for ANA Board of Directors and Chris M. Rhodes, BSN, RN candidate for the ANA Nominations and Elections Committee)

Also in the spring, ASNA’s one-day CE extravaganza, FACES was a huge success. Nurses from across the state took advantage of a plethora of choices for CE attainment. The plenary speakers were powerful, interesting and right on target regarding challenges facing nurses in today’s rapidly changing healthcare environment. On an ongoing basis, ASNA continues to provide significant CE savings for members with fresh CE units available on our website at alabamanurses.org. Meeting the deadline for the Alabama Nurse Tag approval was, perhaps, one of the most significant milestones in our recent history. The Alabama Nurse Foundation was created by ASNA to be a beacon for excellence in nursing. The ANF will be able to expand our educational efforts and provide scholarships for aspiring nurses. The revenue from the Nurse Tag sales will help many, many nurses for decades to come. You will hear more about the specifics in the near future. Suffice it to say, “Hurray” for the ASNA staff and others who worked to make this dream a reality.

Lastly, I would like to thank Genell Lee for her exemplary service as Executive Director of the Alabama Board of Nursing. Genell recently retired and we all wish her well. The ABN has selected a new Executive Director, Peggy Benson. Peggy’s bio is featured in this edition of the Alabama Nurse and I encourage you to read it. She has served as Assistant Director of the ABN for three years and will, no doubt, do an outstanding job. Thank you Genell and congratulations Peggy!

Estate Planning: Just Get It Done

Don Eddins, BS, MS, JD

Estate planning is something we all want to put off. After all, preparing a will is not the sexiest endeavor on earth. Yet, estate planning is critical. As you will learn, there are many important things a person can do.

A will allows an individual, rather than the government, to determine where his or her assets will go at death. A will also relieves a person’s heirs of considerable headache and expense.

Take for example a person with a small estate, say an automobile valued at $10,000, a savings/checking account of $5,000 and other personal items valued at $15,000. The total is only $30,000, but if the individual dies without a will, someone is going to have to petition the local Probate Court to decide who the administrator of the estate is.

That is expensive in itself, but then the Court will require the administrator to post a bond. Even a small bond will cost a few hundred dollars.

When that scenario is compared with the typically inexpensive cost of will preparation, the will makes sense from a financial standpoint. And then there’s the personal angle.

What if you have a piece of jewelry that you want a niece or granddaughter to have? Unless it is among specific devises to the will, the court-appointed administrator is not bound by your wishes.

People sometimes ask me to review a will they have downloaded from the internet. Please don’t use some form document for such an important purpose. Unless you understand the difference in taking “by representation” as opposed to “per capita,” or the “rule against perpetuities,” and such, don’t rely on an internet will.

Another question I am asked is where should a will be kept. The one place that it shouldn’t be stored is in your safe deposit box, unless that executor or executor has access to the bank box. Upon your death, the executor or personal representative will need to take the original to court to the probated. The bank will only allow the executor into the safe deposit box. Hence, the Catch 22 if the will is in the bank box.

Let the executor know the whereabouts of the original. It certainly is permissible to store a copy in the safe deposit box, but then the court will require the executor to post a bond. Even a small bond will cost a few hundred dollars.

A word of caution though. Do not give power of attorney to anyone you don’t trust completely because that POA must be probated. The bank will only allow the executor into the safe deposit box. Hence, the Catch 22 if the will is in the bank box.

Let the executor know the whereabouts of the original. It certainly is permissible to store a copy in the safe deposit box, but then the court will require the executor to post a bond. Even a small bond will cost a few hundred dollars.

While a will ensures that your property passes as you want, equally important a power of attorney.

All of us is just an accident away from being incapacitated. If you have given someone a POA, that person can go to the Social Security Administration and the bank and act on your behalf. In absence of a power of attorney, in such a case a court would have to name a conservator.

A word of caution though. Do not give power of attorney to anyone you don’t trust completely because that POA authorizes the recipient to act on your behalf. Think of the old adage: Don’t send a hungry man to get your sandwich because he might eat it on the way back.

I also recommend an advance directive for health care among estate planning documents. Alabama’s model advance directive includes a living will which gives you the power to decide whether you wish to be connected to life support if you contract an incurable disease. Life support would only be withheld if two physicians, one being your personal physician, determined that your disease is incurable, leaving you in a vegetative state. My wife and I have an advance directive because we don’t want to place the burden on our children to make the decision to turn off artificial life support. But a living will is a very personal document and only the affected individual should determine whether he/she wants one.

