The New Hampshire Nurses Association (NHNA) announces a partnership with New Hampshire Magazine to create the Excellence in Nursing Awards. Nurses are key members of any health care team, but their skill and contributions are often unrecognized; the unsung heroes of New Hampshire’s health care community. NHNA and NH Magazine celebrate the very best in nursing, those who go above and beyond to comfort, heal and educate, to bring to light how critical nursing is to achieving comprehensive health care.

NH Magazine will be accepting nominations from September 29, 2017 through January 4, 2018. The Excellence in Nursing Awards have been established in thirteen nursing categories:

- Ambulatory Care Nursing (Outpatient, community health centers, primary care practices)
- Cardiac-Vascular Nursing (telemetry)
- Emergency Nursing
- Gerontologic Nursing (inpatient and long term care)
- Medical-Surgical Nursing (ICU)
- Maternal-Child Health Nursing
- Pediatric Nursing
- Nurse Educators
- Nurse Leaders (Chief Nursing Officers, Directors of Nursing and Clinical Nurse Leaders)
- Public Health Nursing (Community health, visiting nurse services, parish nurses, correctional facilities, schools)
- Psychiatric and Mental Health Nursing
- Hospice and Palliative Care Nursing
- Advanced Practice Registered Nurses

Nominations are submitted online at http://www.nhmagazine.com/nursingawards. A panel of nurses will review each nomination and select winners. The judges reserve the right, based on the criteria, not to name a winner in a particular category. Nominators are encouraged to demonstrate that all criteria are met by fully completing the nomination form. More information regarding the criteria for each award can be found online. Supporting documentation is not required, but highly recommended in order to provide a strong, well-rounded nomination for the judges.

Finalists of these prestigious awards will be featured in the May 2018 issue of New Hampshire Magazine and honored at a special awards event on May 22, 2018 to be held at the Radisson Hotel (Manchester).

The New Hampshire Nurses Association appreciates members who helped develop the award categories and criteria. Members of the Excellence Task Force were Jared Caron, Laura Dolloff, Jean Colley, Lynn Lagasse, Nadine LaRoche, Carlene Ferrier, Bobbie Bagley and Joan Widmer.
As I begin serving as your 2018 President, I would like to thank Bobbie Bagley and all of the past presidents of NHNA for their leadership and commitment to the organization. During the recent revision of the organization’s bylaws, we had an opportunity to learn about our history and the strong, progressive nurses who built the organization.

The purpose they outlined so many years ago remains relevant today and is reflected in our strategic plan. I am especially pleased to come this year knowing that I should join because it was the right thing to do, I never felt compelled to follow their advice. But a few years ago, I decided it was time to shift my volunteer efforts to benefit the nursing profession, and I enjoyed and learned a great deal by serving on the membership committee and then the policy committee at the National Public Health Association for many years. It was fun, rewarding, and we really made progress in building the organization, capacity and capability for public health in New Hampshire. The Commission on Government Affairs seemed like a good place to start so it was time for me to become a member of NHNA. I was so impressed with the Legislative Town Hall Forum that provided an opportunity for members to vote on bills they would like to support. We have changed the format in recent years to make the event more accessible with more geographic support. We have changed the format in recent years to make the event more accessible with more geographic.

Having been a member of NHNA and ANA for only five years, I have reflected on what brought me to the organization as a means of recruiting and engaging new and current members. Despite many professors trying to convince me years ago that I should join because it was the right thing to do, I never felt compelled to follow their advice. But a few years ago, I decided it was time to shift my volunteer efforts to benefit the nursing profession, and I enjoyed and learned a great deal by serving on the membership committee and then the policy committee at the National Public Health Association for many years. It was fun, rewarding, and we really made progress in building the organization, capacity and capability for public health in New Hampshire. The Commission on Government Affairs seemed like a good place to start so it was time for me to become a member of NHNA. I was so impressed with the Legislative Town Hall Forum that provided an opportunity for members to vote on bills they would like to support. We have changed the format in recent years to make the event more accessible with more geographic support. We have changed the format in recent years to make the event more accessible with more geographic.

Cohort being pegged as the trophy generation, earning a trophy for participation, they are also known for recognizing that everyone has something worthwhile to contribute and that we all benefit when each individual is a valued member of the community. I hope to harness this ideal and solicit more member engagement. In concentrating on the fourth pillar of our Strategic Plan, Leadership, I hope to focus on succession planning and in particular, the young and new members. We want to keep our long-term members engaged because we need them as mentors and teachers, but we want to attract the youth and new members because we have something they want, not because it is something they should do. This group is looking for social interactions, so we will try to be more fun, creative and whimsical in our offerings. Be looking for opportunities through email to become involved in a short-term task force or committee. We want to make it feel more fluid, so members can come in and out of volunteer activities based on time and interest.
Has it really been a year since I stepped into the role of Nurse Executive Director? Somehow it does not seem possible. When I reflect back upon this past year the first thought that comes to mind is “I love this job and the opportunity it provides to represent the wonderful profession of nursing here in New Hampshire.” The past year has been marked by the many things I have learned, how to give testimony to members of the state legislators, how to plan and organize a wide variety of events, to speak in front of large groups on many issues that impact nurses and nursing practice, how to write press releases and op-ed pieces, how to modify the NHNA website and tweet on Twitter. It truly has been a whirlwind of a year.

Working with the members of the Commission on Nursing Practice, we organized and coordinated two events during the past quarter. In September, the New Hampshire Nurses Association (NHNA) hosted the inaugural Healthy Nurse 5K Scholarship Run and Health Fair on the Rivier University Campus. In October, the NHNA held its Annual Meeting & Awards Banquet at the McAlulife-Shepard Discovery Center.

In September, NHNA was asked to partner with NH Magazine in developing the Excellence in Nursing Awards (see page 1). We solicited volunteers to participate on a Task Force to develop this program. The nomination period is now open and the first awards will be announced in May 2018.

In October, Bobbie Bagley, NHNA President, Pam DiNapoli, Chair of the Commission on Government Affairs (CGA) and Mariah Payne, a Rivier Leadership student and I met with Governor Chris Sununu. We discussed concerns facing NH nurses, including workforce development, workplace safety and access to care.

In July, I was thrilled to be a spotlight speaker for the American Nurses Association’s Membership Webinar - Retention, Onboarding and Engagement. I shared some of NHNA’s innovative strategies to engage new members and retain existing members. In September, I had the honor of speaking before health care leaders from throughout New Hampshire at the NH Forum on the Future, held at the Bedford Village Inn. I was one of five panelists that shared health care issues facing their organizations. And in early November, I spoke at Saint Anselm College on the influence of the nurse leader on health policy and legislative issues.

In September, NHNA was asked to participate in meetings coordinated by NH Senator James Gray to examine what health care organizations are doing to ensure the safety of their workforce in light of recent episodes of violence against health care workers. Pam DiNapoli and I have been active participants in these meetings. NHNA was also asked to participate in the Medicaid Expansion Reauthorization planning meetings. These meetings are ongoing and being attended by members of the CGA and myself.

In October, I joined NSO Advisory Board as a representative of the Northeast Multistate Division. NSO is a nursing liability insurance provider and its Advisory Board meets annually to discuss issues facing nurses. The three days of meetings provided an opportunity to network with nursing leaders from around the country and share perspectives on nursing.

Over the next few months, I will be working with the Commission on Government Affairs to plan the Legislative Town Hall Forum, scheduled for January 23, 2018. I am also working with the Commission on Nursing Practice to plan the Graduating Student Conferences, scheduled for March 27, 2018. I hope to have the opportunity to visit nurses around the state to learn about issues important to you all. If you would like me to visit your organization send an email to me at office@nhnurses.org and I will be glad to schedule a visit.

Joan

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On Sunday, September 24th, the New Hampshire Nurses Association (NHNA) held its first Healthy Nurse Scholarship 5K Run and Health Fair. The NHNA offered the event in recognition of the American Nurses Association Healthy Nurse Healthy Nation™ initiative and to raise money to establish a scholarship fund for New Hampshire nurses.

Despite the early fall heat wave of temperatures in the 90’s, seventy-five participants completed the race. Eight teams completed including the Rivier Nightingales, the Barracudas, NHNA Board, SNHMC ER, Southern NH Health, St Joseph Hospital, Team Catholic Medical Center (CMC) and University of New Hampshire (UNH) Nursing. Team sizes ranged from a single participant to groups of 12. UNH Nursing students and Southern NH Health both won awards for having large teams and displaying the best spirit with each member awarded with a NHNA water bottle.

