Its summer again and while most of you may be enjoying vacations, visiting relatives and participating in various recreational activities in and around work schedules, I have some extra time to reflect on the profession, my career goals and plans for leading AzNA into the future. The continued growth and progress of the nursing profession never ceases to amaze me. When the ANA recently announced that the number of nurses increased to 3.6 million nationally, I found this incredibly exciting – we keep moving the needle, clearly demonstrating we are a growing profession.

A similar pattern of growth can be seen in AzNA/ANA membership, up 13.4% in the last 2 years thanks to those of you who recognize the value of a professional association for all nurses. As the profession takes on greater roles in America’s increasingly complex health system, nurses across the nation and here in Arizona are striving to create a safer, healthier world. Lobbying for expanded APRN practice, addressing patient safety and quality of care issues, sharing in crucial conversations about nurse staffing, educating the public on communicable diseases such as Measles and Zika, building influence by increasing the number of nurses on boards, and learning how to prepare nurses entering the profession and those desiring to expand their role are just a few activities that come to mind. Such flurry of undertakings creates an impetus for action and for me, motivation to do something, to engage, to contribute and to make things happen. I believe this is true for most nurses – getting involved is not something that just happens, you have to make it happen. This is why reflecting on my career and professional goals is timely and significant. I ask myself, is my career going in the direction I want? Am I working to my full potential to accomplish what I want? Am I healthy, focused and have the courage to tackle the inevitable challenges?

As an educator, I am fortunate to share my years of nursing experience and wisdom with students eager to learn and ready to engage and confront the challenges ahead. As I embrace my career, I have developed professional goals such as championing efforts to advance the profession in any way I can, primarily by advocating for healthy work environments, nurse residency programs, safe staffing, nursing leadership development and advanced education for all nurses. Clearly such goals will keep me busy for a long time. How about you? Where do you see yourself in five, maybe ten years? Are you planting the seeds now for what you want to do in the future? Having a sense of purpose and a plan for the future are health promoting behaviors that can help us all create and sustain a healthier profession.

As lofty as my professional goals are, so are my goals for AzNA. As President, I believe Arizona nurses have an unparalleled opportunity to shape the future of healthcare in Arizona as never before. I see AzNA as playing a critical part in leading this charge. I believe we can increase membership and member engagement so that all nurses find belonging to AzNA a critical component to their professional nursing career. I believe in building partnerships and negotiating consensus while cultivating young nurse leaders. We saw this type of activity during our time at the legislature when we lobbied for APRN consensus legislation – an endeavor that will continue into the 2017 legislative session. Another partnership on the forefront is that with hospital leaders across the state, AzNA is tackling nurse staffing and asking hospital leadership to join AzNA & ANA in the discussion about the ever-present issue of patient safety. Lastly, AzNA is partnering with ANA in a national movement to change the health of the nation. You can read more about this on page 3 in Robin Schaeffer’s message.

Clearly, these lofty goals will keep us all busy in the next year. So start planting the seeds for what you want to see in the future. Look for ways to grow and support the profession. If you are looking for opportunities, contact me at info@aznurse.org. Reflection gives me a sense of satisfaction and accomplishment, yet also energizes and motivates me to look ahead and embrace the opportunities before us. Summer will be over soon and it will be time to leap into the fall with enthusiasm, energy and a call for action, action that will strengthen our profession and ourselves. I ask that you join me as an AzNA/ANA member if you are not one - there will be plenty for all of us to do.

Regards,
Carol

Carol J. Stevens, PhD, RN
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HEALTHY NURSE
HEALTHY PATIENT
HEALTHY NATION:
IT STARTS WITH YOU !!!

KEYNOTE:
Maria Weston, PhD, RN, FAAN
CEO, ANA Enterprise

PLENARY PRESENTATIONS:
Healthy Nurse, Healthy Nation
Mary Jo Assi, MS, RN, NEA-BC, FNP-BC;
ANA, Director, Nursing Practice and
Work Environment

The Profound Power of Nurse Wellness to
Heal Our Profession, Our Patients and
Our Nation
Kim Richards, RN, NC-BC;
Founder, Safe Care Academy

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Arizona Nurses Association
August, September, October 2016

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Healthy Nurse, Healthy Nation™ Grand Challenge: Arizona Nurses Chosen as Beta-Site

Robin Schaeffer, MSN, RN, CNE

We have all heard the mantra; Nurses should not only advocate for health but model a healthy lifestyle for their families, coworkers, patients and their communities.

The American Nurses Association (ANA) (2016) defines a healthy nurse as one who actively focuses on creating and maintaining a balance and synergy of physical, intellectual, emotional, social, spiritual, personal and professional wellbeing. Healthy nurses live life to the fullest capacity, across the wellness/illness continuum, as they become stronger role models, advocates, and educators, personally, for their families, their communities and work environments, and ultimately for their patients.

