President’s Letter

Greetings everyone! I would like to thank you; I am honored to serve as your VSNA President. My goals for this term of office are:

- To increase the membership in our Association.
- I would also like to open dialogue regarding allowing LPNs to become affiliate members within the VSNA; they share commitment of service to our fellow human beings.
- I would also like to challenge states to adopt standardized scope and standards of practice and nurse practice acts. Unification of nursing practice, state to state, would provide the nursing profession with a more solid foundation to serve others and ourselves. We share similar concerns and engaging in collaborative thinking would allow us to make the changes through united action, working together for the well-being of all, ensuring quality health care service.

Another concern that is of great interest to me is the well-being of our service men and women and their families; in particular, that they receive the mental health services they deserve before they return home from performing their service to our country. This would include family counseling to prepare spouses and children for the return of their loved one and for service men and women to come home and also receive services to allow for a better transition. They deserve this preparation and respect, they did this for our country and we should in return care for them with honor and respect. As mentioned in a past VSNA President’s Letter, there are existing services to support soldiers and their families. Nurses should ensure our soldiers and families have access to available support services.

I welcome any thoughts on new changes or challenges that exist in our present time. I look forward to organizing, problem solving and taking action to create changes for a new beginning and encouraging the VSNA to become involved in projects promoting respect for the nursing profession.

I would like to thank all the members that have worked so hard to keep this invaluable association afloat. There has never been a time in history that membership in a professional association is more relevant. We have the opportunity to grow stronger and combine our best interests and unite with a common voice of nursing to be able to pass resolutions addressing important issues re-affirming health care is a basic human right. Every nurse is a leader and I appreciate the support, collaboration, and spirit of dedication that it takes to establish the foundation necessary to be the strongest possible voice for nursing. What can we do? Become informed by reading a wide range of resources. Join your professional nursing association and, if you are already a member, assist your colleagues in seeing the value of involvement in projects promoting respect for the nursing profession.

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Vermont Board of Nursing Welcomes New Executive Director

November 1, 2010—The Vermont Board of Nursing welcomes Linda Davidson MS, APRN as the new Executive Director, and wishes farewell to Mary L. Botter PhD, RN. Linda Davidson graduated from Pace University as a Family Nurse Practitioner in 1994 and from the University of Vermont in 2010 as a Psychiatric Mental Health Nurse Practitioner. Her work experience has been in Primary Care with a specialty in Women’s Health and her job responsibilities throughout her career have included direct patient care, administration and oversight of clinical services, quality assurance and risk management.

Linda resides in Waterbury with her husband and three cats.

SAVE THE DATE
Nurses’ Day at the State House
April 20, 2011
The VSNA wants you to take advantage of some of the networking and informational resources available on the Internet.

Current information about activities of the VSNA can be found by visiting the VSNA Website at: http://my.memberclicks.com/vsna or http://www.vsnainc.org

Requests for additions or changes to the VSNA website should be communicated before the 1st of each month to the site's webmaster at vtnurse@sover.net.

Also, as a VSNA member you are welcome to join the VSNA listserv. To become a listserv participant, send an e-mail message to the VSNA office at vtnurse@sover.net.

In your message, please indicate that you wish to be part of the listserv and include your name, e-mail address, and your VSNA member number.

Hope to see you on the web!

Deadlines for the Vermont Nurse Connection

Are you interested in contributing an article to an upcoming issue of the Vermont Nurse Connection? If so, here is a list of submission deadlines for the next 2 issues:

Vol. 14 #2—January 24, 2011
Vol. 14 #3—April 25, 2011

Articles may be sent to the editors of the Vermont Nurse Connection at: Vermont State Nurses' Association
100 Dorset Street, Suite 13
South Burlington, VT 05403-6241

Articles may also be submitted electronically to vtnurse@sover.net.

Please remember to include contact information, as letter authors may need to be contacted by the editors of the VNC for clarification. NOTE: Letters to the Editor reflect the opinions of the letter authors and should not be assumed to reflect the opinions of the Vermont State Nurses' Association.

Jean Graham, Editor
Welcome to this new feature of the Vermont Nurse Connection in which movies are reviewed and considered with enhancement of nursing and professional practice in mind AND with a little bit of thinking “outside the popcorn box.”

About the Columnist: Sandra McBournie is Program Coordinator of a nursing continuing education department, nursing professor and movie lover. I began using movies to create discussion points with students and decided to start doing reviews for the NH Nurses Association (a constituent member of the American Nurses Association).

Food, Inc. explores the root of the evil we call nourishment in this country. Everything to be believed about the quintessential American farmer, the effort of the Food and Drug Administration to protect us from harm, and eating chicken being better for you than eating beef will be challenged while watching Food, Inc. What can now be understood is that corn rules. Food is poison, farmers are forced to be cruel to animals and the earth to survive, and the government agencies in place to protect you from harm are in cahoots with profit driven food corporations. The stories covered in this documentary may force viewers to wonder about the quintessential American food consumer’s lack of a relationship with their food; especially if that food once had eyes. Joel Salatin, a good old fashioned “natural” farmer in the film said “industrial food is not honest food” and he believes you can “meet the need without compromising integrity.” In other words the consumer should demand that we let cows act like cows, and chickens act like chickens and let food corporations either cowboy up or squander. We should buy more and locally grown, fresh, organic foods. Which begs another question the movie explores; “what if you can’t afford it?” Everyone knows the cheaper the food the worse it is for you (think fast food), and this film clearly points to big food business, with bigger profits, and gigantic heavy hands as the reason. Large food corporations respond by saying they are doing us a huge favor with the level of efficiency they provide and that America would have a food shortage if it wasn’t for their iron fist national network. Food, Inc. sheds a beaming light on what now appears to be an obvious fact: efficiency equals bad food.