The 5K began at noon next to Memorial Hall on the Rivier University campus and proceeded around the residential neighborhood. Just prior to the starting gun, Brandy Hill of Banyan Tree Yoga conducted a pre-run yoga stretch. Student volunteers from the Rivier Student Nurses Association manned the 5K route, directing the runners and walkers along the course and dispensing much appreciated cups of water. The students also assisted with the set-up and clean-up of the Health Fair.

The top three male and female finishers were:

- **First Place:**
  Trent Fontanella (#63, age 25) at 23:31 minutes
  Rachel Notini (#20, age 27) at 27:45 minutes

- **Second Place:**
  Edwin Emata (#59, age 47) at 25:57 minutes
  Liz Fontanella (#64, age 60) at 28:35 minutes

- **Third Place:**
  Edward Burns (#17, age 66) at 25:24 minutes
  Claire Anderson (#70, age 40) at 28:20 minutes

The youngest runner prize was awarded to Hunter Fournier and the oldest runner prize went to Donald Lewis.

In addition to the 5K, NHNA also hosted a Health Fair. Twenty-three participating organizations presented information regarding their organization as well as health and wellness information on a wide variety of topics. Catholic Medical Center hosted a table with information on diabetes prevention and on cardiovascular wellness staffed by Kathie Poplar and Mary Wood-Gauthier. Elliot Health System’s Trauma Program Manager, Adam Rembisz, shared information on trauma injury prevention. Susan Nordemo, of the Holistic Nurses Association shared wellness information and offered books for sale. Jane Goodman of Breathe NH conducted spirometry screenings, while AMR allowed participants to explore their truck and performed blood pressure screens on request. The American Heart Association shared information on their Go Red for Women campaign.

Health Fair exhibitors included:
- St. Joseph Hospital
- Nashua Department of Public Health
- Southern NH Medical Center
- Dartmouth-Hitchcock
- Manchester Community College Student Nurses Association
- NH Oral Health Coalition
- NH Health & Wellness Center
- Pembroke FitWorks
- Association of Women’s Health, Obstetrics and Neonatal Nurses
- Sigma Theta-Tau, Epsilon Chapter
- Plymouth State University’s Eating Disorders Institute
- Rivier University nursing programs
- Reflexology Association of New Hampshire
- St. Joseph Hospital
- Nashua Department of Public Health
- Southern NH Medical Center
- Dartmouth-Hitchcock
- Manchester Community College Student Nurses Association
- NH Oral Health Coalition
- NH Health & Wellness Center
- Pembroke FitWorks
- Association of Women’s Health, Obstetrics and Neonatal Nurses
- Sigma Theta-Tau, Epsilon Chapter
- Plymouth State University’s Eating Disorders Institute
- Rivier University nursing programs
- Reflexology Association of New Hampshire

Participant Cynthia Anciern of St. Joseph Hospital remarked, “It was a great time.” Brandy Hill from Banyan Tree Yoga noted, “It was a great day despite the heat!” And Cheryl Gagne from Southern New Hampshire Medical Center stated, “We look forward to participating next year.”

The Inaugural 5K would not have been successful without the support of gold sponsors; Saint Joseph Hospital of Nashua, Southern New Hampshire Medical Center (SNHMC) of Nashua and Elliot Health Systems of Manchester and silver sponsors; Dartmouth-Hitchcock and Northeast Delta Dental in supporting our event and helping us raise $2300.00 for the scholarship fund.
The NHNA 2017 Awards ceremony was held during the Annual Meeting and Awards Banquet on October 25, 2017. Six award recipients were honored for their contributions to nursing. As they were called to the podium by members of the NHNA Commission on Nursing Practice and President Bobbie Bagley, their efforts were described. Recipients were selected based on their involvement in the NHNA Commission on Nursing Practice with the President’s Award at the discretion of the NHNA President.

Direct Care Nurse of the Year Award
Laura Cogswell, the recipient of the Direct Care Nurse of the Year Award, has been involved in many committees and unit-based practice groups. She has provided education one another on the problem and new solution. Michelle is an exceptional mentor who inspires nurse in clinical practice using best practice standards, patient advocacy and community involvement, is highly regarded as a leader among peers. Laura’s expertise at directing the Intensive Care Nursery is and the coordinator for the Transitional Long Term Care (TLC) program. The TLC program provides care for infants with complex health care issues that may require sophisticated technology, medical, and/or nursing care at home.

Laura builds partnerships with families as they learn to participate in their babies’ care long before discharge. She helps coordinate trainings, community support systems, and works to ensure that families have a safe home environment before discharge. She spends time working with vendors and insurance companies to ensure families go home with needed equipment.

On the day of discharge Laura will travel to a family’s home and help them get settled. She will meet with emergency coordinators to help them to understand that they are familiar with the baby and how to respond should an emergency arise. She also meets with home care nurses.

In addition to her career at Dartmouth, Laura annually participates in community services such as the Parkinson 50 mile bike ride, the CHaD ½ marathon and the Prouty 50 mile bike ride. She serves on the Board of Directors for Cedar Crest Center for Children with Disabilities. Laura is described by her peers as kind, knowledgeable, energetic, generous, a pioneer, a collaborator, an advocate for families, and a hero.

Nurse Leader of the Year Award
Holly McCormack received the NHNA Nurse Leader of the Year Award. This award recognizes a New Hampshire Nurse Leader who positively impacts his or her healthcare organization by converting challenges in the workplace into opportunities through leadership skills.

Holly is the Chief Nursing Officer at Cottage Hospital where she has been employed for 7 years. Holly’s encouraging, attitude and role-modeling of positive communication and professionalism helped as Cottage Hospital opened a new geriatric/psych facility, Ray of Hope. By sharing the importance of mental health to the senior population Holly was able to enroll patients entering the new unit received the best care through evidence based practices. Holly’s determination, professionalism, fostering of positive relationships, and ability to engage donors and community partners has been instrumental in developing the Ray of Hope.

Holly displays leadership to her staff by never asking them to accomplish a task she would not be willing to do herself and the healthy relationships she has cultivated with everyone at Cottage Hospital. She is knowledgeable and always gives 110%. Holly has solved difficult business decisions while navigating, supporting, and assisting her team and the hospital. Holly is described as contagious by her peers as a leader, mentor, listener, team player, supporter, and all around someone they can go to and count on.

Champion of Nursing Award
The Champion of Nursing Award recognizes those who provide exceptional support to the profession of nursing. The NHNA Champion of Nursing Award is given to “an employer/institution or individual who has had a positive impact on the profession of nursing. The employer/institution or individual will have contributed by demonstrating characteristics and/or practices that support individual nurses or the nursing profession. This year’s recipient of the Champion of Nursing Award is Convenient MD.

ConvenientMD has contributed to school nurses, students, and families throughout New Hampshire. ConvenientMD has developed the “School Nurse Partnership” program through which they help thousands of students and families at the nine locations across the state. This program allows School Nurses to contact a clinic and access immediate care for the students of New Hampshire. ConvenientMD has provided free medical care to sick and injured students in need when referred by the School Nurse; free flu shots for students, faculty, and families; free sports physicals for student athletes referred due to finances; $20 physicals to the general public; free vaccines to students under 18 years of age; concussion baseline tests for $10 or free for families in need; free Epi-Pens by completing prescriptions and applications through national programs; triage/ consultation assistance with school nurses with phone triage for students presenting in the office; and providing up to four free continuing education sessions per school year for school nurses at each district throughout New Hampshire. In short ConvenientMD provides tremendous services to the communities served.

President’s Award
The President’s Award is awarded at the president’s discretion to the nurse who exemplifies strong leadership and nursing qualities. This year’s recipients are a pair of advocates for health and human services having served as a part of the NH Legislature.

Laurie Harding
Laurie Harding exemplifies impactful leadership and support for New Hampshire’s nurses. Laurie’s professional compassionate work as a nursing consultant and Case Care Worker Services in Lebanon, an Assistant Professor of Nursing at Colby Sawyer College, and legislative consultant for the NHNA. A former member of the New Hampshire House of Representatives, representing Grafton 13 from 2006 to 2014, she served in the NH General Court with a committee assignment on Health and Human Services. She continues to serve NHNA as an ad hoc member of the Commission on Government Affairs. Laurie earned her BS in Nursing from Syracuse University and her MSN in Community Health Nursing from Boston University.

