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Winners 40 Under 40
(Article on page 3)
The Virginia Action Coalition (VAC) is on the move! Nursing in the Commonwealth has taken on the challenge to implement the Institute of Medicine Future of Nursing: Leading Change, Advancing Health recommendations. The action coalition co-leads from the five workgroups reported outcomes at the Virginia Nurses Association (VNA) fourth annual educational day held September 24, 2011. The action coalition is led by AARP Virginia and the Virginia Nurses Association (VNA). There are over 150 nurses and AARP volunteers serving on the various workgroups as well as other stakeholders. Virginia nurses are engaged and making a difference! Each of the five workgroups has held face to face meetings and conference calls to achieve outcomes and define next steps.

The education workgroup co-leads are Deb Zimmerman and Linda Dedo. The workgroup outcomes include the beginning of regional meetings with clinicians, leaders and academia to develop seamless progression in nursing education. A forecasting and strategy tool has been developed to be used as a predictive model for organizations to analyze and forecast what it will take to achieve 80% baccalaureate nurses by 2020 or sooner. The workgroup is collaborating with recipients of the Richmond Memorial Health Foundation POG Grant on short and long term goals for seamless education progression. The next steps for the education workgroup include creating four regions in the Commonwealth to foster communication, collaboration and action, meeting with other stakeholders and community leaders and developing a webinar for the forecasting tool.

The access to care workgroup co-leads are Linda Ault and Cindy Fagan. They are in the process of publishing a series, “Myth Busters” articles in Virginia Nurse Today to educate nurses about the various AFRN roles and what they are licensed to do across the Commonwealth. The workgroup outcomes include the creation of a dashboard on the VAC website to track the speakers and organizations that have been addressed to educate nurses, consumers, and other stakeholders on the VAC and how nurses can fill the access to care gap. They are calling for stories to demonstrate through real practice how African-Americans are successfully bridging a gap to care or how the current statutes hindered and negatively impact access to care throughout the state. They have also developed statements for legislative change such as the one obtained by AARP Virginia to support independent practice for advance practice registered nurses (APRNs) in Virginia. Their long term goal is to implement legislative strategies to impact statutory and regulatory barriers that prevent nurses from practicing to the full extent of their education and training.

The workforce data workgroup co-leads are Richard_newen Boykin and Nina Beaman. The workgroup outcomes include ongoing communication with the Department of Health Professions Workforce Data Center, the participation for dissemination of information from the Virginia Workforce Development Authority and participation in the Forum of State Nursing Workforce Centers. They are conducting briefings on the recent nurse licensure survey, assessing resources regarding workforce data issues, achieving consensus on minimum data sets and developing a white paper and presentations to be used to educate various stakeholders.

The interdisciplinary/team based care delivery workgroup co-leads are Sallie Essler and Patti McCue. The workgroup is identifying best practices in inpatient and ambulatory settings. Pilots of interdisciplinary care delivery models will be established and implemented. The work group is being facilitated by Dr. Pam Cipriano and includes a variety of health professionals to design the interdisciplinary care delivery models.

The advocacy workgroup co-leads under the leadership of Linda Ault and Marcia Perkins, includes a variety of stakeholders to address the school board and legislative barriers to effective care. The workgroup is identifying best practices in school board meetings to develop and implement successful school based care projects. The workgroup is working with the Department of Health and the Department of Education to develop systems and design models to deliver health care services in school settings.

The patient access to care workgroup co-leads are Shirley Gibson, President and Thelma Roach-Serry, Vice President. The workgroup is working to implement the Institute of Medicine Future of Nursing report. They are conducting briefings on the recent nurse licensure survey, assessing resources regarding workforce data issues, achieving consensus on minimum data sets and developing a white paper and presentations to be used to educate various stakeholders.

The leadership work group co-leads are Lindsey Cardwell and Loretta Cole. The workgroup outcomes include ongoing collaboration with schools of nursing to ensure the curriculum focuses on leadership skills necessary for today’s complex healthcare environment. At the Virginia Nurses Foundation gala held September 24, 2011, forty nurses under the age of forty were recognized as the emerging nursing leaders for the future.

The future of nursing is a priority for organizations to analyze and space requirements and to clarify presentations.

The opinions contained herein are those of the individual authors and do not necessarily reflect the views of the Association.

Virginia Nurses Today reserves the right to edit all materials to its style and space requirements and to clarify presentations.

VNA Mission Statement

The mission of the VNA is to promote education, advocacy and mentoring for registered nurses to advance professional practice and influence the delivery of quality care.

Board of Directors:

Shirley Gibson, President; Thelma Roach-Serry, Vice President; Cheryl Sanmartin, Secretary; Angela Gibson, Treasurer; Laurie Goodloe, Commissioner on Nursing Practice; Linda Ault, Commissioner on Governmental Relations; Nina Beaman, Commissioner on Education; Policies; Linda Dedo, Commissioner on Nursing Education; Kathy Baker, Commissioner on Workforce Issues; Rollin Bostin, Hill Director-Large; Barbara Cross, Commissioner on Ethics & Human Rights; Sallie Essler, President Virginia Nurses Foundation; Jan Haas, Advocacy for Nursing Excellence.

Contacts for established VNA Chapters:

DeDe Fatte, Roanoke Valley; Ellen Linikenhofer, New River Valley; Anne Marie Caylot, Central Virginia Chapter 3; Sherry Ferki and Sandra Olanitori, Hampton Roads; Beverly Ross, Central Virginia; Linda Ault, Piedmont Area; Sallie Bradford, Northern Virginia; Don Tyson, Augusta Chapter; Marcia Perkins, Northern Shenandoah Valley.

Check our website, www.virginianurses.com as new chapters are continually being organized.

VNA Staff

Susan Motley, CEO
Kathryn Mahone, Administrator
Celine Barefoot, Office Assistant

VNT Staff

Susan Motley, Managing Editor

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VNA is the official publication of the Virginia Nurses Association: 7113 Three Chopt Road, Suite 204 Richmond, Virginia 23226, a constituent member of the American Nurses Association.

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Congratulations to the Winners of 40 Under 40

Hannah M. Anderson, Thomas Nelson Community College
Carolyn Ashley, Sentara Williamsburg Regional Hospital
Jennifer S. Barnes, Riverside Shore Healthcare at Home
Kelyanne Brown, Centra Health
Lindsey Cardwell, Centra Health
Stacy Coleman, Bon Secours Richmond Community Hospital
Rocquel Crawley, Virginia Commonwealth University Health System
Jessica H. Dawson, Henrico County Public Schools
Jeffrey N. Doucette, Bon Secours, Virginia
Misty Freeman, Bon Secours, St. Mary's Hospital
HoChong Gilles, Hunter Holmes Maguire, Veterans Administration (VA) Medical Center
Jamie Greene, Kaiser Permanente
Kimberly Harper, Riverside Health System
Denise Hill, Children's National Medical Center
Christina Issaev, Mary Washington Hospital
LaLand Johnson, Riverside Lifelong Health, The Gardens of Warwick Forest
Hanan Kallash, Community Memorial Healthcenter
Erin Keister, Lewis Gale Montgomery Hospital
Holly Kesel, CJW Medical Center
Kristi Kimpel, University of Virginia Health System
Deepa Kurup, Virginia Commonwealth University Health System
Ronnette Langhorne, Hampton University
Tiffany Linkowitz, Bon Secours Memorial Regional Medical Center
Emily B. Little, University of Virginia Health System
William Machen, Riverside Tappahannock Hospital
Tracey Mallory, Bon Secours Memorial Regional Medical Center
Dara Geogrene McCullagh, Bon Secours St. Francis Medical Center
Kelly McDonough, Mary Washington Hospital
Dorothy Medina, Bryant and Stratton University
Alison Montpetit, Virginia Commonwealth University Health System
Bryan Overman, Kaiser Permanente
Jessica Parrott, Norfolk State University
Adye Porter, Bon Secours Memorial Regional Medical Center
Chelsea Savage, Virginia Commonwealth University Health System
Kevin Shimp, Virginia Commonwealth University Health System
Angela Starkweather, Virginia Commonwealth University Health System
S. Craig Thomas, University of Virginia Health System – Continuum Home Health
Eileen Joy Watkins, Community Memorial Healthcenter
Beth Widmaier, Riverside Regional Medical Center
Carla Wolfiner, Kaiser Permanente

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Thanks to the VNF Supporters for helping make this year a Huge Success!