Is this corporation-farmer-consumer paradigm sounding familiar to caregivers reading this? Big business with big profits (pharmaceutical companies, insurance companies) forcing the middle man (nurse and other healthcare providers) to manipulate the product (caregiving) at risk to the consumer (patient). I highly recommend Food, Inc., if not for your own health and well-being, for the health and well-being of your patients.

Kappa Tau Chapter of Sigma Theta Tau Research Night

WHEN: January 20, 2011 at 6pm
WHERE: 107 Rowell, University of Vermont
Robert Nash, Ed.D and Alexis Ressler, M.S., M.Ed., APRN present
Scholarly Personal Narrative: An alternative research methodology for nursing

Kappa Tau

Cordially invites you to
Our annual
Heart of Leadership Dinner
WEDNESDAY FEBRUARY 9, 2011
5:00-7:30PM
WINDJAMMER RESTAURANT
Come for an informal evening of conversation with nursing colleagues. Everyone is welcome!

Dinner Menu:
Caesar Salad
Baked Potato or Rice Pilaf
Seasonal Vegetable
Choice of: Prime Rib, Broiled Salmon, Boston Scrod, Chicken Teriyaki, Vegetarian Option, or Chicken and Shrimp Combo.
Cheesecake with Strawberries
Coffee or Tea
Cash Bar

Check out our website for updates
http://www.uvm.edu/~kappatau/
Registration opens January 1, 2011
The Future of Nursing: Leading Change, Advancing Health

The Institute of Medicine (IOM) is an independent, nonprofit interdisciplinary advisory body to the nation on issues impacting health. Established in 1970 under the charter of the National Academy of Sciences, the IOM provides independent, objective, evidence-based advice to policy makers, health professionals, the private sector, and the public. The process of health care reform in the United States is unfolding; with the adoption of the Affordable Care Act millions of Americans will now have access to health insurance. This provides a unique opportunity to restructure our current health care system into one emphasizing patient centered care, commitment to quality, and collaboration—core components of nursing practice. In examining our current health care delivery system and health care reform efforts, The IOM partnered with the Robert Wood Johnson Foundation (RWJF) to create the RWJF Initiative on the Future of Nursing at the IOM in 2008. The RWJF has long-standing commitment to ensuring our nursing workforce has the necessary capacity, skills, and competence, to meet the present and future health care needs of the public. This Committee was charged with performing an in-depth analysis of our nursing profession and to make recommendations for strengthening nursing to become full partners and leaders within health care reform and health care delivery systems. This past October the Committee released their report with the following four key messages:

- Nurses should practice to the full extent of their education and training.
- Nurses should achieve higher levels of education and training through an improved education system that promotes seamless academic progression.
- Nurses should be full partners, with physicians and other health care professionals, in redesigning health care in the United States.
- Effective workforce planning and policy making require better data collection and information infrastructure.

The VSNA, along with other Constituent Member Associations (CMAs), and the American Nurses Association supports this report. “We at ANA support the recommendations of the IOM report and are eager to partner with others in developing effective strategies to implement these ideas, which are reflective of ANA’s long-standing work on behalf of the nursing profession,” ANA President Karen Daley PhD, MPH, RN, FAAN, commented. “This report bolsters the case that ANA has long championed—that the full contributions of nurses and nursing are essential to the delivery of high quality, patient-focused care. The IOM recommendations, along with the adoption of the Affordable Care Act (ACA), serve to create a unique opportunity to restructure our current health care system into one which emphasizes collaboration and a commitment to quality. We look forward to working alongside other key stakeholders to implement the changes needed to ensure we’re building a health care system that provides access to high quality care.”

The Report identified a number of barriers that prevent nurses from being able to respond effectively to rapidly changing health care settings and an evolving health care system. These barriers need to be overcome to ensure that nurses are well-positioned to lead change and ignite health reform. The RWJF’s Initiative on the Future of Nursing organized a national conference November 30th through December 1st to discuss ways to implement the report’s recommendations. Five CMAs are currently involved in formal pilot projects with the RWJF to develop specific strategies addressing the IOM Recommendations. While not involved with a formal pilot project, the VSNA will engage other key nursing and health care stakeholders in Vermont to specifically address implementing these recommendations within our state.

For more information on the Future of Nursing Report, go to www.nursingworld.org or to read the full report: http://www.nap.edu/catalog.php?record_id=12956. You can also go to the RWJF Initiative on the Future of Nursing website—TheFutureofNursing.org.

North Country Career Center Salutes Miranda Ryan

The North Country Career Center is proud to announce that Miranda Ryan, a recent graduate of the Health Careers Program, was awarded the Gold Medal in Nurse Assisting at the National SkillsUSA® competition held in Kansas City, Missouri.