Peggy Gilmore
Peggy Gilmore, a nurse for over 40 years, has been a strong advocate for nursing and health care throughout her extensive career, demonstrating effective leadership and nursing qualities. Her nursing career focused on providing home health services to the elderly, the acute and chronically ill, children, newborns, and those at the end of life. She worked with the Centers for Medicare and Medicaid Services (CMS) to establish the first hospice in southern NH and served as the President and CEO of Home Health and Hospice Care. She has served on many boards, including Gateways Community Service, NAMI-NH, Neighborhood Health Center for Greater Nashua, Hunt Community, Home Care Association of New Hampshire, both on the board and as a member of the Board of Directors. Peggy has served on the Citizens Advisory Public Health issue such as the opioid crisis and joined others committed to ending homelessness in the Nashua community. Peggy earned her BS and MSN in Nursing from Boston University.

Michelle’s passion for nursing and quality improvement is described as contagious by her peers. Her passion led Michelle to a conference on patient safety where she presented on a fall prevention tool. Michelle is always there to answer questions and provide support. After talking to her you will walk away feeling inspired to accomplish anything you set your mind to.

Feb 28, 2018
The Annual Meeting of the New Hampshire Nurses Association was held on October 25th, 2017 at the McAuliffe-Shepard Discovery Center in Concord, New Hampshire. Forty-five members in good standing attended. President Bobbie Bagley called the meeting to order and introduced members of the Board of Directors, Commission Chairs and the Nurse Executive Director. Bagley reported on the election results, including the ballot proposal to change the organization’s name to American Nurses Association – New Hampshire (ANA-NH), which failed to pass. She then went on to discuss the President’s Report, outlining the accomplishments of the past year.

Treasurer BJ Bockenhauer presented the financial report outlining nine month year-to-date revenues and expenses relative to the 2017 budget and 2016 revenue and expenses for the same nine month period. Year-to-date revenue is essentially as budgeted and 4.2% ahead of 2016 revenue for the same period. Year-to-date expenses are also essentially as budgeted; and 8.4% below 2016 expenses for the same period. A full copy of the financial statements presented, along with the quarterly financial statements for 2017, can be found on the NHNA website. Treasurer Bockenhauer also presented the 2018 budget, with comparison to actual financial results for the past 5 years.

Pamela DiNapoli, Chair of the Commission on Government Affairs, presented the Commission’s Annual Report, discussing advocacy activities over the past year and the legislative outcomes of the various bills followed throughout the year. She introduced Rosemary Ridge, the newest member of the Commission.

Jennifer Johnson, Chair of the Commission on Nursing Practice, presented the Commission’s Annual Report. The report outlined the various activities sponsored by the Commission during the past year, including the Graduating Student Conference, the Spotlight on Nursing, the Healthy Nurse Scholarship 5K & Health Fair and the Annual Meeting & Awards Banquet. She introduced the new members of the Commission: Lyndsay Goss and Carol Allen.

Rae Mello-Andrews, Chair of the Commission on Continuing Education, presented the Commission’s Annual Report. The report discussed the ongoing efforts of the Commission to review continuing nurse education programs throughout New England as part of the Continuing Education Unit of the Northeast Multistate Division. She introduced three of the four new Commission members: Julianne van Kalken, Nancy DeSotto and Mary Scott. Lynn Lagasse was unable to attend the meeting.

Judy Joy, Vice President of the Northeast Multistate Division, presented a report on the multi-state cooperative. Joy asked and answered several key questions: What is the Northeast Multistate Division? Why should I Care? and Where are we Now?

Carmen Petrini, a member of the NHNA Board of Directors and the Bylaws expert, presented and explained thirty proposed revisions to the NHNA Bylaws. Most of these changes were recommendations of the American Nurses Association’s Committee on Bylaws. A copy of the 30 proposed changes was circulated by via email or postal service to all members of record as required in the bylaws. All proposed Bylaws changes were unanimously approved, no nays or abstentions.

The meeting adjourned at 7:25 pm and was followed by the Annual Banquet.
The McAuliffe-Shepard Discovery Center was the venue for the 2017 New Hampshire Nurses Association (NHNA) Annual Meeting and Awards Banquet. Registered attendees reached a record 155 members and guests. While members participated in the Annual Business Meeting, non-member nurses and other guests were able to wander among the Discovery Center’s exhibits, peruse the tables hosted by the event sponsors, examine the research posters on display and enjoy the tapas offerings from Alan’s of Boscawen. There was additional networking time for our members at the conclusion of the Business Meeting, prior to the commencement of the formal program of the evening.

The program began with welcoming remarks from President Bobbie Bagley. She then introduced members of the Commission on Nursing Practice (CNP), Jennifer Johnson and Gene Bois, who presented the Annual Nursing Awards. Following the awards, Darby Thomas, also a member of the CNP, introduced the keynote speaker for the evening, Carrie Bosela, Administrative Director for the Society for Vascular Surgery Patient Safety Organization. Carrie’s theme was ‘Taking the Lead.’ She spoke on the value of nursing education as preparation for leadership roles within the health care industry. She began by sharing information on the evolution of her own nursing career. Carrie shared strategies of how nurses could augment their nursing education to better prepare themselves for leadership roles. She provided listeners with ideas of how and where they could apply their nursing experience and education to transition into leadership roles in health care organizations.

Once again, NHNA encouraged nurses to share posters of their nursing research. The Commission on Nursing Practice developed a process for reviewing and accepting submitted poster abstracts. This year five abstracts were accepted for presentation. These included:

**Winner: Best Overall Poster Presentation**
- Designing a New Enhancing Shared Governance Model at a Community Hospital
  By Chelsea Shea, BSN, RN, CCRN, Kathy Collard, ADN, RNC, Pam Poulin, MS, RN and Kelly Cady, PhD, RN-BC, Wentworth-Douglass Hospital

**Winner: Best Reflects the Theme: Taking the Lead**
- Decreasing Postoperative Urgency Following Ureteroscopy: A Randomized Controlled Trial
  By Linda Goodwin, RN, CPAN, Susan Jane Fetzer, RN, PhD, Matthew Stanizzi, MD
  Southern New Hampshire Medical Center

**Winner: Most Innovative Poster Presentation**
- Impact Of An Early Warning Score Communication Bundle: A Pilot Study
  By Cheryl Cagney, DNP, CNEA, RN, Southern New Hampshire Medical Center
- Our Patients Lead the Way! How We Shifted from a Nurse-Driven Falls Protocol to a Patient-Centered Safety Plan
  By Becky Sheehan, Wentworth-Douglass Hospital

**NHNA is thankful to all the sponsors of this year’s Annual Meeting & Awards Banquet. Our sponsors provide valuable resources which enable NHNA to continue its advocacy work, monitor trends in nursing practice and offer continuing education programs to the nurses in New Hampshire. This year’s sponsors were:**
- Concord Hospital, Gold Sponsor
- Southern New Hampshire University, Gold Sponsor
- Dartmouth-Hitchcock, Silver Sponsor
- Catholic Medical Center, Silver Sponsor
- Rivier University, Silver Sponsor
- Colby-Sawyer College, Silver Sponsor
- University of Rhode Island, Silver Sponsor
- Navy Recruiting, New England District, Silver Sponsor
- Sunovion, Silver Sponsor

Amber Ferrier, Carlene Ferrier (NHNA President Elect), Barbara Bockenhauer (NHNA Treasurer) and Gene Bois (member Commission on Nursing Practice)
TeleHealth Nursing Offered in New Hampshire

Nurses at the Visiting Nurse Association of Manchester and Southern New Hampshire (VNA), part of the Elliot Health System, use technology to remotely monitor care for patients. The VNA implemented a Health Recovery Solutions’ (HRS) advanced patient tele-monitoring system to facilitate the new and innovative program.

First, VNA field nurses use specific inclusion criteria to pre-qualify patients for the tele monitoring program. Once the nurse identifies the patient, the provider is contacted to obtain an order to facilitate the new and innovative advanced patient tele monitoring system.

The VNA TeleHealth nurses, Diane Taft, RN and Kristina Johnston, RN, monitor the daily assessment values obtained by the monitoring equipment. Under the close management of Lynda Martin-Heaney, RN, Clinical Manager, TeleHealth nurses work directly with patients and physicians to resolve or escalate any potential healthcare problems as they arise. The nurses monitor the patients’ biometric data each day, using a standard protocol to facilitate care, e.g. calling the patient by phone to determine their symptoms to find out if they have taken their medications. After speaking with the patient, the provider is notified if further intervention is required. Some patients require unique, provider-driven parameters based on their individual health profile.