An advance directive also allows you to select a health care “proxy” to act on your behalf if you are unable to give directives medical professionals. It also allows you to determine with whom nurses and physicians can discuss your medical condition.

A will, a power of attorney and an advance directive are important documents in an estate planning package. It’s just a matter of getting the documents prepared and executed.
Elizabeth A. Morris Clinical Education Sessions – FACES ‘15

Our annual Elizabeth A. Morris Clinical Education Sessions-FACES 2015 was held on Tuesday, April 14, 2015 at the Eastmont Baptist Church in Montgomery. We had another tremendously successful event, with over 350 attendees, an outstanding lineup of excellent speakers and presenters, and a list of terrific exhibitors. This was our tenth year, and the church staff was as always, very supportive and welcoming. Those of you that enjoyed lunch at the church can also testify that the prepared meal was delicious. This year we had an extensive series of tracks from which to choose.

A Special Thank You to our Exhibitors and Sponsor at Elizabeth A. Morris Clinical Education Sessions (FACES)

Sponsor:
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Troy University School of Nursing
University of South Alabama College of Nursing

Tina Rayfield of Sylvia Rayfield & Associates gives advice on passing the NCLEX exam

Jessica Hardy Wins The Award for Most Scientific Poster

Noland Health

UAB’s Dr. David James discusses Quality and Safety Education for Nursing (QSEN)

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Elizabeth A. Morris Clinical Education Sessions – FACES ’15

Merrill Lynch’s Hunter McKenzie explains the importance of financial planning

ASNA President Brian Buchmann welcomes participants

Plenary Speakers Drs. Ellen Buckner, Carol Ratcliffe, and Kathleen Ladner

Alabama Health Action Coalition

DCH, Druid City Hospital

Member and Speaker Dr. Yoland Turner

Alabama’s State Health Officer Dr. Don Williamson speaks about Alabama’s Health System

Jackson Hospital’s Linda Hill greets potential employees

Eastmont Baptist Pastor Brother Mike Northcutt serves participants a steak & potato lunch

Auburn University’s Dr. Stuart Pope and Katie Moseley with Therapy Dogs

Alabama’s State Health Officer Dr. Don Williamson speaks about Alabama’s Health System
Delegates are encouraged to register for convention in advance to expedite the on-site credentialing process. See the registration form in the pull out section of this issue for registration fees. Full registration includes all convention events. Utilize the special pullout section of The Alabama Nurse to register for convention. Please note the cut off date for the hotel discount is September 1, 2015. ASNA has blocked a certain amount of rooms for this convention. Please consider that off-site hotel registration of delegates has blocked a certain amount of rooms for this convention. Delegates are required to present their current ANA membership card and one picture ID at the Delegate Registration desk. If you do not have a current membership card please contact April Bishop, Programs Coordinator for assistance. Each delegate will be issued a name badge, a delegate ribbon, and informational materials upon proof of identification. The name badge and delegate ribbon must be worn in order to be admitted to the floor of the House of Delegates. Please call the ASNA office at 1-800-270-2762 or 334-262-8321 if you have questions or concerns.

ASNA Delegate Responsibilities

Being a Delegate to a state convention can be an exciting experience but one that also has some inherent responsibility. As you may know, the House of Delegates (HOD) is the governing and official voting body of the Alabama State Nurses Association (ASNA). The House meets annually. Members of the HOD have a crucial role in providing direction and support of the work of the Alabama State Nurses Association. Delegates are elected to the HOD to work for the betterment of ASNA and the nursing profession. Each delegate is expected to study the issues thoroughly, attend each session of the HOD (including the Open Forums), and engage in active listening and debate. Also, delegates are encouraged to use the extensive resources and collective knowledge available at each meeting to provide direction and support for the work of the organization. Such a commitment benefits the individual delegate, the association, and the nursing profession.

If a delegate in unable to attend the 2015 ASNA House of Delegates, his/her district nurses association (DNA) should be notified at once. When alternate delegates are substituted for delegates, it is the responsibility of the District President to notify ASNA of the change immediately.

Important information for ASNA Delegate Registration

Delegates are required to register for convention in advance to expedite the on-site credentialing process. See the registration form in the pull out section of this issue for registration fees. Full registration includes all convention functions. Additional tickets can be purchased for these events. Utilize the special pullout section of The Alabama Nurse to register for convention. Please note the cut off date for the hotel discount is September 1, 2015. ASNA has blocked a certain amount of rooms for this convention. Please consider that off-site hotel registration of delegates causes a financial hardship to the organization if the room block is not met.

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ASNA’s Official Call for Resolutions All You Need to Know

What Is a Resolution?