◊◊◊◊◊◊

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Congratulations to all who were honored at the Virginia Nurses Foundation’s 2011 Gala

Nancy Langston  
VNA Nancy Vance Pin Award

Delegate Christopher P. Stolle  
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Lisa Cantore  
Honored with the Virginia Magnet Award of Excellence in Clinical Practice

Carolyn Jacques  
Honored with the Virginia Magnet Award of Excellence in Nursing Leadership

Allison Nesbit  
Honored with the Virginia Magnet Award of Excellence in Nursing Leadership

Carol-Jo Osinkski  
Honored with the VNF JoAnne Kirk Henry Nurse Leadership Scholarship, 2011

Patricia Anne Kinser  
Honored with the Virginia Council of Nurse Practitioners Scholarship, 2011

Doris Elliott  
Honored with the Central Region Public Health Nurse of the Year

VNA President Shirley Gibson recognizes Dr. Dianne L. Reynolds-Cane, M.D., Director, Department of Health Professions for being the Honorary Chair of this year’s VNF Gala.

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Thank you to all of the Poster Presenters who participated in Education Day 2011

Peoples Choice: First Place:
Centra’s Response to The Future of Nursing:
Leading Change, Advancing Health,Institute of Medicine, October 2010
Patti McCue, ScD, RN, MSN, CNAAC, BC; Roberta Viek, MSN, RN-B; Caryn Brown, MSN, MHA, BSN, RN-BC
• Centra Health, Lynchburg, VA

Chronic Obstructive Pulmonary Disease Quality Improvement Initiative
Dianna L. Jones, BSN, RN; Joyce Johnston, MBA, BSN, RN; Carolin Clinic, Roanoke, VA

Collaborative Hospital – Academic Partnership Promotes Evidence-Based Practice for Bedside Nurses
Ellen Linkenhoiker, MSN, BSN, RN; Kristie Jackson, RN; Lewis Gale Hospital –Montgomery, Blacksburg, VA

Conflict Engagement and Resolution Tools in Healthcare
Amy Woods, BSN, RN, CNOR; Lewis Gale Hospital –Montgomery, Blacksburg, VA

Developing “Watchdogs for Life” in the ICU to Improve Compliance with LifeNet Notification
Eileen Watkins, BSN, CCRN; Susan Helms, RN; Community Memorial Healthcenter, South Hill,VA

Effectiveness of an APRN Led Fall Prevention Clinic
Linda Davis, MSN, RN, GCNS-BC; Radford University, Pulaski, VA

Effectiveness of a Peripheral Intravenous Securement Device in Acute Care
Cheryl Dumont, PhD, RN, CRNI; Tammy Brannon, RN; Cathy Dobson, RN; Ronce Fertig, RN; Ondem Getz, RN; Debbie Gnegy, CRNI, RN; Melissa Freze, RN, Debbie Knippenberg, RN; Nancy Stoop, RN; Angela Tyus, RN; Winchester Medical Center, Winchester, VA

Excellence in the Patient’s Home through Global Connections: An International Organization for Home Care Nurses
Mary Narayan, MSN, RN, HHCNS-BC; Tina Marrelli, MSN, RN, FAAN; Liz Madigan, PhD, RN, FAAN; International Home Care Nurses Organization, Vienna, VA

Follow the Yellow Brick Road: St. Francis Medical Center’s Pathway to Excellence
Barbara Sorbelo, PhD, RN-BC, NEA-BC; Bon Secours St. Francis Medical Center, Midlothian, VA

Health Literacy and the Care of the Endoscopy Patient
Karen Chambers, MSN, RN, CCRN; Gail Decosta, RN, CCRN; VCU Health System, Richmond, VA

Improving MD/RN Collaboration for Better Patient Outcomes
Kristi Remkus, MPH, BSN, RN; Pamela Rogers, BS, MSN, RN; VCU Health System – Acute Care Surgery Unit, Richmond, VA

Improving Patient Safety and Collaboration through SBAR, Face to Face Report
Stacy M. Coleman, BSN
• Bon Secours Richmond Community Hospital, Richmond, VA

Increasing Competency and Critical Thinking Skills Amongst New Graduates Utilizing a Tiered Health Assessment
Melody Armstrong, MPA, BSN, RN, CNOR; Keta Robinson, MS, RN, FNP; Ellis Siegel, MSN, BSN, RN; Norfolk State University, Norfolk, VA

Increasing Nursing Certification on a Transplant Surgery Unit
Debra Dellingler, BSN, RN; Amber Thomas, BSN, RN; VCU Health System, Richmond, VA

Interdisciplinary Rounds
Mary Reynolds, BSN, RN; VCU Health System, Richmond, VA

Inter-professional Collaboration: Developing Essential Breast Cancer Knowledge in Nursing, Pharmacy and Social Work Students
Nina Trocky, DNP, RN, NEA-BC; Abby Phusen; University of Maryland School of Nursing, Baltimore, MD

Keeping Masters Prepared Nurses at the Bedside
Lauren Goodloe, PhD, RN, NEA-BC; Tracy Lowerre, MS, RN, CPN; VCU Health System, Richmond, VA

Nursing Peer Review Demonstrates Potential for Improving Nursing Practice
Jean Madden, MSN, RN, OCN; Sentara Virginia Beach General Hospital, Virginia Beach, VA

Oral Care in the Neonate: One Step in a Bundle to Reduce Ventilator Associated Pneumonia
Taylor Cady, BSN, RN; Sarah Wilson, BSN, RN; University of Virginia –Newborn Intensive Care Unit, Charlottesville, VA

Peoples Choice: Second Place
Embrace the Future of Nursing by Mentoring the Next Generation of Nurses
Patricia Lane, MBA, BSN, RN; Karen Faison, PhD, RN, CNE, Frances Montague; Erica Davis
• Central Virginia Chapter of National Black Nurses, Midlothian, VA
• Virginia State University, Petersburg, VA

Other Poster Presenters included:
A Preparative Approach Optimizes Outcomes for Surgical Patient
Rebecca Clark, PhD; Katherine Penturff, RN, CAPA; Michele Berry, RN; Brenda Gilliam, BA, RN, CAPA; Carillion Clinic, Roanoke, VA

Adult Acute Care Inpatient Cardiopulmonary Arrest Outcomes at One Teaching Hospital Before and After Implementation of a Full-time Rapid Response Nurse
Joseph Moffett, RN; M. Henrich, RN; S. Thomas, RN; M. Hardy, RN; P. Dennison, RN; University of Virginia Health System, Charlottesville, VA

Bevel Position for Vascular Access Device
Vicki Hubble, RN; Linda Gill, RN, OCN; Marsha Myers, RT; Michele Keading, RN; Darylly Giles, RN; Lewis Gale Hospital – Pulaski, VA

Bevel Position for Vascular Access Device
Vicki Hubble, RN; Linda Gill, RN, OCN; Marsha Myers, RT; Michele Keading, RN; Darylly Giles, RN; Lewis Gale Hospital – Pulaski, VA

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Poster Presenters continued on page 7
Perceptions of Horizontal Violence (Bullying) and Relationships to Nurse Job Satisfaction in an Acute Care Hospital

Cheryl Dumont, PhD, RN, CRNI; Kammie Riggleman, MSN, RN; Sandy Meisenger, BSN, RN; Alicia Lein, RN; Gloria Corbán, MSN, RN; Christina Puyne, BSN, RN; Sue Gretzinger, MSN, RN; Julia Pugh, BSN, RN; Jennifer Messerschmitt, RN; Bettina Faery, EdD, RN; Mary Jo Whitacre, MSN, RN; Winchester Medical Center, Winchester, VA