Organizing a Healthy Nurse initiative in Arizona is an overwhelming task; the good news is ANA has already done the work for us! The ANA website (www.nursingworld.org) has an entire section dedicated to Healthy Nurse. Healthy nurse resources focus on nurse fatigue, nutrition, work environment, tobacco free nurses, safe patient handling and more. Healthy Nation is the newest and most exciting addition. Trademarked by ANA, The Healthy Nurse, Healthy Nation™ Grand Challenge will launch in January, 2017. This will be a national movement that will use the concept that we can improve the health of America by improving the health of our 3.6 million registered nurses. The Healthy Nurse, Healthy Nation™ Grand Challenge will include individual nurses, employers of nurses, organizations and other companies or corporations that support nurses’ health. I personally am very excited that the American Nurses Association has found a way to guide nurses in our journey as advocates for a healthy nation.

What is even more exciting is that Arizona nurses will get a “sneak-peek” of the Grand Challenge because we were chosen as Beta site for the rollout! Registration is open for our conference: Healthy Nurse, Healthy Patient, Healthy Nation. With amazing presentations and national speakers this will be a sell-out crowd; don’t wait too long to register. See page 2 or visit www.aznurse.org.

MONEY CPR

Invest in Being a Healthy Nurse

Shawn Harrell, MSN, RN

Routine Screening, catching health problems early, is not only good for your body’s health but also good for your financial health. Health insurance coverage for screening can vary from plan to plan. Under Obamacare most health plans must cover a set of preventative services at no cost to you. There are specific sets for women, men and children. In general, coverage includes most immunizations, screening for STDs, depression, colorectal cancer, diabetes, hypertension, osteoporosis, and cervical and breast cancer. Screenings vary by type, and the age and gender of the individual. For details, check with your insurance carrier.

There are additional screens that everyone should do, no matter what your insurance coverage is.

Skin exams are very important, especially if you have risk factors like living in Arizona, family history, fair skin or have lots of moles. Get a skin exam and discuss with your provider if you need surveillance annually or even more frequently. Vitamin D plays multiple roles in the body. Besides building strong bones, Vitamin D is thought to play a role in support of the nervous and immune systems and the regulation of insulin. It also helps to influence genes involved in the development of cancer. Since up to 75% of Americans have low levels of Vitamin D, it might be smart to screen Vitamin D levels. C-reactive protein (CRP) testing can reveal high levels of inflammation. If indicated, follow up testing may locate the source of the inflammation and lead to a diagnosis of heart disease, rheumatoid arthritis, or other serious inflammatory diseases like lupus. Eye exams should be done annually if you wear glasses or contacts. Otherwise, every 5-10 years under the age of 40; after age 40 get an exam every 2-3 years. The main disease you want to watch for is glaucoma which is a silent condition that can rob you of your vision. PSA screening for men used to be a must, now it’s a maybe. Check with your provider to determine if it’s right for you.

You may get reminders from your insurance carrier or provider but remember, it’s up to you to monitor healthcare screening for you and your family. Consult your provider for the type and frequency of screening you need.

Two of the most dreaded words in the English language: diet and exercise. A healthy diet is good for you. It may be cost effective too, if you are able to avoid high priced processed foods by cooking whole foods and baking from scratch. Investing in high quality, non-GMO, local or organic foods is an investment in you. Exercise should be free but we often invest in memberships and equipment that we end up not using. Some people benefit from a personal trainer, one on one or in a small group. Others find that home exercise equipment is the road to success. However, if your equipment is dusty or a place to hang clothes, donate it and take a tax deduction or sell it and reinvest the money in your health. Allow someone else the opportunity to benefit from that dust catcher.

Take time to figure out what will work for you and then stick with it. Keep investing time and resources in your health. It could very well bring you the best return on investment ever.
Carrie J. Merkle, PhD, RN, FAAN

Distinguished received the AzNA member since 2003, associate professor and U of A Carrie J. Merkle, her career, science over the course of to nursing and health and sustained contributions who has made substantial by enhancing nurse-to-nurse communication.

Jane M. Carrington, PhD, RN, U of A assistant professor and a 2008 graduate of the UA College of Nursing PhD program, was inducted as a Fellow of the Western Academy of Nurses. A nationally recognized expert in health-care information and technology, Dr. Carrington is conducting a three-year study funded by the National Institutes of Biomedical Imaging and Bioengineering, to increase patient safety.

As a senior investigator who has made substantial and sustained contributions to nursing and health science over the course of her career, Carrie J. Merkle, PhD, RN, FAAN, U of A associate professor and AzNA member since 2003, received the Distinguished Nursing Research Lectureship Award from the Western Institute of Nursing. Dr. Merkle is a nationally recognized expert in biological models to explain cellular changes that impact a person’s health or wellness. Holding a PhD in zoology and a master’s degree in nursing, her program of research is focused on the role of injury and inflammation in a variety of contexts, including endothelial cell biology, breast cancer and aging, stress and wound healing and shared risk factors for breast cancer and cardiovascular disease.

Specifically, she and her team aim to improve nurses’ identification and reporting of clinical events linked to a higher risk of unexpected patient death by augmenting electronic health record technology so that an alert is triggered when a clinical event is imminent or occurring.

