

# OHIO NURSE

Volume 11 | Number 4 | October 2018

Quarterly publication direct mailed to approximately 200,000 Registered Nurses in Ohio.



THE OFFICIAL PUBLICATION OF THE OHIO NURSES FOUNDATION | WWW.OHIONURSESFUNDATION.ORG | WWW.OHNURSES.ORG



The Importance of Lifelong Learning in Nursing

Page 4

What's inside this issue?



THE NURSE Wellness CONFERENCE

Presented by: ONA, ONA, The Ohio State University

Page 4

## Nursing: Beyond the Bedside

Jessica Dzubak, BSN, RN

Labor and delivery. Intensive Care. Emergency. Pediatrics. These are just a few of the career options new graduate nursing students may first consider. Clinical experiences are held mostly in hospitals with limited exposure to alternative opportunities. But nursing isn't just IVs and 12 hour shifts.

Nursing has remained such a popular and trusted profession, not just because it is rewarding but because nurses will never work the same day twice. Whether you are working in a busy emergency department or a physician office in a small town, nurses never know what is going to walk through the door. The same is true for the "non-traditional" nursing jobs. Nurses do more than take blood pressures and administer medications. We are health coaches and advocates, teachers and counselors. There are nurses to help patients through every single stage of their lives. Whether nurses are helping from behind a computer screen, on the telephone, or in person, the impact is the same.

Nursing can be fulfilling no matter the job title. Often to avoid burnout, a nurse may change paths to these "non-traditional" jobs. Nursing informatics, risk management, occupational health, public health, and nurses who work in professional organizations are just some examples of some challenging and rewarding positions available.

Positions other than acute care are increasing. Community health and the demand for mental health and addictions nursing is steadily increasing. Nurses can work in the prison system or in an aesthetician's office. Nurses can be educational consultants, authors, public speakers, and specialists. If you search for a job today as a nurse, you may be surprised what you find.

Here at Ohio Nurses Association, we employ several nurses. Kelli Schweitzer, our Director of Continuing Education, Tiffany Bukoffsky, our Director of Nursing Practice and Health Policy, and myself, Nurse Planner. The world of Nursing Professional Development was not on my radar in the hustle bustle of busy emergency rooms. Upon learning about the Nurse Planner opportunity, I was immediately interested. In my role, I interact with nurses across the country. I get to network with inspiring mentors. I help educate nurses and guide them through their journey to lifelong learning. Just to name a few. That's not to say there isn't a special place in my heart for the world of emergency nursing, but changing roles has been a great decision.

Nurses can utilize their unique experiences in a variety of ways. Sharp assessment and critical thinking skills are sought out qualifications in every aspect of nursing. Sometimes nurses find that they can touch more lives in non-traditional roles, such as Nursing Professional Development and education. No experience in nursing is ever wasted. We learn something from every life we touch and every difference we make.

Jessica is a Nurse Planner with ONA. Prior to becoming a professional development practitioner, she has practiced as an Emergency Department nurse in the Columbus area. Jessica is also a freelance writer and has been published in several nursing publications. She is a student in the graduate program at Capella University.

# 100 GREAT OHIO NURSES

## Do you know an outstanding nurse? Nominate a nurse for 100 Great Ohio Nurses!

For more information, contact Molly at 614-448-1041, [mhoman@ohnurses.org](mailto:mhoman@ohnurses.org) or visit <http://bit.ly/100GreatOhioNurses>.

The 100 Great Ohio Nurses will be featured in the April 2019 issue.



current resident or

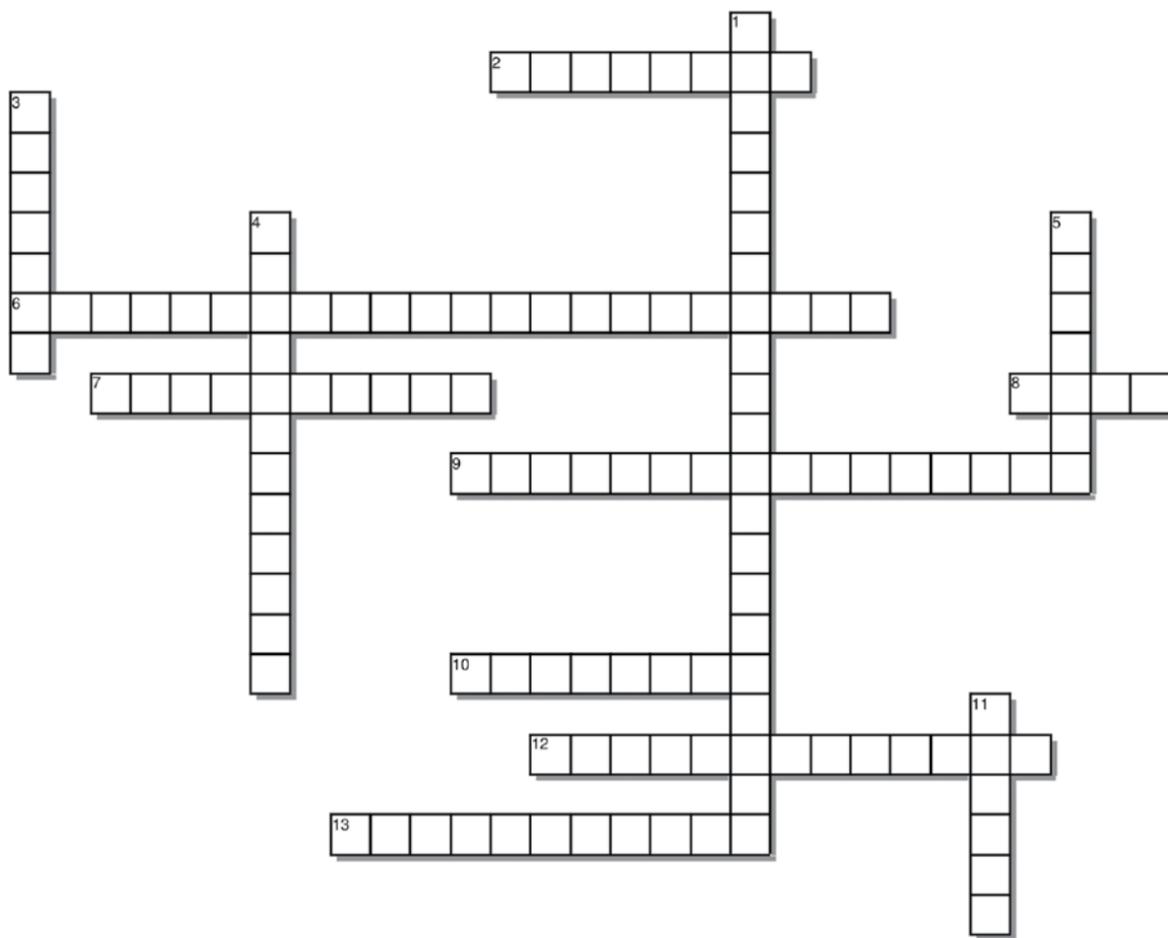
Non-Profit Org.  
U.S. Postage Paid  
Princeton, MN  
Permit No. 14

