



The Pulse

THE OFFICIAL PUBLICATION OF THE MONTANA NURSES ASSOCIATION

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Quarterly circulation approximately 18,000 to all RNs, LPNs, and Student Nurses in Montana.

Executive Director's Message

98th Annual House of Delegates Summary

Registered Nurses and Advanced Practice Registered Nurses from across Montana attended MNA's 98th Annual Convention and House of Delegates. As delegates to the convention, these nurses conducted the business of the association and represented the interests of their geographic districts—amidst a balanced selection of continuing education offerings and networking social events. This is a summary of the decisions made.



Robert Allen

The MNA House of Delegates voted to establish a retired nurse membership level within MNA for nurses who no longer hold active licensure, and who voluntarily allow their nursing license to lapse due to retirement, but desire continued participation as members of their professional association. In order to qualify for a retired nurse membership, the license must have been in good standing at the time of retirement.

A number of years ago, MNA instituted dues escalator and dues pass-through provisions in the bylaws as measures designed to help MNA and the American Nurses Association (ANA) maintain service levels and programs for members as the cost of doing business increases. ANA uses the Consumer Price Index for Urban Consumers (CPI-U), reported each June, as their benchmark for calculating

dues increases. MNA has always used the Annual CPI index, reported in December each year, as its benchmark. Using a December index did not allow MNA the ability to announce dues increase amounts until after the annual convention and House of Delegates was over. The 2010 MNA delegates voted to align the MNA benchmark with that of ANA and will now use the June to June change in CPI-U to calculate annual dues increases. **For 2011, the amount of dues paid to ANA for each member increases \$4.00 and the dues paid by each member to Montana increases \$3.12 for a total annual increase of \$7.12 per member. This dues increase amount will be effective January 1, 2011.**

The 2010 House of Delegates passed a resolution stating MNA is not in support of the current medical marijuana statute. The Montana legislature legalized the use of medical marijuana in 2005. However, the current implementation of this legislation lacks sufficient rules and regulations and concerns abound over patient welfare, public safety, fiscal responsibility and the impact to local and county resources is not being addressed.

Finally, a complete slate of member—candidates for open board and council positions was announced. This edition of the Pulse showcases the candidates nominated for the various positions. The secret ballot election process will occur in November 2010.

I want to thank those individuals who attended this year's convention for making it another successful event.

Executive Director Report to the 2010 House of Delegates

By Robert Allen, ED

Another year has passed and at the drafting of this report, we are mid-stride the 2010 summer months. Each year the Montana Nurses Association (MNA) staff and council leaders report to our nurse members on the status of MNA, its departments, and its councils during the Annual House of Delegates.

The Montana Nurses Association (MNA) has more members, more staff, more financial resources, and ultimately, a resonating and more significant voice heard at both the state and national levels.

MNA continues to grow in membership and dues revenue primarily from newly organized bodies and careful follow up on the part of Karen Fenger, Membership Manager. More than two thousand members make up the dues paying membership of MNA, however, MNA advocates for and on behalf of all the RN licensees in the state which number in excess of 16000. MNA is the professional association for nurses in Montana and it is our belief that all RNs licensed in the state should be members.

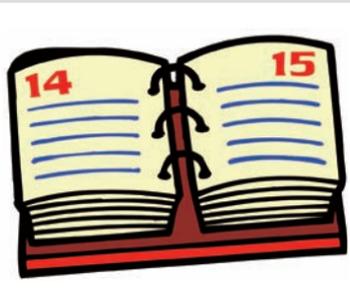
Financially, MNA continues to operate with revenues in excess of expenses and will once again finish 2010 in the positive. It has not been an easy endeavor to improve and increase the services we perform within the current resources. Your MNA leadership has not raised dues levels in my tenure as your executive director. However, we may need to exercise the MNA dues escalator provision for this coming year in order to maintain the current level of services and educational activities presently provided to our members. At the writing of this report, MNA is approximately \$21,000 ahead of expenses for the year 2010, primarily due to vacancy savings in staffing.

The MNA staff has grown commensurate with the needs of our members and the services we commit to provide. Last year we added additional staffing to our collective bargaining program by hiring a full time labor specialist in the Eastern portion of the state. This year we have added part-time staffing to our CE department and additional part-time help to the administrative services of MNA. It is my hope that these positions will continue to grow along

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Happy
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Association



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Greetings from the MNA Labor Representative "East"

By Amy Hauschild RN-C

I just returned home from the 98th annual MNA convention held in Helena. This year's offerings were again wonderful. We were lucky enough to have speakers from The National Federation of Nurses "NFN," The American Nurses Association "ANA" and the New York Nurses Association "NYSNA." Barbara Crane RN, President of the "NFN" and Lorraine Seidel, Program Director for the Labor Program at "NYSNA" addressed the attendees at the Economic and General Welfare "E&GW" Dinner. They updated us on some of the work NFN is doing with special focus being paid to the growing issue of violence against health care workers and workplace violence in general. The incidences of violent acts against healthcare workers are dramatically on the rise—or perhaps reporting of these episodes are on the rise? In either case, we have a problem affecting potentially every registered nurse in Montana and the Nation. MNA and our two national affiliates—the ANA and the NFN—are addressing this problem head on. I know we will be hearing more in the near future.



Amy Hauschild

It really is wonderful to belong to a Professional Nursing Association where we have the opportunity to hear and meet in person (in our own state) ANA's CEO, Dr. Marla Weston. Dr. Weston addressed the Montana House of Delegates in 2 different plenary sessions throughout the convention. She is a dynamic speaker and delivered information from ANA on Health Care Reform—or as the ANA President, Karen Daley is now calling it "Nursing Care Reform." We are at a very exciting crossroad where registered nurses from all over the United States are going to be able to assist with care delivery model changes through national reform. ANA was instrumental in achieving "seats at the table" for registered nurses, so our voices may be heard.

On the local front, our collective bargaining nurses continue to be very busy. Local #44 in Miles City is close to achieving their first contract with their employer—Holy Rosary Healthcare. Things are progressing nicely and we are truly, very near agreement. We had RNs from Sidney Health Center, Holy Rosary, Rosebud Healthcare Center and the Billings Clinic attend convention as Delegates and participate in the decision making body of their professional association. Three of the Delegates from Eastern Montana were first-time attendees. Good job being involved, folks.

We look forward to a productive and fruitful winter. Happy Holidays everyone.

ED Report to 2010 HOD continued from page 1

with MNA and develop into additional full time positions. It is my pleasure and joy to welcome Barb Swehla as MNA's Continuing Education Director.

In technology, your MNA staff and volunteers have been working diligently to develop and build a new network infrastructure and eventually a web-site that is professional, up-to-date, and relevant to member needs. We will continue to use the current and modern resources available to us in an effort to improve member value and overall educational offerings. Eventually, the new web site will expand system capabilities and allow for new and exciting future enhancements.

The 2011 legislative session will soon be upon us and the MNA office will be deep in the process of legislative review and advocating on behalf of nurses and patients. In a separate article I made a call for nurse consultants to sign up and be active in our legislative session. Many changes are expected in Montana law pertaining to reform and dealing with healthcare access. A list of nurse consultants is

being developed. Nurses will have the opportunity to draft and/or deliver testimony, educate and counsel lawmakers on health care items, and for some, to review and make comment on MNA healthcare positions.

MNA has been reaching out to common stakeholders and working to develop collaborative action with each. A few notable connections include the Emergency Nurses Association and the Montana Association of School Nurses. In addition, MNA partnered in a grant application for a Montana Health Care Workforce Development Grant, which, over the next 18 months, would look at the current health care workforce in Montana, project out the future needs of Montana, and implement strategies to remove barriers and increase employment pathways insuring a competent and readily available health care workforce.

MNA continues to prosper in all areas of operation and as always, I am honored to be your executive director and look forward to the future of MNA.



Official Publication of the
Montana Nurses Association

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Monday through Friday

WHO WE ARE

The Montana Nurses Association is a professional association for Registered Nurses, including Advanced Practice Registered Nurses, students, and retired nurses in Montana. MNA provides collective bargaining services, continuing education, and professional networking opportunities. MNA advocates on behalf of nurses before the Montana Legislature, the Montana Board of Nursing, and other public policy bodies.

MISSION STATEMENT

The Montana Nurses Association promotes professional nursing practice, standards and education; represents professional nurses; and provides nursing leadership in promoting high quality health care.