Ryan was accompanied to Kansas City by Health Careers Instructor, Celine Champine, who is elated with Miranda’s success. “I have seen such growth in Miranda over this past year. She is very patient-oriented and that mind set obviously came through in the competition,” commented Champine, adding, “I am so very proud of her and I am confident that she will reach her career goals in the nursing field.”

To place first at Nationals, Ryan competed against twenty-five other state gold medalists who, like herself, had earned the right to represent their home state by placing first in their state. During the National Competition, Ryan had to demonstrate a variety of patient care skills, submit a resume, participate in a job interview, and take a written test on Nurse Assisting theory. Judging also included professional appearance and attitude, attributes which Instructor Trembley commented on very positively.

“Miranda is a 2010 graduate of the Health Careers Program at North Country Career Center. While in the program, Ryan earned credentials in CPR, AED (Automated External Defibrillator), First Aid and LNA (Licensed Nursing Assistant) licensure. She also received three college credits from the Community College of Vermont in Medical Terminology. She plans to attend Southern Vermont College in Bennington in the fall and pursue a nursing degree. She is currently working at Bel-Aire Center in Newport and Wayne’s Snack Bar in Newport Center. "I never thought that I would go this far and I owe a lot to my great teachers, Celine Champine and Carol Trembley. They pushed me to compete and I realized that if I put my mind to it, I could do it," said Ryan. “I hope this inspires other kids to try their best.”

“I have seen such growth in Miranda over this past year. She is very patient-oriented and that mind set obviously came through in the competition,” commented Champine, adding, “I am so very proud of her and I am confident that she will reach her career goals in the nursing field.”

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“We have a very professional, calm and consistent demeanor and this worked extremely well for her during this competition.”

Contact Information: Celine Champine, Health Careers Instructor, celinechampine@ncubs.org.

“North Country Career Center Salutes Miranda Ryan”

Miranda Ryan

Miranda Ryan

ncubs.org
Like an athlete in training for a major competition, it took several long years of study, self-discipline and financial sacrifice to train to be a RN. In order to study and pass your nursing exams, you made many disciplined decisions to dedicate your time, money and effort in order to achieve this goal. And now that you’ve achieved your goal, are you still showing that you’re still the same steely resolve and fierce willpower in your job? Pumping up your “willpower muscle” in your day-to-day career can mean a variety of things: Keeping timeliness a priority, making follow-through a must (a maybes); giving co-workers extra help and effort in a needed area, as well as many other well-powered efforts. And sometimes willpower can mean flexing your “won’t power” brawn—using self-restraint, like saying “no thanks” to idle gossip and water cooler-runners.

Willpower can be defined as initiating activity, or the ability to do things that are difficult or frustrating. Won’t power is the ability to not initiate activity that you wish to do,” explained Angela Duckworth, doctoral candidate at the University of Pennsylvania and advanced graduate student of nationally recognized “Authentic Happiness” guru Marty Seligman. “Everyone has an intuitive sense of whether an activity is immediate, efficient and does not need a conscious intent. Behavior is immediate, efficient, and does not need a critical situation. Moreover, in the presence of the critical theory. He has observed that forming implementation intention helps in detecting, attributing and, recalling the critical situation. In other words, the presence of the critical situation the initiation of the specified goal-directed behavior is immediate, efficient, and does not need a conscious intent.

Forming implementation intentions can be used as an effective self-regulatory tool when it comes to resisting temptations, avoiding to stereotype members of an out-group, blocking unwanted goal pursuits and more. Plus, action control via implementation intentions seems to save a person’s self-regulatory resources.

Nine Steps to Develop More Self-Control

According to coping.org (www.coping.org), an onsite manual for coping with a variety of life’s stressors (authored by: James J. Messina, Ph.D., & Constance M. Messina, Ph.D.), there are nine steps to take in assessing, managing and developing your self-control muscle:

1. First, you need to identify the areas of your life you need to gain more self-control: In your personal life? (balanced diet, lots of exercise, sleep) or professional life? (time & stress management, workaholism, fear of success, assertiveness, self-image as worker, self recognition of accomplishments, handling perfectionism) And finally, your community life? (need for support system, involvement with others, participation in clubs and activities, handling competition & conflict)

2. Once you have identified the various issues in which you need to develop more self-control, then you need to identify which emotions tend to get you more out of control. Use the list of emotions and feelings clusters to identify for each issue out of control, which emotions or feelings tend to exacerbate the loss of control.

Emotions that lead to being out of control

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Feeling cluster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anger</td>
<td>rage, hate, cheated, infuriated, spiteful, mean, mad, or envious</td>
</tr>
<tr>
<td>Guilt</td>
<td>ashamed, miserable, remorse, blamed, distraught, or pain</td>
</tr>
<tr>
<td>Depression</td>
<td>left out, ugly, empty, powerless, victimized, suffering, useless, low, helpless, discouraged, or troubled</td>
</tr>
<tr>
<td>Anxiety</td>
<td>overstimulated, out of control, nervous, overwhelmed, uneasy, tense, pressured, panicked, troubled, confused, or shocked</td>
</tr>
<tr>
<td>Loneliness</td>
<td>unattended, unappreciated, left out, ignored, unloved, alone, hurt, neglected, ugly, or rejected</td>
</tr>
<tr>
<td>Fear</td>
<td>afraid, tense, anxious, nervous, weak, unself-confident, threatened, frightened, threatened, panicked</td>
</tr>
<tr>
<td>Excitability</td>
<td>eager, driven, energetic, capable, turned on, enthusiastic, motivated, or clever</td>
</tr>
<tr>
<td>Comfort</td>
<td>refreshed, appreciated, satisfied, accomplished, useful, respected, content, confident, full, calm, or relaxed</td>
</tr>
</tbody>
</table>

| Happiness | good, nice, glad, loved, pleased, wanted, wonderful, delighted, or beautiful |