It is a formal written call to action on a subject of great importance to members of ASNA. In other words this is an action members would like ASNA to pursue. Resolutions are often the source of action in developing positions on issues affecting nurses, nursing, and the needs of the public. Once the resolution is voted on and passed by the House of Delegates ASNA will try to implement in order to meet the needs of the association. Resolutions may be sent to other organizations, governmental agencies, or other individuals. The resolution process is one of the most important functions of the House of Delegates.

Call for Resolutions

Any ASNA member may research, write, and/or submit a resolution for consideration by the ASNA House of Delegates. Resolutions should be submitted to the Governance Committee through the ASNA office at 360 N. Hall St., Montgomery, AL 36104 by JULY 1, 2015. Only an emergency resolution will be accepted after the designated date.

Types of Resolutions

Resolutions are classified according to the following:

- Substantive Resolution, which deal with basic principles and policies of ASNA, or issues of statewide or national concerns of nurses as practitioners and citizens.
- Courtesy Resolutions, which give recognition to outstanding persons who have made especially valuable contributions to ASNA or the nursing profession.
- Commemorative resolutions, which deal with commemoration of important events or developments in nursing, allied professions, or government.
- Emergency Resolutions, which have significance for the association and require immediate action.

How is a Resolution written?

A resolution has two parts – the “whereas” section and the “resolved” section. The “whereas” section is a series of single item, factual statements which present documentation of the need for the resolution. The “resolved” section is a series of single (or single) item action statement(s) of position by ASNA and is the actions by which the intended result will be obtained.

Awards Nominations Made Incredibly Easy

The Awards nomination process just got easier. You can now nominate some deserving person/organization for ASNA awards by going to the ASNA website at www.alabamanurse.org. On the home page click on “ASNA Awards Criteria/Nomination Forms”. All the awards and the criteria are listed. You can go under the awards and enter the information right on line or you can download the form, fill it in and send it back to ASNA by email, mail or fax. For a person, you can download and fill out the Biographical Form or you can send in a Curriculum Vitae (CV) if you like. You can download a letter of support form, fill it out and send it back to April at ASNA or you can send in a letter by mail, email or fax. Awards for this year must be sent in by July 23, 2015. There are a lot of very special people out there we need to honor and recognize for their efforts. Please take the time to do this. We challenge each of the Districts to send in a nomination for each of the awards. Come on – Make the Awards Committee’s job harder, it would thrill us.

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Agenda Oct 1-3, 2015
Alabama State Nurses Association Annual Convention

Thursday, 1 October
0830 Registration
0900 – 1200 Tract 1 – Family Violence
Tract 2 – Management of Bedside Emergencies
1200 – 1300 Lunch
1300 – 1500 Tract 1 continued – Family Violence
Tract 2 – All Things Tubes
1700 Registration
1730 – 1900 Opening House of Delegates
1900+ Welcome Party

Friday, 2 October
0715 Breakfast
0730 Registration
0800 – 1030 House of Delegates

Saturday, 3 October
0700 Registration
0715 Breakfast
0730 – 0830 Polls Open
0800-1000 CE Presentation – Embracing Spiritual Care
1230 Awards Luncheon

Nominations and Election of Officers
Alabama State Nurses Association’s (ASNA) nomination and election of Officers shall be conducted in accordance with Robert’s Rules of Order, 10th Edition during the official meeting of the ASNA House of Delegates (HOD).

1. NOMINATIONS
   A. Nominations Committee
      a. Nominations from the Nominations Committee shall be accomplished according to ASNA Bylaws.
   B. Nominations from the floor of the HOD shall be accomplished according to Robert’s Rules of Order, 10th Edition.

1. ELECTION OF OFFICERS
   A. Elections will be by secret ballot.
   B. Only credentialed delegates will be allowed to vote at the ASNA Convention. See ASNA website (alabamanurses.org) under members only section for convention information.

Preliminary Ballot for ASNA Convention Candidates for 2015-2017

<table>
<thead>
<tr>
<th>Vice President</th>
<th>Write-in candidate:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Secretary:</td>
<td>Dr. Lori Lyon, Dist. 2</td>
</tr>
<tr>
<td>Commission on Professional Issues (Vote for 4)</td>
<td>Dr. Cam Hamilton, Dist. 5</td>
</tr>
<tr>
<td>Nominating Committee (Vote for 2)</td>
<td>Christi Rials, Dist. 5</td>
</tr>
</tbody>
</table>

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http://www.birminghamnursingeast.iapplicants.com

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Select Specialty Hospital located in Birmingham is currently recruiting for the following positions:
Registered Nurse PT Days/Nights and Per Diem Days/Nights
12 hours shifts. Requires a minimum of 1 year of hospital experience as a Registered Nurse; Valid State RN license; BLS certification, ACLS preferred. Acute Care Nursing experience in Critical Care, ICU, Cardiac and/or Step Down unit is a plus. Will consider RN new grads. Quarterly bonus paid for CCRN certification.

