President's Message

Embracing Change, Part 2

What an exciting time to be part of the Wyoming Nurses Association! Our mission is “to promote the profession of nursing, provide a unified voice for nurses, and advocate for a healthier Wyoming.” and that is exactly what we have been doing. We are finding many opportunities to either provide input, or drive changes that will impact our organization, our profession, and the health of the citizens of Wyoming.

After approval of our by-laws at the annual meeting in September, we began to develop the leadership structure of our new regional model. Elections were held, and I am happy to welcome the following Regional Presidents to the Board of Directors: Jane Hartsock, Central Region; Diane Boyle, Southeast Region, Shelly Tholl, Southwest Region, Christina Brewer, Northwest Region, and Alicia LePard, Northeast Region. Over the last several years many districts were without presidents, leaving our members without leadership or representation at the state level.

Now, every member across the state is represented. I want to express my appreciation to these dynamic leaders who have accepted the challenge to lead in a new way. Things are happening, and if you are not hearing from your regional leaders, please check with our WNA office to be sure we have the correct contact information for you.

The Nurse Licensure Compact (NLC) bills that are working their way through the legislature as I write this represent a big change for our profession. WNA was at the table with Cynthia LaBonde, Executive Director of the Wyoming State Board of Nursing (WSBN) and other stakeholders to give input in the development of the new compacts. I am pleased that many of the recommendations from our group are reflected in the revised compacts for nurses and the new compact for APRN’s. When this bill becomes law, Wyoming will be one of the first states to adopt the new compacts, which go into effect in 2018.

We have continued to develop our relationship with the Wyoming Prevention Management Organization (PMO). Local groups working on suicide prevention, tobacco cessation, substance abuse, etc., work under the umbrella of the PMO. The PMO has been undergoing reorganization, and has created a State Advisory Board. WNA has been given a seat on this board, which gives us a great opportunity to be involved in these issues which have such devastating impact in Wyoming.

These are just a few of the exciting changes we are involved in. We know there are harder changes to be addressed, especially in our challenging economic climate. I believe there is no group better equipped for these discussions than nurses. We know how to assess, plan and adapt at a moment’s notice, and I encourage each one of us to find our voice, and our place to drive and embrace change!

WNA Member Seeks Reelection to the ANA Board of Directors

Faith M. Jones, MSN, RN, NEA-BC, is running for reelection to the ANA Board of Directors. Ms. Jones announced her campaign for a two-year term as Director-At-Large.

Ms. Jones was first elected to the ANA Board of Directors during the 2012 ANA House of Delegates. Elections will be held during the ANA Membership Assembly scheduled for June 24-25, 2016 in Washington, DC.

Interested in making a financial contribution to support Ms. Jones campaign for reelection? You can send your support directly to Ms. Jones at 476 N Douglas St, Powell, Wyoming, 82435.

Ms. Jones, began her health care career in the U.S. Navy nearly 30 years ago. She has worked in a variety of roles in clinical practice, education, management, administration, consulting, and health care compliance. Her knowledge and experience span various settings including ambulance, clinics, hospitals, home care and long-term care with a focus on rural health care. In her leadership roles, she has been responsible for the operational leadership of all clinical functions, including multiple nursing specialties, pharmacy, laboratory, imaging, nutrition and therapies, as well as administrative functions related to quality management, case management, medical staff credentialing, staff education and corporate compliance.

Jones has held a variety of leadership positions in the profession of nursing. In addition to her at-large role on the ANA board, she currently serves as Co-Chair of ANA-PAC Leadership Society and as Chair of the ANA-PAC Board of Trustees. Ms. Jones served as President of WNA from 2010 to 2012 and is a current member in the WNA Northwest Region.

Jones received her initial nursing degree from Ventura College, a BSN Degree from the University of Wyoming, and her Master’s Degree in Nursing Administration and Education from the University of Phoenix. She currently holds certification as a Nurse Executive Advanced-Board Certified (NEA-BC) and certifications as a LEAN LeoView Instructor and Green Belt in Healthcare from LEAN Healthcare West.