(2.) Once you have identified the various issues in which you need to develop more self-control, then you need to identify which emotions tend to get you more out of control. Use the list of emotions and feelings clusters to identify for each issue out of control, which emotions or feelings tend to exacerbate the loss of control.

(3.) Once you have identified what feelings and emotions tend to exacerbate your loss of control, next identify what irrational belief’s lead to increased loss of control in each of these issues.

(4.) Then you need to identify new, rational, reality-based, healthy thinking, which will lead to your gaining control over these issues. Some self-affirmations are: “I am capable of controlling myself,” and “I will take control of my behaviors,” and “Changing old behaviors takes effort, time, and a motivation to change and I am willing to give all three of these to gain control of my life,” and: “I am a capable, lovable person who deserves to let go of the unwanted behaviors of my past so that I can grow, flourish, and be successful in my potential to gain control in my life,” and finally: “I will make time for the work to develop my self-control.”

(5.) Once you have identified healthy self-talk, then you need to identify positive actions or behaviors that will assist you to develop self-control in your life. Such behaviors or actions are: stress reduction, improved time management planning and scheduling, and exercise program five to seven times a week, a balanced diet, altering relationships with people, places and things, keeping a personal journal, changing routines of daily life, avoid settings that arouse negative emotions, and watch out for HALT (Hungry, Angry, Lonely, Tired) situations which could lead to a relapse of out-of-control behaviors.

(6.) Once you have identified the set of healthy actions that assist the development of self-control, develop a plan of action for each issue.

(7.) Once your plans of action are developed, implement them one at a time, taking one issue at a time to get under control. To decide which issues to take first, prioritize the issues.
Once you have prioritized the issues to be worked on, begin to implement the plans of action to get them under your control.

If after a time you find that you are still out of control, then return to first step and begin again. In the end, with time, effort and regular “exert-and-relax” muscle-toning workouts, your willpower and won’t power strength can be in powerfully pumped-up shape!

Susanne Gaddis, PhD, known as the Communications Doctor, is an acknowledged communications expert who has been speaking and teaching the art of effective and positive communication since 1989. With a specialized expertise in healthcare communication, Susanne delivers workshops, seminars, and keynote presentations across the United States. For more information, or to book Dr. Gaddis for an upcoming conference or event call 919-933-3237 or visit: www.communicationsdoctor.com.

Student News

The Vermont State Nurses’ Foundation Announces

The Arthur L. Davis Publishing Agency, Inc. 2011 Scholarship

Applications for the $1,000 scholarship are open to Vermont State Nurses’ Association members who are currently enrolled in an undergraduate or graduate nursing program and who are active in a professional nursing organization. Submit application by August 1, 2011. Please complete the application below and submit it to:

Vermont State Nurses’ Foundation, Inc.
100 Dorset Street, Suite #13
South Burlington, VT 05403

Name: __________________________________________
Address: __________________________________________
City: __________________________________________ State: __________ Zip: __________
Phone: __________________________ E-mail: __________________________________________

Nursing Program and Degree Currently Enrolled in:

Briefly describe your activities in the Vermont State Nurses’ Association or other nursing organization within the past three years:


Continuing Education Opportunities

Upcoming Educational Opportunities (Non-VSNA)

UVM College of Medicine
The following educational events are sponsored by the University of Vermont. For more information contact:
Continuing Medical Education
128 Lakeside Avenue, Suite 100
Burlington, VT 05401
(802) 656-2292
http://cme.uvm.edu

Emergency Medicine Update
Date: 02/02/2011-02/05/2011
Location: The Stoweflake Hotel & Spa
Stowe, VT

20th Annual Current Concepts & Controversies in Surgery
Date: 02/03/2011-02/05/2011
Location: The Stoweflake Hotel & Spa
Stowe, VT

16th Annual Vermont Perspectives in Anesthesia
Date: 03/02/2011-03/06/2011
Location: Stowe Mountain Lodge
Stowe, VT

Vermont Blueprint for Health
Date: 04/11/2011
Location: Sheraton Burlington Hotel & Conference Center - Blueprint
Burlington, VT

2011 Vermont AHEC Geriatrics Conference
Date: 04/12/2011
Location: Capitol Plaza
Montpelier, VT

Vermont Summer Pediatric Seminar
Date: 06/16/2011-06/19/2011
Location: The Equinox
Manchester, VT
As many of you may already know, Margaret Lace has recently assumed her position as VSNA HIV/Visist and as Chair of the Committee on Government Affairs (CGA). For the past eight years, Margaret has worked tirelessly to ensure that Vermont nurses have a voice in state legislative decisions that impact the nursing profession. I am honored to have the opportunity to step in and continue Margaret’s work as both the new lobbyist for the VSNA and as Chair of the CGA. Margaret’s shoes will be hard to fill but fortunately, she has agreed to stay on as a member of the CGA to offer guidance and support.

