MONA and Local NNA Members to Support NNA Operations

In December, NNA Board of Directors approved an agreement to transition NNA operations support for NNA from O'Hara Lindsay to the Missouri Nurses Association (MONA). This agreement is not a merger with the MONA. It is a business relationship, where MONA is performing many of the association management functions for NNA that were previously conducted by O'Hara Lindsay. Terry Anderson, NNA President, has kept us up to date with her monthly newsletter and email message. But in case you have not had a chance to read this information, MONA supports NNA by handling several key tasks:

- Mail—the Association’s USPS address has been forwarded to the MONA office in Jefferson City.
- Telephone—NNA’s telephone numbers (402 area code phone numbers) have been forwarded to MONA; MONA staff answers the phone during normal business hours. They have been very good about forwarding questions and information to the NNA Executive Team. New conference lines have been created for NNA use. Currently, NNA does not have an active fax line.
- Website support MONA uses the same website software as NNA, making it easy to post new information.
- Accounting support—MONA also uses the same accounting software as NNA.

Terry, MJ Peterson, and Anna Mackevicius had the pleasure to meet with several MONA staff in December in Kansas City. We left that meeting confident that this arrangement makes sense for NNA. MONA is led by Chief Executive Officer Jill Kliethermes, MSN, RN, FNP-BC. We were impressed with her knowledge, skills, and willingness to help NNA. The fact that the CEO is a nurse spoke volumes to us. She has an apparent balance of business acumen and personal touch. MONA supports NNA by

something about every task that MONA performs. Krista was at the meeting in Kansas City; she understands the business of a professional organization. One of Krista’s main roles at MONA is development and maintenance of their website. Take a few minutes to navigate the MONA website—it is robust and user-friendly.

- Lauren Brown, Finance Coordinator: Lauren will be providing support for the NNA financials; she understands the need for transparency and had some good ideas for NNA when we met in December.
President's Column
Terry Anderson, EdD, MSN, NNC-OB, NE-BC

Adlai Stevenson once said, “Change is inevitable [but] change for the better is a full-time job.” This has been the case since my beginning as President of the NNA. Through the vision of the Board of Directors, great changes are underway to maximize the value of NNA Membership and to unify the voice of nursing in Nebraska. Here are the highlights.

• Association management has transitioned to a combination of support from the Missouri Nurses Association (MONA) staff and the great skills of Anna Mackevicius and Lynsee Patrini as paid consultants. This change will save the organization over $40,000 per year in expenses, and has allowed us to balance our budget, while we prepare the organization for transition into the ANA Midwest States Division. This regional support, mandated by the ANA as part of the association transformation last summer, offers another opportunity to the ANA as part of the association transformation last summer, offers another opportunity to states to balance our budget, while we prepare the organization for transition into the ANA Midwest States Division. This regional support, mandated by the ANA as part of the association transformation last summer, offers another opportunity to

• The Transition Team, a team of NNA member volunteers, is working to propose an updated governance structure and tactical plan to achieve our organization’s mission and vision.

• The Commission on Advocacy and Representation has worked with Don Wesley and O’Hara Lindsay, our lobbying firm, to identify our 2013 legislative platform and to host a successful Legislative Day.

• MJ Petersen, our Treasurer, is leading an initiative to redesign our website and to move our technological capabilities forward. This includes moving the application and recordkeeping for our Continuing Education Approval Committee to a “cloud-based” platform.

• With the support of the Board, I was able to host a forum for the leaders of other nursing organizations in Nebraska, opening dialogue about common goals and ways we can work together. The leaders of the Nebraska Organization of Nurse Leaders and the Nebraska Action Coalition, with the help of District V, we hosted the State Student Nurses Association at their annual convention, held this year in Garmin.

• We are in the midst of a widespread membership drive, the first of its kind in many years. Besides enhanced member benefits, there is the limited time opportunity to join ANA/NNA at a 25% discounted rate for the first year, and to be eligible for exciting prizes. Visit the NNA website for more information.

NOTE: For several years, non-members of NNA/ANA have enjoyed the receipt of this newsletter without being members, providing you with information to guide your practice and improve your care. This newsletter, our lobbying efforts, our recognition events, and support for continuing education across our state all take human and financial resources. In addition, this includes the 31,000 nurses in Nebraska are helping to support this work through membership and active involvement. For the cost of about one latte per week, you can strengthen the voice of nursing in Nebraska at this critical time in healthcare reform.

• The Bylaws revisions, approved at the NNA House of Delegates last fall, have been forwarded to the ANA for approval. Our Bylaws Committee, under the leadership of Vice President, Winnie Dolph, is positioned to support additional changes as needed.

