Every RN must decide for her/himself that being a professional means being informed and making your voice heard when issues affect patients. This is true regardless of where you work, what your specialty is, what level of preparation you’ve received, or whether you are an advanced practitioner, staff nurse, public health nurses, nursing executive, or educator. If a law, regulation, or policy is being created that affects patients anywhere, it is your responsibility as a professional nurse to learn about it, have an opinion about it, and express your opinions. It is not unusual for nurses of all varieties to overlook their own extraordinary level of expertise and qualification. Most nurses do not recognize that they are more qualified to comment on matters concerning healthcare than most policy makers and, furthermore, that policy makers want the input of nurses. Nursing is the most trusted and respected profession in the country and is recognized by policy makers as the backbone of the healthcare delivery system.

When nurses speak, people listen. When nurses speak, patients benefit. When nurses speak, healthcare improves. If only nurses would speak.

In the 2012 Kentucky General Assembly, we are sure to see legislation that affects advanced practitioners, nursing education, and possibly other health professions that seek to perform nursing functions. Many RNs will glaze over at these issues and determine that they do not directly affect them or their personal practice. That will be tragic for patients and the nursing community. All of those issues have an impact on patients, even if they are not your patients. Patients anywhere are patients and nurses anywhere have a professional duty to what they can to protect them.

If RNs from all areas do not make their voices heard on these issues, other voices will drown out nursing professionals and render nursing irrelevant, risking the welfare of patients. The relevance of nursing is built and preserved by the strength of nursing’s professional association voice AND by the numbers of RNs who join the effort individually. Every Registered Nurse, no matter the nature of her/his practice, shares with every other Registered Nurse a cherished common membership in the community of professional RNs. RNs of all varieties share a rare combination of expertise, perspective and dedication to patients that is unique to professional nursing. There is far more that bonds RNs than there is that separates and it is incumbent upon the nursing community as a whole, and as individuals, to recognize and respond to the imperative that nursing learns to speak with a unified voice, even when it did many years ago.

The polarization of the nursing community into sub groups based on varying educational preparation, varying specialties, varying job descriptions, workplaces or whatever else is built and preserved by the strength of nursing’s professional association voice AND the numbers of RNs who join the effort individually. Every Registered Nurse, no matter the nature of her/his practice, shares with every other Registered Nurse a cherished common membership in the community of professional RNs. RNs of all varieties share a rare combination of expertise, perspective and dedication to patients that is unique to professional nursing. There is far more that bonds RNs than there is that separates and it is incumbent upon the nursing community as a whole, and as individuals, to recognize and respond to the imperative that nursing learns to speak with a unified voice, even when it did many years ago.

Join the Kentucky Nurses Association
Visit the KNA website for information at www.kentucky-nurses.org

Know who represents you in the state legislature
To find out, call 1-888-VOTE-SMART or go to www.vote-smart.org where you can enter your address to find your state and federal elected officials and their contact information.

Make contact with one or many
To leave a message for a single state legislator or for all the members of a Committee, Caucus or Chamber, call 1-800-372-7181

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Advanced nursing preparation at the graduate level will provide you with experiences for growth and leadership in the evolving health care system. The program at EKU focuses on individuals, families, knowledge and competencies for evidenced-based practice to identify innovative and creative approaches for the improvement of healthcare will be explored. Full Time and Part-time options.

The post-MSN at Eastern Kentucky University is a 36 to 39 credit hour program. Coursework and immersion experiences focus on organizational leadership. In addition,

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- Leadership
- Quality Improvement
- Informatics
- Research
- Health Policy
- Global Health
- Ethics
- Community Health
- Mental Health
- Gerontology
- Personalized Care

Application deadline: January 15.
DATA BITS
Put More Pep in Your Step

Work related injuries can create hardships for both employers and employees. It is estimated that $100 billion is spent each year on work related injuries, exclusive of the pain, suffering, and decreased quality of life experienced by the injured worker. Could some of these problems be prevented with simple stretching exercises prior to beginning work?