CONTINUING EDUCATION

The Montana Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Montana Nurses Association (OH242 12/01/2011) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

MNA

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Questions about your nursing license? Contact the Montana Board of Nursing at: www.nurse.mt.gov

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MNA welcomes the submission of articles and editorials related to nursing or Montana nurses for publication in *The Pulse*. Authors should limit item size to between 250-300 words and, where appropriate, provide resource and reference support. MNA has the right to accept, edit or reject proposed material. Please send articles to: leah@mntnurses.org. The next submission deadline is Friday December 24th for publication in the January issue.

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Continuing Education Department

Barb Swehla, RN, MN, Director

MNA's Continuing Education (CE) Program is moving forward with confidence in building the program, as promised in last year's report.

We strive to work effectively with the CE Council toward goals that promote new program opportunities and encourage continuing education activities that impact growth in membership and professionalism.

Our plans include traveling to locations around the state to demonstrate the CE application process and encourage more agencies to provide quality nursing continuing education. So far, I have been to Miles City, primarily to discuss the Montana Health Network's becoming an Approved Provider and to the MHA Convention to encourage individual CE applications and Approved Provider applications.

CE Department Accomplishments:

- Provided the **First Annual APRN Pharmacology Conference** in April 2010, which was very well-attended (43 attendees). We are planning for an increase in the Spring of 2011.
- Continue to provide CE contact hours for the annual labor retreat.
- Increased number of Approved Providers in Montana, including St. James Hospital in Butte and the Montana Hospital Association—an Association of Healthcare Providers—in Helena.
- We have adopted 11 Alaska approved providers.
- Plan to increase the number of Approved Providers in Alaska and surrounding states, including the Alaska Nurses Association.
- Worked on development of Montana Board of Nursing (BON) rules for mandatory education for nursing licensure, which have been adopted by the Board of Nursing.
- Increased number of approved individual activities from 19 events in CY 2009 to 38 events so far in 2010 (with 3 months left in the calendar year).

The MNA CE program continues its commitment to ensuring that individual CE providers and MNA

Approved Providers understand and follow ANCC criteria for continuing nursing education.

Approved Provider status is important to MNA in order to continue offering CE at Convention, for District Councils (I'd like to see us do more of this kind of thing for Districts), and special conferences.

We expect to offer a **Face to Face Provider Update** in 2011 in our Education Center. We believe it is important to support MNA Approved Providers, those interested in planning individual continuing nursing education activities, and those considering becoming an Approved Provider. We will work with people to every extent possible to help them produce quality continuing nursing education.

We decided to **"Go Green"** this year, so our internal CE record-keeping is now totally electronic and we are, for the first time, not providing CE handouts in hard copy at Convention except for registrants who chose to pay for the hard copies. Many other associations have gone paperless for their major events, and we decided that this time is as good as any to contribute to a healthier environment and reduce convention costs.

The speaker handouts will be available by email request and can be downloaded and printed or saved electronically. We will provide CD-Roms for individuals to purchase for \$5 or request by email at no charge.

The 2010 House of Delegates approved some changes to the Continuing Education bylaws that are designed to encourage involvement in the CE Council. The CE Council has also approved a Business Plan for Continuing Education. Members are welcome to request a review of the Plan at any time.

By the end of the year, we plan to offer over 500 CE programs that have been developed and maintained/updated by nursing specialty experts from Ohio for a nominal fee for members and a higher fee for non-members.

**Continuing Education is thriving in Montana—
it's a great time to get involved!**

E&GW Council/Collective Bargaining Assembly (CBA) Convention News

The CBA met during the MNA convention and a resolution was brought forward from CBA and passed by our HOD this year. The goal of the successful proposal is to develop a members-only login for collective bargaining members on our MNA website. Its purpose is to improve communication throughout the state for bargaining unit members.

With the separation of the secretary/treasurer position, an additional member was added to the board of directors. This additional position of director-at-large is designated as a collective bargaining member.

The National Federation of Nurses (NFN) is having its annual Labor Academy May 14th and 15th, 2011. Montana is allotted 10 positions to attend the event. We will post the requests for applicants in *The Pulse* and on the website. The CBA discussed attendance and established a goal to send new leaders from diverse geographical regions in Montana. New attendees will be given preference in delegate selection.

The CBA also charged the E&GW Council with producing policy/procedure surrounding the Collective Bargaining Mobilization Fund.

Respectfully,

Vicky Rae Byrd, Chair E&GW Council



Montana Nurses Association 98th Annual Convention 2010 MNA AWARDS 2010



Economic & General Welfare (E&GW) Achievement Award



Tina Hedin, RN
Billings, MT

Founded in honor of Eileen Robbins, RN, in recognition of nurses at the local level who have influenced their work setting through collective bargaining activities.

Ms. Tina Hedin of Billings, MT, is the recipient of the 2010 Montana Nurses Association (MNA) Economic and General Welfare Award. This award recognizes nurses at the local unit level who have influenced their work setting through collective bargaining activities. Recipients of this award have demonstrated commitment to professional nursing via individual practice competency and continuing educational growth. Ms. Hedin has taken responsibility for defining, monitoring, and enhancing nursing practice in the work environment and has served as an active leader within the local collective bargaining unit as well as the professional organization.

Ms. Hedin has been active in a Billings local unit for many years. Thanks to her efforts, they more than doubled their membership at a facility where it is not mandatory to be an MNA member. She has been actively involved on the Board of Directors for MNA as President-elect and as President. She played a crucial role in establishing and developing the National Federation for Nurses (NFN), a national collective bargaining organization. She has represented Montana numerous times at American Nurses Association national conventions. It is because of her that so many of her peers feel inspired to be more involved in their professional association and stand up for what is right for nurses both now and in the future. The nurse who nominated Ms. Hedin stated that "she deserves this award more than anyone else I know."

For the Advancement of Nursing Distinguished Nurse of the Year



*Judy Simons,
RN-CGRN*
Helena, MT

Founded in honor of Trudy Malone, RN, to recognize an MNA member for outstanding contributions made to professional nursing.

Ms. Judy Simons, RN is the 2010 recipient of the Distinguished Nurse of the Year Award. She has demonstrated dynamic leadership in promoting excellence in nursing, knowledge of current issues in relation to the goals of the nursing profession, and has shown a keen awareness of and commitment to professional nursing ethics. Recipients of this award are known to initiate positive action toward the improvement of patient care and have demonstrated the ability to work well with other members of the health care team.

Ms. Simons has been known for many years as a patient advocate and team player, foundational qualities to being a great nurse. As one of the first radiology nurses at St. Peter's, Judy was instrumental in developing policy and procedure specific to radiology as well as developing a solid base of collaboration with technologists and radiologists. Her goal was to always provide expert, compassionate patient care which assisted the technologists in obtaining flawless imaging studies.

Ms. Simons developed patient education guides and instructions that served to alleviate the fears and concerns of her patients. In 2002 Judy earned her certification in Radiologic Nursing in Imaging, Interventional, and Therapeutic Environments. In 2004, as soon as she qualified for certification, Judy passed the Gastroenterology certification exam. By taking these additional steps in education, she has become a valuable resource to colleagues, and gained the trust of patients by successfully attaining certification.

Ms. Simon's encouraging attitude is infectious and refreshing. Judy is not afraid to address challenges head-on and to think outside the box in order to provide innovative and creative solutions for patient care. She is highly respected by physicians, nurses, patients and administrators.

Political Nurse Leadership Award



*Teresa Henry,
MS, RN*
Missoula, MT

Founded in honor of Mary Munger, RN, this award recognizes a member who has made significant contributions to nursing practice and health policy through political and legislative activity.

Teresa Henry, MS, RN is the 2010 Montana Nurses Association (MNA) recipient of the Political Nurse Leadership Award. She has consistently promoted the nursing profession in political and health care arenas and advanced the knowledge of nurses, politicians, and policy makers concerning nursing and health care issues. Ms. Henry has demonstrated political leadership at the district, state, and national levels and served as a mentor and role model to other nurses in the political process.

Ms. Henry has been active on nursing issues for 30+ years, having served in numerous state and local positions within MNA. She is a previous chairperson of the Council on Practice & Government Affairs, a previous MNA Board Member, and past-president of the Association. Ms. Henry has been a long-time supporter and mentor to student nurses via the Montana Student Nurses Association as the Missoula representative.