The HRS monitoring system allows for individualization of each patient’s profile. Diane Taft notes, “The use of HRS is an important component of our re-hospitalization reduction initiative. Our daily ability to review patients’ healthcare problems as they arise. The nurses monitor the patients’ biometric data each day, using a standard protocol to facilitate care, e.g. calling the patient by phone to determine their symptoms to find out if they have taken their medications. After speaking with the patient, the provider is notified if further intervention is required. Some patients require unique, provider-driven parameters based on their individual health profile.”

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The HRS solution is assisting the health system to add a higher level of care and support for our patients. Tele monitoring empowers our patients and the clinical staff,” commented Donna Frizzell, Interim Leadership, Director of Home and Community Services, VNA of Manchester and Southern New Hampshire. “The ability for our home care team to enhance the support for patient is invaluable as we strive to avoid unnecessary readmissions to the hospital.”

All of the home health nurses at the VNA are involved in the installation and support of the HRS home tele-monitoring system. The equipment is portable, so the nurses are able to bring their tablets to office visits, enabling office nurses and other members of the health care team to review the dashboard and historical data, providing valuable trending data for improved patient care. At the agency level, hospital readmissions are tracked and analyzed to determine the cause of rehospitalization. HRS enhances this initiative by providing immediate analysis of patient compliance with the use of the equipment, as well as rates of hospital readmission for monitored patients.
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NHNA Elects 2017 Board of Directors

New elected members of the NHNA Board of Directors and Commission were announced at the 2017 Annual Meeting. Current Treasurer Barbarajo (BJ) Bockenhauer was re-elected for a second two-year term. Bockenhauer is a psychiatric and mental health clinical nurse specialist and has been in nursing practice for over 40 years. She is currently an adjunct clinical instructor for the University of New Hampshire. She has ably served as Treasurer of NHNA for the past two years, is an NHNA Past President and Past Chair of the Commission on Government Affairs.

Catherine McNamara was elected as Board Member at Large. McNamara is the Director of Nursing and Clinical Services at Southern NH Internal Medicine Associates. She has been an RN for over thirty years. She believes too often nursing organizations focus primarily on nurses working in acute care centers and wants to bring the struggles and needs of nurses in provider practices to the forefront.

Samantha Warren was elected to the New Graduate (less than 5 years) Board of Directors position. Warren graduated from Manchester Community College in May 2017. She was NHNA’s 2017 Student Nurse of the Year and was President of MCC Student Nurses Association travelling last year to attend the National Convention. She is currently working at Dartmouth-Hitchcock Medical Center in Lebanon, NH.

Sherrie Palmieri was elected to represent NHNA as a Delegate for the Membership Assembly which meets once each year in Washington DC. She will join Delegate Judy Joy and the NHNA President and Immediate Past President in next June’s Membership Assembly meeting. Palmieri is the Chief Nurse Administrator for Southern New Hampshire University (SNHU) and has been in practice for 23 years. She has been a member of the Commission on Government Affairs since 2013, and has facilitated SNHU’s hosting of and assisted with planning the annual Graduating Student Conference.

Rosemary Ridge was elected to participate on the Commission on Government Affairs. Ridge works at Frisbee Memorial Hospital and has thirty years’ experience in emergency and psychiatric nursing. She describes herself as an “enthusiastic advocate for patients, climate and the planet,” and she looks forward to using her knowledge of the legislative process to address the lack of adequate psychiatric care.

Carol Allen was elected to participate on the Commission on Nursing Practice. Allen is a Nurse Educator for Southern New Hampshire University. She has been an RN for 38 years. She looks forward to sharing her experience in nursing education and her interest in promoting ethical nursing practice with the other members of the Commission on Nursing Practice.

Lyndsay Goss was previously appointed to the Commission on Nursing Practice. Goss is a Faculty Lead in the RN-BSN program for Southern New Hampshire University and has been in nursing practice for the past seven years. She is interested in supporting the profession of nursing and describes herself as “passionate, compassionate, a hard worker and reliable.”

Mary Scott and Nancy DeSotto

All four candidates for the Commission on Continuing Education were elected as the Board decided to expand the Commission membership to ten members. Newly elected members include Mary Scott, Nancy DeSotto, Julianne van Kalken and Lynn Lagasse. Scott is an Assistant Professor at Colby-Sawyer College; her field of nursing is oncology and palliative care. She has served on the Governor’s Commission on Palliative Care. She believes that “current, evidence-based, quality continuing education supports nurses in providing the best care to our patients.” DeSotto is a Professor of Nursing with Great Bay Community College. She has been a nurse educator for 25 years and has taught Adult Nursing, Nursing Fundamentals and Community Health. She looks forward to using her experience as a nursing educator to further the work of the Commission on Continuing Education. Van Kalken is a Nursing Development Specialist with Elliot Health Systems. Her clinical background is in pediatric and neo-natal intensive care. Lagasse is a Professor of Nursing at River Valley Community College. She has been a nurse educator for 25 years and has taught Adult Nursing, Nursing Fundamentals and Community Health. She looks forward to using her experience as a nursing educator to further the work of the Commission on Continuing Education.

Rockingham VNA & Hospice

Rockingham VNA & Hospice is a community based, non-profit home health agency that services the adult population of Rockingham County as well as parts of Strafford County.

Thumbs Down

A state law that passed in 2016 required school nurses have a bachelor’s degree and at least three years of pediatric experience. It was endorsed by the New Hampshire School Nurses’ Association, which had lobbied the bill until the law’s passage. However, lawmakers have decided that school nurses can have six years to work toward a bachelor’s degree before they are required to have the degree. The Department of Education crafted the credentialing option after lawmakers decided that school nurses can have six years to work toward a bachelor’s degree before they are required to have the degree. The Department of Education crafted the credentialing option after lawmakers decided that school nurses can have six years to work toward a bachelor’s degree before they are required to have the degree. The Department of Education crafted the credentialing option after lawmakers decided that school nurses can have six years to work toward a bachelor’s degree before they are required to have the degree. The Department of Education crafted the credentialing option after lawmakers decided that school nurses can have six years to work toward a bachelor’s degree before they are required to have the degree. The Department of Education crafted the credentialing option after lawmakers decided that school nurses can have six years to work toward a bachelor’s degree before they are required to have the degree.

New Graduates are welcome and encouraged to apply.

Tbcdsv

No photo available

'passionate, compassionate, a hard worker and reliable.'
As we celebrate another year gone by and look forward to keeping our resolutions, it is always helpful to keep in mind those things we take for granted. Things like the roof over our heads, food on the table, and, for the most part, a safe environment. We tend to also take for granted our practice environments, things like computers, equipment and even housekeeping supplies. Imagine not having a blood pressure cuff when a patient is dizzy, diaphoretic or having chest pain. Imagine not being able to maintain a clean environment in the operating room because you don’t have access to power or running water 24 hours a day. Imagine a patient who is having trouble breathing or you have given an opioid and breathing is slow and shallow. Likely you would grab a pulse oximeter off the shelf or from the monitor—but what if there was nothing to grab, and no monitor?

Attending a recent global conference, I learned that in 77,000 operating rooms in low and middle income countries, providers and nurses have no reliable way of knowing whether their patient is receiving enough oxygen during surgery. At least 5 billion people in the world do not have access to safe surgical care. The risk of dying from surgery and anesthesia in the United States is 1 in 200,000; in Africa it is 1 in 33.

I also learned that a non-government organization (NGO) made up of professionals is actively doing something about it. Lifebox has seized on the issue of unsafe surgery and has contracted to develop a pulse oximeter, costing just $250.00, which can operate on rechargeable battery power when the electricity cuts out and is of high quality and durable. They train health care workers to use the pulse oximeter as part of the WHO’s safe surgery checklist. They have managed to deliver 7,000 pulse oximeters, but there are another 70,000 operating rooms waiting for just one!

In my opinion, every unit, every facility, every nursing organization should make a resolution to fund at least one oximeter in 2018. Every cent given to Lifebox (web site: http://www.lifebox.org) is turned into equipment as their facility, shipping and educational programs are funded. New Hampshire nurses can “friend” an operating room and PACU in a developing country with a single oximeter. What a great late Christmas gift and New Year’s resolution!