GO FAITH GO!
Southeast Region

As the new President of the SE Region, I would like to introduce myself. Although I’ve been a member of ANA since 1977, I’m relatively new to the State of Wyoming and the WNA. I’m currently a Professor and the Wyoming Excellence Chair at the Fay W. Whitney School of Nursing, University of Wyoming. I love my new state and am glad to be back in the West since my home town is Phoenix, AZ.

My passion area is researching the relationship between nursing characteristics (e.g., education, national specialty certification, years in practice), nurse staffing, and the nursing work environment on the quality of patient care and nursing sensitive patient outcomes (e.g., healthcare-associated infections, falls, pressure ulcers). I previously was Co-Investigator/Deputy Director, National Database of Nursing Quality Indicators® (NDNQI) (contract with American Nurses Association).

On the more relaxing side, my husband and I love to take driving vacations in the Canadian and US Rocky Mountain regions. We’ve been everywhere from Lake Louise, Alberta to Santa Fe, New Mexico. One of our favorite trips was to the Great Sand Dunes National Park in Colorado where we stayed at Zapata Ranch. These trips help us find our inner connection to the land and are very restorative.

The SE Region (Albany, Carbon, and Laramie Counties) still needs to fill the Board positions of Vice President, Secretary, and Treasurer. Filling the positions will allow us to establish Region priorities, plan and implement meetings and events, recruit members, and make our region voice known the Wyoming Nurses Association. Please consider filling one of these positions! If you are interested, contact me at dboyle@uwyo.edu.

Northeast Region

Region meetings are being held using the latest technology. The entire meeting is done by computer and phone using Zoom. Meetings are held at 6:00 pm on the first Tuesday of the month, except for May and December. These meetings are open to all nurses!

Link to region meeting:
- Join from PC, Mac, Linux, iOS or Android: https://zoom.us/j/27460461267
- By Telephone: 1-408-638-0968 and enter Meeting ID: 246 946 267

Northwest Region

Chris Brewer, Northwest Region President

The new regional structure combines districts for a total of 41 members January month end. Northwest Region officers are Christina Brewer, MSN, RN (Powell) and Sarah Anne Galloway, BSN, RN (Worland). The region is seeking to fill the positions of secretary and treasurer. We are eager to begin virtual meetings on a monthly or bi-monthly basis (to be established) and connect with members of the region and briefly discuss business. We would also like to include a discussion of benefits of WNA/ANA membership as well as participate in educational opportunities each meeting for interested members. Please make sure that your contact information is up to date. Members will be receiving an email with upcoming meeting dates/times and virtual meeting login information.

www.wyonurse.org

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EXECUTIVE DIRECTOR

Tobi Lynn Moore
301 Thelma Drive #200
Casper, WY 82609
Phone: 307-462-2600
Email Address: tobi@wyonurse.org

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Wyoming Behavioral Institute

Wyoming Behavioral Institute is a psychiatric hospital in Casper, Wyoming offering inpatient and outpatient care for children, adolescents and adults.

A different kind of nursing.

Wyoming Behavioral Institute in Casper, Wyoming is looking for dedicated Nursing professionals to join our team.

We are the premier provider of behavioral health services and treatment for children, adolescents and adults in Wyoming and the Rocky Mountain West, and we pride ourselves on providing the highest quality of mental health nursing care.

Wyoming Behavioral Institute offers excellent compensation and full benefits package.

If you are a nurse with a commitment to service excellence visit our website for available nursing opportunities today.

RN’s, LPN’s and New Grads welcome to apply!

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Be a nurse who cares to be different.

Come join the Wyoming Behavioral Institute.

Wyoming Behavioral Institute has been accredited by The Joint Commission (TJC) and is licensed by the State of Wyoming’s Department of Health.

Wyoming Behavioral Institute is owned, managed and operated by a subsidiary of Universal Health Services, Inc., one of the largest providers of high-quality healthcare in the nation.

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Eastern Wyoming College has received approval from the Wyoming State Board of Nursing for the new nursing program at the campus in Douglas.

On Tuesday, January 12, 2016, college officials traveled to Cheyenne to meet briefly with the Board in regard to the application which had been submitted earlier in December. EWC then received notification later in the day that the board had approved the request. The new nursing program at the Douglas Campus is the first new nursing program created in the state of Wyoming in 30 years.