### Inside this Issue

CE4Nurses.org Study	The Nurse Wellness Conference . . . . .	4
Obesity Crossword . . . . .	Independent Study:	2
Message from ONF Chair . . . . .	Ohio Nursing Law and Rules:	3
Ohio Nursing License Plate . . . . .	Current Issues in Practice. . . . .	3
The Importance of Lifelong Learning	Get More at CE4Nurses.org. . . . .	5
in Nursing . . . . .	Member Benefits . . . . .	4
		7

## CE4Nurses.org Study

### Obesity



**ACROSS**

- 2 A non-centrally acting drug that works by decreasing fat absorption in the intestines
- 6 A type of weight loss surgery \_\_\_\_\_
- 7 Takes planning and forethought
- 8 Restrictions to small amounts or special kinds of food in order to lose weight
- 9 \_\_\_\_\_ is very important for an individual attempting to lose weight
- 10 A disease in which the body's ability to produce or respond to the hormone insulin is impaired

- 12 Measurement of body fat \_\_\_\_\_
- 13 Was removed from the market in 2010 because of safety concerns

**DOWN**

- 1 Obesity has been identified as an independent risk factor for \_\_\_\_\_
- 3 Another word used for being in good shape
- 4 Results or effects of an action or condition for obesity
- 5 Defined as an excess of body fat
- 11 The heaviness of a person or thing

**WORD BANK:** BODYMASSINDEX, CARDIOVASCULARDISEASE, CONSEQUENCES, DIABETES, DIET, HEALTHY, HORIZONTALGASTROPLASTY, OBESITY, ORLISTAT, PHYSICALACTIVITY, PREVENTION, SIBUTRAMINE, WEIGHT

Answers on page 6

# OHIO NURSE

The official publication of the Ohio Nurses Foundation  
4000 East Main St.  
Columbus, OH 43213-2983  
(614) 237-5414

**Web site:** [www.ohionursesfoundation.org](http://www.ohionursesfoundation.org)

Articles appearing in the **Ohio Nurse** are presented for informational purposes only and are not intended as legal or medical advice and should not be used in lieu of such advice. For specific legal advice, readers should contact their legal counsel.



**2017-2019 Ohio Nurses Foundation Board of Directors**

**CHAIRPERSON:** Susan Stocker

**VICE PRESIDENT:** Shelly Malberti

**TREASURER:** Janet Timmons

**SECRETARY:** Joyce Powell

**DIRECTORS:**

- Davina Gosnell
- Judith Kimchi-Woods
- Nancy McManus
- Barbara Welch

**Interim President:**

Kelly Trautner

The **Ohio Nurse** is published quarterly in January, April, July, and October.

**Address Changes:** The **Ohio Nurse** obtains its mailing list from the Ohio Board of Nursing. Send address changes to the Ohio Board of Nursing:  
17 South High Street, Suite 400  
Columbus, OH 43215  
614-466-3947  
[www.nursing.ohio.gov](http://www.nursing.ohio.gov)

For advertising rates and information, please contact Arthur L. Davis Publishing Agency, Inc., 517 Washington Street, PO Box 216, Cedar Falls, Iowa 50613, (800) 626-4081, [sales@aldpub.com](mailto:sales@aldpub.com). ONF and the Arthur L. Davis Publishing Agency, Inc. reserve the right to reject any advertisement. Responsibility for errors in advertising is limited to corrections in the next issue or refund of price of advertisement.

Acceptance of advertising does not imply endorsement or approval by the Ohio Nurses Foundation of products advertised, the advertisers, or the claims made. Rejection of an advertisement does not imply a product offered for advertising is without merit, or that the manufacturer lacks integrity, or that this Foundation disapproves of the product or its use. ONF and the Arthur L. Davis Publishing Agency, Inc. shall not be held liable for any consequences resulting from purchase or use of an advertiser's product. Articles appearing in this publication express the opinions of the authors; they do not necessarily reflect views of the staff, board, or membership of ONF.

## LIKE, SHARE, POST, COMMENT ON FACEBOOK



Like us on Facebook for even more nursing and ONA news  
[facebook.com/ohionursesassoc](http://facebook.com/ohionursesassoc)

## ONLINE RN TO BSN

Ohio State's online bachelor's programs were ranked #1 in the country by *U.S. News and World Report*.

What makes our RN to BSN program excel? We believe it's our personalized attention, flexibility, commitment to personal wellness and integration of evidence-based practice.

Apply by October 30 to start Spring 2019.  
[nursing.osu.edu/rnbsn](http://nursing.osu.edu/rnbsn)

 **THE OHIO STATE UNIVERSITY**  
COLLEGE OF NURSING

Health-related bachelor's and graduate degrees from these leading colleges and universities are available through Lakeland's Holden University Center.



Contact us:  
440.525.7535  
[uc@lakelandcc.edu](mailto:uc@lakelandcc.edu)  
[lakelandcc.edu/uc](http://lakelandcc.edu/uc)



**Lakeland** COMMUNITY COLLEGE  
Stay HERE. Go far!  
HOLDEN UNIVERSITY CENTER

### Recruiting for Residence Service Director, MDS, RNs, LPNs, CNAs & Direct Care Resident Assistants

Come Join Our Growing Team!

We offer sign-on bonuses

The Forum at Knightsbridge is a beautiful community in Columbus, OH, with more than 310 units offering independent living, assisted living, Alzheimer's care, and skilled nursing & rehabilitation care.  
Apply at: <http://careers.fivestarseniorliving.com> or call HR at 614-538-6660.  
4590 Knightbridge Blvd. Columbus, OH 43214



# MESSAGE FROM ONF CHAIR

## The Ohio Nurses Foundation: An Enduring Mission

The mission of the Ohio Nurses Association is to advance professional nursing in Ohio. The mission is accomplished through: evolving evidence-based practice, influencing legislators, promoting education, improving economic and general welfare and advocating for quality health care in a cost effective and economically stimulating manner. In contrast, the mission of the Ohio Nurses Foundation is to provide funding to advance nursing as a learned profession through education, research and scholarship. As ONF looks forward to celebrating its 20th anniversary, the ONF board is making bold plans to move the Foundation forward.



**Susan Stocker,  
ONF Chair**

With the addition of our "Support Nursing" license plates, the Foundation's financial picture is

a positive one. That will allow ONF to provide more scholarships and funds to support nursing research. I have my license plates, do you have yours?

ONA/ONF will be hiring a staff member who will focus on raising funds to help us meet our mission. Have you considered a planned gift to the Foundation? There's no better way to assure the future of nursing in Ohio.