Heavy loads and repetitive movement can result in tissue overload and subsequent soft-tissue injuries. Studies show that stretching increases flexibility, improves range of motion, and promotes correct form and function, resulting in decreased injuries. Two nurse researchers in West Virginia decided to implement a 90-day pilot pre-shift program on stretching in an attempt to reduce work-related musculoskeletal injuries.

The study used a nonrandomized, descriptive, pre-post intervention design. The study was conducted with manual laborers at two industrial sites, a beverage company and a tin mill plant. The independent variable was pre-shift stretching and the dependent variable was the number of work-related musculoskeletal injuries incurred between December 2009 and March 2010. The injury rate during the intervention period was compared to injury rates for all eligible employees between December 2008 and March 2009, as well as to the injury rates for all eligible employees during the study period.

The volunteer sample (total of 79 participants) consisted of 37 warehouse loaders and 18 delivery drivers engaged in manual labor at the beverage company. Warehouse loaders lifted 35 to 50 pounds per carry hundreds of times during an 8-hour day, while delivery drivers handled products between the warehouse and customer locations and routinely handled 16,000 to 24,000 pounds daily. The 24 tin mill volunteers engaged in lifting, carrying, pushing, and pulling up to 100 pounds per task. The breakdown of the three groups was 47% warehouse workers, 23% were delivery drivers, and 30% were tin mill laborers. All but one of the participants were male, with an average age of 50.4 years. All were full-time workers who had not experienced a previous work-related musculoskeletal injury.

The program consisted of nine stretches targeting the neck, shoulders, upper and lower back, quadriceps, hamstrings, arms, and ankles. Each stretch was held for 10 to 15 seconds. All stretching was done in a standing position without the use of props. These stretches were first discussed with a chiropractor specializing in stretching protocols. To help the volunteers in learning proper stretching techniques, wall-sized posters of the stretches were hung in the stretching areas. Management was also taught the techniques so they could be used as a resource to help lead the program. To ensure proper tracking of volunteer participation, a daily compliance roster was given to each shift leader to maintain. To help with buy-in, the companies provided gift cards to those who participated and completed the program.

According to attendance records, 100% of eligible participants completed the study. The results showed that the 24 tin mill participants who completed the protocol were injury-free, while of the 55 beverage company participants, only one experienced an injury (1 of 79, or 1.3%). No employee reported any adverse events due to the stretching protocol. The injury rate prior to program implementation was 6.5% (51 of 789). The relative risk of non-stretchers being injured was 5.13 and the risk of injury for stretchers was 0.19. The odds of experiencing a work-related musculoskeletal injury were 5.41 times higher for non-stretchers. Injury rates also differed significantly between the stretching group and the group that did not stretch. The relative risk of incurring an injury was 6.70 for non-stretchers, compared to 0.14 for those who did stretch.

This project suggests that a brief, inexpensive stretching protocol is feasible in a manual labor environment and associated with short-term positive results. So nurses, what do you think about stretching before you start your shift? It could be worth the effort. The American Hospital Association has stated that work-related musculoskeletal disorders account for the largest proportion of Workers Compensation costs in hospitals and long-term nursing home facilities nationwide. The American Nurses Association reports that ergonomic injuries occur in nurses at a rate that is twice that found in the general working population. If effective stretching can help to eliminate musculoskeletal disorders and help to keep healthcare workers strong and healthy, maybe we should stretch before we go out and fetch!


Submitted by: Sally Beckham, RN, Mary Cox, RN, and Diana Wetterer, RN, BSN students at Bellarmine University, Louisville, KY.

Data Bits is a regular feature of Kentucky Nurse. Sherrill Nones Cronin, PhD, RN, BC is the editor of the Accent on Research column and welcomes manuscripts for publication consideration. Manuscripts for this column may be submitted directly to her at: Bellarmine University, 2001 Newburg Rd., Louisville, KY 40205.
DISTRICT 2 UPDATE

District 2 held a meeting in September. Mollie Abshire is the winner of the door prize and is shown with President Mary Whitaker. Congratulations Mollie!