The 2011 state legislative session and the national political landscape, both indicate that the CGA will be busy this coming year. The VSNA and the CGA will be called upon to address a variety of issues important to nursing in 2011. Please sign on to the VSNA/Political Action web site for frequent updates on these issues as they arise and to add your input. Also, in early November 2010, a staffing survey was sent out to 700 VT nurses. The response rate by the end of November was phenomenal and we want to thank all of you that took the time to complete and return it. The results will be available sometime in early 2011. The VSNA and CGA will then decide how to proceed with addressing the issues using input from the survey.

To ensure that VT nurses are represented when healthcare policies are formulated we need all Vermont nurses to get involved in the dialogue—no matter what your current clinical practice setting or expertise is. The CGA needs to hear from all of you and we hope to be able to call on you when questions arise that you can help answer.

**American Academy of Nursing Supports Recommendations That all Public Health and Health Care Settings Develop a System of Routine Testing for HIV Infection**

WASHINGTON—In conjunction with World AIDS Day, the American Academy of Nursing (AAN) Expert Panel on Emerging and Infectious Diseases published a policy brief amplifying the public need for routine testing for HIV infection. The policy brief calls for the adoption of the 2006 Centers for Disease Control and Prevention (CDC) recommendations supporting routine HIV testing in all health care settings and streamlining the administrative operations of widespread testing.

The nursing profession, the largest segment of the healthcare workforce, historically has been at the forefront of solving health care issues that affect the community. Furthermore, the Academy’s policy brief touts the critical leadership role of nurses relative to implementing widespread infrastructure changes, which will ultimately decrease transmission of HIV and reduce the percentage of individuals infected with HIV (24-27 percent) who are unaware of their status.

The policy brief can be viewed at http://www.aannet.org/content/883. The American Academy of Nursing salutes the work of the Emerging and Infectious Diseases Expert Panel, Co-Chair Rosanna DeMarco, PhD, PHCNS-BC, ACRN, FAAN, “At the center of the solution are nurses willing to build community coalitions, participate in health care education and administration, and find the best solution to make routine testing a reality.”

Knowing one’s HIV serostatus helps infected individuals with HIV adopt risk-reduction behaviors and access life-prolonging medical treatment while helping uninfected individuals maintain behaviors that reduce the risk of infection. Despite these facts, 54 percent of new infections are driven by individuals unaware of their HIV status.

According to the brief, the 2006 CDC recommendations have not reached target benchmarks. The AAN Expert Panel on Emerging and Infectious Diseases cites numerous pieces of evidence that support scaling up testing efforts across health care settings. Utilizing nurses as an integral resource for carrying out the CDC target goals, the expert panel lists 10 recommendations to guide future implementation, among them: 1) identifying knowledge deficits among health care providers, especially in primary care regarding the CDC recommendations; 2) urging nurses to get involved where state legislation is pending that would change the written informed consent laws that currently exist; 3) creating institutional interdisciplinary teams to develop specific implementation and evaluation plans to operationalize the CDC recommendations in hospitals and clinics; and 4) developing state-by-state coalitions to address HIV testing issues with local legislators and health care decision-making bodies through the American Academy of Nursing, Association of Nurses in AIDS Care and the American Public Health Association.

The Emerging and Infectious Diseases Expert Panel is comprised of 52 nurse leaders in practice, research, education and administration. It is led by Co-Chairs DeMarco and Joe Burrage, Jr PhD, RN, FAAN, and former Co-Chair Michael Relf, PhD, RN, APRN, BC, AACRN. Expert panel members embody the organization’s mission to advance health policy through the generation, synthesis and dissemination of nursing knowledge.

“The American Academy of Nursing salutes the work of the Emerging and Infectious Diseases Expert Panel,” said AAN CEO Cheryl G. Sullivan, MSN. “The leadership role nurses can provide across the country in advocating for the adoption of the 2006 Centers for Disease Control and Prevention recommendations to develop a system of routine testing for HIV infection would save countless lives.”


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**Research Round-Up**

The VNC welcomes the submission of nursing abstracts of publications, reports, theses or other scholarly work. The VNC is distributed to 25,000 readers, and it is a wonderful way to share your work and to keep us informed of the wealth of work that nurses are producing throughout Vermont. The VNC Editorial Board encourages all nurses involved in practice, education, research, administration or other fields to submit their typed abstracts of 200-250 words with a cover letter with the following information:

- Name and Credentials of Author:
- Telephone #:
- Email address:
- Place of Employment:
- Position:
- Educational institution (if student):
- Current Year of Study:
- Faculty contact person:
  - Name:
  - Telephone #:
- Email address:
- Date:
- *Student Abstracts must be submitted by their school of nursing.*

Abstracts may be e-mailed to vnnurse@sover.net, or a hardcopy can be sent to the VSNA, Inc, VNC Abstract, 100 Dorset Street, #13, South Burlington, VT 05403.**
Robert Wood Johnson Foundation Launches National Campaign to Advance Health through Nursing

Effort will Build on Recommendations of Landmark Institute of Medicine Report

WASHINGTON—The Robert Wood Johnson Foundation today announced the Future of Nursing: Campaign for Action, which will work to address the increased demand for care by using all the skills, talents, knowledge and experience of nurses. The unprecedented initiative was launched at the National Summit on Advancing Health through Nursing, where more than 600 top health leaders from around the country are coming together in Washington this week.