In 1995, Teresa took her passion for political activism to the next level by running for State House District 93. She has since served 3 consecutive terms in this seat. As HD 93 representative, she has been a strong advocate for nursing and health care issues important to nurses. As a nurse legislator, she has championed for the rights of those living with physical and mental disabilities, for adequate and appropriate health care access for children, and for supportive services for seniors in our communities. As a member of the House Appropriations Committee and the Joint Appropriations Subcommittee on Health & Human Services during the 2009 session, Teresa was instrumental in preserving funding for services for our most vulnerable populations of seniors, children, and those living with disabilities.

Ms. Henry has supported or sponsored legislation that provided direct benefit to consumers, ensured public health, and improved practice for nurses and advanced practice nurses.

Teresa embodies the spirit as well as the practical aspects of the Mary Munger Award having truly demonstrated political leadership, mentorship, and role modeling for both students and fellow nurses while promoting the nursing profession and advancing nursing's legislative agenda.



Montana Nurses Association 98th Annual Convention 2010 MNA AWARDS 2010



Excellence in Advanced Practice Nursing



*LaDonna Maxwell,
APRN
Great Falls, MT*

Recognizing an APRN who has demonstrated excellence in an advanced practice specialty area and who has made significant contributions to health care and the professional growth of APRNs.

LaDonna Maxwell, Advanced Practice Registered Nurse (APRN) is the 2010 recipient of Montana Nurses Association (MNA) "Excellence in Advanced Practice Nursing" Award. She has served as a role model for other APRNs and the nursing profession in general. Her involvement includes working with nursing students and as a patient advocate. Ms. Maxwell has made a significant contribution to the improvement of health care for individuals, families and communities using creativity and enthusiasm.

Ms. Maxwell has served on the board of MNA the past few years and is a co-founder of the nurse practitioner group in Great Falls. She owns a successful family practice business and is known to visit homebound patients after hours. Ms. Maxwell has been known to routinely go above and beyond for her patients, families, and community.

Ms. Maxwell mentors nurse practitioner students and promotes advanced practice nursing within the community of Great Falls as well as the state and national levels. She has established collaborative relationships with other care providers in the community.

Ms. Maxwell is Chairperson of the Rocky Mountain Elk Foundation and the Great Falls Nurse Practitioners group. She is an avid Great Falls Voyager fan and supports the Electric City Speedway. Ms. Maxwell founded and operates the Rocky Mountain Elk Foundation Kids Camp in Ennis and serves dual roles as camp cook and nurse.

Nursing Student Recognition Scholarship



*Paula Trembath
Missoula, MT*

Recognizing an outstanding senior nursing student to encourage interest and participation in a state professional nursing association. The scholarship recipient has promoted nursing as a profession, demonstrated achievements that are significant to continuing professional growth and community involvement.

Ms. Paula Trembath of Missoula, MT, is the recipient of the 2010 Montana Nurses Association (MNA) Nursing Student Recognition Scholarship.

Upon graduation in the Spring of 2011 from Montana State University, Missoula Campus, she would like to begin her career in an emergency

department. She feels her qualities of compassion, multidisciplinary approach, and prioritization of care would be best suited in this capacity.

Ms. Trembath has been an active member of MSNA for two years, and is the MSNA secretary this year. She is involved in many activities including fundraising, food drives and mentoring programs. She is a 900 hour volunteer member of the AmeriCorps, four summers volunteering with Bigfork Volunteer Rural Ambulance, one summer with the Moscow Idaho Volunteer City Ambulance, and tutor for elementary school children.

The professor who nominated Ms. Trembath stated that "Paula has been an exemplary student. She has excellent communication and leadership qualities. As a student nurse with a high level of critical thinking skills, she has demonstrated an excellent ability to organize and prioritize patient care."

The Academic Advisor who nominated Ms. Trembath stated that "Paula is a strong student who is committed to both her education and to personal/professional growth. She has a positive attitude and gathers the best from each clinical experience. She is well prepared for class and clinical and is supportive to other members of her class. Paula's ability to balance her learning, employment and competitive sports commitments are excellent examples of her ability to make decisions and set priorities."

2010 Candidate Profiles

Montana Nurses Association members will receive a ballot in the mail and it's important members vote. If you have changed your address, please let us know.

If you have not received a ballot by the end of November, please notify the MNA office.

Exercise your member rights by voting!

(If you decided to run for an office, after the close of nominations at the House of Delegates, you may submit a Consent to Serve form and run as a write-in.)



Don't forget to Vote!

GENERAL MEMBERSHIP BALLOT:

SECRETARY

ONE (1) WILL BE ELECTED FOR A ONE-YEAR TERM ~ JAN 2011 - DEC 2011

BRYNN BURBACH, RN, BSN, CCRN ~ MISSOULA



"I vow to become competent in the policies, procedures, proceedings, of the Montana Board of Directors for the Montana Nurses Association. I will sit with integrity becoming a trustworthy advocate of the association. My decisions and actions will steadfastly reflect the best interests of the association and help perpetuate the professionalism nursing has accomplished."

TREASURER

ONE (1) WILL BE ELECTED FOR A ONE-YEAR TERM ~ JAN 2011- DEC 2011

IDA WILSON, BSN, RN ~ BOZEMAN



"I feel that I can be a face for the younger and newer nurses in Montana. By serving on the Board of Directors, I can provide a fresh perspective on the profession of nursing while also encouraging my younger peers to serve. Also, being the current secretary/treasurer, I have a head start on understanding Board and Treasurer functions."

BOARD DIRECTOR-AT-LARGE

TWO (2) WILL BE ELECTED FOR A TWO-YEAR TERM ~ JAN 2011 - DEC 2012

DIANNE VELASQUEZ, RN ~ MISSOULA



"I have been active in my local MNA as an officer and I am interested in increasing my involvement at the next level."

KAREN SCHLEDEWITZ, RN ~ SIDNEY



"As an RN my primary commitment has been for patient advocacy by helping to protect the safety, health and rights of patients and their families. By maintaining the integrity of the nursing profession by continuing to grow professionally and personally by encouraging continued education for all nurses."

LINDA RIES, RN ~ SIDNEY



"As a nurse, safety of the patients and families is a major concern. My role as a nurse is to find ways to increase safety both in the hospital and outside the hospital environment. I want to learn more about the legislative arena and bills coming up that will be especially affecting my nursing patients. I also want to learn

more about the MNA and be able to take information, understanding and encouragement back to the local level to be able to increase local involvement."

REPRESENTATIVE TO THE BOARD FOR: COUNCIL ON PRACTICE & GOVERNMENT AFFAIRS (CPGA)

ONE (1) WILL BE ELECTED FOR A TWO-YEAR TERMS ~ JAN 2011 - DEC 2012

LADONNA MAXWELL, APRN, MS ~ GREAT FALLS



"If re-elected I will continue to strive for professional excellence in all aspects of nursing. Nursing is the future of health care reform. New opportunities are our's for the taking. I will continue to think outside the box, be proactive legislatively and continues to endeavor to make sure MNA continues to be the voice of nursing."

COUNCIL ON PRACTICE & GOVERNMENT AFFAIRS (CPGA)

THREE (3) WILL BE ELECTED FOR A TWO-YEAR TERMS ~ JAN 2011 - DEC 2012

LINDA RIES, RN ~ SIDNEY



"As a nurse, safety of the patients and families is a major concern. My role as a nurse is to find ways to increase safety both in the hospital and outside the hospital environment. I want to learn more about the legislative arena and bills coming up that will be especially affecting my nursing patients. I also want to learn more about the MNA and be able to take information, understanding and encouragement back to the local level to be able to increase local involvement."

TERESA HENRY, MS, RN ~ BOZEMAN



"I am committed to the Montana Nurses Association and it's policy and legislative voice. I have skills and experience that I am ready and able to use on the council."

TINA HEDIN, RN, CEN ~ BILLINGS



"For many years I have been an advocate for exercising the nurses voice. The two arenas that our voice needs to be the strongest are the workplace and the legislature. This is why I am interested in serving on the Council of Practice and Government Affairs."

SUSAN FINN, BSN, RN, CCRN, CNRN, CEN ~ BILLINGS



"Nurses can be a powerful force in healthcare but we can only do so much at the bedside. By advocating for fellow nurses and for our patients through the influencing of those who create the laws in this state, we have the potential to protect the voiceless and to prevent an untold number of injuries and deaths. If elected, I would fervently work to ensure that nurses' voices are heard, loudly and clearly, by state legislators in the coming year."