The Nurses Choice Luncheon will be held on April 26, 2019 at the new Renaissance Hotel in Westerville. Mark your calendars now to attend this annual event. Please start thinking about nurses and friends of nursing you can nominate for the awards. The luncheon is always a great day to celebrate nursing—something we don't take the time to do enough. Visit [www.ohionursesfoundation.org](http://www.ohionursesfoundation.org) to nominate nursing allies for Nurses Choice Awards and to apply for nursing scholarships and research grants.

The Foundation board has a busy and exciting agenda planned. As a friend of mine frequently says, "It's all good!" and indeed it is. Stay tuned!



## SELFIE STATION

#OhioNurseSelfie



→ SEND US YOUR SELFIE

We want to see the faces of Ohio's nurses. Send your #OhioNurseSelfie to [theohionurse@ohnurses.org](mailto:theohionurse@ohnurses.org) or post it to the Ohio Nurses Association's Facebook page.

You may see your selfie in the next Ohio Nurse!

\*We do not want pictures that could violate HIPAA. Be smart about your selfie!

## GET YOUR NURSING LICENSE PLATE!



The Ohio Nursing license plate is now available!

Proceeds from the sale of the plate will go towards funding nursing scholarships & research grants.

**NursingALD.com**  
can point you right to that perfect **NURSING JOB!**

**NursingALD.com**  
Free to Nurses  
Privacy Assured  
Easy to Use  
E-mailed Job Leads

**ALD**  
Arthur L. Davis Publishing Agency, Inc.

## OHIO CHRISTIAN UNIVERSITY



**An RN to BSN that fits your schedule**

Mention this ad for scholarship opportunities

Call Today! 855-OCU-GRAD  
[enroll.ohiochristian.edu](http://enroll.ohiochristian.edu)



### Psych/DD Nurses and Nurse Practitioners (Psychiatry)

Summit Behavioral Healthcare (SBH), a 300-bed, regional psychiatric hospital operated by the Ohio Department of Mental Health & Addiction Services, is recruiting for Psychiatric Mental Health RN Nurses and Nurse Practitioners to join our team of professionals and provide direct psychiatric patient care in our state of the art hospital. SBH serves severely mentally ill patients with additional specialization in forensic care. Experience with forensic care is a plus, but not required. Great pay and benefits.

Please inquire by submitting an on-line application @ [www.careers.ohio.gov](http://www.careers.ohio.gov)

**Summit Behavioral Healthcare, Hamilton County**  
Human Resources  
1101 Summit Road | Cincinnati, OH 45237  
(513) 948-3913

### FORTIS Nursing Programs

## Practical Nursing Associate Degree Nursing

Programs Vary by Location • Flexible Class Schedules  
Financial Aid Available for those who Qualify  
Career Placement Assistance for all Graduates

(855) 445-3276

[www.fortis.edu](http://www.fortis.edu)

CENTERVILLE • CINCINNATI  
COLUMBUS • CUYAHOGA FALLS

OH Regs. 05-09-1769T, 06-11-1801B, 06-03-1780B, and 04-09-1734T



For consumer information visit [www.fortis.edu](http://www.fortis.edu)

# The Importance of Lifelong Learning in Nursing



**Jessica Dzubak,  
BSN, RN**



**Kelli Schweitzer,  
MSN, RN-BC**

With fall quickly approaching and social media feeds full of kiddos on their first day back to school, it makes us think about our profession and the fact that we never stop learning. That is one of the great things about the nursing profession; there is always something new to learn.

Think about your own professional development. Are you considering going back to school? Becoming certified? Taking more continuing education for your role – or maybe a role you are interested in? Great! We have a duty to ourselves, and our professional practice, to grow and learn. According to the ANA Code of Ethics Provision 5, 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 (American Nurses Association [ANA], 2015).

Thinking about going back to school can be both exciting and terrifying. Having just gone through the application process ourselves for MSN and DNP programs, we know how daunting it can be. There are so many factors to consider, more than just

choosing a school. Do you prefer an online format or do you enjoy being in a live classroom? How will you balance school with your work and family commitments? The applications themselves can seem overwhelming, demanding references and statements of purpose. But finding yourself accepted to your school of choice is extremely rewarding. Now we have the nervous excitement of beginning new programs, engaging with other likeminded students and colleagues, and learning all that we can to be more successful in our practice.

Going back to school and earning a degree isn't the only way to gain new knowledge. Pursuing certification is a great opportunity to learn more about your specialty and validate your competency. Certification exam requirements vary per specialty. You can find information at [www.nursingworld.org/our-certifications/](http://www.nursingworld.org/our-certifications/) and searching for your specialty. Certification study groups are a great way to prepare for the exam and study groups provide comradery between you and your peers.

Continuing education is the common denominator in all aspects of nursing professional development. Certification, formal education, and meeting nursing licensure requirements all require continuing education. Pursuing continuing education is always a great way to continue lifelong learning. Jessica shared in an article last issue about the importance of seeking ANCC (American Nurses Credentialing Center) accredited continuing nursing education. There are many great opportunities available to enhance your practice. Seek the continuing education that will be best for you. Maybe you have encountered a new patient population or there is a new procedure you would like to learn more about. The great thing about continuing education today is the variety of formats in which

it is available. Live classes are great for in-person interaction and networking, and webinar formats allow you to seek education on your own time. Ohio Nurses Association has opportunities for you to receive contact hours in both live and webinar formats. Check out [www.ce4nurses.org/](http://www.ce4nurses.org/) for more information.

All of us at Ohio Nurses Association wish you the best of luck as you pursue the type of learning that is best for you and continue your personal and professional growth! We are always here to help you every step of the way with all of your education and professional needs.

*Jessica is a Nurse Planner with ONA. Prior to becoming a professional development practitioner, she has practiced as an Emergency Department nurse in the Columbus area. Jessica is also a freelance writer and has been published in several nursing publications. She is a student in the graduate program at Capella University.*

*Kelli Schweitzer, MSN, RN-BC is the Director of Continuing Education for ONA and is certified in Nursing Professional Development.*



## NOW HIRING

### Perioperative & Emergency Department RNs

We are currently recruiting RNs in Lexington, KY in all areas of UK Chandler, UK Good Samaritan, Kentucky Children's Hospital, and Eastern State Hospital, all part of the University of Kentucky health care system.