“The advancement of this program is a bright spot for us in the midst of gloomy State economic news. It will allow us to offer more options for students, increase enrollment, strengthen our partnerships with local medical providers, and do our part to help address the nursing shortage in our region. We are very excited to see this program advance,” shared EWC President Dr. Rick Patterson.

Suzey Delger, EWC’s Director of Nursing, has spent nearly 18 months preparing the application and other items necessary to get the program started.

“We are excited about the possibilities this brings to the Douglas Campus and surrounding EWC service area,” shared Delger. “We want to thank Memorial Hospital of Converse County for all of their support for this Nursing Program and look forward to working with our potential students.”

EWC has also announced the appointment of April Clark to the position of Nursing Instructor. She will begin on March 1. She received her ADN from Mt. San Jacinto College, BSN from CA Baptist University, MSN from University of Phoenix and is currently in a PhD program. She has 8 years of work experience as a Clinical Nurse and Preceptor, 7 years of Instructor/Faculty experience in Higher Education as RN Clinical Instructor and LVN Faculty and 3 years AHA Instructor and business owner. Clark and Delger will work to make final preparations to the facility and course work. The program will begin with twelve students in August, 2016.

The admission process for the nursing program will begin soon. Interested students should contact Delger at 307.624.7020 or stop by the Douglas Campus located at 800 South Wind River Drive.
WNA Nurses Day at the Legislature was held **Thursday, February 11th** at the Little America Hotel, in Cheyenne, Wyoming. The day was packed with education sessions, networking, and exhibitors.

The day started with a presentation from Jesse Kennedy, BSN, RN who serves on the ANA Board of Directors as Recent Graduate Director-At-Large; his presentation was titled “One Strong Voice: Harnessing Nurses’ Political Power.” Tiffany Bukofsky, BSN, RN who is the Deputy Executive Officer and Government Relations Director for the Ohio Nurses Association, presented on “Engaging with the Legislature Through Social Media.” Margo Karsten, RN, PhD, the CEO for Cheyenne Region Medical Center, presented on “How Current Legislation Impacts Nursing Practice.” The last keynote for the event was presented by Ingrid Johnson, RN, BSN, MPH, a Project Director for the Colorado Center for Nursing Excellence and was titled “Nurses in Policy: Putting Yourself on the Inside.”

The day concluded with a Nursing and Legislature reception held in partnership with the Wyoming Hospital Association and Wyoming Council for Advanced Practice Nursing. This was a record-breaking reception that was well attended by nurses, hospital CEO’s, nursing students and legislators. In addition, Wyoming’s Governor Matt Mead was a special guest at the reception.

The 2016 Nurses Day at the Legislature was truly a great event. Thank you to everyone who attended and a special thank you to Dee Gilson and Suzey Delger who were 2016 Program Chairs!
February 8th marked the first day of the 20 day budget session for the Wyoming State Legislature. During this session, many pieces of legislation try to make it through the process of becoming a law. Some of these bills are the product of interim committee work that has been in process since May of 2015. Some bills are from individual legislators with issues that have been brought up by their constituents.

The biggest victory was the passage of the Enhanced Nurse Licensure Compact and the APRN Compact. Though South Dakota was the first state to pass the RN compact legislation (by just a few days), Wyoming is the first state to adopt the APRN compact. Even though this has passed in Wyoming we have to wait until other states have passed legislation before the compact goes into full effect. The Wyoming State Board of Nursing will provide information as it becomes available. Our appreciation and thanks go out to Rep. Norine Kasperik and the members of the Labor Health and Social Services Committee for helping us with the passage of this Legislation.

Because this was a budget session, the biggest topic that was discussed was the state budget. Many programs were affected by the shortfall of funds this year. One of these programs included the Wyoming Investment for Nursing (WyIN) funds. Originally this fund was decreased by a million dollars, but with a little help from Senator Craft and Senator Hastert, they were able to put back $437,000.00. Unfortunately this means there will be fewer funds available for faculty at the Community Colleges, and less for financial assistance to students – but it could have been worse.

The Wyoming Nurses Association follows the bills that address the associations Legislative Agenda and those that come out of the Labor, Health and Social Services Committee (LHSS). This committee has been working for the past year to address several pieces of legislation, including Medicaid Expansion. This received a great deal of attention again this year, but did not make it through the Senate. The status of bills can be found at http://legisweb.state.wy.us.