Pressure Ulcer Prevention in Spinal Care Injured Patients

Ernestine Goode, MSA, BSN, RN; Linda Droste, RN; Hunter Holmes McGuire Veteran Affairs Hospital, Richmond, VA

Preventing Falls One Step at a Time

Jill Mercier, MSN, BSN, RN; Lynn Goodloe, MSN, RN; Jeannette Cain, MSN, BSN, RN; VCU Health System, Richmond, VA

Quiet Hour on Security Care Unit to Decrease Overall Patient Stress

Jeannette Speidel, BSN, RN; Kelly Donahue, BSN, RN; Katie Adams, BSN, RN; VCU Health System, Richmond, VA

Tele-health Care in the Spinal Cord Injury/Disorders Population

Melodie Anderson, MSN, RN; Marta Cheek, RN; Hunter Homes McGuire Veteran Affairs Medical Center, Richmond VA

Telemedicine Interdisciplinary Rounding in the Intensive Care Unit: Improving Patient Outcomes

Eileen Watkins, BSN, CCRN; Susan Helms, RN; Community Memorial Healthcenter, South Hill, VA

Therapeutic Dining: Dining with Friends

Shirley Jones, MSN, RN; Frederwika Graim, RN; Piedmont Geriatric Hospital, Burkeville, VA

Total Parenteral Nutrition: A Call for Evidence Based Practice

Simona Parvulescu-Codrea, PhD, MSN, RN, Meg Barclay, MSN, RN, ACNP-C; Diana Rexrode, BSN, RN; Joe Kenlitsky, MS, RN; Elizabeth Dunfle, MA, RN; Kim Chen, LPN; Debbie Cox, MSN, RN; Katie Snyder, BSN, RN, MM, CCRN; Jeff Cutruzzula, MPN, RN; University of Virginia Medical Center – Digestive Health Center of Excellence, Charlottesville, VA

Transitioning Nursing Hand-Offs to the Bedside: An Evidence Based Approach

Darcie Bowles, MS, RN, RRT; VCU Health System, Richmond, VA

Education Day Keynote Speaker, Linda Burns Bolton, DrPH, RN, FAAN, Vice President, Nursing and Chief Nursing Officer at Cedars-Sinai Medical Center, (3rd from the left) with Education Day participants.

Congratulations to Nancy Vance Award Winner

Therapeutic Dining: Dining with Friends

Shirley Jones, MSN, RN; Fredericka Kraines, RN; Piedmont Geriatric Hospital, Burkeville, VA

Total Parenteral Nutrition: A Call for Evidence Based Practice

Simona Parvulescu-Codrea, PhD, MSN, RN, Meg Barclay, MSN, RN, ACNP-C; Diana Rexrode, BSN, RN; Joe Kenlitsky, MS, RN; Elizabeth Dunfle, MA, RN; Kim Chen, LPN; Debbie Cox, MSN, RN; Katie Snyder, BSN, RN, MM, CCRN; Jeff Cutruzzula, MPN, RN; University of Virginia Medical Center – Digestive Health Center of Excellence, Charlottesville, VA

Transitioning Nursing Hand-Offs to the Bedside: An Evidence Based Approach

Darcie Bowles, MS, RN, RRT; VCU Health System, Richmond, VA

Education Day Keynote Speaker, Linda Burns Bolton, DrPH, RN, FAAN, Vice President, Nursing and Chief Nursing Officer at Cedars-Sinai Medical Center, (3rd from the left) with Education Day participants.

Congratulations to Nancy Vance Award Winner

Therapeutic Dining: Dining with Friends

Shirley Jones, MSN, RN; Fredericka Kraines, RN; Piedmont Geriatric Hospital, Burkeville, VA

Total Parenteral Nutrition: A Call for Evidence Based Practice

Simona Parvulescu-Codrea, PhD, MSN, RN, Meg Barclay, MSN, RN, ACNP-C; Diana Rexrode, BSN, RN; Joe Kenlitsky, MS, RN; Elizabeth Dunfle, MA, RN; Kim Chen, LPN; Debbie Cox, MSN, RN; Katie Snyder, BSN, RN, MM, CCRN; Jeff Cutruzzula, MPN, RN; University of Virginia Medical Center – Digestive Health Center of Excellence, Charlottesville, VA

Transitioning Nursing Hand-Offs to the Bedside: An Evidence Based Approach

Darcie Bowles, MS, RN, RRT; VCU Health System, Richmond, VA

Education Day Keynote Speaker, Linda Burns Bolton, DrPH, RN, FAAN, Vice President, Nursing and Chief Nursing Officer at Cedars-Sinai Medical Center, (3rd from the left) with Education Day participants.

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Surrounded by the northern Shenandoah Valley’s breathtaking natural beauty, Valley Health meets the healthcare needs of a vibrant community with state-of-the-art facilities, leading-edge technology, advanced treatment options, and a superb staff of dedicated professionals. As a non-profit organization that provides a full spectrum of inpatient and outpatient services, we regularly invest in new programs and equipment, continuously work to improve quality and service, and empower our people to achieve at the highest level, are at the V in an exceptional care, including our superb Magnet facility, the Winchester Medical Center!

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We’re looking for experienced nurses with a dedication to excellence that matches our own, Valley Health is just 70 miles from Washington, D.C., yet removed from the 24/7 hustle of today’s busy metropolitan areas. We offer competitive salaries and a dynamic professional practice ladder program. Our benefits are outstanding and include up to 100% tuition and textbook reimbursement to further advance your degree. See a list of all currently available openings, visit www.valleyhealthjobs.com, apply online and be given immediate consideration for the opportunity to join our incredible team of Magnet nurses.

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Registration Form

THE STATE OF NURSING IN VIRGINIA
27th Annual Nurses Day at the General Assembly
February 8, 2012; 8:00 am - 2:30 pm
The Richmond Marriott, 500 E. Broad Street, Richmond VA.

Name - Please Type or Print Clearly—
this will be printed on your nametag.

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City State Zip Code
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Richmond, VA  23226
Make checks & money orders payable to VNA Legislative Day
Fee includes: materials, legislative packet, coffee and lunch. It
does NOT include parking fees—which must be paid separately.

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Inclement weather will not affect the day’s events.
There are no refunds available due to bad weather.
Full refund minus a 25% administration fee if canceled by Jan.27, 2012.
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Registration forms may also be downloaded from
www.VirginiaNurses.com
You may fax this form to the VNA or register on-line if you prefer
VNA Fax number is: 804-282-4916.
VNA’s 27th Annual Nurses Day at the General Assembly—February 8, 2012

THE POWER OF A NURSE’S VOICE
27th ANNUAL LEGISLATIVE DAY
February 8, 2011 at Richmond Marriott, 500 E. Broad St., Richmond, VA 23219

Early Bird Special Rates for Exhibitors

If you are planning to attend our 27th Legislative Day at the General Assembly and register before December 20, 2011 the price of a table will be $500.00.

After the 20th of December, the price will be $575.00

Payment may be made after the December 20th deadline, but registration (the form below) must be completed and emailed or faxed to VNA in order to receive the special rate.

Organization (as it should appear in print): ____________________________

Contact: ____________________________

Address: ____________________________

City: ____________________________ State: ________ Zip: ____________

Phone: ____________________________ E-mail: ____________________________

On-site representatives (if different than above):

1. ____________________________________________________ Lunch: (Yes) _________ (No) _________

2. ____________________________________________________ Lunch: (Yes) _________ (No) _________

Please enclose $35.00 per extra lunch. Two lunches are provided with the registration fee.

The number of available tables are limited—Please register early.

*Includes one electric feed

FEES

I would like to sponsor the event:

❑ Platinum Sponsor @ $5,000.00 (includes 4 lunches)

❑ Gold Sponsor @ $3,500.00 (includes 4 lunches)

❑ Silver Sponsor @ $2,500.00 (includes 2 lunches)

Additional lunches ____________ @ $35.00 each

Total enclosed $ _______________.

(Please make check payable to the Virginia Nurses Association.)