Nurse of the Year
In June, the March of Dimes announced the finalists for the 2016 Nurse of the Year Awards. This year, a record number of over 450 nominations were received for nurses and healthcare professionals across the state of Arizona. Winners will be announced at the 13th annual Nurse of the Year Awards Gala being held on Saturday, August 27th. AzNA wants to congratulate the following members for being selected as a finalists:

Advanced Practice: Cheryl Roth, HonorHealth Scottsdale Shea and Osborn

Education:
Heidi Sanborn, ASU
Therese Speer, ASU

Evidence Based Practice & Research:
Cindy Beckett, Northern Arizona Healthcare
Lesly Kelly, Banner University Medical Center Phoenix

General Medicine/Surgical:
Guadalupe Ortega. Banner University Medical Center Tucson

Nursing Leadership/Administration Management:
Robin Schaeffer, Arizona Nurses Association

Rising Star: Amanda Foster, Flagstaff Medical Center

As a professional nurse, you will face many challenges throughout your career. These challenges will test your ability to influence and direct the practice of nursing. The Quick Guide to Nursing Practice provides information and resources to assist you in successfully overcoming the predictable (and sometimes unpredictable) challenges to your professional nursing practice.

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Jane M. Carrington, PhD, RN

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MEMBERS ON THE MOVE

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Congratulations to the Spring 2016 AzNF Scholarship Winners

Allyson Bradley, BSN, Chamberlain College
Amanda Calky, BSN, University of Phoenix
Ateh Wangia, ADN BSN Concurrent, Mesa CC & Arizona State
Cami Shields, ADN, Mesa CC
Debbie Lemenager, Grad-MSN, Grand Canyon University

Iriana Munoz, ADN, Arizona Western
Jonathan Joyce, Grad-MSN, Capella University
Justine Pangitlan, ADN BSN, Scottsdale CC & U of A
Linda Gerber, Grad-MSN, Grand Canyon University

Maggie Sandlin, ADN, Mesa CC
Marcie Gest, BSN, Chamberlain College
Mary Jo Marchi, Grad, Aspen University
Morgan Schneck, BSN, Arizona State
Tammy Lake, BSN, Chamberlain College

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Acceptable Continuing Nursing Education (CNE) Course Content

Are you developing educational content? It will probably qualify for CNE* Contact Hours!

We encourage you to use the list below and the flow chart to the right to help you decide if you should apply for ANCC approved CNE!

The following are just some of the many areas that can qualify:

Content related to Direct Patient/Client Care can include but not be limited to:
- “In-services” on specific processes in your facility or pertinent to the brand of equipment, medications, and/or products used in your facility (i.e., monitors, IV pumps, EMR applications, traction, bed alarms, etc.)
- Re-certifications for BCLS, ACLS, PALS, specialty certifications etc. where updates to current practice standards and re-validation of practice skills are required to maintain competency.
- Specialty certification/recertification preparation courses
- Skills courses (stoma care, etc.).
- Cultural and ethnic diversity
- Foreign languages (conversational) and sign language for patient management of a practice population
- Therapeutic interpersonal relationship skills with patients/clients
- Courses in any specialty area of nursing practice, including occupational health nursing, school nursing, office nursing, etc.

Content related to Indirect Patient/Client Care can include but not be limited to:
- Nursing administration or management, nursing education, or nursing research.
- Quality assurance topics
- Medicare and State Regulation Standards
- Legal aspects of nursing
- Teaching multi-ethnic students and staff – academic practice
- Retention of nurses in the health care delivery system, including cross training
- Current trends in nursing and health care
- Establishing a professional nursing business or independent practice
- Publishing for professional journals or books

Other courses:
- Courses that deal with grief, human sexuality, kinesiology, nutrition, crisis intervention, counseling, stress reduction, burnout syndrome, advanced nursing courses, advanced pharmacology, advanced CPR/dysrhythmia and advanced IV therapy.

“CNE is defined by ANCC as “any learning activity intended to build upon the educational and experiential bases of the professional RN for the enhancement of practice, education, administration, research, or their development, to the end of improving the health of the public and RNs pursuit of their professional career goals.”

CNE content must address a professional practice gap. Professional practice gaps are not limited to clinical practice and may also exist in areas of professional work such as administration, education, or research.

A practice gap can be specific to the setting so ANCC now allows “in-service” topics that were previously excluded. This opens up a wide variety of topics that can meet criteria to be awarded contact hours.

Does your content address an area of nursing practice?

Does it fill a ‘professional practice gap’ in one area listed below?

- direct patient care/clinical practice
- indirect patient or client care such as administration, education, or research
- in-service topics specific to your facility

Your program does NOT qualify for ANCC approved CNE Contact Hours.

Your content qualifies for ANCC approved CNE. APPLY TODAY! westernmsd.org

*For more information about Conflict of Interest, please visit aznurse.org/COI-FAQ

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NEW GRAD CONNECTION

Healthy Nurse Healthy Nation

Julie Nguyen, RN, BSN

Backaches, swollen ankles, tired eyes and exhaustion are just a few words to describe a nurse who is coming home from work. When I started my first job as a new graduate registered nurse, I wasn’t prepared for the mental and physical stress that our job entails. Not only are we learning the dynamics of being a Real Nurse, but also adjusting to the 12-hour shift and, for many of us, learning how to be nocturnal. With limited sleep and long hours, not to mention the seduction of the candy/

snack area at the nurses’ station, the question is: how do we, as nurses, stay healthy ourselves, when our job is focused on keeping others healthy?