P.S. The NHNA Board has voted to collect funds for Lifebox. If you or your organization would like to donate, please direct funds to NHNA, put Lifebox in the memo line. All donators will be mentioned in the News.
Helmet + Skateboard = Really?

Wendy Gladstone MD

Ed Note: Teaching Back is a new feature that will provide information on talking to patients, families and children about healthy behaviors.

When do you HAVE to wear a helmet when you're riding on a skateboard? Do you know the answer to this question? It's a good one to ask your patients. Ask them what the rules are at home. In general, these rules should be followed—unless the rule is: "I can do whatever I want." Then you might ask them what they think about kids who have parents who MAKE them wear a helmet. Do they think those kids are safer? Why do some parents have rules like that? Can they think of any advantages to wearing a helmet? You could point out that thousands of people every year get hurt on skateboards, 60% of them kids under 16. Some of those kids get badly hurt, have injuries that last forever and some even die. The worst injuries are the ones that involve the head and a helmet really helps prevent that sort of thing. Even the best rider can get clipped by a bad driver or can wipe out because of a branch in the road or because they're trying to avoid a mean dog chasing them.

Ask them if they go to any skateboard parks: either inside or outside. If they do, is there a rule about wearing a helmet there? Why would there be such a rule? What do they think about that? Ask them what town they live in. Is there a skateboard helmet rule in their town? Should there be?

And ask them: "What's the scariest thing you've ever done on a skateboard?" The faster and more dangerous the activity, the more important it is to protect a skateboarder's head. Brain injury is forever. Your encouragement to wear a helmet could save a world of misery. Or even a life.

Wendy Gladstone, MD, FAAP is a retired pediatrician and a member of three state Fatality Review Committees: analyzing the factors involved in the deaths of infants, children and youth.

“…”

— Said no nurse ever

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snhu.edu/nhnursing
Congratulations to Paul Mertzic of Catholic Medical Center who was honored with the Community Leadership Award during the Mental Health Center of Greater Manchester’s annual dinner benefit in October. Mertzic, CMC’s executive director of community health and mission, was selected as the 2017 honoree. “He is a great example of a servant leader – never expecting others to do what he himself is unwilling to do,” the unnamed nominator wrote.

Congratulations to Pam Neal, RN the recipient of Monadnock Community Hospital’s Daisy Award given in recognition for excellence in nursing. Neal practices in the Birthing Suite of the hospital where she has been employed for over 19 years. Nominees are chosen by patients, patients’ families or a nurse’s peer, who share a story based on their experience with the nominated nurse. A volunteer team of nurses chooses the winner. The DAISY Award is a national recognition program, established by the family of J. Patrick Barnes in his memory to thank nurses after the care he received while hospitalized. The award recognizes the work nurses do every day for patients and their families.

Kudos to the Nurses in the Intensive Care, 4th Floor of DHMC who responded to the traumatic shooting of a patient on September 12, 2017. A “code silver” prompted the evacuation of most patients. News of the attack resounding across the state, but with few accolades given to the nurses on the front line. KUDOS from NHNA!

Kudos to Judith Vigneault, RN (ICU) practicing at Monadnock Community Hospital was a recipient of the 2017 Peter L. Gosline Employee Education Scholarships.

Kudos to the Nurses of the Progressive Care Unit at Exeter Hospital recently conferred a silver-level Beacon Award for Excellence by the American Association of Critical-Care Nurses (AACN). The Beacon Award for Excellence – a significant milestone on the path to exceptional patient care and healthy work environments – recognizes unit caregivers who successfully improve patient outcomes and align practices with AACN’s six Healthy Work Environment Standards. This is the second Beacon Award received by the PCU. Two years ago, Exeter Hospital’s Intensive Care Unit (ICU) was also awarded a silver-level Beacon Award for Excellence. Exeter Hospital is currently the only hospital in New Hampshire to hold a Beacon Award.

The American Hospital Association (AHA) recently announced that six hospitals in New Hampshire were named to America’s “Most Wired” hospitals in recognition of their successful adoption of information technology (IT) to partner with patients on their health. Kudos to the nurses at Concord Hospital, Exeter Health Resources, Littleton Regional Healthcare, New London Hospital, Southern New Hampshire Medical Center and Valley Regional Hospital, recognized as having demonstrated a strong commitment to using IT resources to improve their operational, financial, and clinical services.

Kudos to Alex Wubbels, the Utah burn unit nurse who was handcuffed and dragged screaming from the hospital after she refused to allow blood to be drawn from an unconscious patient. The police video of her detainment was posted on YouTube and went viral. “This cop bullied me. He bullied me to the utmost extreme,” Wubbels said in an interview with the Associated Press. “And nobody stood in his way.”

Wubbels, a former alpine skier who competed in the 1998 and 2002 Winter Olympics, said she adhered to her training and hospital protocols to protect the rights of a patient who could not speak for himself. “You can’t just take blood if you don’t have a legitimate concern for something to be tested,” Wubbels said. “It is the most personal property I think that we can have besides our skin and bones and organs.”

Police body-camera video shows Wubbels, who works in the burn unit, calmly explaining that she could not take blood from a patient who had been injured in a deadly car accident, citing a recent change in law. A 2016 U.S. Supreme Court ruling said a blood sample cannot be taken without patient consent or a warrant. Wubbels told the officer that a patient had to allow a blood sample to determine intoxication or be under arrest. Otherwise, she said police needed a warrant. Police did not, but Payne insisted. The hospital said it’s proud of the way Wubbels handled the situation. Kudos to the Hospital who imposed new restrictions on law enforcement, including barring officers from patient-care areas and from direct contact with nurses.

The hospital uses. Officers have already received additional training and the officer involved terminated.

Kudos to Katie Lahrie Lord, RN who received Catholic Medical Center’s Clinical Excellence Award for 2017. The award is presented annually to an individual, or a clinical team, in recognition of their efforts and contributions to improved patient safety or quality. Katie’s nomination letter spoke to her extensive contributions to the organization, including service on emergency department (ED) and hospital-wide nursing committees to assure patient safety through improved discharge instructions, staffing guidelines, advanced emergency protocols and orientation guidelines. Lord, renowned for her preceptorship capabilities, has oriented many ED personnel over her years of service. Described as a “consumer advocate,” Lu Mulla, Vice President of Clinical and Emergency Services stated, “There is a reason why Katie is so often the face of CMC Nursing’ on many of CMC’s marketing promotions. Katie simply exemplifies the best of CMC nursing.” For her part, Katie said, “not only was I completely surprised by achieving this award, but also very appreciative that I am supported by my colleagues! It’s a rewarding and accomplishments for sure! I take pride in my career and try daily to provide the best care that I can to all patients. It’s nice to be able to work beside other great nurses, some I’ve mentored and others whom have mentored me. We are a diverse family, a unit that thrives off teamwork, where we utilize everyone’s special strengths and skills, work quick and efficiently to provide excellent patient care!”

Kudos to Sherrie Palmieri who was recently appointed to the American Nurses Association’s (ANA) Professional Policy Committee (formerly known as the Reference Committee). Palmieri is the Chief Nurse Administrator for Southern New Hampshire University (SNHU) and has been a nurse for the past 23 years, specializing in nursing education, patient safety and quality and genomics. She has been a member of New Hampshire Nurses Association’s (NHNA) Commission on Government Affairs since 2014 and has been instrumental in securing SNHU’s sponsorship of NHNA’s Graduating Student Conference since 2015. She served on ANA’s Nursing Knowledge Center’s Task Force to improve engagement in online continuing education courses and to incorporate brain-based teaching and learning strategies. NHNA is proud to have one of its members serving on such an important and prestigious national nursing committee.
Their Stories Are Our Stories.

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Management Minute

The Board of Nursing was informed that the Mass College of Pharmacy and Health Services has been placed on approval with probation by the State of Massachusetts. No such action was taken in New Hampshire.

Clinical Question: Can an LPN apply a C-spine cervical collar?

Answer: The Board determined that an LPN can, with demonstrated facility policy and procedure and with demonstrated competency, apply a cervical collar after assessment by a licensed provider.

From August 1 to November 1 the Board suspended, revoked or fined 28 licensees, including 3 LPNs and 16 RNs. These of the RNs were compact nurses, including Howard Raulerson of Maine whose privilege to practice in NH was revoked for diversion of controlled substances. Licenses of nurses who

held compact licenses from Tennessee and South Carolina were also revoked.

Keene State College was granted a third Board of Nursing extension to probation. The new extension follows extensions implemented through February 2016 and August 18, 2017. The Board voted in favor, granting a 13 month probation extension through September 21, 2018.