#### BENEFITS INCLUDE:

- Education opportunities
- Nurse residency program
- Tuition benefits
- Nursing professional advancement program
- Comprehensive benefits package including retirement plans with 200% match

APPLY NOW: [UKJOBS.UKY.EDU](http://UKJOBS.UKY.EDU)



### "Help Make Recovery Reality" Psychiatric/DD Nurse Supervisor

Ohio's premier mental health hospital is seeking Registered Nurses (BSN preferred) to provide leadership to staff and quality care to patients with severe and persistent mental illness. Northcoast Behavioral Healthcare operates an inpatient facility with the Ohio Dept. of Mental Health & Addiction Services network of hospitals. We have immediate openings at:

**Northfield Campus-1756 Sagamore Road Northfield, Ohio 44067**

- We Offer**
- Competitive Wages
  - Comprehensive Public Sector Benefits (OPERS)
  - In-House Education/CEU's
  - Benefits Include: Health Insurance
  - Dental/Vision/Group Life Insurance – free after 1 year of service

**No phone calls please.  
Apply Online: [www.careers.ohio.gov](http://www.careers.ohio.gov)**

Drug testing prior to appointment is required. An applicant with positive test results will not be offered employment. People with disabilities and those in recovery are encouraged to apply for all job offerings.

**Join a dynamic and dedicated nursing faculty; make a lasting impact on urban health.**

Building on a 73-year tradition of excellence, Wayne State's College of Nursing is rising to new heights. *U.S. News & World Report* recently ranked the college's MSN and DNP programs second in Michigan and among the top in the nation. National research funding continues to increase. Outstanding nurse scholars are sought for both tenured and tenure-track positions. Innovative, collaborative candidates will be considered. An Affirmative Action/Equal Opportunity Employer.

**WAYNE STATE**  
College of Nursing  
[jobs.wayne.edu](http://jobs.wayne.edu)

**"I want an RN to BSN program that fits my values with true pricing."**

**The Christ College is my perfect fit."**

[TheChristCollege.edu](http://TheChristCollege.edu)

**100% Online  
3 Semesters!  
513-585-2401**

**The Christ College**  
of Nursing & Health Sciences

**SAVE THE DATE!**  
**MARCH 8 & 9, 2019**

**The Ohio State University, James Cancer Institute, Columbus**

Join us for what a 2018 attendee called, "the best conference I've been to in 20 years!"

You spend your life caring for others, now learn how to care for you!

Register now for an early bird rate @ [ohnurses.org](http://ohnurses.org)

**ONLINE convenience, QUALITY education**

**UNIVERSITY OF SOUTHERN INDIANA**  
College of Nursing and Health Professions

**We offer over 30 continuing education programs for health professionals**

From anticoagulation therapy to wound management. Designated contact hours for pharmacology for APRNs! Learn **your** way with live, independent study, online interactive, and hybrid programs.

**Education in Your Own Time and Place**  
<http://www.usi.edu/health/center-for-health-professions-lifelong-learning/certificate-programs/>  
877-874-4584

In support of improving patient care, the University of Southern Indiana Center for Health Professions Lifelong Learning is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

## INDEPENDENT STUDY

# Ohio Nursing Law and Rules: Current Issues in Practice

Please visit [www.ce4nurses.org](http://www.ce4nurses.org) to take this course.

**Outcome:** The learner will identify one new concept learned about the Ohio Nursing Law regarding a current issue in practice.

**Criteria for Successful Completion:** 1 category A contact hour will be awarded with completion of knowledge check questions and submission of completed form.

There are no conflicts of interest among anyone with the ability to control content of this activity.

The Ohio Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).

Expires 8/30/2019

This independent study was developed by Jessica Dzubak, BSN, RN.

### Pre-Questions:

- The Ohio Board of Nursing governs which of the following:
  - Anyone working in the healthcare field including unlicensed assistive personnel (UAP)
  - RNs and APRNs only
  - RNs and LPNs
  - RNs, LPNs, APRNs, medication aides, dialysis technicians and community health workers
- The OAC is the only set of law and rules the Board follows.  
True or False
- Nurses only need to obtain 24 hours of continuing education if they are currently practicing as a nurse.  
True or False
- How many nurses are on the Board of Nursing?
  - 10
  - 12
  - 8
  - 6

The laws and rules surrounding nursing don't have to be overwhelming. They exist to not only protect the patients nurses care for, but to protect the nurses themselves as well.

This independent study activity will cover the role of the Ohio Board of Nursing in supporting these rules, as well as some important and relevant information on current nursing practice issues including staffing, documentation, and patient rights. This study will also discuss how these current issues relate to Ohio nursing law and rules.

1.0 Contact Hour that will satisfy the Ohio Category A requirement will be awarded with successful completion of this activity.

### Who Makes the Rules?

All nurses in Ohio are familiar with the Ohio Board of Nursing, or "the board." In addition to auditing things like continuing education hours, the board investigates complaints against nurses and administers discipline as appropriate (Ohio Board of Nursing [BON], 2017). The board works diligently to ensure the public is being cared for by safe, competent and qualified nurses.

### Not Just for Nurses

While it is titled the Board of Nursing, the board oversees additional healthcare professions. Dialysis technicians, community health workers and certified medication aides all fall under the Board of Nursing (OAC, 2017). Topics such as education requirements, intravenous therapy rules, and delegation practices are all set forth by the board.

The board consists of thirteen members, eight of which are nurses. Two of these nurses must be APRNs and four must be LPNs. Additionally, there is a "consumer" member, who represents the interest of the public (ORC, 2017).

The board contains 3 advisory groups: continuing education, dialysis, and nursing education. Additionally, there is a committee on prescriptive governance and an advisory committee on advanced practice registered nursing (OAC, 2017).

### The Basics

Nurses practicing in Ohio must be aware of both the Ohio Administrative Code, OAC, and the Ohio Revised Code, ORC. The ORC consists of the laws passed by the Ohio legislature, while the OAC has the specific ways those rules are to be carried out at the recommendation of entities such as the Board of Nursing (BON).

To make a continuing education activity qualify for Category A credit, it must include specific information related to ORC and OAC 4723. The law states, "...portion of continuing education that meets the one hour requirement directly related to Chapter 4723. of the Revised Code and the rules of the board as described in rule 4723-14-03 of the Administrative Code" (OAC, 2018).

Additionally, the activity must be approved by the board or an approved provider of continuing education in Ohio, such as Ohio Nurses Association.

### So, what else can the OBN do? (4723)

In addition to audits and investigations, the board also manages the issuance and revocation of nursing licensure. They decide who gets a license and who doesn't.

If a complaint is filed, the board does have a due process that it needs to follow. With a few serious exceptions, a full investigation must be done before disciplinary action is taken against the nurse, such as license suspension or revocation. This investigational process involves a hearing, where the nurse can share his/her side of the story.

It is also important to note that the board must follow the law. The board can make clarifying rules (OAC), but they must align with the laws passed by the Ohio legislature (ORC).

Disciplinary action taken by the board is not one size fits all. There are varying levels of discipline. One that not all nurses and students are aware of is the board's ability to deny taking the NCLEX (4723-7-02 OAC).

Per ORC 4823.28 (2017), the board can: "...deny, revoke, suspend, or place restrictions on any nursing license or dialysis technician certificate issued by the board; reprimand or otherwise discipline a holder of a nursing license or dialysis technician certificate; or impose a fine of not more than five hundred dollars per violation."