Signature: ____________________________ Date: ____________________________

Vendors are encouraged to apply. Marymount University offers the BSN, MSN and DNP. All programs are fully accredited. The Department of Nursing at Marymount University, Arlington, VA invites applications for a full-time tenure-track position at the rank of Assistant or Associate Professor. The Department offers the BSN, MSN and DNP. All programs are fully accredited.

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For details and to apply, please visit www.marymountjobs.com and search for Position 09693. Must be completed and emailed or faxed to VNA in order to receive the special rate. So please indicate when you event at a special rate, so please indicate when you call that it is for the Virginia Nurses Association’s Nurses Day at the General Assembly. Deadline for room reservations is January 6th, 2012.

DIRECTIONS TO THE RICHMOND MARRIOTT HOTEL:

From Washington DC and All Points North of Richmond/I-95 Southbound:

From I-95 South take Exit 74-C which will read Broad St. (250 West) The Richmond Marriott will be nine blocks from exit 74-C, on the right hand side on the corner of Broad Street and 5th Street.

From Charlottesville and All points West of Richmond/I-64 Eastbound:

64 East will converge with I-95 South, take exit 74-C which will read Broad St. (250 West) The Richmond Marriott will be nine blocks from exit 74-C, on the right hand side on the corner of Broad Street and 5th Street.

From Williamsburg and All points East of Richmond/I-64 Westbound:

From I-64 West take Exit 190 which will read 5th Street/Coliseum Exit. You will be on 5th Street. Proceed 1/3 mile and the hotel will be on the left-hand side on the corner of Broad Street and 5th Street.

From Petersburg and All Points South of Richmond/I-95 Northbound:

From North on I-95 take Exit 74-C which will read Broad St. (250 West) The Richmond Marriott will be nine blocks from exit 74-C, on the right hand side on the corner of Broad Street and 5th Street.

Maryland Behavioral Healthcare Corporation provides a generous salary and excellent benefits package including relocation allowance.

Please apply online: https://careers-diamondhealth.icims.com/jobs/1387/job

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Maryland Behavioral Healthcare Corporation provides a generous salary and excellent benefits package including relocation allowance.

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EOE
The dinner has been of great value in developing long term relationships with our local legislators. They have told us who we are and what nurses care about. So when an issue arises they know how to vote.

An additional benefit is that nurses have more understanding of the complexities of the political and policy process and they are aware that their representatives are real people who face competing loyalties. Crucial to the success of the dinner has been a core planning committee who is committed to offering this event. Long term members are Arlene Wiens, Germania Wiens and Roanoke Valley Chapter Leaders Virginia and Jamie Lee and Paige French. Several of the planning team get re-elected every year. The dinner is held every fall in the Augusta County area to accommodate the various geographical areas of the state and of District 9. Augusta Health has generously hosted the dinner for many years and Jan Botkin (AWHON) from Augusta Health is part of the planning committee. Her facility planning is vital to the success of the event.

Regional nurses and nursing students were invited to attend. Contacts were made through nursing organizations and the regional schools of nursing. The committee has tried several different approaches throughout the years but the format that is most effective is that legislators are responding to mailed questions and questions from the floor. Registrants have the opportunity to send questions with their registrations which are then forwarded to the legislators so they can prepare their responses.

Most questions are asked from the floor at the dinner. The discussion facilitator is crucial and Rebecca Bowers-Lamier has ably served in that role for many years. She is the owner of B2L Consulting and is well known by many of the legislators.

During election cycles the candidates and incumbents are invited to the dinner. The focus is chiefly on state educational and nursing practice, especially related to the practice of nursing practitioners.

If you would like more information about planning an event, contact Arlene Wiens at wiensag@emu.edu.

OPPORTUNITIES TO GET INVOLVED . . .

NEW CHAPTERS ARE CONTINUALLY BEING CREATED

JOIN NOW

• Advocates for Nursing Excellence. Historically, this chapter was concentrated in Halifax, Henry, Mecklenburg, Patrick and Pittsylvania counties. Jan Haas is the contact and may be reached at Lighaas@yahoo.com.

• Augustus Advocacy Chapter. A grassroots, legislative advocacy chapter concentrating in the Augusta County area. Email Donald Tyson at tys1028@emus.edu for more information.

• Central Virginia Chapter. Is centered in the Richmond area. Beverly Ross is the contact person for the chapter which was formerly, District 5. She may be contacted via email at Beverly.Ross@med.va.gov.

• Hampton Roads Road Chapter represents Hampton Roads and the many hospitals located in the area. Contacts include Sheri Perki (wirrmed@cox.net) and Sandra Olanston at olanston@cox.net.

• New River Valley Chapter was formerly part of District 2. Centered in and near the New River Valley including the Blacksburg area, for more information contact Ellen Linkenhoker at ellen.linkenhoker@HCAlr@healthcare.com.

• Northern Shenandoah Valley Chapter is loosely based on geographic location. They represent Clarke, Frederick, Page, Rappahannock and Shenandoah counties. Winchester and Shenandoah University are also well represented within its membership. For information regarding this chapter, please contact Marcia Perkins, RN via email at mperkin2@su.edu.

• Roanoke Valley Chapter was formerly part of District 2 and is designed for nurses in the Roanoke County area of southwestern Virginia. Contact DeDee Foti at dfoti@chs.edu for more information.

• VNA Chapter of Central Virginia—a district in VNA. It served nurses in the counties of Amherst, Appomattox, Bedford and Campbell counties. Today nurses who live or work in adjacent counties are also invited to join this Chapter. Contact Person is Anne Marie Cayler and email is AnneMarieCaylor@aol.com.

• VNA Northern Virginia represents nurses living in Northern Virginia. This chapter was originally District 8 and Sally Bradford remains the contact. You can reach her via email at s Bradford@connet or sally.brandon@b探.org.
Equity Through Complementary and Alternative Health Care

J. Goodlett McDaniel, EdD, RN,CS, MBA

The first annual Martin Luther King, Jr. Health Equity Summit, Enhancing Health Status and Achieving Health Equity at Lowest Cost, was held at the Willard Intercontinental Hotel, Washington, DC in August, 2011. Health equity centers on creating equality in health, regardless of wealth, power, or prestige. As nurses, most have experienced how inequities in health systematically put groups of people who are already socially disadvantaged at further risk. If health is essential to wellbeing and to overcoming other effects of social disadvantage, how then do nurses take action? Equity as an ethical principle is closely related to beliefs about human rights. The right to the highest attainable standard of health as indicated by the health status of the most socially advantaged group would seem to be the measure of a quality healthcare system.

What was most interesting to this author was not that a Summit was being held in Washington DC honoring Dr. King for his efforts related to equity, rather, the fact that an entire conference session was devoted to integrative health as required for health equity was unexpected. Brian Berman, MD, President & Founder, The Institute for Integrative Health, Stephanie Y. Mitchem, PhD, Chair, Department of Religious Studies, University for Integrative Health, and Benjamin Riger, MD, MPH Vice Chair, Department of Integrative Medicine, Beth Israel Medical Center spent almost two hours presenting this case.

The discussion defined integrative health and focused attention on the integration of mind, body and spirit into the African American cultural understanding of health. Additionally, the panel discussion placed traditional African American folk healing within the larger context of health. Several current integrative medicine initiatives that address health disparities in both direct patient care and health professional education were highlighted.

The establishment of the National Center for Complementary and Alternative Medicine (NCCAM) at the National Institutes of Health in 1998 was in response to an acknowledgment that Americans are increasingly receptive to forms of health care outside conventional medicine. The realization that research in “integrative medicine” has a payoff for the most underserved populations of Americans has been of increasing interest to health care providers. NCCAM has a philosophy of inclusion in its description of complementary and alternative medicine practices as “those not presently considered an integral part of conventional medicine.” Safe and effective treatments have been practised by racially and ethnically disparate groups for years.

Given the severe federal and state budget shortfalls brought on by recession, 41 states are experiencing budget cuts due to declining state revenue, and, approximately 13 states expect budget cuts averaging 9.4% in FY 2011, austerity measures including freezing public health agencies staff hires, reducing administrative expenses and departmental services, staff cuts, and cutting hospital staff and services have all resulted in a crises especially for those most disadvantaged Americans. High unemployment and reduced state property and income taxes have fueled the impact on human suffering.