Nurses are vital to Camp Robin Hood!

Camp Robin Hood is seeking qualified RN & Nurse Practitioners to join us in Freedom, New Hampshire this summer, 2018!

Camp Robin Hood is an overnight summer camp for around 350 boys and girls aged 7-16 years old. Our mission is to provide a nurturing environment in which lasting bonds are made. We are looking for qualified individuals who are available to live at camp for the summer and must be willing to do on call over night shifts. Position and board included.

Dates: June 18–August 10; Salaries: On Call.

Salary: Based on experience; Requirements: CPR/ED/First Aid

Interested? Please send a copy of your resume to tannancampprob@rogers.com

NCLEX Reconsidered

Ed Note: Where it has been a year or years since you took the NCLEX (AKA “Boards”), how well would you do now?

1. After undergoing a left pneumonectomy, a patient has a chest tube in place for drainage. When caring for this patient, what nursing action is appropriate?
   a. Clamp the chest tube once every shift
   b. Milk the chest tube every 2 hours
   c. Encourage coughing and deep breathing
   d. Monitor fluctuations in the water seal chamber

2. A patient admitted to the hospital with a temperature of 99.8°F complaints of blood tinged-sputum, fatigue, and weight loss. The nurse suspects the patient will receive further testing for which likely diagnosis?
   a. Bacterial pneumonia
   b. Reaction to antiviral medication
   c. Superspersion due to low CD4 count
   d. Tuberculosis

3. A nurse is caring for a client who is receiving total parenteral nutrition (TPN) via a peripherally inserted central (PICC) line. When assessing the client, the nurse notes that the client’s arm seems swollen above the PICC insertion site. Which of the following actions should the nurse undertake first?
   a. Apply a warm pack to the client’s upper arm.
   b. Measure the circumference of both upper arms
   c. Notify the provider who inserted the PICC line
   d. Remove the PICC line

4. A patient who is 16 weeks’ pregnant is at the healthcare provider’s office for a routine prenatal exam. The nurse is educating the patient about pregnancy-related body changes that will most likely occur in the coming weeks. Which best describes a condition that affects the musculoskeletal system that occurs during pregnancy?
   a. Joint swelling
   b. A sensation of burning in the muscles
   c. Leg cramps
   d. Whole body stiffness

5. A patient with a diagnosis of major depression who has attempted suicide says to the nurse, “I should have died. I’ve always been a failure. Nothing ever goes right for me.” Which response demonstrates therapeutic communication?
   a. “You have everything to live for!”
   b. “Why do you see yourself as a failure?”
   c. “Feeling like this is all part of being depressed.”
   d. “You’ve been feeling like a failure for a while!”

Answers can be found on page 19

Management Minute

One of the most important jobs of a manager of a unit, department or a team, is to provide feedback. Here are nine elements of effective feedback that lead to success.

1. Continual
   An effective manager doesn’t wait for performance review time to give feedback. It’s a continual process. The most effective feedback is given during informal times—over a break or lunch.

2. Supportive
   Effective feedback is supportive - not designed to attack but be helpful. It isn’t a list of complaints. Feedback designed to be constructive isn’t wrapped in a false way. The old advice of give a compliment, then throw the zinger complaint, and wrap up the meeting with a compliment is ridiculous. Instead, be open and honest. If you don’t really support the person and want to see her get better, you have a completely different problem.

3. Consistent
   A good manager is consistent. The best leaders are ones where you can anticipate what the person will say. When you have to guess or you don’t know, then there is a management issue.

4. Specific
   General comments are meaningless and not helpful. Provide specific examples.

5. Conversational
   Good feedback asks clarifying questions and seeks to understand the other person’s point of view. Feedback is conversational with a dialogue.

6. Intentional
   Take the time to think through the issues. Meetings should take three times longer to prepare than the length of the meeting. Be prepared, ready, and engaged.

7. Truthful
   Feedback should be truthful feedback, if it is not, then no one is served well. If everything is politicized to the point where you cannot give honest feedback, you are not in a healthy work environment.

8. Reciprocal
   Good managers know that effective feedback is never one-way. Always ask what could I do better? How could I serve you differently? How can I be a more effective leader?

9. Understood
   Feedback that is not understood is the biggest challenge. We all hear things through various filters, comments we may not be prepared for. We can be overly defensive. Good feedback takes time for clarification. Do you understand what I’m saying? Tell me what I just said.

—Adapted from insights from Skip Prichard

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Home Health Nurse

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Ready for a New Challenge?

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Mention this ad is eligible for a signing bonus if hired!
WELCOME NEW and RETURNING NHNA MEMBERS!

NHNA welcomes these new and returning members. Thank you!!

What do these 64 nurses know that you don’t? If you are not a member ask someone on this list why they joined! Go to nhnurses.org where joining is easy and one of the best professional values for your money! We want to see your name here in the next issue of the NH Nursing NEWS!

Kelsey Andrews
Thomas Bathrick
Catherine Batora
Amy Bilodeau
Heather Bouchard
Amanda Boyd
Diane Broome
Kristi Bradley
Brenda Burke
Lisa Chicko
Angela Couture
Marjorie Darmody
Diane Donahue
LindseyDupuis
Kelley Evans
Joan Florent
Virginia Folan
Susanna Gaddish
Andrea Gagnon
Michele Geary
Cheryl Gray
Alicia Harvey
Sarah Healey
Kristen Hughes
Chelsey Hussey
Jennifer Janos
Paula Johnson
Angela Katis
Diane Ketchum
Bahiyyat Kutuk
Jean Lagasse
Grace Lyons
Deanne Lyons
Tracy Malloch
Amy Mason
Michael McRae
Sadie Meyer
Corrina Molber
Nancy Penniman
Christine Polichopek
Ashley Ponce
Katherine Poplar
Shannon Potter
Trish Pruiksma
Shelly Ralston
Ellen Reeves
David A. Rubin-Baker
Amy Russell
Heather Shlosser
Anne Simard
Ann Slakiewicz
Lori Theroux
Kristel Thompson
Brenda Trapani
Diane Walton
Selina Webbe
Melinda Weber
Darby Wilson
Cheryl Wolczok
Ellen Woodward
Jessica Wyman

Norseman Multistate Division: Q + A

Christine Ryan

What is the Northeast Multistate Division (NEMSD)?
Why should I care? What is required to participate?

There are three very important questions and reflect the fundamental inquiry that a leader asks in determining whether an engagement, policy, or business commitment is worthy of the next steps.

What Is The Northeast Multistate Division?
The NEMSD is a business entity that the following state nursing associations (SNAs): ANA-Maine, New Hampshire Nurses Association, ANA-New York, ANA-Rhode Island, and ANA-Vermont have established together. By collaborating, these five states have developed a shared services business model that allows each state nursing association to improve efficiencies and costs by streamlining resources, tools, and technologies. The establishment of the NEMSD is a tremendous opportunity for all SNAs involved. It allows each state to strengthen both its financial and support systems by sharing services, while retaining each state’s unique identity and governance.

Why Should I Care?
The ways in which the work of membership associations is achieved is changing rapidly. Providing relevant programs and services, leadership and volunteer opportunities, education, advocating for nurses, the nursing profession and patients are all critical aspects of the work of state nursing associations. To ensure that nursing membership associations continue to grow, respond to the complexities of health care reform and the delivery of health care, and the significant role of the nurse within those environments is recognized and supported, collaboration and innovation are required.

Nurses are leaders. Leaders seek opportunities to develop, improve, and succeed. The NEMSD is an excellent example of nursing leadership. Nurses innovative partnerships is a way to engage and respond to our ever changing environments. By committing to building relevance, relationships, and revenue: the NEMSD is working to ensure that the future of SNAs remain vibrant, strong, and successful. Without the significant presence of SNAs, the voice of nursing is diminished. The work of today should include a vision for the future. The NEMSD’s mission is to collaboratively enhance the power, strength, success, sustainability, and voice of the NEMSD member states through the effective utilization of shared services and resources to champion quality health care and advance the profession of nursing. This is the work of the NEMSD.