If you are ready to put your nursing skills to work in a patient centered, team approach setting apply online at www.selectmedical.com. For more information contact Jeff Price at 205-396-4633 or jprice@selectmedical.com

We offer a competitive salary and benefits.
### ASNA Convention 2015 Registration

Register online at http://alabamanurses.org/ Perdido Beach Resort

<table>
<thead>
<tr>
<th>Name &amp; Credentials:</th>
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<td>Address:</td>
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**Registration:** The **Mable Lamb Continuing Education Day registration** includes continuing nursing educational sessions only. All may attend the ASNA Convention Keynote Address; but only those registered to attend Convention will receive continuing nursing education credit. Single-day Convention registration includes meal functions and continuing education for individuals registering the day of the Convention will be issued food tickets ONLY if available. Additional guest tickets may be purchased for food functions only.

**Fees**

1. MABEL LAMB CONTINUING EDUCATION DAY Workshops, Thursday, October 1, 2015

<table>
<thead>
<tr>
<th></th>
<th>ASNA member</th>
<th>Non-member</th>
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<td></td>
<td>$45</td>
<td>$65</td>
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**NOTE:** Add $10 to fees if received after September 25, 2015

**Morning:** Tract I – Family Violence
Tract II – Management of Bedside Emergencies

**Afternoon:** Tract I – Family Violence – Elder/children
Tract II – All Things Tubes

2. Convention, Thursday night, October 1, 2015; and Friday & Saturday, October 2-3, 2015 (includes tickets to all meal functions listed in this application) – Select one of the following choices:

**ASNA Delegates Only** (must register for entire convention)*

<table>
<thead>
<tr>
<th>Received on or before</th>
<th>ASNA Member</th>
<th>Non Member</th>
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<tbody>
<tr>
<td>September 25, 2015</td>
<td>$240</td>
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**Non – Delegates – Full convention** *

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<tbody>
<tr>
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<td>$270</td>
<td>$325</td>
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**Daily Registration** *

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<th>Non Member</th>
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<tbody>
<tr>
<td>September 25, 2015</td>
<td>$125/Day</td>
<td>$150/Day</td>
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**Additional Meal/Function Tickets (for guests or those meals not included in your registration)**

<table>
<thead>
<tr>
<th></th>
<th>ASNA Member</th>
<th>Non Member</th>
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<tbody>
<tr>
<td>Thursday, October 1, 2015 – Welcome Party</td>
<td>$45</td>
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<tr>
<td>Friday, October 2, 2015 – Buffet Breakfast</td>
<td>$35</td>
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<tr>
<td>Friday, October 2, 2015 – Box Lunch</td>
<td>$38</td>
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<tr>
<td>Saturday, October 3, 2015 – Buffet Breakfast</td>
<td>$25</td>
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<tr>
<td>Saturday, October 3, 2015 – Awards Luncheon</td>
<td>$50</td>
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**Total Enclosed:**  

*ASNA Special Dues members (65+/Retired or Completely Disabled) receive an additional 10% discount on registration.

Registration postmarked or received after September 25, 2015 will be considered “at-door.”

---

For hotel reservations, contact the Perdido Beach Resort at 800-634-8001. Room rates are $172.00 for a Standard. Please inform the hotel that you are part of ASNA annual convention, booking ID 11477 when making reservations by September 1, 2015 TO BE INCLUDED IN THE SPECIAL ROOM RATE. Reservations made after that date will be based on a space and rate availability Perdido Beach Resort, Orange Beach, AL.
Endometriosis: A Culprit for Chronic Pelvic Pain

Natasha Seth, MSN, FNP, WHNP-BC

The pathophysiology of endometriosis is unknown. Many theories have been developed to describe the likely process. The potential causes include retrograde menstruation of endometrial cell growth, surgical scar implantation, vascular and lymphatic spread and immune disorders (Bloski & Pierson, 2008).

During each menstrual cycle the displaced endometrial tissue continues its normal process (thickens, slough and bleed). The tissue has no way to escape the body and so scar tissue and adhesions form where surrounding organs cause severe pain.