Often, CAM therapies are non-invasive, do not depend require expensive equipment, can be delivered in non-medical settings, and, support the cultural norms of a group. Although there are a number of potential risks including: (a) inappropriate or incomplete diagnosis, (b) unregulated practice, (c) unethical delivery settings, (d) lack of FDA and other agency oversight, etc., if efficacy exists, patients will seek these treatments.

The first annual Martin Luther King, Jr. Health Equity Summit showcased national efforts that focused attention on America’s most vulnerable populations, in particular, racial and ethnic minority groups. Information documenting that the health of these groups is generally poorer than that of the white majority has brought attention to the importance of complementary practices. The potential for low-cost, scientifically sound, and culturally acceptable practices becoming mainstream treatments is intriguing. Attracting minority youth to CAM health-related practices as careers; documenting and testing the efficacy of folk and other healing practices; providing informational materials to racial and ethnic minority populations; interpreting scientific findings related to CAM therapies; and, encouraging a voice for inclusion of practices that may fly in the face of established practice norms are all potential actions that nurses may choose to lead over time.

Goodlett McDaniel is the Associate Provost for Distance Education at George Mason University. McDaniel has been a practitioner, administrator, consultant, and educator for many years. McDaniel helped build one of the largest online RN to BSN programs in the U.S. prior to coming to Mason.
Leading Change, Advancing Health with DNP Prepared Providers

Dr. Carolyn Rutledge, Dean of the School of Nursing at Old Dominion University

The 2011 IOM report, The Future of Nursing: Leading Change, Advancing Practice, stresses the importance of nurses working to their highest potential in order to meet the healthcare needs of rural and underserved populations. To do so, many barriers must be addressed. The Doctor of Nursing Practice (DNP) program at Old Dominion University (ODU) has taken on this charge. The program is based on the belief that clinical nursing scholars and practice leaders with the knowledge and skills to create new models of care are needed to lead this change. Barriers that must be overcome include the lack of willingness of providers to practice in rural and underserved regions, lack of specialty support, lack of willingness of providers to practice in rural and underserved regions, lack of specialty support, and lack of expertise in creating new models of care.

In order to address these barriers, the ODU DNP program prepares postmasters advanced practice nurses (Nurse Practitioners, Nurse Midwives, and Clinical Nurse Specialists) with the knowledge, skills, and support needed to serve these populations. Three strategies are used to prepare these students:

1. Distance education that focuses on the needs found in rural and underserved communities,
2. Healthcare technology, and
3. Experiential learning in program development and advocacy.

In order to find providers willing to serve in rural/underserved areas, it is often advantageous to educate individuals that are already part of the community. This can best be accomplished by taking the programs to the students. The DNP program at ODU is an on-line program that uses technologies such as blackboard, Skype, and social media to deliver educational programs to the DNP students. This allows the students to remain in their underserved communities as they proceed through the program. The assignments in the practicum are used to address issues relevant to the rural and underserved populations they serve.

During the program, the students complete Capstone Projects that inform and improve care. These projects address methods to improve the healthcare need of these populations. For instance, one DNP educated nurse practitioner who works in a Federally Qualified Healthcare Center converted the center’s diabetes education program to meet the cultural and linguistic needs of the Hispanic population in Southwest Virginia. As a result of her program, she was able to provide evidence that the patients’ knowledge in managing their diabetes as well as their clinical outcomes improved significantly. Another student working in a rural hospital in Southwest Virginia developed a palliative care program for patients with COPD and CHF that resulted in a significant decrease in hospital admissions and length of hospital stay. In addition, it significantly improved the psychological well-being of both the patient and the caregiver.

Secondly, the DNP program focuses on developing clinical scholars that have expertise in utilizing technology to bring state of the art healthcare to the underserved regions. The students are introduced to Telehealth, Social Media, EHR, and Clinical Decision Support through standardized patient encounters; rotations in sites using telehealth; and application to their practice sites. One DNP FNP student that worked with the UVA Stroke Center used her Capstone Project to develop, implement and evaluate stroke education delivered via telehealth from over 300 miles away as compared to in-person education and found them to be equally effective. This project demonstrated the feasibility of providing such education via telehealth in order to provide those in rural areas with stroke education provided by experts from a major stroke center.

Finally, the DNP students are prepared to lead change in their communities through policy initiatives; addressing the business side of practice; developing multidisciplinary collaborative relationships; presentations, and writing proposals for funding. For example, one student advanced her role as a FNP provider into that of a practice owner. She used the assignments in the DNP program to help her open her own practice, a set fee clinic where patients that have no insurance can get care for a reduced set fee. This enables many homeless patients as well as those unable to afford insurance to receive care they need. Two midwifery DNP students worked closely with their nursing organization as well as the local healthcare organization in order to remove barriers to their practice. They are now well received as providers of midwifery care in underserved regions of Virginia.

In order to further address the healthcare issues stressed in the IOM report, the DNP program at Old Dominion University will be starting a Nurse Executive track in January. This innovative program will provide a venue for nurses in administrative and leadership roles to advance their knowledge and skills in order to develop innovative solutions to issues impacting healthcare.◆

Dr. Carolyn Rutledge has a Ph.D. in health services research from ODU. With more than 30 years in nursing, her chief areas of practice are women’s health and family practice. In the last five years she has published more than 30 articles and co-authored 20 successful grant applications. In 2007, she received the School of Nursing’s Gene W. Hirschfeld faculty excellence award.

Nurse Leadership Institute Welcomes its Fifth Class

The Nurse Leadership Institute (NLI), a program of the Richmond Memorial Health Foundation, provides an intensive leadership development opportunity for nurse managers and nurse leaders throughout Virginia. Approximately 30 nurses participate in a 9-month program to strengthen leadership skills needed to address critical issues nurse leaders encounter daily: design and lead a Change Project; and, become part of a growing cadre of nurse leaders poised to assume more significant roles in nursing in Virginia. One-hundred ten (110) nurse leaders from across the Commonwealth have completed the program.

NLI Fellows are Registered Nurses who serve as, or have been identified as having the potential to be, a nurse manager or a member of the management team. Fellows, who are nominated by their employers, participate in six (6) face-to-face sessions lead by experienced leaders from across Virginia and beyond; engage in distance learning activities; develop and lead implementation of a Change Project; and, work closely with a Preceptor during their NLI experience.

To learn more about the NLI, please go to: www.VirginiaNLI.org. The application process for the Class of 2013 will begin this winter. To receive an announcement regarding application availability, please contact Denise Daly Konrad, NLI Director: DKonrad@VirginiaNLI.org or 804.282.6282. For more information about the Richmond Memorial Health Foundation, visit www.rmhfoundation.org◆
The American Association of Colleges of Nursing (AACN) commences its second Nursing Student Policy Summit in Washington, DC in March of this year for the next generation of health policy leaders. Sponsored by the Jonas Center for Nursing Excellence, the Johnson and Johnson’s Campaign for Nursing’s Future, the University of Kentucky College of Nursing, and Loyola University New Orleans School of Nursing, whose generous donations have helped to support a robust agenda, the summit coincides with AACN’s 2011 Spring Annual Meeting and features a variety of presentations by policy experts, interactive discussions with Washington insiders, lobbying visits to U.S. members of Congress, and strategic networking opportunities.

The keynote speaker was Mary Wakefield, PhD, RN, FAAN, Administrator of the Health Resources and Services Administration, who discussed nursing’s role in health policy and advocacy. Attendees also heard the federal agendas of AACN, the American Nurses Association, the American Association of Nurse Anesthetists, and the Association of Women’s Health, Obstetric and Neonatal Nurses. Additionally, the students heard from last year’s attendees and how they incorporated their new understanding of health policy into their academic and career roles. The meeting agenda also included a panel presentation by key Capitol Hill staff, visits to House and Senate offices, and a reception on Capitol Hill with legislators and nursing school deans.