A total of 264 bills were filed with the Legislative Service Office. 159 were House Bills and 105 were Senate Files. There were also 15 resolutions filed. In the first few days of the session, bills were introduced and assigned to a committee where they were discussed and debated. If the bill passed out of committee, it moved on to the Senate or House floor.

Though many bills do not make it through the entire process, it is possible that the committee or legislative sponsor will try to get it through next year when the body meets for the 40 day general session. The Senators and Representatives will hear suggestions for interim topics and will develop the priorities to be studied during the interim. Committees will begin meeting as early as May, 2016 to begin working on studies and issues that could possibly become draft legislation for next year.

Committee meetings are open meetings that anyone can attend. The schedule will be posted on the Wyoming Legislative Website when it is formulated. WNA members are encouraged to attend these meetings in order to provide information to the LHSS committee. For more information or if you have questions, please contact Toni Decklever at tonisrn@gmail.com.
Wyoming Made History
On March 1, 2016, Wyoming made history as we were the first in the country to pass both the enhanced nursing compact and the APRN compact.

10,000 Nurses on Board by 2020
All boards benefit from the unique perspective of nurses to achieve the goals of improved health as well as efficient and effective health care systems at the local, state and national levels. Nurses bring a full set of skills not found in other professions and play a crucial role in developing high-quality systems of care that offer better outcomes and increased satisfaction for people, families and communities. It’s for these reasons that we are working to help the profession “leap into leadership.”

For more information on the NOBC and to have your efforts in board leadership be recognized and counted, visit our website: www.nursesonboardscoalition.org

(continued)
In recognition of the impact nursing has on patient outcomes and the quality of care, the American Nurses Association (ANA) has designated 2016 as “Culture of Safety” and the tagline is “Safety 360 Taking Responsibility Together.” Keeping with this focus, the theme for National Nurses Week 2016 (May 6-12) is “Culture of Safety—It Starts with You.”

Overarching Key Messages

- Safety is everyone’s responsibility. There is no hierarchy. Safety requires empowering every voice.
- A culture of safety is one where nurses feel supported, listened to and understood. A culture of safety fosters transparency, accountability and results.
- Nurses foster open conversations about safety issues, such as fatigue, stress, safe patient handling, workplace violence, incivility and bullying.

Nurses prioritize safe staffing and help connect individual, team and organizational safety goals.

- National Nurses Week celebrates the contributions nurses make every day to make positive changes for patients.
- Nurses ensure the delivery of quality health care to patients, families and society.
- Nurses are recognized by the public for upholding ethical standards and for 14 years straight.
- Nurses have a critical responsibility to uphold the highest level of quality and standards in their practice, including fostering a safe work environment.
- Nursing leaders ensure resources are available to achieve safety results, providing resources for adequate staffing, education and environment.
- Nurses use quality measurements to improve patient outcomes.
- The American Nurses Association (ANA) has a long-standing commitment to ensuring the health and wellness of nurses in all settings. ANA supports improving the work life of health care providers: what’s good for nurses is good for patients.

Additional Background and Examples

It has been 15 years since the Institute of Medicine (IOM) issued the call for a safer health care system in its landmark report To Err Is Human and Crossing the Quality Chasm.

To Err Is Human found that between 44,000 and 98,000 hospitalized patients die each year from preventable medical errors. Many nurses were shaken by the report, as “do no harm” is at the core of nursing.

The follow-up report, Crossing the Quality Chasm, had a broader focus and suggested a roadmap for reforming the nation’s health care system. Taken together, these two reports have shaped the modern patient safety conversation.

ANA endorsed the National Patient Safety Foundation report which reiterates the importance of establishing and sustaining a culture of safety. The report emphasizes “the wellbeing and safety of the healthcare workforce.” ANA supports the concept that a healthy nurse leads to a healthy community.

Recent studies suggest U.S. patients experience a far greater number of adverse events each year than even suggested by the IOM 15 years ago. A 2013 study published in the Journal of Patient Safety revealed that preventable adverse events accounted for 210,000 to 440,000 deaths of hospital patients every year. There is still work to be done and nurses will play a key role.