The most common symptom of endometriosis is pelvic pain or lower back pain during the menstrual cycle. The pain is far worse than cramping and worsens over time. The symptoms of endometriosis can include (UpToDate, 2014):

- Chronic pain in the pelvis and lower back
- Dysmenorrhea (painful periods)
- Dyspareunia (painful intercourse)
- Menorrhagia (excessive bleeding) and menometrorrhagia (bleeding between menses)
- Infertility
- Painful bowel movements and urination during the menstrual cycle
- Fatigue, diarrhea, constipation, bloating and nausea during the menstrual cycle

In evaluating patients with pelvic pain it is important to perform a thorough history and physical examination to exclude other gynecologic or nongynecologic causes of pelvic pain (Stratton & Berkley, 2013). Definitive diagnosis of endometriosis can be made only by histology of lesions that have been removed surgically (Armstrong, 2011, p. 84). Ultrasonography is not a diagnostic tool for endometriosis. An ultrasound can identify ovarian endometriomas, which are cysts that contain old blood that is associated with endometriosis.

Transvaginal ultrasonography is the preferred imaging modality to determine the presence of endometriosis and deeply infiltrating endometriomas of the rectum or recto-vaginal septum (Armstrong, 2011, p. 84). Magnetic resonance imaging (MRI) is helpful in determining the extent of deep infiltrating endometriosis.

Definitive surgical management (hysterectomy) is the gold standard for diagnosing endometriosis. The laparoscopic procedure allows helpful in determining the extent of deep infiltrating endometriosis.

In women with endometriosis, findings from laparoscopy can influence the patient’s decision whether to undergo fertility treatment such as in vitro fertilization (IVF), or if the patient wishes to become pregnant, they may consider adoption or surrogacy.

The illustration shows the typical localizations of endometriosis:
1. Ovarian endometrioma
2. Rectovaginal endometriosis
3. Deep bowel endometriosis
4. Bladder endometriosis
5. Abdominal wall endometriosis

To apply for a position, submit application via the Troy University Employment System. Applications will require: Resume/CV, Cover Letter, Unofficial Transcripts and a List of References. Rank and salary are commensurate with qualifications. For questions, contact Dr. Lynette Brown at 334-670-3749 or email lbrown@troy.edu.

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Troy University is an EO/AA employer.
ASNA Congratulates Peggy Benson as the New Executive Officer of the Alabama Board of Nursing

The Alabama State Nurses Association would like to congratulate Peggy Sellers Benson, RN, MSHA, MSN, NE-BC for her new role as Executive Officer of the Alabama Board of Nursing. Peggy’s vision is built on these five guiding principles:

- Service (Communication, Education)
- People (Collaboration, Inclusion)
- Quality (Improving processes)
- Strategy (Problem Solving, Policy Formation and Management)
- Financial (Fiduciary responsibility)

You will be hearing more about her plans for the future in the coming months. It will help you get to know her if you don’t already, by reading the following bio:

A native of Dora, Mrs. Benson holds Bachelor of Science degrees from the University of Alabama – Birmingham and Jacksonville State University (JSU) and Master of Science degrees from Kennedy Western University and JSU. She has enjoyed a long and distinguished career in health administration and professional nursing in the state of Alabama.

Mrs. Benson served as a member of the Board of Nursing from 2001 to 2004, occupying the position of Board President in 2004. She has been employed with the Board since 2012, serving as the agency’s Deputy Director from May 2013 to the present. She assumed the duties of Interim Executive Officer in December 2014.

Board President Francine Parker, EdD, MSN, RN, said, “I am very pleased with the Board’s decision to appoint Mrs. Benson Executive Officer. Peggy is a consummate professional and is recognized throughout Alabama and the United States as a leader in our profession.

“We were very fortunate to have the ideal candidate already on staff at the Board.”

Mrs. Benson lives in Clanton. She and her husband, Harold, have four children and two grandchildren. Further information on nursing practice and education in Alabama may be found at www.abn.alabama.gov.

Human Kindness
“How Thoughtful Are You in Your Words and Decisions?”

Gregory Howard, LPN

One of the most important acts in one’s life is the way you treat others. The second most important thing is the words you speak and the decisions you make.

Are you guilty of speaking before you think? Because once the words leave your mouth, the damage is done, and it is impossible to take the words back. Let’s be thoughtful when we speak to our friends, family, clients and associates.

We can destroy lives, ruin reputations, strain friendships and alienate acquaintances. Let’s remember the “Golden Rule”:

Do you believe the decisions you make affect others? Well they do, either directly or indirectly. That is why it is important to be thoughtful in the decisions we make that could affect others. Aretha Franklin said it best in her song “Think”…let’s remember compassion, human kindness and respect in our words and decisions. Lives, countries and nations have been affected by decisions that were not thought through or based on something other than respect and facts.