“We’re enormously pleased to support AACN’s visionary efforts to involve today’s nursing students in complex policy issues,” said Darlene Curley, Executive Director of the Jonas Center for Nursing Excellence. “They will soon be central to our evolving healthcare system and with a clear understanding of the connections between policy and practice, they will be able to develop a strong voice for the profession and their patients—a key goal of our work.”

Generous support from the Jonas Center for Nursing Excellence, the Johnson and Johnson’s Campaign for Nursing’s Future, the University of Kentucky College of Nursing, and Loyola University New Orleans School of Nursing enabled AACN to accommodate 130 students (from capacity). Local support for some Radford University students was provided by Epsilon Psi Chapter of Sigma Theta Tau International.

Virginia had the most students at the Student Health Policy Summit, with 17 students from James Madison University, Norfolk State University, Radford University, and the University of Virginia, Department heads and administrators from Virginia nursing programs, including Dr. Bennie Marshall from Norfolk State University, Dr. Kim Carter from Radford University, and Dr. Marge Rodan from George Mason University accompanied the students to Capitol Hill. Students attending the summit included Hershaw Davis (University of Virginia), Christine Little (James Madison University), Sheree Cummings, Shambra Watson, Dorrern Davis, Ashley Cowan (Norfolk State University), Victoria Trauna, Amber Poster, Amy Johnson, Amy St. Clair, Kimberly Hall, Courtney Smith, Maria Applewood, Faye Lyons, Cecile Dietrich, Joni Goldwauser, and DeRitta Compton (Radford University).

Virginia students and Nursing Deans/Directors met with Health Policy Staff from Senator Warner and Webb’s offices, as well as with staff from Representative Griffith and Bobby Scott. They shared policy messages advocated by AACN including funding for the National Institute of Nursing Research (NINR) and Title VIII funding (financial support for students).

More information about the AACN Nursing Student Policy Summit, including a meeting agenda, is available online at http://www.aacn.nche.edu/Government/sps.htm.

The American Association of Colleges of Nursing is the national voice for university and four-year-college education programs in nursing. Representing more than 640 member schools of nursing at public and private institutions nationwide, AACN’s educational, research, governmental advocacy, data collection, publications, and other programs work to establish quality standards for bachelor’s- and graduate-degree nursing programs, assist deans and directors to implement those standards, influence the nursing profession to improve health care, and promote public support of baccalaureate and graduate nursing education, research, and practice. http://www.aacn.nche.edu

Founded in February of 2006, the Jonas Center for Nursing Excellence is supported by the Barbara and Donald Jonas Family Fund. Its mission is to advance professional nursing education, research, and practice through grant making and programs that improve nurse education, and promote public support of baccalaureate and graduate nursing education, research, and practice. http://www.jonasnche.org

For more information, visit www.aacn.nche.edu
Admissions: 804-627-5300 or toll free 866-238-7414

AACN Hosts Inaugural Nursing Student Policy Summit
Sponsored by the Jonas Center for Nursing Excellence
Virginia Nursing Students join Baccalaureate and Graduate Nursing Students from Across the Country to Meet in Washington, DC to Focus on Health Policy
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Virginia Board of Nursing Honored with National Council of State Boards of Nursing (NCSBN) 2011 Regulatory Award for Excellence

The Virginia Board of Nursing (BON) was awarded the 2011 National Council of State Boards of Nursing’s (NCSBN) Regulatory Award for Excellence at the August annual meeting. Each year, this top honor acknowledges the member board that made an identifiable, significant contribution to the work of NCSBN to promote public policy to advance the safe and effective practice of nursing in the interest of public welfare.

Nearly two-thirds of Virginia’s healthcare workforce or 200,000 practitioners are licensed by the Board of Nursing. Under the leadership of Department of Health Professions (DHP) Director, Dianne L. Reynolds-Cane, MD., BON is the largest of Virginia’s 13 health regulatory boards. According to Dr. Reynolds-Cane, “This is the first time the Virginia Board of Nursing has received NCSBN’s most prestigious annual award. Recognition by NCSBN speaks volumes about the accomplishments of the Commonwealth’s Board of Nursing and its commitment to meet the needs of licensees and the public under their care.”

Board of Nursing Executive Director, Jay Douglas, MSM, RN and CSAC says, “Practitioners and citizens appointed by the Governor for voluntary service on the BON are to be congratulated along with staff for recognition of their work to protect the public. It is an honor for the BON to be highlighted nationally by leading members of the nursing community. This accomplishment will go a long way to boost public confidence in the care people receive from BON licensees.”

Established in 1978, the NCSBN provides education, service, and research through collaborative leadership to promote evidence-based regulatory excellence for patient safety and public protection. The NCSBN Regulatory Excellence Award is made annually based on the following criterion:

- Active participation in NCSBN activities by board members and/or board staff;
- Effective leadership in the development, implementation and maintenance of licensing and regulatory policies;
- Active collaborative relationships among the member board, NCSBN, the public and other member boards.

It is the mission of Virginia’s health regulatory boards and the Department of Health Professions (DHP) to ensure safe and competent patient care by licensing health professionals, enforcing standards of practice, and providing information to health care practitioners and the public. Visit http://www.dhp.virginia.gov/nursing/ for more information regarding the work of Virginia’s Board of Nursing (BON).
The Virginia Nurses Association Continuing Education Approval Committee (VNA CEA Committee) has been an accredited approver of continuing education by the American Nurses Credentialing Center (ANCC) since 1978.

**Who we are:** The CEA Committee is responsible for the continuing education approval process, from managing the program to reviewing applications. As part of the Commission on Education, the Continuing Education Approval Committee function is defined in the VNA bylaws. The committee is overseen by the Commissioner on Nursing Education, Linda Dedo, and committee members currently include two co-chairs, Lolita Ramsey and Sharon Brosious, 12 volunteer nurse peer reviewers and a VNA staff CEA coordinator. The members of the committee represent a variety of practice areas and geographical areas of Virginia. Each application submitted to the VNA CEA Committee is reviewed independently by two peer reviewers. This peer review process takes an average of one month to complete.

**Types of applications reviewed:** There are two types of applications reviewed—single educational activities and approved provider applications. Single educational activities are submitted from any group/agency/organization outside of the VNA who wants to provide nursing contact hours for a single educational activity. Single educational activities are approved for a period of 2 years, allowing for the organization to repeat the same activity as often as desired in that time period when there are no changes to the education outline as approved. In the second type of application, Approved Providers have successfully demonstrated their ability to provide educational activities according to the ANCC criteria on continuing education. Approved Providers are allowed to award contact hours for an unlimited number of continuing education activities, implemented and evaluated by the Approved Provider for a period of 3 years.

**For additional information on how to complete an application** and for the fees and associated deadlines with each application, please visit the VNA CEA Committee website at: [http://www.virginianurses.com](http://www.virginianurses.com).

The Virginia Nurses Association Continuing Education Approval Committee has a need for Nurse Peer Reviewers. As a Nurse Peer Reviewer you have the unique opportunity to be on the inside track to issues related to continuing education and the ANCC accreditation program. Being a Nurse Peer Reviewer, you will learn what our reviewers are looking for in approved provider and single activity applications. Experience as a Nurse Peer Reviewer can also help further the careers of those in continuing education and nursing professional development.

In order to qualify, you must have a Baccalaureate or graduate degree in nursing, current licensure in the state of Virginia, membership in the VNA and experience in adult learning and education. The position of a Nurse Peer Reviewer is a volunteer, unpaid position. Each reviewer is assigned on average 2 to 3 reviews per month, which may take an average of 1 to 2 hours to review single activity applications and 2 to 4 hours to review approved provider applications (depending on the size of the activity). Orientation to the review process will be provided.

For those interested, please contact the VNA CEA Coordinator, Germaine Forbes at vnaec@virginianurses.com, or call 804-282-1808. ◆

**FAAN**

The American Academy of Nursing announced that 142 nurse leaders were inducted as Fellows during the Academy’s 38th Annual Meeting and Conference on October 15, 2011, in Washington, D.C. This is the largest class of inductees.