Nurses have been instrumental in improving the quality and safety of health care particularly when it comes to hospital-acquired conditions. According to the Agency for Healthcare Research and Quality (AHRQ) these conditions declined 17 percent between 2010 and 2014. There were 2.1 million fewer hospital-acquired conditions, 87,000 saved lives, and $20 billion in savings.

The UND Masters of Science, Nurse Educator track prepares graduates for faculty positions in nursing education programs and for planning and delivering staff and patient education.

Benefits include: vacation, sick, health, dental, and vision insurance. 401k and 401kRA

Innovative approach to nursing education
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American Nurses Association

Congressional Bill Could Extend Thousands of Nursing Careers by Preventing Injuries

SILVER SPRING, MD—American Nurses Association (ANA) President Pamela F. Cipriano, PhD, RN, NEA-BC, FAAN, commended Representative John Conyers (D-MI) and Senator Al Franken (D-MN) for the reintroduction of the Nurse and Health Care Worker Protection Act, (H.R. 4266/S. 2408). The bill would establish a national occupational safety standard that would eliminate the manual lifting of patients by registered nurses (RNs) and health care workers through the use of modern technology and safety controls.

Additionally, health care employers would be required to implement a comprehensive safe patient handling and mobility program and educate and train their workers in proper use and practices.

“Every day, nurses and other health care workers suffer debilitating and often career-ending musculoskeletal disorders when they manually lift or move patients, and work in pain. Manual lifting is an unacceptable risk and practice when we have the technology and knowledge to significantly reduce injuries. This bill signals that workers are not expendable and injuries are not tolerable as just ‘part of the job.’ It is a much needed step in the right direction to implementing safer programs that will help to save and extend the careers of thousands of registered nurses,” said Cipriano, noting that safe lifting technology and simple devices also prevent injuries to patients and preserve their dignity.

National occupational safety figures show RNs ranked sixth of all occupations in the number of cases of musculoskeletal injuries resulting in days missed from work. This rate can be reduced considerably through widespread adoption of safe patient handling and mobility programs. In an ongoing ANA survey, 42 percent of nurses said they are at a “significant level of risk” to their safety from lifting or repositioning patients, and more than half said they experienced shoulder, back, neck or arm pain at work.

The bill incorporates principles from Safe Patient Handling and Mobility: Interprofessional National Standards, a framework developed by an expert ANA panel to establish a comprehensive program for creating a culture of safety in health care settings and professions and eliminating the manual handling of patients. In addition to the cultural and educational components, the standards emphasize architectural design principles; methods for selecting technology; integration of patient care plans; and evaluation of the effectiveness of the program.
DON'T LET YOUR PATIENTS PUT IT OFF

Confused about what screening recommendations to make to patients?

Wyoming's State Cancer Control Plan recommends colorectal cancer screening beginning at age 50 with a colonoscopy every 10 years.

In 2014, 11,360 Nvs suffered injuries while assisting patients and performing their jobs. These injuries are preventable through comprehensive safe patient handling and mobility programs. In fact, successful programs have reduced the incidence of injury by up to 95 percent.

CUTS COSTS

This legislation improves the safety of patient care delivery, while decreasing the potential for injury to nurses and reducing healthcare costs.

Hospital's with successful SPHM programs offer a cost-effective alternative to traditional nurse turnover due to injury, potentially saving between $27,000 and $103,000 per nurse.

Wyoming's State Cancer Control Plan

Confused about what screening recommendations to make to patients?

March is Colorectal Cancer Awareness Month

Wyoming's State Cancer Control Plan recommends colorectal cancer screening beginning at age 50 with a colonoscopy every 10 years.

Researchers more frequently than every 10 years may be recommended based on results of the first colonoscopy. Immunochemical (stool) testing should be done annually beginning at age 50.

Individuals are encouraged to talk with their provider about initiating screening before age 50 if they have a family history of colon cancer.

No-cost colonoscopies are available for Wyoming residents who meet certain eligibility guidelines.

For more information visit us on the web at www.health.wyo.gov/phsd/ccp or call 1-866-205-5292.