• The NNA has partnered with the TeamMates® Mentoring Program to sponsor the 2013 Nurses Heroes and Mentors Dinner on May 10, 2013 with Dr. Tom Osborn, as the featured speaker. Plan to attend this once in a lifetime event with your nursing heroes, mentors, and your significant others. Consider becoming a mentor to a young Nebraskan. Who better than a trusted professional nurse with a flexible schedule and a calling to care?

I have always believed in two things. The first, that anything worth doing, is worth my entire attention and my very best effort; and second, that that volunteering time, talent, and treasure is an opportunity to learn and grow. Each day as the President of the NNA has been a new adventure, and I invite you to join me for the fun... become a Nebraska Nurses Association member today!

Teresa Anderson

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Writer's Guidelines:

Any topic related to nursing will be considered for publication in the Nebraska Nurse.

Although authors are not required to be members of NNA, when possible, preference will be given to NNA members.

Photos are welcomed, digital is preferred. The NNA assumes no responsibility for lost or damaged photo.

Submitted material is due by the 12th of the month in January, April, July and October of each year.

You may submit your material in the following ways:

Prepare a Word document and attach to an e-mail sent to anne@nebraskanurses.org.

Provide a document on a disc clearly labeled with your name and return address.

Mail hard copy to NNA at PO Box 82086, Lincoln NE 68501–8208 or email to Executive@NebraskaNurses.org. Submissions should be prepared on white paper and double–spaced.

For advertising rates and information, please contact Arthur L. Davis Publishing Inc., 901 Ninth Street, Washington Street, PO Box 216, Cedar Falls, Iowa 50613, (800) 626–4081, sales@adpub.com.

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Sara Fry, Continuing Education Coordinator: Sara will be working with NNA’s Continuing Education Approval Committee—a key NNA service and revenue source. Sara was not able to attend the meeting in Kansas City but I hope to meet her in the future.

Debbie Frank, Office Services Coordinator: I am sorry that Debbie could not join us at our December meeting. I imagine her job is potpourri of activities. The unexpected transition of Association operations was made less painful when Jill and her staff stepped up. They have a “we’ll get it done” and “what can I do to help you?” attitude. As I mentioned, take a look at the MONA website (www.missourinurses.org) and learn more about their history, events, and structure. I hope we can arrange for Jill (and some of her staff) to join us at our December meeting. I imagine her job is potpourri of activities.

The NNA Board of Directors approved to provide support to, including with the support of two short-term consultants, by, to take the lead on key activities:

• Lynnee Patrin will take the lead on Convention and HOD planning, and will support the (NPPD) as a non-voting member. Lynnee can be contacted at lynnee@nebraskanurses.org
• Anna Mackevicius will support Nurses’ Day at the Legislature, the Nebraska Nurse, and the (CAR) as a non-voting member. Anna can be contacted at annam@nebraskanurses.org

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**President:**
Kate Pepin, PhD, MSN, RN  
H—(402) 593-7687  
E—kopepin81@cox.net

### District 3

**President:**
Jan Tubbs, MS, MSN, RN  
H—(402) 423-4716  
E—jan.tubbs@bryanhealth.org

### District 4

**President:**
Judy McPhillips, RN  
H—(308) 382-0052  
E—j.mcpct@bryanhealth.org

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Quality Care by Quality People
Around the Districts continued from page 8

**District 5**

President: F. Jordan Colwell, MHA, BSN, RN  
H—(308) 760-8886  
E—fcowb@gmail.com

Hello and Happy New Year from District V! I am excited for the year as President and want to thank our past President, Melissa Snyder for her guidance and foundation setting. This year’s officers who will be serving with me are: President-elect, Janelle Schroeder; Secretary, Alicia Kunz; and Treasurer, Tiann Colwell. We continue to recruit new members to the District and it will be one of our priority focus areas throughout the year. Along with membership, it will be imperative for us to invite current members to be active. Our first meeting was held on January 28, 2013 at Regional West Medical Center in the Keith Room at 6:00pm. During this meeting, we set the goals that we would like to achieve as a District. It will be a year for cost savings and therefore, we will have to become creative with funding earned. As President, I am up for the challenge and will help guide our district to have a successful year.

**District 6**

President: Pam List, MSN, APRN  
H—(402) 372–2404  
E—plist@fcswp.org

Our district is excited for the upcoming year and have set goals for District membership recruitment and active participation remain priorities for our District. We continue to recruit new members to the District and it will be one of our priority focus areas throughout the year. Along with membership, it will be imperative for us to invite current members to be active. Our first meeting was held on January 28, 2013 at Regional West Medical Center in the Keith Room at 6:00pm. During this meeting, we set the goals that we would like to achieve as a District. It will be a year for cost savings and therefore, we will have to become creative with funding earned. As President, I am up for the challenge and will help guide our district to have a successful year.