COUNCIL ON CONTINUING EDUCATION

TWO (2) WILL BE ELECTED FOR A TWO-YEAR TERM ~ JAN 2011 - DEC 2012

LAUREN MCGRANE, RN ~ HELENA



I've been an active MNA member for 16 years, and served on local, district, and state levels. I'm currently on the Council on Continuing Education and would like to continue to serve."

MARY THOMPSON, RN ~ MONTANA CITY



"I was appointed to the Council of Continuing Education in early 2010. I have learned a lot and I would like to continue to learn and assist in the Continuing Education Council. I have been a nurse for 25 years in the hospital settings. I have been working in Helena at St. Peters Hospital for 20 years."

ELIZABETH KINION, BSN, MSN, FNP-BC, FAAN ~ BOZEMAN



"I am a native Montanan and graduate of Montana State University (MSU) College of Nursing. I am currently a professor at MSU College of Nursing and the Campus Director for the Bozeman campus. I believe nurse educators should be active in MNA because we are preparing nurses for the future. I also believe it is critical for nurse educators to listen to and learn from professional nurses who represent a variety of clinical settings ... by working together we can address key nursing issues in Montana. My philosophy statement is reflected in the key messages of the IOM Future of Nursing Report 1) Nurses should practice to the full extent of their education, 2) Nurse should achieve higher levels of education and training through an improved education system that promotes seamless academic progression 3) Nurses should be full partners with physicians and other health care professionals in redesigning healthcare in the United States."

BONNIE HASH, BSN, RN, PN ~ BOZEMAN



"While a student nurse, the importance of "education" in caring for others was emphasized—learning about symptoms, hearing complaints and clarifying, seeing/hearing a potential problem—and follow-up with getting help as needed for the patient/client. Medical/nursing care has changed over the many years of my nursing, so "continuing education" is very important and I have really enjoyed the opportunities to improve my nursing care knowledge for a "healthier tomorrow" from many sources. Being a part of MNA Council on Continuing Education, checking to be sure that the presentations nurses attend/get are the correct type of updates/changes in their field so that they can help others have a "healthier tomorrow" has been a wonderful experience for me, and I would like to continue being a part of the CCE group of MNA."

MOLLY PROTHEROE, RN ~ HELENA



"To me, nursing transcends the everyday stress of life to bring healing to those who have the need of it. It is the center of my life and I enjoy sharing it with others. As a retired person, I now have the time and energy to help my association and I try to represent those who are constrained from being active. The professional gains I've enjoyed have overshadowed the work I have done."

DEBBY LEE, BSN, RN-BS ~ DENTON



"Nursing Education is important, and more importantly, the quality of nursing continuing education. Serving on the MNA CE committee allows me to understand the needs and issues facing nurses thus assisting the development of continuing education offering that meet nurses needs across the state."

PAM WINDMUELLER



"Lifelong learning is essential to career development and personal growth. As members of the nursing profession, education and learning are always a priority as we strive to keep up with an ever-

2010 Candidate Profiles continued from page 7

changing healthcare environment. It is essential that we work together to ensure quality education is available for all who are dedicated to providing safe, quality nursing care."

PAULA ROMAN, RN-BC—“No photo available”

"I am interested in working to improve the quality of the Continuing Education Process currently available to the nurses in Montana. I have previous experience in working on the original filing to become an Approved Provider of CEU's at St. Peter's Hospital. My background is in Medical Surgical Nursing, Dialysis, and Policies and Procedures. I believe that CEU's are essential to the success of our profession."

safety, health and rights of patients and their families. By maintaining the integrity of the nursing profession by continuing to grow professionally and personally by encouraging continued education for all nurses."

DIANNE VELASQUEZ, RN ~ MISSOULA

"I have been active in my local MNA as an officer and I am interested in increasing my involvement at the next level."



DAYLYN STRUBLE, RNBC ~ HELENA

"For the last three years I have served as the President of Local Unit #13 at St. Peters Hospital. I have participated in negotiations as well as currently sit as co-chair of our local PCP committee. I am actively involved in the MT Labor Retreat in Chico as well as attending the first NFN Labor Academy in Chicago this last May. I enjoy increasing my knowledge about labor relations and how the process works. It excites me to be involved in the evolution of our professional nursing."



LORIE VAN DONSEL, AASN, RN ~ FORSYTH

"Providing nursing care in rural Montana is a continued challenge. Resources can be scarce and the demands placed upon the nurse tremendous. I feel passionately that meeting the needs of patients and nurses in the rural setting is enhanced by membership and participation in MNA."



SUE NOEM, BSN, RN ~ HELENA

"This is an exciting and rapidly changing time in health care. I am proud to be a member of the Montana Nurses Association that continues to influence and affect all of healthcare delivery."



**NOMINATING COMMITTEE
THREE (3) WILL BE ELECTED FOR A ONE-YEAR TERM EACH~ JAN 2011 - DEC 2011**

BRENDA DONALDSON, RN, CDL ~ LEWISTOWN

"I served on the nominations committee for 2010. I have an interest in improving the nominations process to start well in advance of the House of Delegates."



ANNE BURRELL

KALLIE KUJAWA, BA, RN

"Representing the profession of nursing is crucial to its advancement. Serving on a committee for the Montana Nurses Association will give me the opportunity to help advance and contribute. I'm grateful to work with nurses around the state to represent nursing."



MARY THOMPSON, RN ~ MONTANA CITY

"I was appointed to the Council of Continuing Education in early 2010. I have learned a lot and I would like to continue to learn and assist in the Continuing Education Council. I have been a nurse for 25 years in the hospital settings. I have been working in Helena at St. Peters Hospital for 20 years."



**REPRESENTATIVE TO THE BOARD FOR:
COUNCIL ON ECONOMIC & GENERAL WELFARE
ONE (1) WILL BE ELECTED FOR A TWO-YEAR TERM ~ JAN 2011 - DEC 2012**

VICKY RAE BYRD, RN, OCN ~ HELENA

"I continue to support nurses at all levels and am excited that through collective bargaining at local, state and national levels nurses can work together to improve healthcare legislation, improve nurse safety, and most importantly improve patient care."



APRN MEMBERS ONLY

**REPRESENTATIVE TO THE BOARD:
COUNCIL ON ADVANCED PRACTICE (CAP)
ONE (1) WILL BE ELECTED FOR A ONE-YEAR TERM ~ JAN 2011 - DEC 2011**

BARB PRESCOTT, DNP, FNP-BC ~ BOZEMAN

"As the Council on Advanced Practice representative to the Montana Nurses' Association Board of Directors, I promise to represent the interests of Montana APRNs in association with nurses and healthcare providers in the state. I believe that partnerships with all members of the nursing community are essential for the provision of effective healthcare in Montana. Nurses collaborating with nurses are the foundation upon which an effective healthcare system can be built. As we enter a new era for healthcare, it is important that nursing be a leader in the development and delivery of care."



**CAP CHAIR-ELECT:
ONE (1) WILL BE ELECTED FOR A ONE-YEAR TERM ~ JAN 2011 - DEC 2011
ASSUMES CAP CHAIR JAN 2012 - DEC 2013**

KEVEN COMER, APRN, MN, FNP-BC ~ BOZEMAN

"Nursing is the best profession in the world. I am committed to advanced practice issues and will represent Montana APRNs as the chair-elect of the Counsel on Advanced Practice."



**CAP SECRETARY:
ONE (1) WILL BE ELECTED FOR A ONE-YEAR TERM ~ JAN 2011 - DEC 2011**

REBECCA STURDEVANT, MSN, FNP ~ KALISPELL

"I have been active in my professional nursing association for many years, most recently on the Board of MNA. I believe that advanced practice nurses must actively promote our role in improving the health of Montanans. We must also support and encourage each other as we move into the new era of health care reform."