Wyoming Colorectal Cancer Screening Program

March is Colorectal Cancer Awareness Month

Confused about what screening recommendations to make to patients?
The Centers for Disease Control and Prevention (CDC) has updated its interim guidelines for healthcare providers caring for infants and children with possible Zika virus infection. The guidance, which has been expanded to cover children up to 18 years old, includes:

- A new recommendation that infants with typical head size, normal ultrasounds, and a normal physical exam born to mothers who traveled to or lived in areas with Zika do not require any special care beyond what is routinely provided to newborns.
- A new recommendation to suspect Zika virus disease in children, in addition to infants, who have traveled to or lived in an area with Zika within the past 2 weeks and have at least two of these symptoms: fever, rash, red eyes, or joint pain. Because transmission of Zika virus from mother to infant during delivery is possible, this recommendation also applies to infants during the first 2 weeks of life whose mother traveled to or resided in an affected area within 2 weeks of delivery.
- Parents in families traveling to or living in areas with Zika can help protect their children by strictly following steps to prevent mosquito bites. Based on what we know now, Zika virus disease in children, as for adults, is usually mild. As an arbovirus, Zika is a nationally notifiable condition; healthcare providers should report suspected cases to their local, state, or territorial health department.

In related news, the Food and Drug Administration (FDA) has recommended that people who have visited areas with active Zika virus transmission or who have a confirmed or potential case of the virus defer from donating blood. According to the new guidelines:

- In areas without active Zika virus transmission, donors at risk for Zika virus infection should be deferred for four weeks.
- In areas with active Zika virus transmission, whole blood and blood components obtained for transfusions should come from areas of the United States without active transmission.
- Blood establishments should update donor education materials with information on the mosquito-borne illness, including symptoms, and ask potentially affected donors to defer donation.

In addition to these recommendations, the FDA is prioritizing development of blood screening tests to help identify the virus. Thus far, no known instances of the Zika virus entering the U.S. blood supply have been reported.

For further information:
CDC Updated Guidelines Infants and Children: [www.cdc.gov/mmwr/volumes/65/wr/mm6507e1er.htm](http://www.cdc.gov/mmwr/volumes/65/wr/mm6507e1er.htm)
ANA Zika Virus Website: [www.nursingworld.org/Zika-Virus-Information](http://www.nursingworld.org/Zika-Virus-Information)
Questions or comments: [sharon.morgan@ana.org](mailto:sharon.morgan@ana.org)
Welcome New WNA Members

WNA Only
Jennifer Anderson, Cheyenne
Leesa Belus, Buffalo
Shelly Kindt, Cody
Louise Posten, Gillette
Sara Tripp, Sheridan

Central Region
Rebecca Clark, Lusk
Paula Coates, Casper
Linda Cole, Douglas
Sarah Frank, Casper
Leslie Murtagh, Casper

Northwest Region
Olesandra Pederson, Worland
Laurie Squillacci, Jackson

Northeast Region
Cynthia Cornell, Sheridan
Judith McDowell, Sheridan
Andrea McMackin, Gillette
Melissa Thomas, Sheridan

Southwest Region
Karilynn Baker, Rock Springs

Southeast Region
Joan Brennan, Cheyenne
Sara Goldsworth, Cheyenne
Danielle Lovato, Cheyenne
Gina McWhirter, Cheyenne
Laura Vaughan, Cheyenne

The WNA Nursing Summit and Convention will be held September 22-23, 2016 at the Best Western Ramkota, Casper, Wyoming.

Central Wyoming College invites applications for the part-time faculty position of:

Adjunct Instructor Nursing Assistant Jackson

which is responsible for teaching nursing assistant courses, including associated laboratories and clinical experiences. The successful applicant for the adjunct faculty position must have a Bachelor’s degree in Nursing.

Compensation is $600 per credit hour.
 Persons interested can find complete position announcements and applications on our web site: [https://careers.cwc.edu](https://careers.cwc.edu)

CWC is an EOE/DFWP.

Innovation and Excellence in Education!

Central Wyoming College
If you, or someone you know is interested in quitting tobacco, the Wyoming Department of Health offers many great resources to help! The WQTP recently enhanced the program. In addition to offering free counseling, 24/7 web-based resources, and free nicotine replacement therapy with discounted prescription medications, the WQTP now has a program specifically for pregnant women, designed to offer them the best chance for successfully quitting tobacco, both during and after pregnancy.

Visit www.quitwyo.org or call 1-800-QUIT-NOW to enroll in the program!