Find your support system

I found my biggest support system was my preceptor and other seasoned nurses on the floor. They offered advice, helped me when I was struggling, and continue to lend a listening ear. My classmates and I regularly share stories about our adventure as new grads. They have commiserated, rejoiced, and empathized with me through the ups and downs of being a new grad RN. The inevitable new grad breakdown will happen when you’re unbelievably overwhelmed, but it’s okay! It happens to the best of us. Support from family and friends is always a welcome gift.

Find your outlet for stress

Whether it’s CrossFit, yoga, reading, lounging in your pajamas all day, or treating yourself to a spa day, it is important to find what helps you decompress and keep your mental health strong so you can be healthy yourself and be there for your patients.

Make work fun

Fitbit/steps challenges are a great way to have a little fun competition and engage with your coworkers. Potlucks always bring a festive atmosphere and create a sense of teamwork and bonding. Don’t forget to bring healthy foods to the potluck, not just old time comfort foods or those “to die for” deserts.

Take a deep breath

Meditation and taking soothing breaths before and after my shift help me to clear my head and heart. Taking a deep breath, inhale to the count of 5 and exhale to the count of 5, before a potentially stressful event will help make the day go more smoothly. Knowing that my job is important and being thankful that patients and families trust me with their care is an important reflection that I think about every day.

Stay active

Exercise helps us to stay strong both physically and mentally. Whether it is a quick jog around the neighborhood, taking the stairs, or hiking Camelback Mountain, it is important to keep moving!

The American Nurses Association (ANA) defines a healthy nurse as someone who “creates and maintains a balance and synergy of physical, intellectual, emotional, social, spiritual, personal, and professional wellbeing.” Shaina Welch, recent graduate from ASU, states she maintains a balanced lifestyle by “treasuring my time off and relaxing by doing yoga. I think it’s important to be a role model for my patients by staying healthy and active myself.”

With nearly 30% obesity rate, and over 83,000 nurses in Arizona, imagine how we could change the health and wellbeing of our state if all of us nurses made an effort to stay active and practice self-care!

NOW HIRING REGISTERED NURSES

The Arizona Department of Juvenile Corrections is looking for Registered Nurses (salary range $52,820.46 - $63,941.37/year) to provide nursing care to youth in a correctional setting. We offer excellent benefits such as a four day work week with 10-hour shifts; medical, dental and vision insurance; 13 paid vacation days per year; 12 sick leave days per year; 10 paid holidays per year; deferred compensation plan; and a 25 year retirement system.

If you possess a Registered Nurses license without restrictions in the State of Arizona or one of the states that participate in the Nurse Interstate Licensing compact and a current health-care professional CPR card, please apply and view our full job description and requirements at www.azstatejobs.gov (Job ID 15317) or call Cathy Parr at 602-364-1023 with any questions.

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Duty to Self: A “Healthy Nurse” Journey

Kathy Wuuk, RN, BC
President AzNA Chapter 30 East Valley

Most of us go into the profession of nursing because we want to make a difference in people’s lives. However, many of the current work environments place increased physical and emotional stress on nurses which has lead to compassion wear and nurse fatigue. The effects can cause decreased productivity, reduced job satisfaction, and poor personal health. When nurses experience stress, we often suffer in silence or we may engage in self-destructive behaviors like over eating, excessive drinking, or failing to generally take care of ourselves. This in turn affects our ability to perform the physical demands of our job, communicate effectively with others, provide compassionate patient care, and support a culture of safety.

Recent revisions of the ANA Code of Ethics for Nurses, Provision 5, states, “The nurse owes the same duties to self as to others, including the responsibility to promote health and safety, preserve wholeness of character and integrity, maintain competence and continue personal and professional growth.” The Board of Directors of Chapter 30 East Valley seriously considered this statement. This “duty to self” became the driving force behind the Board’s decision to develop a retreat for nurses that would provide time to relax, reflect, learn skills to develop personal resilience, and renew our compassion for others.

Last November, Chapter 30 East Valley, Chapter 2 Tucson, and Kelly Hilcove, BSN, RN, Board Certified Holistic Nurse and owner of Relaxed and Balanced, jointly sponsored the first Renewal Retreat for Nurses at the Franciscan Renewal Center in Paradise Valley. This nationally attended retreat provided 24 nurses with activities in which 24 nurses learned the impact of emotions and perceived stress on our health and safety, preserved wholeness of character and integrity, maintained competence and continued personal and professional growth.

This state of coherence in turn supports healthy thinking, feeling, and behavior. It is also the foundation for emotional resilience and how to make self-care a priority. We learned to focus on ourselves and our own well-being. We practiced techniques of heart-focused meditation and breathing with thoughts of gratitude. We experienced restorative yoga, applied positive thought and affirmation, utilized essential oils and participated in several deep relaxation exercises letting go of negativity, tension and stress. We were gifted essential oils and a yoga bolster and block that we used throughout the weekend. We also enjoyed personal time to just relax by the pool or visit with one another. One nurse stated, “Loved this retreat and all of the amazing people I have met. I am so happy to have found my center.”