What Is Required To Participate?
A vision for the future and a willingness to engage are just a few of the ways to participate in the NEMSD. Utilization of the NEMSD Continuing Nursing Education Unit, funding events hosted by the NEMSD member states such as annual conventions, athletic and student events, and a cruise from Boston to Bermuda are examples. The vision of the NEMSD is to build empowered NEMSD SNAs as the collaborative voice of nurses to promote optimal growth and sustainability of the nursing profession. Recognizing that SNA members and SNAs are deserving of products, services, and opportunities that reflect their interests and needs is reflected in that vision. The establishment of a business entity that provides shared resources specific to education, advocacy, professional development, and enhances membership will certainly guarantee success for the NEMSD SNAs.

Christine Ryan, RN, MSN, is the NEMSD Interim Executive Director.

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IN MEMORY OF OUR COLLEAGUES

The New Hampshire Nurses Association honors the memory of and acknowledges the work of deceased nurses who have graduated from New Hampshire nursing schools or who have actively practiced in New Hampshire during their career. Sharing the names and information about these nurses is one way we honor their contribution to the profession. Brief submissions are welcome.

Cardiac Rehab Nurse

Beverly J. Aubert, 70, originally from Dover, passed away in Florida July 25, 2017, after a long illness. She attended Concord Hospital School of Nursing graduating in 1968. While working full time in the ICU/CCU at the hospital, she attended classes at UNH graduating in 1982 with her BS in Nursing. Within a few years, Beverly attended classes at the University of Alabama at Birmingham and graduated and with her Masters in Nursing. Beverly worked many years at Concord Hospital and in 1979 she started the Cardiac Rehab Program. She was an outstanding ambassador for the hospital in her outreach to the Concord community and surrounding towns in her capacity as the Director of the Cardiac Rehab Program for Concord Hospital. She served on committees of several local and national and medical organizations, in particular the American Heart Association, including writing exams for nursing certification for Cardiac Rehab and Critical Care Nursing. She retired from Concord Hospital in late 2000 and she worked part time in Florida, fully retiring in the mid-2000s.

Maternity Nurse

Marguerite A. (Fournier) Carignan, 82, passed away August 8th, 2017. She was a graduate of St. Joseph’s Nursing School in Nashua. Her nursing career started and ended at Frisbie Memorial Hospital where she spent 30+ years in the “Maternity Ward” in which she welcomed a large contingent of the current local community into the world. She loved maternity and enjoyed being in such a happy place with “all those babies.” She continued to volunteer there after she retired.

Diane (LaChance) Gustafson, 71, died Tuesday August 8, 2017. She obtained her nursing diploma in 1972 and practiced at seacoast area hospitals and nursing homes and retired from Langdon Place of Keene.

NHC Grad

Tracy L. (Slate) DiCicco, 52, passed away August 13, 2017, after a courageous battle with Chronic Lung Disease, surrounded by her loving family and friends. She was a graduate of NHTC, with an Associate’s Degree in Nursing and started her nursing career in 1985 with Riverside Rest Home. She had a population.

Alberta M. (Lessor) Buzzell, 89, affectionately known as Cricket, died August 13, 2017, at the Frisbie Memorial Hospital. Roberta was a nurse for over 60 years while retiring from the Rochester Manor after 30 years.

Nurse Educator

Anita R. Sweeney, 87, died August 16, 2017. She obtained her diploma in nursing from the New Hampshire State Hospital in Concord, a Bachelor of Science in nursing, cum laude, from St. Anselm College and a master of science in nursing from Adelphi College, Garden City, NY. She served as assistant director for the school of nursing at New Hampshire Hospital in Concord and taught nursing at several area colleges.

Med/Surg Nurse

Rosemary A. Buckley, 69, died August 24, 2017. She practiced as a registered nurse for many years in Massachusetts and at Southern NH Medical Center in Nashua.

Rehab Nurse

Roberta Jane (White) Allen, 59, died August 27, 2017. She earned a nursing degree from the St. Joseph Nursing School in Nashua. She practiced nursing at Pheasant Wood Center and Crotched Mountain Rehabilitation Center as well as several other positions in the Monadnock region. She also worked as a dermatology nurse.

Mary Beth Lemaey Morrison, 55, passed away unexpectedly, September 12, 2017. She earned her Bachelor’s degree in nursing at Simmons College. Mary Beth was a Coordinator of Quality and Safety at Southern New Hampshire Medical Center at the time of her death. Previously, she worked at Home Health and Hospice, TLC for Newborns, and as a Public Health Nurse.

CMMC Nurse

Rebecca E. “Becky” Mildreth, 75, died August 24, 2017. She held a BSN from Illinois and was a nurse for the local visiting nurses association in Canterbury for several years before retiring.

Dorothy S. Merrick, 85, passed away September 5, 2017. She was a graduate of the Mary Hitchcock Memorial Hospital School of Nursing in 1943.

First St. A’s Grad

Barbara A. (Plamondon) Solloway, 81, passed away September 6, 2017. Barbara attended Saint Anselm College, where she was one of the first of 9 graduates of the Bachelors of Nursing program in 1957. She spent the majority of her career as an RN at the Elliot Hospital in Manchester, NH.

NHA Nurse

Marian Elizabeth (Therrien) Wichert, 78, died September 7, 2017. She obtained her nursing diploma from Sacred Heart School of Nursing. She was the Manager of Quality & Medical Staff Affairs at Sacred Heart Hospital and Catholic Medical Center for for forty years. She held leadership positions in NHAHQ and received the 2007 Service awards.

Pedi Nurse

Nicole (Poisson) Marin, 29, died unexpectedly on September 9, 2017. Nicole loved working with children, and had been employed as a pediatric nurse at Exeter Health Care and more recently at Interim Health Care.

Vet and LPN

John “Jack” W. Tamulonis, 71, died unexpectedly on September 11, 2017. After serving in the US Navy on the USS Randolph (CVS-15) he worked for the Federal Aviation Administration as an Air Traffic Controller in Nashua, NH. Jack graduated from St. Joseph School of Practical Nursing in 1996 and retired as an LPN from the VA Hospital in Manchester, NH.

Quality Nurse

Mary Beth Lemay Morrison, 55, passed away unexpectedly, September 12, 2017. She earned her Bachelor’s degree in nursing at Simmons College. Mary Beth was a Coordinator of Quality and Safety at Southern New Hampshire Medical Center at the time of her death. Previously, she worked at Home Health and Hospice, TLC for Newborns, and as a Public Health Nurse.

CMMC Nurse

Doris (Liberty) Bellemare, 78, passed away September 17, 2017. Doris practiced nursing at Catholic Medical Center.

CMMC Nurse

Joanne Ellen (O’Brien) North, 87, died September 18, 2017. She was a graduate of the Sacred Heart School of Nursing, where she started her nursing career, and later at Catholic Medical Center, until her retirement in 1995.

Concord Grad

(Theresa) Anne Vincent, 92, a lifelong Concord resident, passed away September 26, 2017. She was a 1956 graduate of Concord Hospital Nursing School and enjoyed their reunions.

Pedi Nurse

Dorothy Arlene (Duling) Goodrich passed away September 29, 2017. A nursing graduate of the Laconia Training School currently known as Lakes Region General Hospital she practiced at and retired from the Exeter Hospital; shortly after her retirement she practiced part time at the former Eventide Nursing Home in Exeter.
**IN MEMORY OF OUR COLLEAGUES**

**Elliot Grad**

**Patricia E. (Gilpatrick) Stelson**, 78, passed away September 29, 2017. She was a graduate of the Elliot Hospital School of Nursing.

**Monadnock Nurse**

**Louise Truslow Grummon Bryant**, 78, passed away October 2, 2017. “Pat” – or “Patty” as she was known by most people – graduated in 1962 with a B.S. in Nursing from Ohio. She practiced as a nurse at Monadnock Community Hospital, and continued her nursing career at numerous private and hospital-related medical practices in Jaffrey, Dublin, and Peterborough, New Hampshire.

**Cereiatric Nurse**

**Pauline Ryan Locke**, 92, died on October 5, 2017. She practiced nursing at the Elliot Hospital, managed the Leslie Nursing Home and was Director of Nurses at the McKerley Nursing Home in Concord, one of the largest nursing homes in New Hampshire. The last few years of her career she did private duty for Morris Silver of Manchester and Mrs. Milne at the Milne Estate in Auburn.

**Canadian**

**Patricia (Pat) Jean Meloney**, 65, passed away October 9th, 2017. Born in Nova Scotia were she graduated from nursing she finished the last part of her career in New Hampshire where she worked with Seacoast Hospice and ended her nursing career at Personal Touch as Clinical Director for 15 years before early retirement.

**Elliot Nurse**

**Donna Jean Boardman Roberge**, 66, passed away October 10, 2017. She was a nurse at the Elliot Hospital for more than 40 years.