**CAP EXECUTIVE COMMITTEE:
(APPOINTED BY DISTRICT MEMBERS FOR A TWO-YEAR TERM - 2011-2012)
(DISTRICTS 5&7 REPRESENTATIVES WERE NOT FILLED LAST YEAR AND WOULD BE APPOINTED FOR A ONE-YEAR TERM JAN-DEC 2011)**

- DISTRICT 1: JOHN HONSKY ~ MISSOULA
- DISTRICT 2: TO BE APPOINTED
- DISTRICT 3: BARBARA PRESCOTT ~ BOZEMAN
- DISTRICT 4: TO BE APPOINTED
- DISTRICT 5: TO BE APPOINTED
- DISTRICT 6: TO BE APPOINTED
- DISTRICT 7: TO BE APPOINTED
- DISTRICT 8: TO BE APPOINTED

**NFN DIRECTOR (NATIONAL FEDERATION OF NURSES)
ONE (1) WILL BE ELECTED FOR A ONE-YEAR TERM ~ JAN 2011 - DEC 2011**

BRENDA DONALDSON, RN, CDL ~ LEWISTOWN

"As a collective bargaining member for the past 24 years I would look forward to representing nurses at the National Federation of Nurses."



**BOARD - DIRECTOR-AT-LARGE:
COLLECTIVE BARGAINING MEMBER
ONE (1) WILL BE ELECTED FOR A ONE-YEAR TERM ~ JAN 2011 - DEC 2011**

DAYLYN STRUBLE, RNBC ~ HELENA

"For the last three years I have served as the President of Local Unit #13 at St. Peters Hospital. I have participated in negotiations as well as currently sit as co-chair of our local PCP committee. I am actively involved in the MT Labor Retreat in Chico as well as attending the first NFN Labor Academy in Chicago this last May. I enjoy increasing my knowledge about labor relations and how the process works. It excites me to be involved in the evolution of our professional nursing."



COLLECTIVE BARGAINING MEMBERS ONLY

**ECONOMIC & GENERAL WELFARE - EXECUTIVE COMMITTEE
THREE (3) WILL BE ELECTED FOR A TWO-YEAR TERMS EACH ~ JAN 2011 - DEC 2012
ONE (1) WILL BE ELECTED FOR A ONE-YEAR TERM ~ JAN 2011 - DEC 2011**

MELISSA COBB, BA, RN, OCN ~ HELENA

"There are so many opportunities to serve in the nursing profession. I am passionate about collective bargaining in nursing. The more I learn the more I will work to serve the members of this association through the E&GW council. As a staff nurse and bargaining unit member I can relate to the challenges of the work place. I would enjoy serving you, the nurses, on our E&GW council!"



SUE NOEM, BSN, RN ~ HELENA

"This is an exciting and rapidly changing time in health care. I am proud to be a member of the Montana Nurses Association that continues to influence and affect all of healthcare delivery."



KAREN SCHLEDEWITZ, RN ~ SIDNEY

"As an RN my primary commitment has been for patient advocacy by helping to protect the



MNA 2010 - 11

MNA Resolution to Create an E&GW / CBA Members' only Site on the MNA Website

WHEREAS, there is an established members' only site within MNA's website and

WHEREAS, 93% of MNA membership are collective bargaining and

WHEREAS, there is a need for communication among E&GW / CBA membership while maintaining insulation

THEREFORE BE IT RESOLVED THAT, the MNA website establish an E&GW / CBA members' only link by January 3, 2011

Submitted by
E&GW / CBA
Cost: Unknown
October 7, 2010

MNA 2010-12

Resolution on Medical Marijuana

WHEREAS, the Montana legislature legalized the use of medical marijuana in 2005 and

WHEREAS, current implementation of legislation lacks sufficient rules on regulation and

WHEREAS, problems concerning patient welfare, public safety, fiscal responsibility and the impact to local and county resources are not being addressed

THEREFORE BE IT RESOLVED THAT, the 2010 HOD does not support the current medical marijuana statute.



Montana Nurses Association 98th Annual Convention 2010



Sponsors

Diamond \$2,000 to \$5,000



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MT Primary Care Association, Inc.
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St. Patrick's Hospital – Health Sciences Center



Gold ~ \$500 to \$1,999

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Deb's Dancewear & Uniforms
Marsh Risk Management
Miles Community College, Division of Nursing & Allied Health
MT Area Health Education Center
St. Peter's Hospital



Bronze – Holy Rosary Healthcare

Exhibitors / Vendors

- Arbonne
- Brain Injury Association of Montana
- By the Sea, by the Earth
- Compassion and Choices
- FA Davis Company
- Gideons International
- Healthy Montana Kids
- Healthy Mothers, Healthy Babies
- Holden Mountain/Hand Made Designs
- Infant Adoption Awareness/Catholic Social Services
- Komen Montana
- Lincare, Inc.
- Montana Healthcare Recruitment Collaborative
- Montana State University College of Nursing and Alumni Association
- More to Life
- MT DPHHS-HAI Prevention
- Planned Parenthood
- Precision Embroidery
- Silpada Designs
- Sleep Diagnostics
- US Army Medical Recruiting
- VA Montana Health Care System
- WhimZee Tree Designs
- Ziiija



Special thanks to Mood Swings and Helena High Women's Choir Ambiance for providing entertainment during this year's convention.



Montana Nurses Association 98th Annual Convention 2010



Kim Powell, President,
addressing the House of
Delegates



Lynn Maierle and Marla Weston



Barb Swehla introducing Ambiance, Helena High Women's Choir



Pauline Flotkoetter presenting
an award at the awards
luncheon



Brenda Donaldson presenting
the "Distinguished Nurse of the
Year" Award to Judy Simmons



Kim Powell introducing Sharon
Sweeney Fee, ANA Appointment
as Chair of Ethics Committee



LaDonna Maxwell giving her
acceptance speech after
receiving her "Excellence in
Advanced Practice Nursing"
Award



District 4 members smiling for the cameras



Brynn Burbach and
Lorraine Siedel



Teresa Henry accepting the
"Political Nurse Leadership
Award" from Mary Mungar

Convention Speakers



Audrey Goyette, BSN, RN
"Care of Patients with
Renal Failure"



Marla Weston, PhD, RN, CEO
2010 MNA Featured
Keynote Speaker
"ANA & YOU" and "Healthcare
Reform-Impact on Nursing"



Jane Jeffrie-Seley,
MPH, MSN, GNP, BC-
ADM, CDE
"Role of Incretin Therapy
in Type 2 Diabetes"



Heather O'Hara,
MSN, RN
"Montana Board of
Nursing Update"



Sue Buswell,
RN, MS, NCSN
"MT School Nurses: Trans-
forming School
Communities"



Daniel Auerbach, JD
"Making Sense of Informed
Consent in Primary Care"
and "The RN's Role in
Informed Consent"



Gary L. Meyers,
RPh, PharmD
AAHIVE
"HIV/HCV Co-Infection and
ESLD"



Steve Zwisler, RN, MA
"Montana's Pandemic
Response Program"



Jennifer Hensley, CNM,
WHNP, LCCE, EdD
"Sleep Disorders in Women"
and "Restless Leg Syndrome
in Pregnancy and Primary Care"



Mary Beth Frideres,
RN, MPCA
"Challenges and
Opportunities for Primary
Care APRN's"



Sherry Reid, MD
"MS Diagnosis and
Management"



Barbara Crane, RN,
NFN President
"Legislative Issues
Impacting Collective
Bargaining"



Lorraine Seidel, MSN, RN
"Legislative Issues Impacting
Collective Bargaining" and
"7 Personal Choices for
Managing Change"



**Rita Lopez, MSN, APRN-
BC, NP, CAHOC**
"Pain: Empowerment and
Knowledge"



Emery Jones, NAP
Administrator, LCPC, LAC
"Nurses and Chemical
Dependency"



Troy & Lei Anna
Bertelsen
"Mindful Connections: Intro
to Making Relationships
Count"



Myrna Ridenour, MSN, RN
"Wind Beneath Their Wings-
Precepting and Mentoring
Students and New Graduate
RNs for Success"



Ron Klein, RPH
"MT 2011 Legislative
Proposal Prescription Drug
Monitoring Program"



Tina Barrett, ED.D, LCPC
"The Dirt on
Childhood Grief"



Kristin Morgan, MSW, CBIS
and **Bobbi Perkins, BA**
"Mild Brain Injury-Not Mild
Symptoms-Improving
Outcomes"



Barbara Coombs Lee,
PA, FNP, JD
"Compassion and Choices-End
of Life Decisions and Research
Results on Aid in Dying"



Cat Otway, RN,
Sane-A, Sane-P
"Strangulation and
Domestic Violence"



Kellie LaFave
"Depression is Treatable;
Suicide is Preventable"



Linda Krantz, MS
"Cardiovascular Health
Program"

Marijuana: Not Legal, Not Medicine

By Rebecca Sturdevant, APRN Member

Marijuana is medicine. Marijuana is beneficial. Marijuana is legal. How many times have you heard these phrases in the last four years? Hearing something frequently does not make it true. Marijuana is a toxic, habit-forming drug that is illegal. Marijuana has always been an illegal drug because it has: 1) high potential for abuse; 2) no currently accepted medical use in treatment in the United States; 3) lack of acceptance for safe use under medical supervision. People who like to smoke marijuana formed an organization to “remove criminal penalties for marijuana use,” the Marijuana Policy Project. Their marketing and legal experts implemented strategies to promote the concept of “medical marijuana,” and spent millions of dollars in advertising. Their website bragged, “MPP funded and ran the campaign that succeeded in passing a statewide medical marijuana initiative in Montana,” www.mpp.org.