Common Questions about Lactose Sensitivity

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

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

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

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

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

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

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

FAST FACTS ABOUT LACTOSE-FREE MILK AND MILK PRODUCTS

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

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

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

AVAILABLE OPTIONS: A wide variety of lactose-free dairy products – including reduced-fat, low-fat, fat-free and chocolate milk, ice cream and cottage cheese – are available.
Transforming a RN to BSN Program to an On-Line Delivery Format

Cathy H. Abell, PhD, MSN, RN, CNE
Associate Professor, Deborah Williams, EdD, MSN, RN
Western Kentucky University
Bowling Green, KY

Sue Decker, M. Susan Jones, PhD, MSN, RN, CNE
Professor, School of Nursing
Western Kentucky University
Bowling Green, KY

Transforming a RN to BSN program to an on-line delivery format is supported by many including the American Nurses Association and the American Association of Colleges of Nursing (2010). As faculty, we believe that transitioning to an on-line program would be one way to support the educational mobility of rural ADN nurses desiring a BSN. This transition also helps to reduce the educational mobility gap for rural nurses in their communities (McCoy, 2009).

As noted by Benner et al. (2010), change in nursing education is needed to enhance a smooth transition from the ADN to BSN degree. Faculty of the RN to BSN program at Western Kentucky University (WKU) believe that transitioning to an on-line program moved from the current delivery method of Interactive Video System (IVS) blended classroom.

As the faculty of the RN to BSN program contemplated the change to an on-line format, it was determined that the blended method in place enhanced the availability of resources to implement the change in a short-period of time. Faculty and students were familiar with Blackboard® and some of the features that would be used. Enhancing the already familiar strategies while maintaining academic rigor and student satisfaction were two challenges faculty and students faced as the program moved from the current delivery method of Interactive Video System (IVS) blended classroom.

In the unfreezing stage, it is recognized that the current process or way of doing something needs to be changed. In the unfreezing stage, the new process or innovation is introduced. This includes discussion of the advantages and disadvantages of the proposed change. In the refreezing stage, the new system is accepted and becomes the routine practice (Kelly, 2008; Yoder-Wise, 2011).

Fellowship students were asked to include experience they had in their assignments. For example, in the transcultural nursing course, students were asked to include experiences they had working with patients from cultures different from their own. This teaching strategy also supported a way for peer networking, advocated by Nelson (2007).

In addition to providing lecture material, tegritiy videos, and podcasts were incorporated to provide information to students about assignments, syllabi, and grading rubrics. Tegrity is a program that allows students to view lectures and discussions at anytime or anywhere they have internet access. Wikis allowed opportunities for group work and discussion boards were used to exchange ideas and comments about various topics. This supported peer interaction and networking. Additionally, discussion boards were used to incorporate poster presentations on-line.

Currently, faculty believe they are still in the moving stage. As faculty reflect on the first semester of the program change, they note an increase in interest in the program by prospective students as well as leaders/managers of area health care facilities. They have utilized the support of the University instructional technology department to view on-line videos regarding various topics related to Blackboard®. For example, many students view a video demonstrating submission of assignments. As students’ knowledge level with technology increases, the continuous availability of these tutorials is valuable to success of students.

Faculty have learned much throughout the process, spending more time in the unfreezing stage for planning. This would include planning for faculty development, course development, and marketing. Secondly, they recognized that for on-line classes much more time is required for grading and providing feedback to students. To facilitate the on-line process for students, faculty communicate frequently about policies, course work, evaluation methods, and networking. Faculty have attended workshops to be consistent in timeframes for assignments and availability of lectures. Again, recognizing that the RN to BSN students have varied work schedules, faculty include weekend days and traditional work week in the timeframes. When developing assignments and evaluation methods, faculty assured different experiences were offered throughout the curriculum to ensure program outcomes were met. Additionally, the different experiences allowed students the opportunity to gain technological skills that would be beneficial to them both in the workplace and graduate school. A challenge that has been addressed and will be discussed in the future is how to best evaluate the fit of student work load for an individual course and the credit hours awarded for that course.