The Campaign is to guide implementation of the recommendations of the Institute of Medicine’s landmark report Future of Nursing: Leading Change, Advancing Health, which was released by the Institute of Medicine (IOM) October 5. The Campaign will work closely with five states to institute implementation measures that will be successfully emulated by more states later. The Future of Nursing Regional Action Coalitions (RACs) involved in these pilot programs will see in long-term coalitions that will be needed to move key nursing-related issues forward at the local, state and national levels. The states and some of their affiliated groups are:

- California—Betty Moore School of Nursing at the University of California, Davis; California Institute of Public Health
- New Jersey—New Jersey Chamber of Commerce; New Jersey Nursing Initiative
- New York—Institute for Nursing; New York State Workforce Center; New York AARP Executive Council
- Michigan—Michigan Health Council

Additionally, RWJF will work in collaboration with AARP to organize a nonpartisan coalition of partners dedicated to advancing the IOM committee’s recommendations. And, in addition to the Summit in Washington, and the RAC areas, nearly 100 Regional Awareness Meetings are taking place at universities across the country today where regional leaders will discuss and incorporate the key tasks reached today with an eye toward improving care in their communities. They will also view the Summit via a live webcast.

Robert Wood Johnson Foundation Launches National Campaign to Advance Health through Nursing

New Food System Principles Emphasize Health Benefits

Principles drafted by coalition of planning and health professionals advocate for healthy, sustainable food systems

WASHINGTON, D.C.—Efforts to improve the health and sustainability of the food system—from the local to global levels—was bolstered today with the release of the Principles of a Healthy, Sustainable Food System.

The principles were written by a new coalition bringing together the American Planning Association (APA), the American Dietetic Association (ADA), American Nurses Association (ANA) and the American Public Health Association (APHA). For the first time, national leaders in the nursing, nutrition, planning, and public health professions worked together to create a shared platform for systems-wide food policy change.

“These principles establish a foundation for the coalition as we move forward advocating for improved food policies across all levels of the government,” said Kimberley Hodgson, MURP, MS, RD, manager of the American Planning Association’s Planning & Community Health Research Center. “Planners play an important role in removing barriers and developing plans and policies that support local food production in urban and rural areas, reduce food related pollution and waste, and improve access to healthy food.”

Endorsed by coalition members, the principles were written to support socially, economically and ecologically sustainable food systems that promote health—the current and future health of individuals, communities and the natural environment.

“The way we eat and how we grow, produce, market and distribute it have enormous implications for the public’s health,” said Georges Benjamin, MD, FACP, FACEP (E), executive director of the American Public Health Association. “A healthier, more sustainable approach to our food system would not only ensure better health outcomes, but would reduce our growing chronic disease burden, minimize the impact on the environment and workers, and more equitably distribute nutritious foods to all communities across the nation.”

The principles define a healthy, sustainable food system around the key themes of health, sustainability, resilience, fairness, economics, and transparency.

“ANA believes these principles demonstrate a clear vision of what ‘health food’ should be,” added ANA President Karen A. Daley, PhD, MPH, RN, FAAN. “As health professionals, nurses have a responsibility to support the future of food. That is why ANA supports and advocates for an improved food safety regulatory system, sustainable food practices, elimination of food waste, and better food labeling and fair labor practices; all of which these principles espouse.”

“Everyone has a fundamental right to the best quality of health care available, and this right includes access to good food,” said President Judith C. Rodriguez, PhD, RD, FADA, LDN. “Through ADA’s official position papers and through the daily work of our members, ADA strongly encourages environmentally responsible practices that conserve natural resources, minimize the quantity of waste and support the ecological sustainability of the food system.”

Collaboration among the coalition organizations will enable greater communication and coordination between the nursing, nutrition, public health and planning professions, from the local to national levels. The coalition plans to build upon the principles by continuing to advocate for improved food systems. Efforts are underway to coordinate with other health, nutrition and planning related organizations and to connect the food system interest groups of each organization.

About the Coalition

American Planning Association

The American Planning Association is an independent, not-for-profit educational organization that provides leadership in the development of vital communities. APA is the only professional association in the United States that offers comprehensive, meaningful and timely change. For more information, visit www.planning.org.

American Dietetic Association

The American Dietetic Association is the world’s largest organization of food and nutrition professionals. ADA is committed to improving the nation’s health and advancing the profession of dietetics. More than 70,000 members, the American Dietetic Association is dedicated to creating communities of lastinng where people live. For more information, visit www.eatright.org.

American Nurses Association

The ANA is the only full-service professional organization representing the interests of the nation’s 3.1 million registered nurses through its constituent member nurses associations and its organizational affiliates. The ANA advances the nursing profession by fostering high standards of nursing practice, promoting the rights of nurses in the workplace, projecting a positive and realistic view of nursing, and by lobbying the Congress and regulatory agencies on health care issues affecting nurses and the public. For more information, visit www.nursingworld.org.