One of the highlights for both retreats was a Saturday night activity of Art Expression facilitated by Vino and Canvas. We brought in a local artist who provided a painting to view; it was, appropriately, a picture of a heart. She guided us as we painted our versions of the same picture starting with a blank canvas. She provided step by step instruction and supported each of us as we created our own work of art through self-expression. This fun activity provided for an evening filled with laughter and an opportunity to get to know one another. Participants took home their paintings as a reminder of our experience together.

We learned to focus on ourselves and enjoy self-care. Begin or renew your own journey toward being a “healthy nurse.” This fall, Chapter 30 is pleased to offer our next self-care event-Mindfulness Based Stress Reduction for Nurses. This 8-week class uses a combination of mindfulness meditation, movement, walking, and mindful eating, the body scan, didactic presentations, and group discussions to cultivate skills that can help transform how you manage life’s stresses. Class meets Tuesday nights starting September 20. Instructors are Lisa Ballard, N.A, RN, CC-M with coming to Mindfulness is offering AzNA Members a $100 discount. For details go to www.eventbrite.com and search “Mindfulness Based Stress Reduction for Nurses.”

HEALTHY NURSE

Nurses must find time to relax, reflect, and learn skills to develop personal resilience, and renew our compassion for others. Pictured here: Eryn Dranganski, JoAnn Anderson, Anne McNamara, Shawn Harrell, Sylvia Novak.

During the retreat we practiced techniques of heart-focused meditation through breathing with thoughts of gratitude. Pictured: Sylvia Novak, Diana Baratta, Krista Perry, Becky Victoria.

Attendees participated in a guided art session that was a highlight for many. Pictured here are: Row 1 – Anne McNamara, Megan Kirschner, Diana Baratta. Row 2-JoAnn Anderson, Eryn Dranganski. Row 3- Pat Mews, Barbara Hudak, Maureen Buhl. Row 4-Kate Keown, Krista Perry.

With the success of our first retreat, Chapter 30 East Valley, Chapter 2 Tucson, Chapter 6 Nurse Educators, along with Barbara Hudak, MS, BSN, RN, owner of Heartful Integrations and Nathalie Rivett, Certified Hypnotherapist and owner of Coherent Heart-Mind Wellness, jointly sponsored the Second Renewal Retreat for Nurses this past June. The retreat was again nationally attended, providing activities in which 24 nurses learned the impact of emotions and perceived stress on our health and how to make self-care a priority. We learned and applied techniques that brought our bodies into a coherent state of balance and resilience. This state of coherence in turn supports healthy interpersonal relationships and compassionate care for others and ourselves. During the retreat we practiced techniques of heart-focused meditation through breathing with thoughts of gratitude. We experienced restorative yoga, applied positive thoughts and affirmation, utilized essential oils and participated in several deep relaxation exercises letting go of negativity, tension and stress. We were gifted essential oils and a yoga bolster and block that we used throughout the weekend. We also enjoyed personal time to just relax by the pool or visit with one another. One nurse stated, “Loved this retreat and all of the amazing people I have met. I am so happy to have found my center.”

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Arizona Nurse • Page 9
August, September, October 2016
Nurses have a voice. Use it this Election Day: VOTE!

Nurses have a voice. Use it this Election Day: VOTE!

There are nearly 100K registered nurses across Arizona. We can make a difference this Election Day.

Here’s how:
• Get registered and VOTE on Aug. 30 and Nov. 8.
• Support the AzNA PAC in our effort to elect pro-nurse candidates

Arizona Nurses Association PAC issues legislative endorsements for 2016 Primary

Arizona Nurses Association (AzNA) PAC announced its slate of legislative endorsements for the 2016 Primary Election being held on August 30, 2016.

The endorsements come following a rigorous review process, which included an evaluation of voting records, candidate surveys and interviews. Special topics of concern were: autonomy and scope of practice for Advanced Practice Nurses; safe staffing; immunizations in schools; and KidsCare.

“Nurses have topped Gallup’s national ranking of the most trusted professions for the past 14 years. Candidates seek the endorsement of Arizona Nurses Association PAC because our recommendation carries weight, and that is a responsibility we take to heart,” said Kellie Engen, a registered nurse and Chairwoman of AzNA PAC. “Arizona needs more legislators who are committed to improving healthcare and mindful of the critical role played by nurses in this system. AzNA PAC is proud to endorse this slate of candidates in Arizona’s Aug. 30 Primary Election.”

AzNA PAC is only issuing legislative endorsements in contested Primary contests. Endorsements for the General Election will be announced in September.