BSN faculty perceive the on-line program as essential for the seamless transition toward a higher academic degree. They are committed to offering this program as a means for nurses who are already bound to achieve the BSN.

In the refreezing stage, the change will become the routine (Kelly, 2008). Faculty look forward to this stage. However, the faculty understood that ongoing evaluation and improvement of the program will be necessary. Faculty are in the process of evaluating the program utilizing the Essentials of Baccalaureate Education for Professional Nursing Practice (American Association of Colleges of Nursing, 2008). The Scope and Standards of Nursing Practice (American Nurses Association, 2008), and recommendations from Benner et al. (2010). They recognize that some change in their admission guidelines and curriculum will be needed. They will again utilize Lewin’s Change Theory to promote a successful transition from the old to the new.

References
Community Cardiovascular Care:
A Service Learning Project Designed to Reduce Risk for Cardiovascular Disease

Vanessa Sammons, MSN, RN, PHCNS-BC, CNE
Assistant Professor of Nursing
and
Suzanne White, MSN, RN, PHCNS-BC
Assistant Professor of Nursing
Morehead State University
Morehead, KY

Cardiovascular diseases (CVD) remain the leading cause of death in the nation and the state of Kentucky. Kentucky ranks sixth in the nation for the number of deaths due to heart disease (Kentucky Department for Public Health, 2009). The US Department of Health and Human Services document, Healthy People (2020), described the importance of identifying preventable threats to health in order to increase the length and quality of our lives. The profession of nursing has long been associated with the sacrifice of personal health. Research indicates that nursing students experience higher levels of stress than non nursing students and some report stress severe enough to induce anxiety and depression (Beck & Srivastava, 1991; Shiver & Scott-Stiles, 2000). A service learning project was developed in partnership with the Gateway Cardiovascular Coalition as a strategy developed from evidence based practice which provides additional support to nursing students as they learn to provide care for others (Stark, Manning-Walsh & Vliem, 2005).

In recognition of how poor cardiovascular health severely impacts Eastern Kentucky residents, a service learning project was implemented by third semester Associate Degree Nursing Students and sophomore level Baccalaureate Nursing Students. The screening service learning project was conducted at the Center for Health Education and Research (CHER) campus and the Clay Center campus of Morehead State University. One hundred percent of participants received education on the importance of cardiovascular health, the effect of sodium, of blood pressure, and the importance of exercise.

Findings from the screening: total of 109 screenings were provided to 79 females and 30 males; 64 of 79 females returned for follow up (81%); 11 of 79 females received referrals (14%). Of the 11 receiving referrals 2 started medication (18%), 4 were normal at follow up (36%), and five did not return (45%). As students provided the screenings they became interested in their own blood pressure readings and 100% participated in the screening process. There is evidence that as students practice and encourage self-care among peers, health habits are likely to improve. Additionally it serves as further support as they learn to provide care for others. This service learning project impacted participants thus impacting the future of nursing and the many patients who will be served.

References

Is pleased to announce the second annual
SURVIVING YOUR FIRST YEAR
After the tremendous success and positive response to our inaugural program, the KNA is happy to announce that Surviving Your First Year will now be an annual program designed to ease the transition into practice for new nurses, provide some refresher information for RNs returning to the workforce, or just offer topics to those interested in revisiting the basics.