Marijuana is a plant with psychoactive chemicals, called cannabinoids, which act on neural pathways in the brain. The primary chemical, THC, stimulates the ventral tegmental area of the brain to send dopamine to the nucleus accumbens and the owner of the brain feels pleasurable sensations. This is the same pleasure pathway stimulated by alcohol, heroin, cocaine, and methamphetamine. This is the chemical explanation for the primary reason to use marijuana, to FEEL GOOD. The down side of this is that the same pathway is associated with addiction—the brain stimulates the body to feed it more and more of the drug until drug seeking behavior overpowers other needs.

Most scientific studies on the therapeutic effects of cannabinoids have been performed with pharmaceutical products, NOT marijuana. Cannabinoid medications available in pill form, Marinol™ and Cesamet™, and the sublingual spray, Sativex™, have medical indications to treat patients who have severe weight loss from AIDS or chemotherapy. This effect is commonly called “the munchies.” Sativex™ has been approved in Canada to provide palliative care for multiple sclerosis patients.

There are numerous “off-label” uses of cannabinoids which are NOT approved. These include seizure disorders, migraine headaches, neuropathic pain, and glaucoma. There are no scientific studies to show efficacy and safety of treatment for these disorders using either pharmaceutical or marijuana.

Marijuana has an extremely high LD50, the dose which will kill 50% of test animals, of 30 mg/Kg IV, making it is virtually impossible to die of an

overdose. Adverse effects may be more subtle than other illicit drugs, but because the drug is adsorbed to fatty cellular tissues, including brain cell membranes, and released very slowly, the effects can be very long-lasting. High doses can cause hallucinations and other manifestations of an acute transient psychotic episode. Use of marijuana can exacerbate preexisting psychotic symptoms. Even very low doses can cause anxiety and paranoia. Acute intoxication is associated with confusion, dizziness, and impairment of vision. Chronic marijuana use in teenagers is associated with lower academic achievement and functioning. When followed into their late twenties, users were less likely to graduate from college, earned less than half of non-users, and reported negative effects on social lives, physical health, mental health, cognition, memory, and careers. A study of heavy marijuana users showed changes in brain PET scans and poor decision making. Marijuana use during pregnancy is associated with fetal growth restriction. Exposure to cannabinoids during the prenatal period up through the adolescent period can have a negative effect on neurotransmitter development and neural cell survival and maturation. Other adverse effects include immune suppression, increased risk of heart attack immediately after use, airway pathology and lung cancer in smokers, and increased risk of testicular cancer in young men.

Marijuana use causes significant impairment of functions needed for safe driving, particularly tracking the ability to keep the vehicle in the proper lane. This is especially dangerous in Montana where a higher percentage of driving is high-speed on narrow highways. There are two large studies of fatal crashes which show a significantly higher relative risk of death when a driver is under the influence of marijuana. In Montana last year marijuana was involved in 39 traffic fatalities.

Marijuana is illegal because the Food & Drug Administration (FDA) has determined that it does not have medical efficacy or safety. Smoking is harmful. The FDA is charged with protecting the public from unfounded claims and harmful substances. Why should we ignore their advice?

My recommendations: 1) use pharmaceutical products (Marinol, Cesamet, Sativex) for those few patients who may benefit from cannabinoids; 2) repeal the Montana Medical Marijuana act; 3) if the act is not repealed, then growers, product preparers, distributors, sellers, and users should all be regulated and taxed in a similar way as all other controlled substances, foods, alcohol, and tobacco; 4) designate tax and license revenues from marijuana production, distribution, and sales for prevention and treatment of marijuana abuse disorders; 5) enact and enforce laws to protect the public, especially our children.

Marijuana: NOT legal, NOT medicine, NOT in the workplace, NOT around children, NOT on the highway.

Mark your calendar!



Montana Nurses Association

E & G W (Council on Economic and General Welfare)

Labor Retreat at Chico Hot Springs — April 17-18-19, 2011

Plan to attend and network with nurses from around Montana regarding:

- collective bargaining
- issues facing nurses in the workforce, and
- powerful ways to promote your professional practice.

Continuing nursing education credits are offered!

Register early because space is limited.

On-line registration will be available after January 2011 at www.mtnurses.org.

Labor Relations Department

What's All the Fuss About Chico Hot Springs?

By Amy Hauschild RN-C

I recently had a conversation with an MNA member who was a collective bargaining member “CB” and she inquired “where do I find out about Chico?” We discussed the various information dissemination pathways. Though I walked away from the conversation, I wanted to yell from the rooftops about MNA’s annual Labor Retreat. Aside from rooftop yelling, I elected to also write this article perhaps enlightening more and more staff nurses about the details for this year.

The retreat will be held in April 2011. On Sunday evening, April 17th, 2011, there will be MNA E&GW elected leadership meetings followed by an evening reception at which all registrants are welcome and encouraged to attend.

The program begins Monday, April 18th, 2011 and ends about mid-day on Tuesday, April 18th, 2011 and includes speakers and presentations about different aspects of the “CB” program which are geared to an audience ranging anywhere from novice to expert in union matters. CE contact hours are offered. Two years ago, an RN from Miles City attended and later reported being absolutely amazed at the level of sophistication and high knowledge base her retreat counterparts displayed. “I never thought I would meet so many nurses who are knowledgeable about their contract, union administration and workplace matters in general,” she later relayed.

The casual, though elegant, atmosphere of the Chico Hot Springs Resort sets the stage for the annual educational offering and networking. Dress is casual, information is top notch and the food and drink are out of this world. The Natural Hot Springs offers unusual healing and relaxation for all. Many nurses bring their families along to enjoy the outdoor fun of the resort during the day and gather in the evening to network and dine with the attendees. Dinner on Monday evening is included in the registration.

Obviously I cannot say enough good things about the Chico retreat. What I will leave you with is this instruction—request days off early. Go into work on your next shift and request days off so you will be able to attend 2011 MNA Labor Retreat at Chico.

Nurse Practitioner Healthcare Foundation Announces Winners of National Community Innovations Awards

Bellevue, WA (April 6, 2010)—The Nurse Practitioner Healthcare Foundation (NPHF) is pleased to announce the recipients of the Pfizer Community Innovations Awards, designed to further innovations in education, research, and service in addressing healthcare issues at a community level. Eight awards of \$3,500 each were given to practicing nurse practitioners and students for their projects.

“Each community is unique with its own healthcare issues,” said Phyllis Zimmer, President, NPHF. “We are thrilled to provide these eight deserving recipients with the opportunity to address their community’s healthcare issues with innovative ideas. We appreciate the funding provided by Pfizer to support this programming.”

NPHF/Pfizer Community Innovations Award Winners

Deborah J. Gates, MS (Penn Yan, NY)

Ms. Gates practices as an adult nurse practitioner in endocrinology. She is pursuing her Doctor of Nursing Practice at Wegmans School of Nursing, St. John Fisher College (May 2010). Ms. Gates is also an Associate Professor of Nursing at Keuka College, New York. Ms. Gates research project, funded by this award, will determine the effect of an exercise and stress management intervention, known as Qigong, on the level of perceived healthiness of rural middle-aged women (ages 45-65) at risk for diabetes.

Judith Komatsu, MS (San Francisco, CA)

Before starting her degree program, Ms. Komatsu practiced as a licensed acupuncturist. She is pursuing her Masters degree, focusing, on Adult Nurse Practitioner at the University of California, San Francisco (June 2011). Her project, funded by this award, is to develop a method that will integrate and maximize healthcare resources, improve access to healthcare, and aid navigation of health services for the homeless population of the city of Berkeley California and Alameda County.