AzNA PAC 2016 Endorsements
NOTE: Contested Primaries only

<table>
<thead>
<tr>
<th>District</th>
<th>Chamber</th>
<th>Candidate &amp; Party</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>House</td>
<td>Noel Campbell (R) &amp; Chip Daniels (R)</td>
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<td>2</td>
<td>House</td>
<td>Rosanna Gabaldon (D)</td>
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<tr>
<td>5</td>
<td>House</td>
<td>Regina Cobb (R)</td>
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<td>5</td>
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<td>Sonny Borrelli (R)</td>
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<td>House</td>
<td>Randall Fries (D), Matt Kopec (D) &amp; Pamela Powers Hannley (D)</td>
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<td>House</td>
<td>Stefanie Mach (D) &amp; Kirsten Engel (D)</td>
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<td>12</td>
<td>House</td>
<td>Travis Grantham (R) &amp; Lucinda Lewis (R)</td>
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<td>13</td>
<td>Senate</td>
<td>Diane Landis (R)</td>
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<td>14</td>
<td>House</td>
<td>Drew John (R)</td>
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<td>16</td>
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<td>18</td>
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<td>Jeff Dial (R)</td>
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<td>House</td>
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<td>House</td>
<td>Celeste Plumbie (D), Isele Blanc (D) &amp; Athena Salman (D)</td>
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<td>26</td>
<td>Senate</td>
<td>Juan Jose Mendez (D)</td>
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<td>Catherine Miranda (D)</td>
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<td>Rebecca Rios (D) &amp; Reginald Bolding (D)</td>
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<td>House</td>
<td>Mary Harway (R) &amp; Matt Morales (R)</td>
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<td>29</td>
<td>Senate</td>
<td>Martin Quezada (D)</td>
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<td>29</td>
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<td>Richard C. Andreje (D)</td>
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<tr>
<td>30</td>
<td>House</td>
<td>Jonathan Larkin (D)</td>
</tr>
</tbody>
</table>

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2016 Lobby Day and Membership Assembly

Neva Farmer
Scottsdale Community College
Chair, Nominating and Elections Committee, National Student Nurses' Association
Treasurer, Student Nurses' Association of Arizona

Michelle Taylor-Douros
Chamberlain College of Nursing
Director of Legislation, Student Nurses' Association of Arizona

This past June, we had the opportunity to attend the American Nurses’ Association Membership Assembly in Washington, DC as student nurses. During this event, we attended the Board of Directors meeting which updated the delegation on the past year’s progress, witnessed the campaign process, engaged in discussions regarding LGBTQ awareness, gun violence, how to keep patients safe, and participated in Lobby Day. Lobby Day was one of our highlights! We met with numerous Senators and Representatives from Arizona and urged them to support The Registered Nurse Safe Staffing Act, Title VII Nursing Workforce Reauthorization Act, and The Home Health Care Planning Improvement Act. These initiatives are essential for the future of nursing!

At first, we were nervous to attend this professional event as students, however we were encouraged, embraced and inspired by every nurse we met. As student nurses and soon to be RNs, we were enthralled by the passion, dedication and history of the nurses that blazed the trail before us. The detailed accounts of struggles and successes inspired and motivated us to be advocates for our patients, peers and profession. As student nurse leaders at the local, state and national level, we were thankful for the opportunity to interact and connect with nursing leaders from across the nation.

An ongoing theme that resonated with us during the ANA Membership Assembly was the importance and value of being a member of a professional organization. Numerous nurse leaders emphasized and reiterated that being an active member of ANA paved the way for their career and leadership development. One particular nurse, Mary Ellen Patton, RN contributes her success as an advocate for nurses to her involvement and engagement in ANA. Mary Ellen is an inspiration to all nurses because she dramatically improved the welfare of staff nurses while continuing to work as a bedside nurse until she retired. As students we often encounter individuals that believe involvement with professional organizations are only for those who have advanced nursing degrees, but that is not the case. Any nurse, at any degree level can be an advocate for change.

The resilience and dedication to this profession is beyond belief and we are honored to become future nurses. Our advice to our fellow students and new graduates...get involved!
## New & Returning AzNA Members