I believe we reap what we sow. It is important for each of us to find a place inside of us where there is joy and hopefully joy will fill us with the things we need to fulfill our lives.

“Ideology separates us, but similar dreams and aspirations bring us together.” LOL!

Visit us at

The University of North Alabama's College of Nursing (CON) is seeking a qualified full-time tenure track faculty at the rank of assistant professor for the nursing programs. Candidates qualifying for other ranks will be considered. Salary and rank will be based on qualifications of the successful candidates.

Master’s degree in nursing from an accredited institution required; doctoral degree in nursing or a related field from an accredited institution is preferred. Three years clinical experience in a higher education nursing program required. Three years teaching experience in a higher education nursing program is preferred; computer proficiency is required. Should there be no qualified doctoral degree candidate, qualified doctorial student candidates may be given priority. An unrestricted nursing license is required. Must currently hold an unrestricted Alabama nursing license or be eligible for an unrestricted license in the State of Alabama.

To apply for this position, please visit our Online Employment System at http://jobs Una.edu. Applications will only be accepted through this system. For questions, please email employment@una.edu or call 256.765.4291 and select option #2.

UNA is an equal opportunity employer committed to achieving excellence and strength through diversity. UNA seeks a wide range of applicants for this position so that all of our core values, ethnic and cultural diversity, will be affirmed.

Frozen! with Gentiva

We are dedicated to developing and supporting your career with more opportunities for advancement. Our Clinical Ladder program provides staff clinicians with the opportunity to advance their careers.

Registered Nurses

- Benefit from our unique Clinical Ladder
- Enjoy specialized training and career advancement opportunities
- Utilize a functional, patient-focused approach

Visit us at www.gentiva.com/careers

Call us today at 1.866.GENTIVA

Email shea.parker@gentiva.com

Gentiva’s great healthcare has come home®

AA/EOE M/F/D/V encouraged to apply. 3/9/15

The Alabama Nurse • Page 11

Continuing Education Classes

American Heart Association Courses
- Advanced Cardiac Life Support (ACLS)
- Basic Life Support (BLS)
- Pediatric Advanced Life Support (PALS)
- Neonatal Resuscitation (NRP)
- ACLS, PALS, and PALS Online Skill Sessions

251-344-1203
ATTENTION LPN’s

2015 IS LPN’s RENEWAL YEAR
ABN DEADLINE IS NOVEMBER 30th

The ABN will have on-line capability, including payment by credit card. You may also pay by personal check.
Attend the ASNA Convention to meet your CE needs!

Nursing in the Midst of Disaster
Sponsored by ASNA and the ARRTC (Advance Regional Response Training Center)

August 26, 2015
Loeb Conference Center – Old Alabama Town
301 Columbus St.
Montgomery, AL 36104

Intended Audience: All nurses and interested parties

Goal: Develop an awareness of potential disaster threats and establish a safety plan in case of disasters mentioned in symposium

Contact Hours: 7.5 Alabama Board of Nursing

SEATING IS LIMITED TO THE FIRST 75 PARTICIPANTS

Visit http://alabamanurses.org for more information

Agenda:
0730 Registration
0800 – 1500 Topics Include:
• Medical Needs Shelters
• Fatality Management
• Biological Awareness
• Future Threats: Industrial, Technological, Hybrid
• Developing an Active Shooter Plan for Your Facility
• Chemical/Radiological Awareness

AUBURN UNIVERSITY SCHOOL OF NURSING
Assistant/Associate Clinical Professor
Assistant/Associate Professor
6 Positions Available

The School of Nursing at Auburn University, located in Auburn, Alabama, invites applications for full-time 12-month, faculty positions. Both tenure-track and clinical track (Assistant and Associate Professor) positions are available depending upon experience and qualifications. Candidates with expertise in the area of Adult Health/Medical Surgical, Pediatrics, Community Health or Simulation are sought to teach our highly qualified student body.

Minimum Qualifications for Clinical Track:
• BSN and Masters degree in Nursing
• Minimum 2 years of full-time teaching experience; Demonstrated current clinical experience required. Candidates must maintain a current clinical certification.

Desired Qualifications:
• Doctorate in Nursing
• Experience in a baccalaureate program.

Minimum Qualifications for Tenure Track:
• BSN and Masters degree in Nursing
• Minimum 3 years of full-time teaching experience; Demonstrated current clinical experience required. Candidates must maintain a current clinical certification.