4723.33 in the ORC explains that there is protection for the nurse filing a complaint against retaliatory action. Anyone who has a concern is encouraged to report it to the board and should feel comfortable doing so. The concern for patient safety is always a priority, as well as the protection of their rights.

### What is Nursing?

The ORC defines the practice of nursing as, "... providing to individuals and groups nursing care requiring specialized knowledge, judgment, and skill derived from the principles of biological, physical, behavioral, social, and nursing sciences" (ORC, 2017).

In other words, nurses take care of people, in more ways than one. Nurses have specialized knowledge of many fields that are combined to provide holistic and effective care to all patients. With that knowledge comes a great responsibility, one that all nurses must take seriously.

*Ohio Nursing Law and Rules continued on page 6*

GET MORE  
AT  
CE4Nurses.org  
OHIO NURSES ASSOCIATION

- Ohio Nursing Law and Rules Issues in Practice- Category A (1.0 CH)
- Professional Boundaries and Sexual Misconduct- (1.0 CH)
- Obesity - (1.0 CH)

FREE for ONA members at CE4Nurses.org  
Until December 31, 2018

Non-members may  
complete most studies at  
CE4Nurses.org for only \$15

100% online  
affordable  
RN-BSN,  
MSN & DNP

RANKED AMONG THE BEST BY  
U.S. NEWS & WORLD REPORT

100% ONLINE FLEXIBLE FORMAT

ACCELERATED 8-WEEK COURSES

CCNE-ACCREDITED

[go.eku.edu/OHNurse](http://go.eku.edu/OHNurse)

EASTERN KENTUCKY UNIVERSITY

**EKU**  
ONLINE

Ohio Nursing Law and Rules continued from page 5

**Suggested Resources:**

- <http://codes.ohio.gov/orc/4723>
- <http://codes.ohio.gov/oac/4723>

OAC 4723-4-06 (2017) states that nurses must “provide privacy during examination or treatment and in the care of personal or bodily needs.” It goes on to say that nurses must “treat each client with courtesy, respect and full recognition of dignity...”

What is important to take away from this is that nurses must be mindful of what this means for *each patient*. Not everyone’s idea of modesty or even privacy is the same. There are cultural considerations that nurses and healthcare professionals may not even be aware of. While it is not always possible to accommodate every cultural practice or preference, for example in the event of an emergency, nurses should strive to understand what the patient’s comfort level is and how they can meet it.

In addition to providing competent and respectful care to all patients, nurses have a responsibility to ensure they are **practicing safely** to the best of their abilities.

**Practice Issues**

**Nurse Fatigue: Why It Matters**

While the board’s goal is to protect the public, it has no authority over healthcare facilities or staffing issues. If a nurse is fatigued and makes an error, the board’s responsibility is to investigate it.

When nurses are exhausted and overworked, patient care and public health suffers. There is overwhelming evidence that nurse fatigue puts patients, nurses and the public at risk (Emergency Nurses Association [ENA], 2013). Fatigue, whether physical, mental or both, can cause delayed response time, impaired decision making, and negative health outcomes (Drake, Luna, Georges, & Steege, 2012).

When you think of the job nurses are assigned to do, those three things do not fit in the equation. Patients need nurses with fast response times to emergent situations, top-notch decision making and critical thinking skills, and, obviously, positive health outcomes.

The ANA, American Nurses Association, issued several recommendations and a position statement on the issue. ANA recommends that the Registered Nurse have the right to decline or accept a work assignment or shift based on evaluation of their own fatigue (American Nurses Association [ANA], 2014). This should not be considered patient abandonment. Additionally, ANA advocates for a 40-hour work week, with no more than 12 hour shifts, and a ban on **mandatory** overtime (ANA, 2014).

**Knowledge Check:**

- Multiple studies have found that performance in a person who has been awake for \_\_\_\_\_ hours or more resembles that of someone with alcohol intoxication.
  - 15
  - 17
  - 20
  - 24
- Nurses consistently rank among the highest prevalence of depression and emotional exhaustion  
True or False

**Patient Safety and Patient Rights**

Keeping patients safe and satisfied is not always an easy task. Nurses must honor patient’s requests, even when they don’t agree. A common area of concern for nurses is when a patient refuses treatment or

wishes to leave Against Medical Advice or “AMA.” “Most of all, nurses can help by **not** perpetuating the concepts that AMA means you leave with nothing” (Barkley, 2014, para. 1). The nurse’s role in AMA discharges is similar to their role in any other patient’s care.

The nurse is in a unique position to educate and advocate for their patient. It is the nurse’s role to support them even if we do not agree. All information should be provided unbiased, and all available options discussed. When a patient states they wish to sign out AMA, the nurse can use this opportunity to have an honest conversation. The nurse can ask why or what factors are driving the patient to this potentially dangerous decision. Sometimes, there are modifiable reasons or solutions that can be created in order to get the patient the safest care. Patients questioning or deciding to leave AMA still deserve the same education as any other patient.

As with all patient teaching, it should be documented in detail. Additionally, it is important to note how you as the nurse determined that the patient truly understands the information.

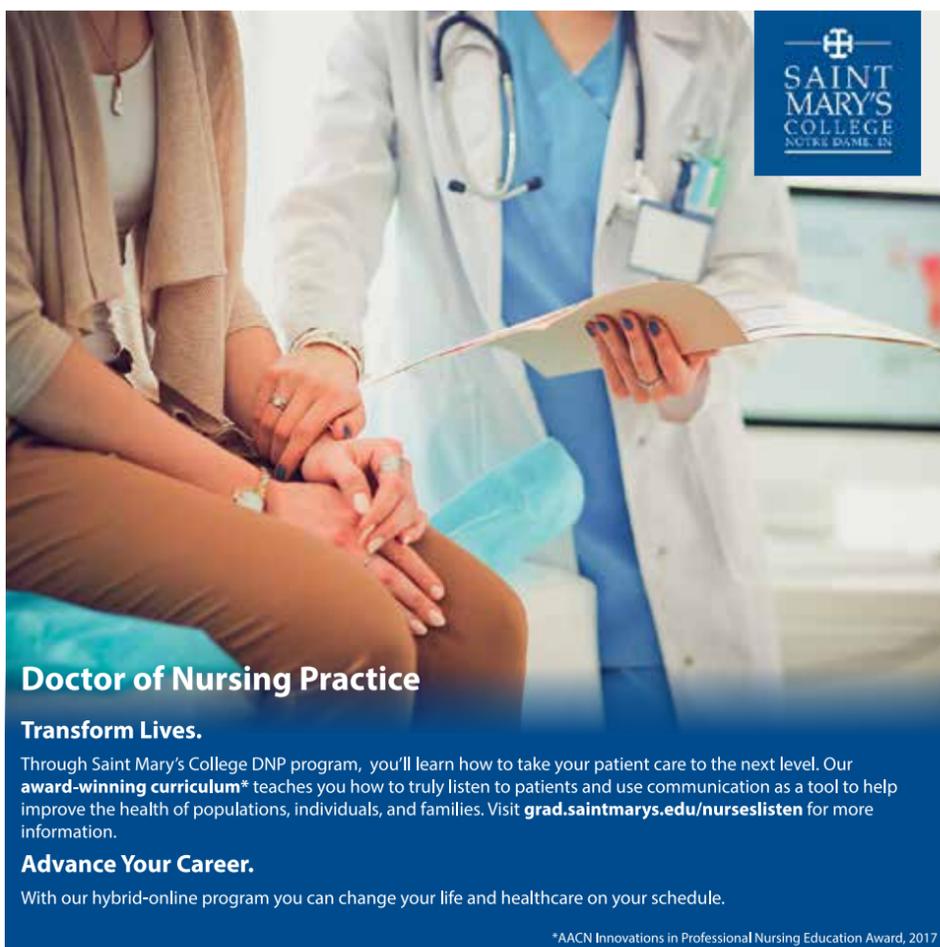
Interventions such as: any communication between the nurse and the physician, patient teaching, interventions made by the nurse, and resources contacted should all be documented. Documentation should be done real-time to avoid missing something. The use of quotes is especially useful in the case of refusal of care and/or AMA discharges.