**March – May 2016**

<table>
<thead>
<tr>
<th>New &amp; Returning AzNA Members</th>
<th>March – May 2016</th>
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</thead>
<tbody>
<tr>
<td>Apache Junction</td>
<td>Debra Mcintyre</td>
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<tr>
<td>Avondale</td>
<td>Karyn Carlson</td>
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<tr>
<td>Sierra Holloway</td>
<td>Crystal Tremble-Webster</td>
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<tr>
<td>Bisbee</td>
<td>Elvina Villasenor</td>
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<tr>
<td>Buckeye</td>
<td>Patricia Henson, Jessica Treece</td>
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<tr>
<td>Bullhead City</td>
<td>Mary Tulinnye</td>
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<tr>
<td>Cave Creek</td>
<td>Linda Black, Andrea Lynch Schmitt</td>
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<tr>
<td>Chandler</td>
<td>Gayle Belshe, Margaret Komar, Heidi Nyhoff, Elizabeth Porter, Celestia Rasmussen, Erica Shimkus, Katherine Tambasco</td>
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<tr>
<td>Chino</td>
<td>Tanya Dempsey</td>
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<tr>
<td>Coolidge</td>
<td>Suzanne Mandile</td>
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<tr>
<td>Cordova</td>
<td>Sandra Moker</td>
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<tr>
<td>Flagstaff</td>
<td>Terry Brain</td>
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<tr>
<td>Florence</td>
<td>Brienna Johnson, Brenda Ortiz</td>
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<td>Fountain Hills</td>
<td>Judy Irvin</td>
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<td>Gilbert</td>
<td>Robert Adams, Joleanne Burkhett, Courtney Davis, Susan Deason, Tracy Grace, Catherine Kent-Murtaugh, Megan Kirschner, Terry-Anne Kuehner, Alison Larson, Sheng Peng, Neda Simmons, Jessica Swanson</td>
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<tr>
<td>Glendale</td>
<td>Patricia Gonzales, Jackie Saucedo, Cali Yeziz</td>
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<td>Globe</td>
<td>Glorjaean Nelson</td>
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<td>Goodyear</td>
<td>Amanda Bugarin, Weslyne Smith</td>
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<td>Litchfield Park</td>
<td>Edo Etukeren, Diane Garlick, Jean Lynch</td>
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<td>Marana</td>
<td>Anna Aparicio, Cynthia Montoya</td>
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<td>Maricopa</td>
<td>Marissa Poole, Janay Young</td>
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<td>Mesa</td>
<td>Christine Anderson, Valerie Jacovides, Diane Ortega, Lorraine Quizamaz, Kristine Roberts, Graham Sawicki, Michael Schoon, Margi Schultz, Keira Stevens, Janine Sutter, Michelle Sutton, Angela Turo, Patricia Wheeler</td>
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<td>Morristown</td>
<td>Michelle Goode-Welsh, Wendi Sears</td>
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<td>Oro Valley</td>
<td>Payson, Tara Gann</td>
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<td>Peoria</td>
<td>Bethany Bradshaw, Carolyn Burcham, Lacey Fudge, Kelley Glassburn, Taylor Hungerford, David Kapp, Whitney Morgan, Kristian Quade, Deanne Santisi, Cindy Schneider, Diane Seago, Sarah Vazquez</td>
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<td>Phoenix</td>
<td>Carla Amini, Dayan Atlano, Terri Brown, Courtney Campbell, Lori Cannon, Maria Conde</td>
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<td>Prescott</td>
<td>Jessica Green, Dorothy Osborne, Suzann Polk</td>
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<td>Tina Palone, Michele Sartin, Kimber Wagner-Hines</td>
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<td>Michelle Babb</td>
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<td>Tajna Palmo</td>
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<td>Sahuarita</td>
<td>Carol Morgan, John Sparks</td>
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<td>Berenice Concha</td>
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<td>Michele Hudson</td>
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<td>Dawn Belt, Shannan Bridgewater, Carolyn Burr, Kyndall Cline, Trisha Deason, Xiaping Fang, Alison Gilbert, Terry Horine, Emily Knight, Jennifer Mancebo, Regina Martin, Lorraine McLean, Marlies Meinhold, Jennifer Pack, Melissa Wenzl</td>
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<td>Robin Abrego, Candace Angel, Heather Beery, Andrea Kilgore, Sandy Locker, Yasmina Merrin-Nixon, Noelle Trinder</td>
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<td>Vail</td>
<td>Jacquelyn Hall</td>
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<td>Waddell</td>
<td>Kathryn Gordon</td>
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<td>Winslow</td>
<td>Gregory Jones, II</td>
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<td>Yuma</td>
<td>Deana Anderson, Abby Cockburn, Alison Esmeier, Ofelia Figueroa-Perez, Marlena Lopez, Kathryn Rogers, Elizabeth Rossell, Monika Sanchez</td>
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</tbody>
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Mental Health and Financial Responsibility

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Doris Loyutz
Agnes Oblas
Jacque Reiff
Ronana Rogers
Kathy Walker

Rio Rico
Guadalupe Ortega

Rockville, MD
Regena Dale

Sahuarita
William Lucas

Sun City
Teresa Austin

Surprise
Colleen Beguin
Shawn McCallum

Tempe
Glorimar Castro

Tucson
Lisa Baker
Paula Christianson-Silva
Jillian Colling
Debra Derck
Laura Elliott
Teri Gilmore
Laura Hill
Paula Hughes
Elizabeth Ketchum
Susan Nelson

Yuma
Frances Davison

Two Year Anniversary Members
March – May 2016

Arizona City
Leidy E. Sanchez

Casa Grande
Amanda Rea

Chandler
Barbara Asher
Theresa Hickenhiser
Rose Saunders
Shirley Sherroian

Colorado Springs, CO
Laura Hanson

Flagstaff
Jessica Cleland

Gilbert
Amanda Biggs
Adam Deshler
Julie Shute

Glendale
Jessica Aurelius
Robyn Corwin
Patricia Roe

Goodyear
Greta Lockard

Green Valley
William Smith

Laveen
Melanie Hoskinson
Tamara Moore

Marana
Joanna Taylor

Mesa
Linda Bailey
Sharon Bergkotter
Paradise Valley
Carley Campton
Heidi Howe

Peoria
Jennifer Greene
Carly Walker

Phoenix
Ellen Ames
Jasmine Bhatti
Diana Cox

Crystelle Johnson
Doris Loyutz
Agnes Oblas
Jacque Reiff
Ronana Rogers
Kathy Walker