Desired Qualifications:
• Doctorate in Nursing
• Experience in a baccalaureate program.

For a complete job description and application information, please visit our website:
http://aufacultypositions.peopleadmin.com/postings

Dean, College of Nursing

The University of North Alabama is accepting applications for the position of Dean of the College of Nursing. The Dean of the College of Nursing (CON) reports to the Vice President of Academic Affairs and Provost. The Dean has supervisory authority over the nursing departments including its programs, options and alternatives. The two departments, the Traditional and Online Departments, house the baccalaureate degree program with its accelerated alternative and the RN-BSN online option, the online RN-MSA alternative and the MSN online program, respectively.

Qualifications include:
• Possess earned doctorate in nursing or related field from a regionally accredited institution of higher education required;
• Eligible for license (unencumbered with no disciplinary actions) as a Registered Nurse (R.N.) in the State of Alabama with three years of Clinical nursing experience and three years of full-time teaching experience; Demonstrate outstanding record of leadership, advocacy, teaching (on-campus and/or online), scholarly achievement, professional activity and practice, budget management, and curriculum development; Grant development and administration preferred.

A powerful search committee, which included representation from the Southwestern Institute of Higher Education and the North American Nursing deans organization, has been formed to assist in the search. Applications will be accepted through January 17, 2015, and will continue until all positions are filled.

Auburn University is an Affirmative Action/Equal Opportunity Employer. It is our policy to provide equal employment opportunities for all individuals without regard to race, sex, religion, color, national origin, age, disability, protected veteran status, genetic information, or any other classification protected by applicable law.

DCH Health System is hiring!

Director – Cancer Treatment Center
Director of Nursing – Medical Division
Nursing Team Leader (L&D/OB)
Home Health Visit Nurse / RN

*$5,000 Staff RN Sign-On
(For full time 24/7 units)
Cardiac Med/Surg Emergency
North Harbor / Psychiatric
Labor & Delivery Obstetrics (OB)
Rehab Nursing Stroke Unit

*Contact RN Recruiter for details at Annie.Miller@dchsystem.com

For more information and to apply online, visit the DCH website at www.dchsystem.com

Bilingual candidates encouraged to apply.

DCH Health System is an EOE.

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DCH Health System is an EOE.
BE AN ACTIVE MEMBER!
Serve on an ASNA Committee for 2016-2018

STANDING COMMITTEES
- Committee on Governance
- Committee on Membership
- Committee on Finance

SPECIAL COMMITTEES
- Committee on Awards
- Committee on Convention
- Committee on Ethics & Human Rights
- Committee on Continuing Education
- Committee on Legislative

Meetings may be held at the ASNA office, virtual (online) or by telephone conference.

If you are willing to serve, please indicate your choice(s) on this form and return it to the ASNA office.

Name: ____________________________
Address: ____________________________
City, State & Zip: ____________________________
His Phone: ____________________________
Her Phone: ____________________________
Fax: ____________________________
E-mail: ____________________________

*Appointed by each District Board of Directors

Call 800.504.5278 or visit us online at SouthUniversity.edu

Caring for a loved one is a 24/7 job.
Families could use a little help.

Find out what we’re doing to support caregivers at aarp.org/caregiving.

Prepared by AARP

Herzing University in Birmingham offers the following programs:
- LPN - On campus - 12 months - NCLEX-PN exam prep
- LPN to RN Mobility - On campus - 12 months - NCLEX-RN exam prep
- RN to BSN Bridge - Online - Accredited by CAHIM
- MSN - Online - Family Nurse Practitioner - Nursing Education - Nursing Management - Accredited by CCNE

Herzing University offers one-on-one attention in an interactive nursing lab. Once accepted and enrolled, you are a nursing student from day one.

Prepare to Care. Be a Nurse.

Your career in nursing can get even better. Right now.

BECOME AN ADULT-GERONTOLOGY PRIMARY CARE NURSE PRACTITIONER, FAMILY NURSE PRACTITIONER, NURSE ADMINISTRATOR, OR NURSE EDUCATOR. START TODAY.

Call 800.504.5278 or visit us online at SouthUniversity.edu

For more information about South University, call 800.504.5278 or visit us online at SouthUniversity.edu.
Members in the News:

Congratulations to Abby Horton, ASNA District 2 member, on her appointment as the Alabama State Communication Coordinator for the Alliance of Nurses For Healthy Environments (ANHE). Her primary role is to disseminate information as it is provided by ANHE.

THE ALABAMA NURSE

That research paper isn't going to write itself.
Visit www.nursingALD.com
to gain access to 600+ issues of official state nurses publications, all to make your research easier!