**Knowledge Check:**

- True or False  
Documenting something that happened earlier in the shift, or “back-charting,” is acceptable because it makes the documentation more thorough.

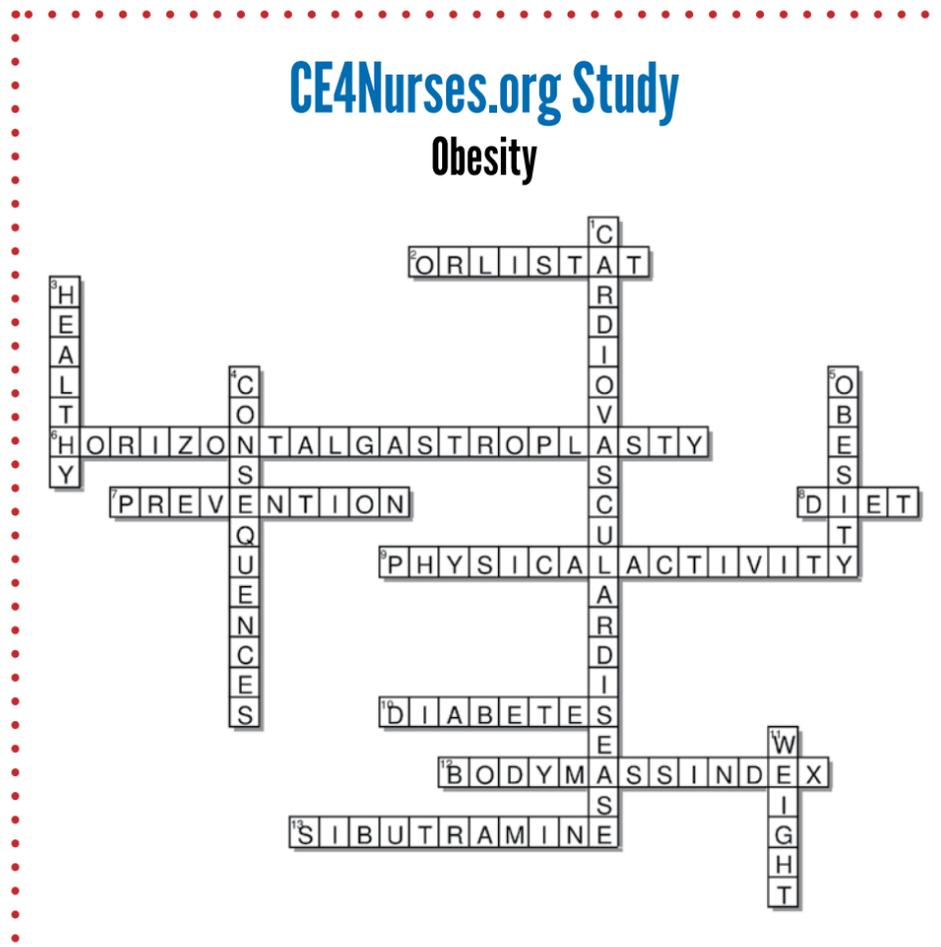
**DOCUMENTATION DOs & DON'Ts**

Do	Example	Don't	Example
Chart objective information	Side rails up x2, fall risk sticker on the door, yellow non-skid footwear on. Patient education on preventing falls given. Patient verbalized understanding.	Insert bias	The patient is clearly making a bad choice by leaving AMA and does not seem to care about their health.
Utilize quotations when necessary	<p>“I will use the yellow socks you gave me before I get up to go to the bathroom”</p> <p>“I want to leave the hospital. I understand the risks but I do not want a big bill.”</p> <p>“... chart only what you - not what you infer or assume.” <i>see, hear, feel, measure, and count</i>”</p> <p>Source: (American Society of Registered Nurses, 2008, para. 3)</p>	Be judgmental	The patient didn't seem to understand what I said about preventing falls. I think she just doesn't care about her safety.



**Doctor of Nursing Practice**  
Transform Lives.  
Through Saint Mary's College DNP program, you'll learn how to take your patient care to the next level. Our award-winning curriculum\* teaches you how to truly listen to patients and use communication as a tool to help improve the health of populations, individuals, and families. Visit [grad.saintmarys.edu/nurseslisten](http://grad.saintmarys.edu/nurseslisten) for more information.  
**Advance Your Career.**  
With our hybrid-online program you can change your life and healthcare on your schedule.  
\*AACN Innovations in Professional Nursing Education Award, 2017

**CE4Nurses.org Study**  
**Obesity**



ORLISTAT  
HEALTH  
HORIZONTALGASTROPLASTY  
PREVENTION  
PHYSICALACTIVITY  
DIABETES  
BODYMASSINDEX  
SIBUTRAMINE  
OBESITY  
DIET  
WIGHT

**Knowledge Check:**

4. Which of the following is the best documentation for a patient medical record?
- Patient promises not to get up without help.
  - Patient is at risk for falls.
  - Room check completed: patient wearing non-skid footwear, fall mats in place, bed locked and in low position, side rails up x2.
  - The patient walked to the bathroom by himself last night when he wasn't supposed to.
5. True or false:  
The following is an example of appropriate nursing documentation for a fall risk patient: After completing patient education, patient states, 'I know I am at risk for falls because of I am always so dizzy.'

**Social Media**

With social media rising in popularity, more people are using it now than ever before. Nurses must remain mindful of everything they post, share, and tweet.