**District 7**

President: Barb Wenz, RN, MSN  
H—(308) 534–6748  
E—twynne@charter.net

District 7 has been meeting via email communication. Planning for 2013 has progressed. This year District 7 will be hosting a Student Brunch for nursing students at Mid-Plains Community College. Information on the changes with the organization will be provided. Membership and active participation remain priorities for our District.

**District 9**

President: Cathy Clark Sybrant, APRN, MSN  
H—(402) 684–3235  
E—cclark1@huntel.net

The President and Delegate enjoyed the State Convention. We have been discussing the revamping of the executive position. Our membership plans to review the bills in the legislature in January and proceed with any action that is necessary. New members continue to be recruited and we have had some new nurses attend meetings. We plan to follow up with them on the actual “joining” process. It has been an interesting few months for NNA and we are thankful that we are kept informed.

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by Callie Erickson, TeamMates

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Danielle Knudson, Safe Communities Director, National Safety Council, Nebraska

There is a silent killer in our community that very few people talk about and this killer preys on older adults. It is not someone lurking in the shadows waiting to attack. It is much more subtle, but no less deadly. Statistical evidence predicts that one third of adults over 65 will fall each year. Debilitating injuries from falls account for up to 40% of all nursing home admissions. It doesn’t have to be!

FIRST (Fall Intervention–Reaching Seniors Together) is a community collaborative that is presenting initiatives to reduce the trauma, injuries and deaths caused by falls in our older population. The risk factors included are Home Safety and Modifications, Medication Management and Physical Activity and Mobility. There is information available on the website, www.FIRST.org and also resources that are available to be mailed.

Home Safety and Modifications

More than half of falls occur in the home. It is where one spends the most time, and where we tend to let our guard down. It is important to encourage older adults to look through their home to see if there are steps they can take to make their home safer. There are several resources available from FIRST:

- There is a home safety DVD titled “Simple Changes Can Keep You Safe Where You Live.” It is 10 minutes long, and is a great peer to peer video about modifications that can help a person stay safer, longer in their home.
- Another great resource is a home safety checklist that asks questions about areas inside and outside of the home, and gives suggestions with each question on how to make the home safer.

Pets and falling is another area that FIRST took on as a community collaborative effort to promote the safety and health of our older population.

There is a program called Tai Chi: Moving for Better Balance that has been researched by the CDC and has proven to reduce falls by 50% when done regularly. It is great for older adults to establish a walking routine that includes an indoor location.

Medication Management

We are fortunate today to have modern medicines to help treat many conditions that older adults experience. Prescriptions and nonprescription medications can help diminish symptoms and lead to a more productive, healthier life. But medications are serious business. Some may be a cause of loss of balance and falling. It is important for older adults to be proactive regarding their medications. Write questions to ask your doctor or pharmacist. FIRST created a brochure that gives tips and answers commonly asked questions.

Physical Activity and Mobility

Exercise is the best thing for the prevention of falls. Two ways to get exercise that do not involve any equipment are walking, and Tai Chi. Lower extremity strength is a strong predictor for fall risk, and walking builds lower extremity strength. It is great for older adults to establish a walking routine that includes an indoor location.

Nurse Practitioners (NPs) are a viable solution to the health care provider shortage in Nebraska. Nebraska Action Coalition (NAC) share the concerns of the Nebraska Nurses Association (NNA) and Nebraska Action Coalition (NAC) share the concerns of the Nebraska nurses and consumers that action is required to address accessible, cost-effective health care that is patient-centered and of high quality. These organizations recognize the importance of collaborating with all health care providers to find solutions that allow Nebraskans to maintain The Good Life.

Save the Date:
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Another place to check out is the CDC (Centers for Disease Control and Prevention) website under Home Recreations and Safety, and Older Adult Falls because there is a brand new resource called STEADI (Stopping Elderly Accidents, Deaths & Injuries) Toolkit for Health Care Providers.

Please contact Chris Cady-Jones at ccady@safenebraska.org or 402-898-7358 for more information about FIRST.

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Please contact Chris Cady-Jones at ccady@safenebraska.org or 402-898-7358 for more information about FIRST.