American Public Health Association

Founded in 1872, the APHA is the oldest, most diverse organization of public health professionals in the world. The Association aims to protect all Americans and the communities from preventable, serious health threats and strives to assure community-based health promotion and disease prevention activities and preventive health services are available to all Americans. APHA is the world’s oldest and largest organization of public health professionals. APHA represents a broad array of health providers, educators, environmentalists, policy-makers and health officials at all levels of working both within and outside governmental organizations and educational institutions. More information is available at www.apha.org.
In Recognition of Caring **Honor a Nurse**

**Through a gift to the Vermont State Nurses Foundation Scholarships for Nurses**

Nursing continues to be the most trusted profession as indicated in annual surveys. This attests to the collective contributions nurses make as they care for patients, families and communities. Efforts of individual nurses however need special recognition by colleagues, employers, patients, families and friends.

Is this an anniversary year for a colleague you admire?

Is this the way that you can thank a mentor?

Is this an opportunity for a patient or family to acknowledge excellent care given by a nurse?

There are many milestones such as a birthday or retirement to celebrate. These are the times to:

**Honor A Nurse Celebration**

The honored nurses and the persons nominating them will be recognized at the Vermont State Nurses’ Association Convention. The honored nurses each will receive a certificate identifying the reason for the honor. The honored nurses’ names will also appear in the Vermont Nurse Connection and on the VSNF website.

Although nominations are closed for the 2010 campaign, we hope you will consider contributing to the Honor A Nurse Campaign in 2011. The minimum suggested donation to the fund is $25.00 for an individual and $100.00 for a group (up to six) nurses.

Complete the information and mail your contribution to:

Vermont State Nurses’ Foundation
100 Dorset Street, Suite 13, S. Burlington, VT 05403
VSNF is a 501(c)3 organization.

All contributions are tax deductible to the full extent allowed by law.

---

I am honoring:

Name: ___________________________

Address: _________________________

I am recognizing this nurse because: ____________________________________________

Nominator’s name: _________________________

Address: _________________________

---

Please see future issues of the VNC for submission deadlines for the 2011 campaign.

As the health care environment becomes increasingly complex so does the importance of continuing academic study for nurses. Vermont’s nurses recognize the need for advanced study as they progress in their careers. Two nurses who are continuing their nursing education with support from the VSNF scholarship fund in 2009 are:

**Carmel Thomas**

**Terry Powers Phaneuf**

Congratulations

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**VSNA Convention 2010 Report**

The Annual Vermont State Nurses Convention 2010 was held on the evening of October 13 and the day of October 14th at the Hampton Inn in Colchester, Vermont. The topic for the program was **Nurses Making a Difference for Patients in Need of Pain Management and/or Palliative Care**.

The program featured a number of clinicians including five, advanced practice nurses, a physician and a psychologist, physician assistant and a spiritual practitioner who shared state of the art practice and research on pain management. The program evaluations gave excellent ratings for the presentations, for the facility and for the learning experience. The attendees rated the overall Convention experience very positively. Several evaluations commented on the small attendance by nurses. Attendance by nurses and student nurses was unusually small given the importance of the topic for clinical practice and the geographical location of a large number of nurses.

A sufficient number of VSNA members to make a quorum were not present for the business meeting so the meeting as stated in Robert’s Rules could not be held.

The date October 12 (evening) and October 13 (all day) was announced for the VSNA Convention 2011 to attendees, sponsors and exhibitors. Do save the date for Convention 2011.

The 2011 Convention Planning Committee would like your input about topics and location for the next meeting. If you would like to be a part of the Convention Planning Committee don’t hesitate to contact them at vtnurses@sover.net.
ANC/NVSNA News

IS YOUR NURSING ORGANIZATION PLANNING AN EDUCATION PROGRAM?

CONSIDER APPLYING FOR CONTACT HOUR APPROVAL

FOR MORE INFORMATION CALL THE VSNA OFFICE
@ (802) 651-8886

Vermont State Nurses’ Association, Inc. is accredited as an approver of continuing education in nursing by the American Nurses’ Credentialing Center’s Commission on Accreditation.

VSNA Members:

District 1: Brooke Bento
Pam Kupiec
Janet Manny
Theresa Haywood
Carolyn Kingsley
Brianna Seaver

District 2: Bree MacKenzie
Lawren Williamson

Don’t Forget to Relicense and Be Counted

Submitted by: Mary Val Palumbo DNP, APRN
AHEC Nursing Workforce Research
University of Vermont

Vermont registered nurses and advanced practice nurses are relicensing on-line for the first time this year. Very soon you will receive a letter from the Vermont Board of Nursing explaining the process. At the same time, you will be invited to complete the biannual nurse workforce survey. This will be accomplished by making the extra effort to go to www.chosenursingsptc.org to take the survey. The majority of Vermont nurses have provided this important workforce information for years, each time they begin a new era of online surveying and Vermont nurses have completed their relicensure application. This year important workforce information for years, each time they are asked to continue their excellent participation rate. The survey results inform:

- The information from this survey is used to help Vermont nurses as the Vermont Association of the American Nurses Association.
- These purposes shall be determined by consideration of continuity, race, creed, lifestyle, sex or age.