“Selection for membership in the Academy is one of the most prestigious honors in the field of nursing,” said Academy President Catherine L. Gilliss, DNSc, RN, FAAN. “Academy Fellows are truly experts. The Academy Fellowship represents the nation’s top nurse researchers, policymakers, scholars, executives, educators and practitioners.”

AAN’s 1,500 members—known as Fellows—are nursing’s most accomplished leaders in education, management, practice and research. They have been recognized for their extraordinary nursing careers and are among the nation’s most highly-educated citizens; more than 80 percent hold doctoral degrees, and the rest have completed masters programs.

Sixty-four percent of the Fellowship work in academic settings, 30 percent work in service and practice settings, and about 3 percent work in state and federal government agencies.

The Academy is governed by a 10-member Board of Directors, elected by the Fellows.

Selection criteria include evidence of significant contributions to nursing and health care. Each nominee must be sponsored by two current Academy Fellows. The new Fellows are selected by a panel comprised of elected and appointed Fellows, and selection is based, in part, on the extent to which nominees’ nursing careers influence health policies and health care delivery for the benefit of all Americans. New Fellows will be eligible to use the credentials FAAN (Fellow of the American Academy of Nursing) after their October induction.

Virginia Nurses Association is honored to have 56 Fellows as members. The newest Virginia Fellows, who were inducted in October, 2011 are:

- Kathryn Laughon, PhD, RN, University of Virginia
- Debra Lyon, PhD, RN, FNP
- Virginia Commonwealth University
- Jennifer Matthews, PhD, RN, A-CNS-BC, Shenandoah University ◆
Welcome New & Returning Members

A
Christi Adams, Mechanicsville
Sandra Allen, Midlothian
Patricia Anderson, Staunton
Barbara Armentrout
Mary Arzeno, South Riding
Louise Avery, Alexandria
Trina Ayerolf, Williamsburg

B
Barbara Bailey, Richmond
Raahseda Baker, Chesapeake
Bonnie Barndt-Maglo, McLean
Janet Batten, Smithfield
Shannon Bingham, Chesapeake
Dawn Boone, Suffolk
Lori Borsch, Keswick
Jessica Bradford, Pulaski
Paula Braun, Richmond
Sharon Brigner, Great Falls
Ronnie Brock, Falls Church

C
Christine Carroll, Abingdon
Pam Caswell, Springfield
Aline Clark, Chantilly
Jody Chance, Richmond
Laura Choffel, Virginia Beach
Ann Chapman, Herndon
Andrea Clanton, Suffolk
Marcia Clark, Williamsburg
Kelva Clarke, Richmond
Maria Cohan, Midlothian
Susan Coleman, Reston
Sandra Coles, Glen Allen
Constance Cook, Radford
Felicia Copeland, Richmond
Jeanette Christy, Midlothian
Sharon Craft, Newport News
Valentina Cunningham, Arlington

D
Sharon Darby, Midlothian
Jessica Dawson, Richmond
Anne Day, Lynchburg
David DeBasti, Richmond
Kathleen DeSiiva, Herndon
Kristine Dreesen
John Dixon, Virginia Beach
Donna Doherty, Suffolk
Meg Durante, Chesterfield
Suzanne Dutta, Vienna

E
Monique Farrington, Virginia Beach
Amy Ferguson, Salem
Tahilia Fernandez, Front Royal
Kevin Fieth, Roanoke
Susan Foster, Woodbridge
Eva Francis, Hampton
Meg Furman, Stafford

F
Leigh Galbraith, Richmond
Kim Giles, Charlottesville
Vicky Gillikin, Newport News
Teresa Gonzales, Virginia Beach
Lynn Goodloe, Mechanicsville
Regina Goodwyn, Portsmouth
Jessica Greer, Front Royal

G
Linda Haddad, Richmond
Jenna Haddock, Leesburg
Deborah Haga, Wytheville
Elizabeth Halley, McLean
Charles Hammond, Ruckersville
Jessica Harasek, Manassas Park
Jessica Hatcher, Warsaw
Hannah Havercamp, Falls Church
Catherine Herrington, Charlottesville
Sandra Hester, Marion
Joan Howard, Woodbridge
Jennifer Howe, Richmond
Diane Howell, Richmond
Allison Hubbard, Leesburg

H
Sabrina Ingram, Buena Vista
Sharon James, Norfolk
Christina Jasmin, Fairfax
Pamela Jones, Sandston
Susan Justice, Broadway

K
Shaina Kanak, Springfield
Erie Kiester, Blacksburg
Sally Kelley, Norfolk
Ashley Kitts, Virginia Beach

L
Thomas Langston, Centerville
C. Michelle Longley, Madison
Robin Luttrell, Stephens City

M
Sean McCallum, Alexandria
Jennifer McCaughy, Amissville
Genennarie McGee, Norfolk
Lynn McNulty, Afton
Brian Marsden, Midlothian
Kelli Massey-Makhoul, Richmond
Elizabeth May, Suffolk
Betlehem Mekonnen, Lorton
Christopher Meyer, Harrisonburg
Angela Middleton, Poquoson
Sabrina Miles, Longview, (Texas)
Tiffany Mills, Hanover
Tammy Mitchell, Blue Ridge
Sarah Morris, Floyd

N – O
Lynn Newberry, Smithfield
Sharon O’Donnell-Phillips, Amelia
Krystyna Orzechowski, Charlottesville
Ashley Owen, South Boston

P – Q
Lisa Perkins, Nashville (Tennessee)
Judy Plemmons, Roanoke
Candice Poteat, Charlottesville
Melanie Quick, Browns Mills (New Jersey)

R – S
Heather Reed, Richmond
Aimee Reyes, Mechanicsville
Rhonda Roberts, Galax
Heather Saxby, Richmond
Sharon Sample, Newport News
Bethany Schultz, Midlothian
Deborah Scott, Washington (Va)
Eunice Scott, Richmond
Jeanette Sessions, Nassawadox
Julia Sheehy, Alexandria
Cynthia Shirley, Newport News
Donna Silver, Suffolk
Ann Simmons, Alexandria
Carrie Smith, York, (Pennsylvania)
Christine Smith, Woodbridge
Paula Smith, Fredericksburg
Tammy Smith, Alexandria
Gloria Smits, Lexington
Kimberly Sommer-Campos, Bristow
Sharon Stanley, Salem
Marka Stepniwski, Petersburg
Dorothy Sterling, Virginia Beach
Nadine Swisher, Baker

T
Erie Terkanian, Springfield
Jessica Terry, Bluefield
Heidi Tew, Yorktown
Tanya Thomas, Earlysville
Melissa Thomsen, Rockville, (Maryland)
Bonnie Togna, Newport News
Kimberly Tufts, Norfolk
Kelly Turner, Richmond

U – Z
Ginny Vance, Chesapeake
Tracey Vazzana, Reston
Lu Wei, Winchester
Jo Wells, Midlothian
Luanne Whittenburg, Alexandria
Malinda Whitlow, Charlottesville
Marilyn Williams, Sterling
Mary Wilson, Newport News
Helen Wolfe, Pulaski
Lora Womack, South Boston
Judith Yoder, Arlington
Lee Zvivo, Setauket, (New York)

The Workplace Advocacy Guide for Nurses has gone digital!!!

You can purchase this E-Book on:
LuLu
amazon
kindle
nook

Coming soon to Apple ibook

You can also purchase a hardcopy of the Advocacy Guide from VNA at www.virginianurses.com
VNA Chapter Development

If you are interested in creating a Chapter, please follow the steps below.