Rio Rico
Guadalupe Ortega

Rockville, MD
Regena Dale

Sahuarita
William Lucas

Sun City
Teresa Austin

Surprise
Colleen Beguin
Shawn McCallum

Tempe
Glorimar Castro

Tucson
Lisa Baker
Paula Christianson-Silva
Jillian Colling
Debra Derck
Laura Elliott
Teri Gilmore
Laura Hill
Paula Hughes
Elizabeth Ketchum
Susan Nelson

Yuma
Frances Davison

August, September, October 2016
Arizona Nurse • Page 13
In her new book, *Errors of Omission: How Missed Nursing Care Imperils Patients*, Beatrice Kalisch takes looking at missed nursing care to a level not seen before. This report looks at what type of nursing care is missed most often, what nursing care was least missed, and variations in 14 hospital settings. The characteristics of the nurse were also considered, specifically, the nurse's age, shift, years in practice, role, level of education and other variables. Dr. Kalisch compared missed nursing care in Magnet hospitals versus non-Magnet hospitals, the reasons for missed care, and much more.

Kalisch includes strategies for staff nurses and manager to reduce missed nursing care on their units and in their organizations. Administrators reading this book will gain a new appreciation for the work of nurses and its importance to patient outcomes and the bottom line. Kalisch points out that “there are 3 nurses for every one physician, thus a day without physicians, while disastrous, would probably not be as detrimental as a day without nurses.”

This book contains many lessons in a variety of acute care settings. When you read it you will, no doubt, find alerts and strategies to improve care in your own setting. To purchase *Errors of Omission*, visit the ANA website www.nursebooks.org.

If you have a book you would like to share with colleagues, write a review and send it to info@aznurse.org.

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### Essential Information

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<td>County</td>
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<td>Employer</td>
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<td>Type of Work Setting (Is in hospital)</td>
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<td>Practice Area (Is in pediatrics)</td>
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<td>Current Employment Status (Is full-time nurse)</td>
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<td>Current Position Title (Is staff nurse)</td>
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### Ways to Pay

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Governor’s Certificate of Merit for Service from motorcycles into the jungle. B later received the health assessments in post-war Vietnam and riding with a World Health Organization conducting across the nation. B spent a sabbatical working Nursing,” which was widely used by universities the first-of-its-kind “Handbook on Gerontological a pioneer in gerontological nursing and authored her career to preparing future nurses. She became University in 1960 and dedicated over 27 years of Public Health. B joined the faculty at Arizona State University of Minnesota and earned a master’s in health needs of her students. She returned to the bachelor’s in Public Health. After working as a school nurse for three years, she realized she needed more education to cope with the social and mental health needs of her students. She returned to the University of Minnesota and earned a master’s in Public Health. B joined the faculty at Arizona State University in 1960 and dedicated over 27 years of her career to preparing future nurses. She became a pioneer in gerontological nursing and authored the first-of-its-kind “Handbook on Gerontological Nursing,” which was widely used by universities across the nation. B spent a sabbatical working with a World Health Organization conducting health assessments in post-war Vietnam and riding motorcycles into the jungle. B later received the Governor’s Certificate of Merit for Service from the Governor’s Advisory Council on Aging for her life’s work. In 2007, the ASU College of Nursing honored her legacy by founding the Bernita Steffl Professorship in Geriatric Nursing. She retired from the college in 1988 but remained involved in a variety of educational and community activities.

In 1990, B was the supportive guide to setting up Chapter 16, Gerontological Nursing in AzNA. For eleven years the chapter supported nurses by a commitment to be a positive influence in gerontological nursing in clinical and community settings throughout the state. B guided the members to co-sponsor workshops with nationally recognized experts in gerontological nursing. She wrote articles on health promotion for older adults and offered a series of classes to help prepare nurses from a wide variety of specialties for ANA certification in Gerontological Nursing.

In 1997, B was one of the original members of AzNA’s Archives Committee and was an active participant, researching, collecting historical information, reviewing, and analyzing the data for publication until she retired from the committee at age 90. The nursing community is fortunate to have had in our number such a genuinely good person and great nurse, as Bernita “B” Steffl.

Donations in B’s honor may be made to the B Steffl Professorship in Geriatric Nursing at Arizona State University.

Many thanks to Dr. Jim McCabe (B’s nephew), Beth Smith, Penny Johnson, Dave Hraibe, and Barbara Miller for their work on this tribute.
Milk is nutrient-rich, with nine essential nutrients. It is the #1 food source of three of the four nutrients the 2010 Dietary Guidelines for Americans (DGA) identify as falling short in the diets of both children and adults – calcium, potassium and vitamin D.

Motivate parents to be role models. Parents are important influences on children’s behavior, including eating right and being physically active. So encourage them to eat fruits and vegetables and drink milk. Their actions speak louder than words.

The DGA recommends low-fat or fat-free milk and milk products daily

- 3 cups for 9 years or older
- 2 1/2 cups for 4-8 year olds
- 2 cups for 2-3 year olds

By the age of 4 children do not consume the recommended number of servings from the Dairy Group

More info: bit.ly/rn-empower