Sandra L. Leiby, MS, ANP-BC (Hopedale, MA)

Ms. Leiby practices in occupational health as an Adult Nurse Practitioner and teaches at the University of Massachusetts Medical School’s, Graduate School of Nursing. She is pursuing her Doctor of Nursing Practice at Simmons College, Graduate School of Nursing (May, 2010). Ms. Leiby’s project, funded by this award, will be to implement an inter-professional learning project with the University of Massachusetts Medical School nurse practitioner and medical students to foster collaborative team care.

Monica R. Ordway, PhD(c), APRN, IBCLC (Southbury, CT)

Ms. Ordway practices as a Pediatric Nurse Practitioner and lactation nurse consultant. She is pursuing her doctorate degree as a Pediatric Nurse Practitioner at Yale University, School of Nursing (May 2011). Ms. Ordway’s research project will study parenting and child behavior outcomes among young families after they have completed

participation in an intensive home-visiting intervention. The role of maternal depression will also be examined. This is phase 2 of a randomized clinical trial.

Kristen L. Osborn, MSN, CPNP-PC, -AC (Birmingham, AL)

Ms. Osborn practices as a Nurse Practitioner in the area of pediatric hematology and oncology. She is pursuing her Doctor of Nursing Practice at the University of Alabama at Birmingham, School of Nursing (December 2011). Ms. Osborn is also a faculty member at the University teaching in the Pediatric Acute and Continuing Care NP program. Her award project was the development and implementation of an educational curriculum and transition plan for adolescents with sickle cell disease who are transitioning to adulthood and adult-oriented medical care.

Deborah L. Schofield, DNP, CRNP (Baltimore, MD)

Dr. Schofield practices as an emergency and perioperative medicine. She is an assistant professor at the University of Maryland School of Nursing, teaching in the Trauma, Acute Care Nurse Practitioner Program. Her project, funded by this award, is to develop modules to teach nurse practitioners evidence-based practices. These modules will be published on the university intranet for local and remote access for continuing education credits.

Mahedere (Mimi) Solomon, MSN, FNP (Oakland, CA)

Ms. Solomon practices as a nurse practitioner in primary care. Ms. Solomon’s award project mission was to start the *One Love Center for Health*, which includes a community clinic, an internship program, community and economic development programs, and a health plan for the uninsured based on bartering. The mission is to promote health equality through culturally competent health promotion and accessibility to healthcare.

Rebecca R. West, MS, RN, FNP-BC (Morrison, IL)

Ms. West practices in a rural clinic as a family nurse practitioner and certified wellness coach. She is pursuing her doctoral degree as a Family Nurse Practitioner at the University of Wisconsin-Madison (2011). Ms. West also serves as adjunct faculty for the FNP program for the University of Illinois. Ms. West’s research project, funded by this award, will develop and test an innovative mindfulness skills training intervention, targeting stressed low socioeconomic status workers in a rural setting.

The Nurse Practitioner Healthcare Foundation

In 2005, a group of pioneering nurse practitioners launched the Nurse Practitioner Healthcare Foundation (NPHF). The foundation is dedicated to raising the bar in healthcare, contributing to excellence in care and bringing NPs to the forefront of the larger healthcare arena. The NPHF works strives to make high-quality, effective care accessible through research, education, health policy, service and philanthropy. The NPHF is an IRS 501(c)(3) non-profit organization. Visit www.nphealthcarefoundation.org for more information.

Airway Study

Steve Glow, Associate Clinical Professor, Montana State University College of Nursing and John Bleicher, Trauma Coordinator, St. Patrick Hospital, Missoula are conducting a year-long, statewide study of advanced airway management by prehospital EMTs and RNs.

Study objectives can be summarized as:

- Determine the success rate of prehospital intubations, overall and by provider level
- Determine the confirmatory measures being used
- Determine the rate of usage of alternative devices and the success rate of these devices
- Determine the number of intubation attempts (if any) prior to alternative device use

Participants who place or attempt to place an advanced airway outside of a hospital are asked to complete a data collection card and give it to the emergency department provider who receives the patient. They will then evaluate the advanced airway and fill out the other side of the card. The card will then be placed in pre-addressed, stamped envelopes we have provided and mailed to MSU.

When the statewide study is complete, we will publish our results and share them with the Boards of Medical Examiners and Nursing and the EMS & Trauma Section of DPHHS. Both these groups are supportive of this project.

To view the data collection card and a video introduction, please go to: http://www.dphhs.mt.gov/ems/et_study/et_study.html

If you have questions, please contact us.

John Bleicher, RN
Trauma Coordinator
St. Patrick Hospital
& Health Sciences Center
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329-5603

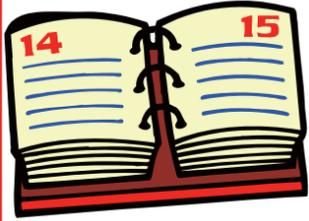
Steve Glow, RN, EMT-P
Associate Clinical
Professor
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243-2536



Save the Date
2nd Annual APRN Pharmacology Conference
April 15-16, 2011

- Contact hours for face-to-face pharmacology content
- Contact hours that apply to your practice needs
- Meet the CE requirements of your Montana licensure and certification as an APRN
- Socials and breaks provided

Registration information will be available on-line after January 3, 2011



MARK YOUR CALENDAR

Montana Nurses Association

LEGISLATIVE DAY LUNCHEON

Thursday, February 17, 2011
12:00 – 1:00 PM

Montana Capitol Rotunda

Join us for lunch and meet our legislators

Learn about the current legislative topics
of concern to nurses

406-442-6710

info@mtnurses.org

Crabby Old Man

Anonymous Author
Submitted by Maxine Ferguson

When an old man died in the geriatric ward of a nursing home in North Platte, Nebraska, it was believed that he had nothing left of any value.

Later, when the nurses were going through his meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital.

One nurse took her copy to Missouri. The old man's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the St. Louis Association for Mental Health. A slide presentation has also been made based on his simple, but eloquent, poem.

And this little old man, with nothing left to give to the world, is now the author of this 'anonymous' poem winging across the Internet.



Maxine Ferguson

Crabby Old Man

What do you see nurses? what do you see?
What are you thinking when you're looking at me?
A crabby old man not very wise,
Uncertain of habit with faraway eyes?

Who dribbles his food and makes no reply.
When you say in a loud voice I do wish you'd try!
Who seems not to notice the things that you do.
And forever is losing a sock or shoe?

Who, resisting or not lets you do as you will,
With bathing and feeding the long day to fill?
Is that what you're thinking? Is that what you see?
Then open your eyes, nurse ... you're not looking at me.

I'll tell you who I am as I sit here so still,
As I do at your bidding, as I eat at your will.
I'm a small child of ten with a father and mother,
Brothers and sisters who love one another.

A young boy of sixteen with wings on his feet
Dreaming that soon now a lover he'll meet.
A groom soon at twenty my heart gives a leap
Remembering, the vows that I promised to keep.

At twenty-five, now I have young of my own.
Who need me to guide and a secure happy home.
A man of thirty my young now grown fast,
Bound to each other with ties that should last.

At forty, my young sons have grown and are gone,
But my woman's beside me to see I don't mourn.
At fifty, once more, babies play 'round my knee,
Again, we know children my loved one and me.

Dark days are upon me my wife is now dead.
I look at the future shudder with dread.
For my young are all rearing young of their own.
And I think of the years ...and the love that I've known.

I'm now an old man and nature is cruel.
Tis jest to make old age look like a fool.
The body, it crumbles grace and vigor, depart.
There is now a stone where I once had a heart.

But inside this old carcass a young guy still dwells,
And now and again my battered heart swells.
I remember the joys remember the pain.
And I'm loving and living life over again.

I think of the years, all too few gone too fast.
And accept the stark fact that nothing can last.
So open your eyes, people open and see.
Not a crabby old man. Look closer see ME!!

Remember this poem when you next meet an older person who you might brush aside without looking at the young soul within we will all, one day, be there, too!

FAST FACT:

Post-nominal Nursing Credential Usage

A nurse's post-nominal (listed after the name) credentials usually follow his or her name in this order:

- Highest earned academic degree in or related to nursing (e.g. "MSN")
- Nursing licensure (e.g. "RN")
- Nursing certification (e.g. "CCRN")

Nursing credentials are separated from the person's name (and from each other) with commas. There are usually no periods within the credentials. (e.g., "BSN" not "B.S.N.") Nurses may also hold non-nursing credentials including academic degrees. These are usually omitted unless they are related to the nurse's job. For instance, a staff nurse would likely not list an MBA, but a nurse manager might choose to do so.