Nurse Practitioners Provide Viable Solution to Healthcare Need in State

Cathy Phillips MS APRN-NP, Legislative Chair, Nebraska Nurse Practitioners
Teresa Anderson EdD RN, President, Nebraska Nurses Association
Victoria Vinton MSN RN, Director, Nebraska Action Coalition

The national shortage of rural physicians is gaining attention. Nebraska mirrors the nation’s shortage—but at alarming levels. Sixty-five of Nebraska’s 93 counties are primary care Health Professional Shortage Areas (HPSA), up from 51 in 2009 (OWH Dec. 10, 2012). 15 have no primary care provider at all. There are deplorably high and increasing numbers of rural residents over age 65 with chronic disease and disability markers. Mental health workforce is comprised of 118 HPSAs and 37 counties with no psychiatric provider. This problem will be further compounded with coverage of nearly 13% or 237,000 uninsured individuals seeking coverage by January 2014 and the aging of baby boomers. Nebraska has the highest median age in the nation at 42.7 years.

Evidence supports that access to health services such as basic screening, labs, physical exams and patient education results in earlier detection, treatment and illness prevention, thereby lowering costs. Sick time, missed work, and travel time to appointments is decreased with productivity increased. Costly emergency room visits and hospitalizations are minimized or avoided.

Nurse Practitioners (NPs) are a viable solution to the health care provider shortage in Nebraska. Nebraska Action Coalition for Health Policy at the University of Nebraska’s College of Public Health points out that many rural Nebraska counties already rely on NPs to fill the void. There are 1080 NPs statewide who are the only health care provider in some areas. Twenty years of evidence shows that nurse practitioners are safe healthcare providers who deliver high quality, accessible and cost-effective care. Nebraska loses NPs to other states that allow independent practice, further draining the pool of potential primary care providers. The Rural Health Research Center has encouraged states to consider independent practice for NPs to address rural provider shortages. The Institute of Medicine has recommended removing all barriers to nursing practice in its 2010 report, “The Future of Nursing: Leading Change, Advancing Health.”

Nebraska requires NPs to have an Integrated Practice Agreement (IPA) with a physician. The IPA can be difficult to obtain and maintain and is a barrier to accessible health care. No evidence supports that requiring an IPA results in higher quality care. Eighteen states including neighboring Colorado, Iowa, Colorado and Wyoming have independent NP practice.

The nursing profession seeks partnership with others to address the shortage. Nebraska Nurse Practitioners (NPN), Nebraska Nurses Association (NNA), and Nebraska Action Coalition (NAC) share the concerns of our physician colleagues, policy makers, stakeholders, and consumers that action is required to address accessible, cost-effective health care that is patient-centered and of high quality. These organizations recognize the importance of collaborating with all health care providers to find solutions that allow Nebraskans to maintain The Good Life.

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## Nebraska Nurse Practitioners

Nebraska Nurse Practitioners (NNP) is a non-profit organization that operates to promote excellence in NP practice and continuing education, and to shape the future of healthcare through advancing health policy in the state of Nebraska. NNP has approximately 539 members as of December 2012 and represents nearly 50 per cent of licensed nurse practitioners in the state. Membership includes 72 graduate nursing student members.

NNP is preparing for its annual election. Members will be voting for a President-Elect and nominating committee members. Voting will take place January 7-February 7 with results being announced at the annual membership meeting on February 15, 2013. Members will also be voting to approve a significant revision of the organization bylaws at the annual membership meeting.

The Education committee has been working hard to organize the annual NNP Conference. The 22nd Annual Conference will take place February 14-16, 2013 in Kearney, Nebraska. The theme of the conference is NNP Goes Red. Sessions topic will focus on women and heart disease to coincide with Go Red for Women day and Valentine’s Day. The conference brochure will be arriving in mailboxes soon. There will also be information posted on our website, www.nebraskannp.org.

On the legislative front, NNP is currently engaged in a 407 Credentialing Review process before the Board of Health. The Credentialing Review is a regulatory requirement that must be met prior to introducing legislation to remove the requirement for an Integrated Practice Agreement in the state. We expect the review to consume most of the next year, with a tentative plan to introduce legislation in January 2014. NNP members have been asked to respond to surveys, as well as, telephone and email inquiries in an effort to gather information to assess the impact of the integrated practice agreement on nurse practitioners in Nebraska. The committee meets with the Technical Review Committee on January 11, February 1, February 22, March 22 and April 19, 2013. These meetings are open to the public. We particularly encourage the attendance of our nursing colleagues. More information can be obtained at http://dhhs-ne.gov/Pages/aggregate.aspx.

NNP is looking forward to a busy, but productive 2013. Be sure to follow the organization on Facebook. Search for NNP: Nebraska Nurse Practitioners and click “Like.”

### 2011 ANA/ANA/District Option Membership Dues by District

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