Julie Savage Jones, MSN, RN, CNE
District 2 President

When I registered for the Alabama State Nurses Association's (ASNA) Inaugural Leadership Academy in 2012, I felt the experience would be a great way to learn more about being a leader, adding some more skills to those that I have built over the past twenty plus years as a registered nurse. Involvement in the program actually empowered and engaged me toward an area of great need in Alabama. The knowledge, skills, education, and experiences that I have gained as a registered nurse made me a perfect fit for the role that I have taken on to support those with Tourette Syndrome.

The mentors at the inaugural ASNA Leadership Academy were outstanding. We were inspired by our mentors to engage in a leadership activity over the next six months. As a mother of three sons with Tourette Syndrome (TS), my mind naturally gravitated to ideas of how I could help families, dealing with TS in Alabama. According to TSA (2015), 1 in every 100 people in the United States is living with Tourette Syndrome or other tic disorders. Tourette Syndrome is considered a neurologic disorder that is often associated with vocal and motor tics. A male dominant, genetic disorder with onset in childhood, TS is called a syndrome because it is often associated with other issues, including Attention Deficit Disorder, obsessive compulsive disorder, learning difficulties, and other issues, such as dysgraphia. As a parent, one neurologist once told me, when you see one person with TS, that is due to the fact that TS manifest differently in each person.

As I considered how I could focus on TS with my Leadership Academy activity, I thought about the Tourette Syndrome Association (TSA), and how I had received great support through the Alabama TSA support group, when my oldest son was diagnosed in 1997. My LA project involved exploring the resources available to those with TS in Alabama. I found that we did not have an active Alabama Tourette Syndrome Association affiliated support group leader, due to the fact that the previous leader had stepped down. I collaborated with the previous TSA chapter and support group leaders in Alabama and formed a steering committee to start the TSA Affiliated Support Group of Central Alabama. Life experiences raising children with TS enables me to truly understand and empathize with parents raising their own children with TS. I also have the additional knowledge and skills of being a registered nurse. As a member of the local support group once said, “people will listen to you, Julie, because you are a nurse”. I immediately started educating myself more with the resources available through TSA and did a presentation on TS at the 2012 ASNA Convention. I also did a presentation for ASNA District 2, and at a faculty meeting at a local high school.

In January of 2013, through our TSA Support Group’s collaboration with TSA, they sent a member of their Medical Advisory Board, a Pediatric Neurologist from Pittsburgh, Pennsylvania, to present on TS in a community forum for families impacted by TS. We had the community outreach meeting at the new Children’s Hospital of Birmingham, AL. Through a CDC grant partnership, TSA is able to fund such activities for families, educators and medical professionals to educate about TS.

As the support group leader, I answer emails and phone calls, several a month, from parents of newly diagnosed children. This is one of my favorite positions. I really feel that I am able to help people from the perspective of nurse and parent of children with TS. Having a background in nursing case management, I feel that I am in a perfect position to point people in the right direction of resources to help them cope and understand TS. As a parent of a twenty-two year old that has adapted to issues from TS, I can share one person with TS. That is due to the fact that TS manifest differently in each person.

I am attending the Tourette Syndrome Association’s Leadership Conference and the National Advocacy Day in Washington D.C. I also have a new role with TSA as the State Policy Director for Alabama. This is a volunteer role where I am helping to support the public policy efforts of TSA. The Public Policy Committee of TSA are designed to educate lawmakers and the public about Tourette Syndrome (TS), the impact of living with TS, and to make TS a public health priority. I will be meeting with Alabama members of Congress on March 25th.

The ASNA Leadership Academy was the tool that set my leadership abilities in motion. As the current District 2 President, I am enjoying another leadership role. Through this position, I have had the pleasure to work with the ASNA Board of Directors, as well as other nursing leaders in my district and state. I am very thankful for the nursing leaders affiliated with the Alabama State Nurses Association that had the wisdom and vision to start the Leadership Academy. It is a valuable resource and I strongly encourage you to take advantage of this opportunity, if you have aspirations to increase your leadership potential.

In March 2015, I am attending the Tourette Syndrome Association’s Leadership Conference and the National Advocacy Day in Washington D.C. I also have a new role with TSA as the State Policy Director for Alabama. This is a volunteer role where I am helping to support the public policy efforts of TSA. The Public Policy Committee of TSA are designed to educate lawmakers and the public about Tourette Syndrome (TS), the impact of living with TS, and to make TS a public health priority. I will be meeting with Alabama members of Congress on March 25th.

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