According to the American Nurses Association's position statements on social media: **think before you post.** Best practice is to treat everything you post as if your boss, employer, school, and/or patients will see it (American Nurses Association [ANA], 2011).

Even if the post or picture does not contain patient identifiable information, it may still be inappropriate for the professional nurse to post. While there is no current legislation in Ohio regarding the use of social media, the code of ethics for nurses still applies and the OAC standard for competent practice speaks to the need for nurses to use social media wisely.

**Ohio Administrative Code [OAC] 4723-4-03 Standards relating to competent practice as a registered nurse (2014).**

"A registered nurse shall maintain the confidentiality of patient information. The registered nurse shall communicate patient information with other members of the health care team for health care purposes only, shall access patient information only for purposes of patient care, or for otherwise fulfilling the nurse's assigned job responsibilities, and shall not disseminate patient information for purposes other than patient care, or for otherwise fulfilling the nurse's assigned job responsibilities, through social media, texting, emailing or any other form of communication.

To the maximum extent feasible, identifiable patient health care information shall not be disclosed by a registered nurse unless the patient has consented to the disclosure of identifiable patient health care information. A registered nurse shall report individually identifiable patient information without written consent in limited circumstances only and in accordance with an authorized law, rule, or other recognized legal authority" (OAC, 2014).

"...a nurse shall not use social media, texting, emailing, or other forms of communication with, or about a patient, for non-health care purposes or for purposes other than fulfilling the nurse's assigned job responsibilities" (OAC, 2014).

**Knowledge Check:**

6. Holly is a nurse in the ICU. She develops a bond with an elderly patient and his family. Upon discharge, Holly wants to take a photo with the gentleman, and he consents. Should Holly post this to her social media account?  
Yes No
7. Holly has another patient who comes to her that shift after a traumatic drunk driving car accident that was all over the news. Taking care of this patient is exceptionally emotional for her. On her lunch break, she posts, "Never take life for granted. As a nurse, today I am reminded of what can happen if you drive drunk. You don't just hurt yourself, you hurt those around you and your family. Now nurses like me have to take care of you."  
Holly believes this is okay to post because she does not have any patient identifiers in her post.  
Appropriate?  
Yes No
8. True or False  
It is acceptable to post opinions about a nurse's employer or work details if their employer is not listed on their social media or the account is private.
9. True or False  
A nurse is taking care of a patient with a rare illness he has not seen before. The nurse is discussing the patient's case and treatment with a colleague in the cafeteria. The colleague cautions the nurse against discussing the patient's info in a

public area of the hospital. The nurse says, "Well I am not saying the guy's name so no one knows who I'm talking about. It's fine."  
Is the nurse correct?

**References**

- American Nurses Association. (2011). ANA's principles for social networking and the nurse. Retrieved from <https://www.nursingworld.org/~4af4f2/globalassets/docs/ana/ethics/social-networking.pdf>
- American Nurses Association. (2014). Addressing nurse fatigue to promote safety and health: Joint responsibilities of registered nurses and employers to reduce risks. Retrieved from <https://www.nursingworld.org/~49de63/globalassets/practiceandpolicy/health-and-safety/nurse-fatigue-position-statement-final.pdf>
- American Society of Registered Nurses. (2008). Charting and documentation. Retrieved from <https://www.asrn.org/journal-chronicle-nursing/341-charting-and-documentation.html>
- Barkley, M. (2014). Against medical advice. *Journal of Trauma Nursing*, 21(6), 314-318. <https://doi.org/10.1097/JTN.0000000000000091>.
- Caruso, C. (2012). Better sleep: Antidote to on-the-job fatigue. *American Nurse Today*, 7(5). Retrieved from <https://www.americannursetoday.com/better-sleep-antidote-to-on-the-job-fatigue/>
- Drake, D., Luna, M., Georges, J., & Steege, L. (2012). Hospital nurse force theory: A perspective of nurse fatigue and patient harm. *Advances in Nursing Science*, 35(4), 305-314. <https://doi.org/10.1097/ANS.0b013e318271d104>.
- Dyrbye, L., Shanafelt, T., Sinsky, C., Cipriano, P., Bhatt, J., Ommaya, A., ... Meyers, D. (2017). Burnout among health care professionals: A call to explore and address this underrecognized threat to safe, high-quality care. Retrieved from <https://nam.edu/wp-content/uploads/2017/07/Burnout-Among-Health-Care-Professionals-A-Call-to-Explore-and-Address-This-Underrecognized-Threat.pdf>
- Emergency Nurses Association. (2013). Nurse fatigue. Retrieved from [https://www.ena.org/docs/default-source/resource-library/practice-resources/white-papers/nurse-fatigue.pdf?sfvrsn=f28a91eb\\_8](https://www.ena.org/docs/default-source/resource-library/practice-resources/white-papers/nurse-fatigue.pdf?sfvrsn=f28a91eb_8)
- Ohio Administrative Code. (OAC). 4723 Ohio board of nursing. Retrieved August 24, 2018 from <http://codes.ohio.gov/oac/4723>
- Ohio Board of Nursing. (2017). The Ohio board of nursing. Retrieved August 24, 2018, from [http://www.nursing.ohio.gov/Law\\_and\\_Rule.htm](http://www.nursing.ohio.gov/Law_and_Rule.htm)
- Ohio Revised Code. (ORC). Chapter 4723 Nurses. Retrieved August 24, 2018 from <http://codes.ohio.gov/orc/4723>

## Apply for Nursing Scholarships and Research Grants!

The Ohio Nurses Foundation awards thousands of dollars annually in research grants and scholarships to notable nurses and future nurses.

Browse the list below of available scholarship and grant opportunities and their corresponding applications. Scholarships and research grants are awarded at the annual **Nurses Choice Awards and Scholarship Luncheon**. The deadline for all applications is **January 15, 2019**.

**Scholarships**

- **Hague Memorial Scholarship:** For a graduate nursing student who is an aspiring nurse leader.
- **Minority Scholarship:** For students who are pursuing their first nursing degree that leads to RN licensure; live in the state of Ohio and are of a minority race.
- **Hayward Memorial Scholarship:** For RNs preparing to teach nursing.
- **Traditional Nursing Student Scholarship:** For students who do not have breaks longer than 2 years in their formal education (from high school to college) and have not yet obtained a degree.
- **RNs Majoring in Nursing:** For students that are already RNs who want to advance the profession of nursing in Ohio.
- **Students Returning to School for Nursing Scholarship:** For students who have been out of school more than 2 years and are not an RN.
- **Summit & Portage District Scholarship:** For sophomore, junior, or senior student or returning R.N. working toward an advanced nursing degree at Hiram College, Kent State University, or The University of Akron.
- **Mary Runyan Scholarship:** For students at Kent State-Ashtabula Campus. A scholarship award of \$250 is presented to two graduating seniors per year. The scholarship recipients are chosen by the nursing faculty of the school. This award is made possible by the nurses of Ashtabula County, Ohio Nurses Foundation, and the Ohio Nurses Association. "

**Grants**

Research Grants: For the support of sound research projects conducted by registered nurses in Ohio. Up to three, \$2,000 grants are awarded per year.