1. Obtain a copy of the VNA bylaws by going to: www.virginianurses.com
2. Review current VNA Chapters listed on www.virginianurses.com
3. Identify the purpose of the Chapter in development. (Chapters can be created around special interests, geography, hospital systems, academic settings, practice areas, etc. VNA Chapters created around special interests and specialty practice areas do not replace the value of belonging to your specialty organizations.)
4. Develop a roster of a minimum of 10 current VNA members, who would like to be a member of the developing chapter. If there are Registered Nurses interested in joining the chapter, who are not VNA members, they can join by going to: www.virginianurses.com
5. Select a Chapter Chair who will serve as the contact person to VNA Headquarters.
6. Create a Chapter Name that identifies the purpose of your Chapter.
7. Submit a VNA Chapter Development Application to VNA Headquarters.
8. The Chapter Development Committee will review all VNA Chapter Development Applications and submit to the VNA Board to approve or decline the application. The Membership Development Committee will notify Chapter applicants of the VNA Board’s decision.
9. After a Chapter has been approved, it is eligible to apply for funding from the Chapter Growth and Development Fund by submitting a Chapter Growth and Development Grant Application.

Membership Application

MEMBERSHIP NEWS

State Nurses Association Membership Application

8515 Georgia Avenue • Silver Spring, MD 20910 • (301) 628-5000

Full Membership Dues—$248.00

R Reduced Membership Dues—$124.00

S Special Membership Dues—$65.00

Choice of Payment (please check)

☐ E-Pay (Monthly Electronic Payment)

This is to authorize monthly electronic payments to American Nurses Association, Inc. (ANA). By signing on the line, I authorize my Constituent Member Association (CMA/ANA) to withdraw 1/12 of my annual dues and any additional service fees from my account.

☐ Checking: Please enclose a check for the first month’s payment ($21.17); the account designated by the enclosed check will be drafted on or after the 15th each month.

☐ Credit Card: Please complete the credit card information below and this credit card will be debited on or after the 15th of each month.

Full Annual Membership

Membership Investment

Ana-Pac (Optional—$20.04 suggested)

Total Dues and Contributions

Online: www.nursingworld.org

E-Pay (Monthly Electronic Payment)

☐ Check (payable to ANA)

☐ Visa, MasterCard

☐ Approval Code

☐ Authorization Signature

Bank Card Number and Expiration Date

Please Note:

☐ Special Membership Dues—$65.00

☒ 62 years of age or older and not employed

☐ Totally disabled

☐ Full Time Student

☐ Not Employed

☐ Full Time Student

☐ New graduate from basic nursing education program, within six months after graduation (first membership year only)

☐ Any other: ____________

☐ Please check with your CMA for the correct amount.

☐ State nurses association dues are not deductible as charitable contributions for tax purposes, but may be deductible as a business expense. However, that percentage of dues used for lobbying by the CMA is not deductible as a business expense. Please check with your CMA for the correct amount.

☐ If you are employed, you may deduct the amount of your dues as a business expense. Please check with your employer and the association to make such a deduction.

☐ By signing the Monthly Electronic Deduction Authorization, you are authorizing ANA to charge the credit card listed in the credit card information section for the annual dues on the 1st day of the month when the annual renewal is due.

☐ Payroll Deduction

This payment plan is available only where there is an agreement between your employer and the association to make such deduction.

☐ Annual Credit Card Payment Authorization Signature * SEE BELOW

☐ Automated Annual Credit Card Payment

This is to authorize automatic annual credit card payments to American Nurses Association, Inc. (ANA). By signing on the line, I authorize CMA/ANA to charge the credit card listed in the credit card information section for the annual dues on the 1st day of the month when the annual renewal is due.

☐ Sponsor, if applicable __________________________

☐ SNA membership # ________________________

☐ State nurses association dues are not deductible as charitable contributions for tax purposes, but may be deductible as a business expense. However, that percentage of dues used for lobbying by the CMA is not deductible as a business expense. Please check with your CMA for the correct amount.

☐ If you are employed, you may deduct the amount of your dues as a business expense. Please check with your employer and the association to make such a deduction.

☐ By signing the Monthly Electronic Deduction Authorization, you are authorizing ANA to charge the amount of $21.17 full/$10.83 reduced by giving the above- signed thirty (30) days advance written notice. Above signed may cancel this authorization upon receipt by ANA of written notification of termination twenty (20) days prior to deduction date designated above. Membership will continue unless this notification is received. ANA will charge a $5 fee for any returned drafts or chargebacks.

☐ Print Name ____________________________

☐ Amount Enclosed: $________

☐ Authorization Date ____________

☐ Check # ____________________________

☐ Sponsor, if applicable __________________________

☐ SNA membership # ________________________

☐ By signing the Monthly Electronic Deduction Authorization, you are authorizing ANA to charge the amount of $21.17 full/$10.83 reduced by giving the above- signed thirty (30) days advance written notice. Above signed may cancel this authorization upon receipt by ANA of written notification of termination twenty (20) days prior to deduction date designated above. Membership will continue unless this notification is received. ANA will charge a $5 fee for any returned drafts or chargebacks.
Common Questions about Lactose Sensitivity

What is lactose sensitivity?
People who are lactose sensitive have a hard time digesting the sugar (called lactose) that is naturally found in milk and may experience discomfort after consuming dairy foods.

How do I know if I’m lactose sensitive?
Stomach aches, bloating or gassiness can have many different causes. Your doctor can help you find out if you are lactose sensitive if your digestive discomfort is caused by something else.

I used to drink milk all the time when I was a child. Why am I more sensitive to dairy now?
Your body makes an enzyme called lactase to help digest the lactose in milk. As an adult, your body may be making less of this enzyme than when you were younger. This may make it more difficult to tolerate dairy.

If I am lactose sensitive, do I avoid all dairy foods?
Lactose sensitivity is a very individual condition. Most people can continue to enjoy low-fat and fat-free dairy foods by drinking low-lactose or lactose-free milk, having small amounts of milk with meals or including natural cheeses or yogurt in their diet.

Is lactose sensitivity the same thing as a milk allergy?
No, being lactose sensitive is not the same as having a milk allergy. A milk allergy is caused by a reaction to the protein in milk. This is different from lactose intolerance, which occurs when your body has a hard time digesting the natural sugar (or carbohydrate) in milk. While people with milk allergies must avoid dairy, avoidance is not necessary for those who are lactose sensitive.

Can I get the nutrients I need without dairy foods in my diet?
Nutrition experts advise that you still try to eat dairy foods to best meet your nutrient recommendations. The dairy food group (milk, cheese and yogurt) provides key nutrients such as calcium, potassium and vitamin D. It’s difficult to get enough of these nutrients without dairy foods in your diet.

Can children be lactose sensitive?
Lactose sensitivity is less common in young children. If you think your child is lactose sensitive, talk to your family doctor, pediatrician or a dietitian.

FAST FACTS ABOUT LACTOSE-FREE MILK AND MILK PRODUCTS

Lactose-free milk is real milk, just without the lactose, and is a solution to help you get all the great nutrients found in regular milk.

HOW THEY’RE MADE: Lactose-free dairy products are the same as regular dairy products except the lactose (milk sugar) is already broken down or removed for you.

GREAT TASTING: People like the taste of lactose-free milk more than some of the available nondairy alternatives, according to a study in the Journal of Sensory Studies.

AVAILABLE OPTIONS: A wide variety of lactose-free dairy products — including reduced-fat, low-fat, fat-free and chocolate milk, ice cream and cottage cheese — are available.
Chamberlain College of Nursing.
Expanding access to nursing education today to ensure our health tomorrow.

With 2.8 million new and replacement nurses needed by 2020*, nurses have the opportunity to shape the future of healthcare. Chamberlain is increasing access to nursing education nationwide by launching new campuses and adding flexible online degree programs.

- For aspiring nurses, Chamberlain offers a 3-year Bachelor of Science in Nursing (BSN) degree program**.
- For nurse advancers, Chamberlain offers the RN to BSN online degree completion option, the RN-BSN to MSN online option and the Master of Science in Nursing (MSN) online degree program.

Chamberlain is advancing healthcare by training the nurses, nurse leaders and nurse educators of tomorrow.

Chamberlain College of Nursing Arlington Campus – 2450 Crystal Drive – Arlington, VA 22202 – 888.556.8226

Comprehensive consumer information is available at: chamberlain.edu/studentconsumerinfo

* U.S. Department of Health and Human Services, Health Resources and Services Administration, 2008
** The on-site Bachelor of Science in Nursing (BSN) degree program can be completed in three years, year-round study instead of the typical four years with summers off.