**Notre Dame Grad**

**Lorette T. (Boisse) Lithgow**, 87, died October 10, 2017. She was a graduate of the Notre Dame de Lourdes Hospital School of Nursing, Manchester, NH. As a registered nurse, she developed and owned The Villager Nursing Home in Peterborough, NH.

**North Country Nurse**

**Sandra L. (Kendrick) Renes**, 79, died October 17, 2017. She graduated from St. Vincent’s Hospital School of Nursing in 1962 and St. Vincent’s School of Anesthesia in 1966. She practiced as an RN at Coos County Nursing Home, Weeks Memorial Hospital and Rockingham County Nursing Home.

**Concord Grad**

**Mary L. (McAuley) Constant**, 91, passed away Oct. 17, 2017. She was a graduate of the Concord Hospital School of Nursing and practiced for many years at Concord Hospital and the Odd Fellows Home. She was a member of the American Nurses Association and the NH Council of Catholic Nurses.

**ST. A’s Grad**

**Sharon C. Redes**, 68, passed away October 18, 2017. She received her Bachelor’s degree in Nursing from Saint Anselm College and went on to receive her Master’s degree in Psychiatric Nursing from Northeastern University.

**Concord Grad**

**Sharon M. Wily**, 83, died suddenly on October 24, 2017. She earned her nursing diploma from the Concord Hospital School of Nursing. Prior to retirement, she had been employed as a quality assurance nurse at Dartmouth-Hitchcock clinic in Manchester.

**Elliot Grad**

**Beverly May (Savory) Hill**, 92, passed away October 29th, 2017. Beverly graduated from the Elliot Hospital School of Nursing in Manchester, NH in 1946 and was a member of the Elliot Hospital Alumni Association. She practiced at the Margaret Pillsbury Hospital and Memorial Hospital in Concord, NH. For 17 years Beverly was the office nurse for Doctor Edward Putnam in Warner.

**Pedi Nurse**

**Marjorie K. “Marge” (Kendall) Medlyn**, 94, died on November 1, 2017. Marge spent her nursing career employed for Nashua Pediatrics for 24 years. She served in the U.S. Army Nurses Corp during World War II and was discharged in 1946 with the rank of 2nd Lieutenant.

**ICU Nurse**

**Sue (Weston) Manning**, 68, passed away November 1, 2017. She grew up in Michigan and graduated from Central Michigan University in 1971 with a dual major in Biology and Psychology. Graduating from the Concord Hospital School of Nursing in 1976 she began her professional career in the Intensive Care at Concord Hospital which lasted until her retirement in 2014. Sue was a Registered Nurse who was brilliant and confident, the right combination of tough and tender. She gave a piece of herself to each patient and family that she worked with and was the cornerstone of the nursing family on the Intensive Care Unit. It seems only fitting that she passed in a place being cared for by nurses and physicians that she not only worked side by side with but that she trained, set an example for and cared deeply about.

**Private Duty Nurse**

**Caroline Dorothy (Jarvis) Pickles**, AKA “Nana Pickles,” 97, died November 7, 1982. Graduating with a diploma from Massachusetts General Hospital she did private nursing work for a total of 30 years for three different local area families.

**St. Joes Grad**

**Luella I. (Bouthiette) Gosselin**, 91, died November 6, 2017. She graduated from St. Joseph Hospital School of Nursing and was employed as an office nurse of the late Dr. Pablo, until her retirement.

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The NH Forum on the Future of Healthcare, sponsored by New Hampshire College and University Council (NHCU) was held on September 29th at the Bedford Village Inn to an audience of approximately 140 health care professionals. Senator Maggie Hassan provided the opening remarks, speaking on the many legislative challenges in health care. NH Senator Jeb Bradley spoke about the importance of working across the aisle, getting out of your comfort zone to address health care issues, both in NH and nationally. Fred Cocker, NH High Technology Council and host of NH Business on WMUR, introduced the panel. The panelists included: Roger Sevigny, NH Insurance Commissioner, Steve Ahnen, President of the NH Hospital Association, Brendan Willaerts, President of the NH Healthcare Association, Joan Widmer, Nurse Executive Director of the NH Nurses Association and Dr. Stuart Glassman, Former President of the NH Medical Society.

Widmer spoke on three issues of key importance to NH nurses: workforce development, workplace safety and healthcare access and cost. She provided startling statistics of the looming nursing "grey tsunami" in NH, noting that 48% of New Hampshire nurses are between the ages of 50 and 69 and therefore likely to retire within the next 10-15 years. Similarly, many nursing faculty are in the same age range and also likely to retire during this time period, resulting in a looming drain of collective nursing know how. All this while our population is aging and requiring more nursing care. Widmer urged support of Title VIII funding to train new nurses and new nursing faculty.

Concluding her remarks, Widmer spoke on ANA's four principles for guiding healthcare legislation: access, cost, quality and workforce. She noted that NHNA will be supporting the Reauthorization of Medicaid Expansion in the upcoming legislative session.

FATAL DESTINY EDITH CAVELL
World War I Nurse
by Terri Arthur

Reviewed by Anita Pavlidis, RN, MSN

This Midwest Book Award winner is well written, very informative, and so engaging! Inspired by images on a vintage postcard, Terri Arthur, an American Red Cross nurse, meticulously researched the nursing profession and nursing practices during World War I. The story surrounds a dedicated and caring nurse in a different time. Although many may be familiar with famous American nurses, this book speaks to a British nurse who changed many lives and whose impact was felt worldwide.

To be honest, I didn't know anything about Edith Cavell before I came across this book. After reading the description, thought it sounded interesting and decided to read it. Having read it, I realized what an extraordinary woman she was.

Based on historical fact, the book tells the story of Edith Cavell, a British nurse, who was asked to move from London to Brussels to create Belgium's first school of nursing. After the school was successfully operating, the German army marched into Belgium, a neutral country, took over the school and hospital.

The book provides interesting details regarding nursing education in 1896 under "regulations for the training of a probationer" among work hours begin 7:00am to 9:20 pm with thirty minutes for supper" and “during the probationary period, board will be provided but not laundry.”

Her values and duties as a healer clashed with the ruthless occupying regime during WWI. Knowing the dangers of working against the regime, she joins the underground. Subsequently, she saved and helped hundreds of allied soldiers to safety. Fatal Destiny skilfully brings together the humanity and compassion of those under great duress with the brutality and oppression of wartime.

For nine months, this quiet, religious nurse saved countless soldiers despite the dangers associated with offering resistance to the occupying forces. Discovered by the German occupied forces, she was arrested, court martialed, and found guilty of treason. On October 12, 1915, she was executed by a German firing squad.

The American ambassador at that time brought this injustice to the attention of President Wilson and Ms. Arthur speculates that the death of Edith Cavell may have been an influencing factor that pushed America to enter the war.

The book is well written and straightforward but the detailed look at her life can be a bit of a problem. I'd encourage the reader to stick with it and complete this inspiring story.

As a post note, memorials have been erected around the world, including the United States, celebrating the heroism of Edith Cavell. In 1919 a “silent” movie was made chronicling the events leading to her death. For more information you may visit the website: www.FatalDecisionEdithCavell.com.

Anita Pavlidis, RN, MSN, was the former Director of Nursing at the New Hampshire Technical Institute in Concord and Program Specialist at the New Hampshire Board of Nursing.
Eating Disorders Certificate Offered

Plymouth State University now offers the only graduate level certificate on eating disorders. According to Marable Burckes-Miller, Director of the Eating Disorders Institute at PSU, the 15 credit program provides professionals with research-based tools, techniques and strategies to use in health care treatment, mental health counseling, nutrition counseling or education and outreach work. Members of the faculty have 100 years of combined experience in the eating disorders field. The certificate requires 4 courses, Eating Disorders Awareness, Medical Aspects, Treatment Modalities and Nutrition Education and Counseling, in a 2 ½ day residential format with an online component either in NH or at Remuda Ranch, an eating disorders treatment center in Arizona. A 120 hour capstone experience in eating disorders is completed after the courses. The entire program can be completed within 6-11 months and is designed to meet the needs of health and mental health professionals, dietitians, school professionals and others across the country with an interest in this unique specialization. A certificate as a Certified Eating Disorders Specialist in behavioral health, nutrition, or nursing is awarded.

Answers to NCLEX Reconsidered from page 14

1. c
2. c
3. b
4. c
5. d

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