## TOP 8 REASONS TO JOIN ONA

1. Engage Your Voice to Impact Nursing in Ohio – Whether it's through ONA's Advocates Network, an ONA-backed committee at your workplace, or participation on ONA's councils or committees, you have the opportunity to impact your profession. Our members are known for protecting, promoting and enhancing the nursing profession in Ohio.
2. Strengthen Safe Staffing and Quality Patient Care – Join our members in improving nurse staffing in Ohio. ONA members lead the way with legislative and workplace advocacy that protects nurses and patients. Our members are building upon current Ohio law and securing workplace policies to make staffing and patient care safe in Ohio.
3. Keep Current with Free and Discounted Continuing Education – Stay on top of the latest topics and trends impacting your profession with free and discounted ONA educational offerings. And as a member, you receive enough free quality continuing education from [CE4Nurses.org](http://CE4Nurses.org) to keep your license active. Your membership also includes discounted continuing education with the nation's nursing leader – the American Nurses Association.
4. Take Your Professional Development to the Next Level – Continue your professional growth by connecting with mentors, engaging with special interest groups and connecting with ONA's own Career Center.
5. Stay in the Know with What's Affecting Your Profession – As an ONA member, you are part of a powerful network that drives change in Ohio. Therefore, members are the first to know of the latest developments in healthcare and nursing in our state. Members are also kept in the loop on the latest national developments through membership with the American Nurses Association.
6. Be Part of Something Bigger Than Yourself - ONA is a powerful network of remarkable nurses. This collective group, through the smallest or biggest of actions, make a real impact on the nursing profession and healthcare in Ohio and nationwide.
7. Network – Local, State, National – ONA's locals and districts bring together RNs in your community. At the state level, the many special interest groups bring together brilliant nurses to meet and discuss topics impacting the nursing profession. ONA's affiliation with ANA allows members to connect with leaders across the nation.
8. Enjoy Discounts and Rewards – In addition to continuing education, ONA members receive sizable discounts off of certification through ANCC. As an added bonus, ONA members enjoy a rewards program that is full of special deals, from insurance savings to travel discounts, all because of the ONA membership.



**Knox Community HOSPITAL**  
One Team United in Caring  
Located in Mt. Vernon, Ohio

**Small Town Living, Big City Innovation**

*We are seeking:*

Chief Nursing Officer - Nursing Administration	Department of Primary & Specialty Care
RN - Intensive Care Unit	RN Clinical Coordinator - Cardiology
RN - Progressive Care Unit	RN Clinical Coordinator - General Surgery & Urology
RN - Surgery PACU & Endoscopy	RN Clinical Coordinator - Neurology
RN - Medical Floor	RN - Gastroenterology
RN - Home Health	RN Float - Department of Primary & Specialty Care
	RN - Endocrinology

To Apply: Visit  
[www.kch.org](http://www.kch.org)  
Phone 740.393.9021 • Fax 740.399.3170

**LOW INTRODUCTORY OFFER - APPLY BY JANUARY 2**



**NURSING & HEALTHCARE DEGREE PROGRAMS – 100% ONLINE**

**AFFORDABLE TUITION – SAVE UP TO \$7,000!**

For a limited time, Northern Kentucky University is offering an opportunity for new students to save up to \$7,000 on our accelerated online programs.

**Get started today!**

**Go to: [onlinedegrees.nku.edu/health](http://onlinedegrees.nku.edu/health)**

**Call: 800-985-7215**




*Visit [nursingALD.com](http://nursingALD.com) today!*

**Search job listings**  
in all 50 states, and filter by location and credentials.

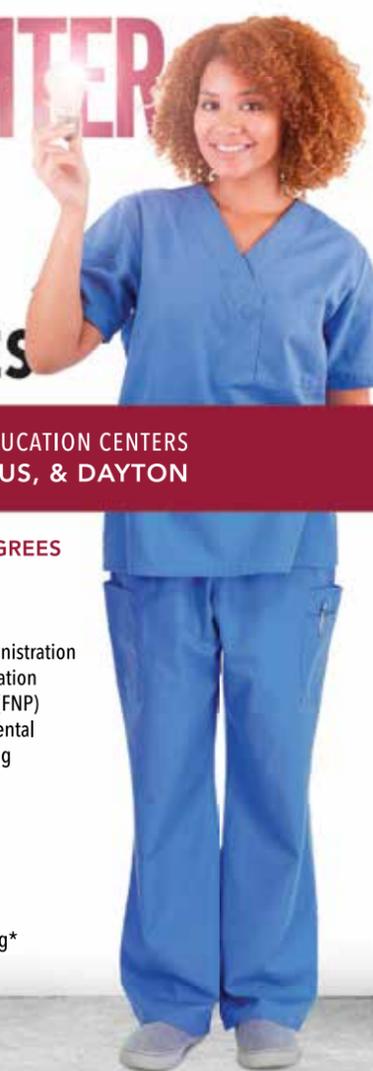
**Browse our online database**  
of articles and content.

**Find events**  
for nursing professionals in your area.

*Your always-on resource for nursing jobs, research, and events.*



# SHINE. BRIGHTER.



## ONLINE NURSING DEGREES

SOME PROGRAMS ARE OFFERED AT LOCAL EDUCATION CENTERS CINCINNATI, CLEVELAND, COLUMBUS, & DAYTON

**BACHELOR'S DEGREE**  
RN to BSN

**DOCTORAL DEGREE**  
Doctor of Nursing Practice (DNP)

**CERTIFICATE PROGRAM**  
Post Master's Certificates  
Some programs require onsite components and/or residencies.

**MASTER'S DEGREES**

- ASN- MSN
- MSN- MBA
- MSN Post MBA
- MSN- Nursing Administration
- MSN- Nursing Education
- MSN- Primary Care (FNP)
- MSN- Psychiatric Mental Health Nursing

## ON CAMPUS NURSING DEGREES

**BACHELOR'S DEGREES**  
BSN- Traditional 4-Year Program\*

Transition to Nursing\*

\*Only offered onsite in Marion, Indiana.



[indwes.edu/nursing](http://indwes.edu/nursing) | 866.498.4968  
INDIANA WESLEYAN UNIVERSITY • NATIONAL & GLOBAL

## It's time to provide amazing patient care



**Our nurses are at the heart of what we do.**

**We offer you:**

- Competitive pay, paid time off and paid holidays
- Generous benefits, including student loan repayment and tuition assistance
- Opportunities to grow and serve where you're most passionate
- A supportive workplace that promotes teamwork and mutual respect

Learn more about our opportunities and commitment to quality.

[mercy.com/careers](http://mercy.com/careers)