We hope that you will join us Friday, March 2, 2012
Knecly Center, Bowling Green

To register, go to www.kentucky-nurses.org

SURVIVING YOUR FIRST YEAR 2012
AGENDA
Knecly Center in Bowling Green, KY
Friday, March 2, 2012
All times are Central Standard Time
8:00 – 8:30am REGISTRATION
8:30 – 8:40am WELCOME
8:45 – 10:00am CLINICAL: Meds, Pumps & Drips
10:00 – 10:15am BREAK
10:15 – 11:30AM COMMUNICATION: Delivering information to patients & families
11:30am – 12:15pm LUNCH
12:15pm – 1:30pm LEGAL/KBN: The Nurse Practice Act & the KY Board of Nursing
1:30pm – 1:45pm BREAK
1:45pm – 3:00pm RESUMES & INTERVIEWS
3:00pm – 3:15pm PROGRAM EVALUATIONS

REGISTER NOW TO SAVE YOUR SPACE
GO TO WWW.KENTUCKY-NURSES.ORG TO REGISTER ONLINE

KNA Members on the Move
Judith Beckham, MSN, RN, University of Louisville School of Nursing, received a certification in Nursing Professional Development through American Nurses Credentialing Center.

UK Alumni Professor Ellen Hahn, PhD, RN, FAAN, University of Kentucky Colleges of Nursing and Public Health, was inducted in October 2011 as a fellow in the American Academy of Nursing. She is one of seven members of the UK College of Nursing to become a fellow in the Academy. Dr. Hahn is also a faculty associate at the UK Markey Cancer Center, directs the Clean Indoor Air Partnership and the Kentucky Center for Smoke-Free Policy in the College of Nursing, and is the assistant director of the Center for Biobehavioral Research in Self-Management in the College of Nursing. Through the Kentucky Center for Smoke-Free Policy, she and her colleagues have assisted many of Kentucky’s 30 communities which have gone smoke-free.

Cynthia Logsdon, PhD, WHNP-BC, FAAN, University of Louisville School of Nursing, received the Research Podium Award for her presentation at the Nurse Practitioner in Women's Health Conference in Austin, TX. Her colleagues at University of Louisville Hospital, Roselyn Tomasulo, RN, MSN and Diane Eckert, RN, BSN, were co-investigators on the study, "Use of Social Media and Health Care Needs of Society.

Suzanne Prevost, PhD, RN, COI, associate dean for practice and engagement at the University of Kentucky College of Nursing, was inducted in November 2011 as the 29th president of the Honor Society of Nursing, Sigma Theta Tau International (STTI). Dr. Prevost will lead the 125,000-member global organization for the next two years. The four areas she addressed in her Presidential Call to Action included: creating a legacy of professional impact; engaging in collaboration in the global community; responding to vulnerable populations; and embracing technology.

Kathy Wheeler, PhD, FNP-BC, APRN, FAAN, assistant professor, University of Kentucky College of Nursing, was one of 27 distinguished nurse leaders from across the globe to graduate from the International Council of Nurses (ICN) Global Nursing Leadership Institute (GNLI). Established in 2009, the GNLI offers an advanced leadership program for nurses in senior and executive level positions in developed and developing countries.

In October 2011, Donna Blackburn, PhD, RN, Professor of Nursing at Western Kentucky University, received the American Cancer Society Mid-South Division Terese Lasser Award in recognition of her exceptional volunteer service with the Reach to Recovery program. This award honors Terese Lasser who began the program following her personal experience with breast cancer in 1952. The Reach to Recovery program was implemented by the American Cancer Society in 1969.

Deborah Whitehouse, DSN, BSN, APRN-S, who had been serving as associate dean of the College of Health Sciences at Eastern Kentucky University, will serve as interim dean upon the retirement of Dr. David Gale. Whitehouse, who joined EKU in 1984, earned her bachelor’s degree from the University of Kentucky, her master’s degree from the University of North Carolina and her doctoral degree from the University of Alabama at Birmingham.

Student Spotlight is a regular feature of the Kentucky Nurse. Donna Blackburn PhD, RN who is the editor of this column welcomes manuscripts for publication consideration. Manuscripts may be submitted electronically to her at: donna.blackburn@WKU.edu.