Most references include a comma after the individual's name though publication records generally do not.

Nurses' Health Study III Recruiting New Participants

The Nurses' Health Studies are among the largest and longest running investigations of factors that influence women's health. Started in 1976 and still running, the information provided by the thousands of dedicated nurse participants has led to many new insights on health and disease. The studies have produced landmark data on cancer prevention, cardiovascular disease, diabetes, and the effects of such lifestyle factors as diet and physical activity.

However, there is still a great deal that is not known, especially regarding women from diverse ethnic backgrounds. The goal of this new study, the Nurses' Health Study III, is to learn more about how women's lifestyles (including diet, exercise, birth control, pregnancy, etc.) during their 20's, 30's and 40's can influence health throughout life.

ANA encourages all nurses to consider participating in this long-term study. Your contribution can help identify important nutritional, lifestyle and biological factors which can influence women's health. Visit the Nurses' Health Study 3 website for more information, <http://nhs3.org>.

Robert Wood Johnson Foundation Seeks Executive Nurses for Three-Year Fellowship

The Robert Wood Johnson Foundation Executive Nurse Fellows program provides a three year, world-class leadership development experience to enhance the effectiveness of nurse leaders who have already exhibited exceptional leadership skills but who want to improve the impact they have on the U.S. health care system. Each year, 20 nurses who aspire to lead and shape health care locally and nationally are chosen to strengthen their leadership capacity and improve their abilities to lead teams and organizations in improving health and health care.

For more information about the program, selection criteria, eligibility, and how to apply visit the RWJF Executive Nurse Fellows Web site or view the program's Call for Applications. All qualified nurses are encouraged to apply. Key dates:

- January 18, 2011 (3 p.m. ET)—Deadline for receipt of applications. Apply online at www.rwjf.org/cfp/enf.



Certified Nurses Day
A day to recognize certified nurses
March 19th
Credentials Matter

Certified Nurses Day is a special day of recognition to celebrate the contribution of board certified nurses to the advancement of nursing professionalism and to higher standards and better outcomes in patient health.

Upcoming Conference



Celebrating Nursing Theory's Contribution to Leadership

Keynote speaker: Dr. Jacqueline Fawcett

April 7th-9th, 2011 in Bozeman Montana

(King International Nursing Group, Montana State University College of Nursing, Zeta Upsilon Chapter STTI)

This conference emphasizes the role of nursing theory in leadership.

- For information on this conference go to www.kingnursing.org, click on documents (brochure and call for abstracts).
- To register, click on the event calendar, click on April 2011, and click on the conference link.
- For questions, contact Dr. Christina Sieloff at sieloffc@hotmail.com.

Montana Nurses Association (OH-242 12/01/2011) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



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A Review Of Techniques In Managing Depression

By Stanley Popovich

Some people have a difficult time in managing their depression. Sometimes, their depression and fears can get the best of them. As a result, here is a short list of techniques that a person can use to help manage their depression.

One of the ways to manage your depression is to challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. For example, you're afraid that if you do not get that job promotion then you will be stuck at your job forever. This depresses you, however your thinking in this situation is unrealistic. The fact of the matter is that there all are kinds of jobs available and just because you don't get this job promotion doesn't mean that you will never get one. In addition, people change jobs all the time, and you always have that option of going elsewhere if you are unhappy at your present location.

Some people get depressed and have a difficult time getting out of bed in the mornings. When this happens, a person should take a deep breath and try to find something to do to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things. Doing something will get your mind off of the problem and give you confidence to do other things.

Sometimes, we can get depressed over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance, you and your team have to play in the championship volleyball game in front of a large group of people in the next few days.

Before the big day comes, imagine yourself playing the game in your mind. Imagine that your playing in front of a large audience. By playing the game in your mind, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Another technique that is very helpful is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed, open up your small notebook and read those statements.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Managing your fears and anxieties takes practice. The more you practice, the better you will become.

The techniques that I have just covered are some basic ways to manage your depression, however your best bet is to get some help from a professional.

BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods"—an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>



Montana Nurses Association – MEMBERSHIP APPLICATION

20 Old Montana State Highway • Clancy MT 59634 • 406-442-6710 • FAX 406-442-1841 • www.mtnurses.org

Date _____

_____ Last Name / First Name / Middle Initial	_____ Home Phone Number	_____ Basic School of Nursing
_____ Home Address	_____ Cell Phone Number	_____ Graduation Date
_____ City / State / Zip Code	_____ FAX Number	_____ Credentials
_____ Employer Name	_____ Work Phone Number	_____ RN License Number / State
_____ Employer Address	_____ E-mail Address (Please print clearly)	
_____ Employer City / State / Zip Code	_____ Hire Date	_____ Social Security Number
		_____ Date of Birth

MEMBERSHIP CATEGORY (Check One)

- M = Full Membership Dues**
- Employed – Full-time
 - Employed – Part-time
- R = Reduced Membership Dues**
- Not Employed
 - Full-time Student (Basic Degree)
 - New Graduate (From basic nursing education program, within six months after graduation – first membership year only.)
 - 62-years-of-age or over and not earning more than Social Security allows.
- S = Special Membership Dues**
- 62-years of age or over - not employed
 - Totally Disabled
- MT State Only Membership Dues**
- Annual Dues \$205 (Payable to MNA)
(Members covered under Collective Bargaining agreement are not eligible for this type membership.)

Please Note:
\$5.42 of member dues is for the subscriptions to The American Nurse. \$20 is for the subscription to the American Nurse Today.

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 MNA is not deductible as a business expense. Please check with MNA for the correct amount.

METHOD OF PAYMENT (Choose One)

- 1. E-PAY - MONTHLY**
ELECTRONIC FUNDS TRANSFER (EFT)
- Checking Account

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.

Monthly Electronic Deduction Authorization Signature

Please enclose a check payable to ANA for the first month's payment; the account designated by the enclosed check will be drawn on or after the 15th of each month.)

By signing the Electronic Deduction Authorization, or the Automatic Credit Card Payment Authorization, you are authorizing ANA to change the amount by giving the above-signed thirty (30) days 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 draft or chargeback.

2. CREDIT CARD PAYMENT MONTHLY OR ANNUALLY

Monthly Amount to Charge: _____

Annual \$ _____ . _____

Account #: _____

VISA MasterCard

Expiration Date: ____ / ____

This is to authorize 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 for the monthly dues on the 1st day of the month per month or when annual renewal is due.



Credit Card Payment Authorization Signature

3. PAYROLL DEDUCTION - MONTHLY

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



Payroll Deduction Authorization Signature

4. ANNUAL PAYMENT IN FULL

- Enclose check payable to ANA for annual amount.

To apply for ANA Membership Only:
www.NursingWorld.org

TO BE COMPLETED BY MNA:

STATE _____	DISTRICT _____	REGION _____	EMPLOYER CODE _____	SPONSOR (IF APPLICABLE) _____
			APPROVED BY _____	SNA MEMBERSHIP NUMBER _____
			DATE PROCESSED _____	
EXPIRATION DATE _____	MONTH _____	MEMBER TYPE _____	PAYMENT TYPE _____	AMOUNT _____
YEAR _____			CHECK NUMBER (IF APPLICABLE) _____	DATE APPLICATION RECEIVED _____



Essential STD Exam Skills
January 10-11, 2011
Seattle, Washington

Course description

The focus of this course is to provide clinicians with knowledge and skills in conducting male and female STD examinations. This includes taking a sexual history, basic anatomy and examination skills practice taught in both a didactic and hands-on format using live model patients.

Date/Time/Location

Date: January 10-11, 2011
Time: 9:00 a.m. – 4:45 p.m. each day
Locations:
Day One: Seattle STD/HIV Prevention Training Center
Ninth and Jefferson Building
908 Jefferson – 12th Floor
Seattle, WA 98104
Day Two: Harborview Medical Center
STD Clinic
Ninth and Jefferson Building
908 Jefferson – 11th Floor
Seattle, WA 98104

Registration information and deadlines

Registration: Please register online through the PTC website at www.seattlesthdhivptc.org

Further information

Please contact Ronnie Staats at rstaats@u.washington.edu or call 206-685-9848.