Vermont State Nurses’ Association, Inc.
The Voice for Vermont Nurses

Providing:
- Opportunity to network with Nurse Professionals
- VSNA Annual Convention
- Vermont Nurses’ Day at the State House
- Annual Awards recognizing individuals who have made outstanding contributions to the nursing profession in Vermont.
- Education Programs
- Contact Hour Approval
- Lobbying
- The Vermont Nurse Connection, our official organization publication

VSNA Membership Application

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<tr>
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Home Mailing Address
City / State / Zip Code

Employer Name
Employer City, State, Zip Code

RN License Number
License State

Online Payment for credit cards only: www.NursingWorld.org

Vermont State Nurses’ Association, Inc.
1200 Greater Stone St., Ste. 110
South Burlington, VT 05403-6241
802-651-8886 800-540-9390

www.vsna-inc.org
vtnurse@sover.net

Online: www.chosenursingsptc.org

Monthly Electronic Deduction Authorization Form

Signature for Bank Card

Bank Card Number & Expiration Date

Billing Address Billing City, State, Zip Code

Credit Card

American Express

Bank Card Number

Signature

Expiration Date

Full Annual Payment: $22.84

Credit Card

American Express

Bank Card Number

Signature

Expiration Date

Full Annual Payment: $22.84

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January, February, March, 2011

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Don’t Forget to Relicense and Be Counted

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University of Vermont

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Here are some examples of why YOUR participant in the 2011 RNA/PNRN Relicensure Survey is so important. The survey results inform:

- Educators regarding nursing program offerings
- Employers planning for the next decade of the Vermont nursing workforce
- Grant applicants seeking funds for a variety of nursing projects
- Policymakers regarding funding of loan repayment and other programs
- Nurses making evidence-based career decisions

Your work is very important to the future of healthcare in Vermont. So don’t forget to be counted! For more information you can contact Mary Val Palumbo DNP, APRN, Director of AHEC Nursing Workforce Research, via (802) 656-0023 or mpalumbo@uvm.edu.

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The Membership Committee Goals have been to:

• Ensure that VSNA remains relevant to the needs of Vermont nurses,
• Retain current members, and to
• Attract new members to the organization.

Over the past year, we have maintained our VSNA membership numbers, which in this given economy is quite an accomplishment. As of August, the total number of VSNA members was 261. Of these, 228 have dual membership (VSNA/ANA) and 33 are VSNA-only members. To put this in perspective, the number of members reflects a penetration of 3.76% in Vermont, about the same as last year. The range of market penetration is from 0.92% to 27.14%. The average is 7.76%. As of August 31, 2010, our market penetration ranks 22nd out of all CMAs.

Strategies employed to meet our goals included:

• Outreach to nursing students and long term care facilities
• Conducted a survey at last year’s Convention which guided the strategies used this year. One response included:

The top ranked ways to recruit more nurses to VSNA:
A. Publicize the benefits
B. Be asked by a fellow colleague
C. Incentives like raffles, drawings
D. Other—Details of what VSNA does; Value of investment in advancement of the profession of nursing; Name into drawing for free membership following year; See effect on Legislation; Web contact; Speak to nursing schools; Promote state only membership to new graduates, other organizations.

• “Ask Me About VSNA” Campaign We had our first “Ask Me About VSNA” button campaign the weeks of January 25th, April 12th, and August 23rd. We hope this gave you an opportunity to share the importance and dedication of the VSNA organization with colleagues and friends.

• District to District Membership Competition. A free registration to this year’s Convention and one night’s stay at the Hampton Inn was given to the District with the greatest percent increase in new membership from December 2009 to September 2010. The winning district raffled off the prize at Convention. The winning district and winning member were announced at Convention 2010. Thank Richard Frank for donating the night’s stay at the Hampton.

The winner for this year’s Competition was District 1 with a 10.9% increase in membership, adding 13 new members over the year. Hollie Shaner-McRae was the lucky winner from District 1!! The winning district and winning member were announced at Convention 2010. Thank Richard Frank for donating the night’s stay at the Hampton.

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The Membership Committee will continue to strive to meet our goals. We look forward to serving you again.

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And two new members!! Welcome Lauren Bailey & Theresa Haywood

VSNA Trials New CE Site

The Vermont State Nurses Association is trialing use of an on-line site to offer Contact Hour content to our members. Our first offering, Perinatal Depression Screening, is available FREE OF CHARGE. Interested? Visit: http://vsnainc.moodlehub.com We are also looking for nurse authors/educators who are interested in developing additional content. For more information, contact the VSNA at vtnurse@sover.net.

District 3 Update

Our fall meeting was held on Thursday, 11/4/2010, at Rutland Regional Medical Center. We discussed plans for future district meetings and ways to encourage membership in the VSNA.

The next District 3 meetings will be held on Tuesday, March 8, 2011, at 6:30pm at the Brattleboro VTC Campus and on Tuesday, May 24, 2011, at 6:30pm at the White River Junction VA Hospital. The May meeting will be our Annual Meeting when the membership will elect new officers.

This winter our nominating committee will be contacting our membership as they work on developing a slate of officers for the district vote at our annual meeting. Please consider volunteering your time! Please save the dates for our March and May meetings, and please make sure you log on to the VSNA website to update your contact information.