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Seeking nominations for the Kentucky Board of Nursing

The KNA is responsible for nominating RNs for several seats on the Kentucky Board of Nursing. KNA submits nominations to the Governor’s office and the Governor’s office makes appointments to the KBN.

Seats open for 2012 are:
• RN in Education
• RN in Clinical Practice
• RN in Advanced Practice

For information about qualifications or to obtain an application form, e-mail carlene@kentucky-nurses.org

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UofL School of Nursing Partners with University Hospital and Jewish Hospital & St. Mary’s HealthCare to Develop Acute Care Nurse Practitioner Program

LOUISVILLE, KY—In an effort to meet the growing local demand for acute care nurse practitioners (ACNP) in the hospital setting, the University of Louisville School of Nursing will add the acute care NP major to its list of master’s level programs. University of Louisville Hospital (ULH) and Jewish Hospital & St. Mary’s HealthCare (JHSMH) are helping in the initial funding to hire faculty that will develop the curriculum and teach the courses beginning in Fall 2012.

“Although the UofL School of Nursing has a strong history in offering master’s nurse practitioner majors in primary care, the need for hospital acute care NPs is crucial with so many patients who are acutely ill with complex diseases and conditions,” said Marcia Hern, EdD, CNS, RN, dean, UofL School of Nursing. “Working as a full partner with physicians, NPs are a valuable asset in health care.”

“Our physician colleagues are asking for these positions,” said Cheryl Fugatte, chief nursing officer, JHSMH. “Acute care nurse practitioners are desperately needed and I thank Marcia Hern for coming to the table to see how we could partner together to make this program possible.”

“Nurse practitioners are now an integral part of our acute care surgical teams, from trauma to general surgery and surgical specialties. Nurse practitioners greatly improve the quality of health care, facilitating better communication with patients and families, rapid response to patient needs, and coordinating post-hospital care,” said Kelly McMasters, MD, PhD, chair, UofL School of Medicine Department of Surgery.

According to University of Louisville Hospital Chief Nursing Officer Mary Jane Adams, there are too few local advanced practice registered nurses trained in acute care. Many are primary care NPs who have received post-advent training in the hospital setting or critical area. Acute nurse practitioners are essential for a level I trauma center at ULH and complicated cardiac thoracic surgeries at JHSMH, she said.

“We wanted to partner with UofL in order to have a pipeline to train nurses interested in an advanced degree, and then recruit them to meet a need in the hospital. Many of our nurses are eager to advance their careers with this major,” Adams said.

Jodie Hignite, MSN, APRN, ACNP, was recently hired to begin developing the curriculum for the program. She will serve as the track coordinator for the new major. Hignite also works as an acute care nurse practitioner for the Department of Pediatrics in the Division of Pediatric Critical Care at Kosair Children’s Hospital, and she agrees with Adams.

“It is very important for advanced practice registered nurses to work the clinical portion of their program in the area where they want to specialize. Otherwise, it can be a very difficult transition with a significant learning curve if nurses seeking advanced degrees focus their clinical effort outside a hospital, then decide to pursue work in acute care,” Hignite said.

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KENTUCKY NURSE READERSHIP SURVEY

We value the input of our readers. We are committed to meeting your needs in future publications. Therefore, we are asking for your input and suggestions by completing the survey. Survey can also be completed online at www.surveymonkey.com/s/FFWVZ7N.

1. How frequently do you read the Kentucky Nurse?
   a. All of the time
   b. Most of the time
   c. Some of the time
   d. Seldom
   e. Never

2. If you read the Kentucky Nurse, do you read the entire publication?
   a. Yes
   b. No

3. Which sections in the Kentucky Nurse do you find most helpful? (Circle All that Apply)
   a. President’s Pen
   b. Welcome New Members
   c. KNA Calendar of Events
   d. District News
   e. Cabinet News
   f. Committee News
   g. KNF News
   h. KNA Members on the Move
   i. Home Study/Continuing Education Offerings
   j. Focus on Diversity
   k. KBN/Practice Corner
   l. Advance Practice
   m. Workplace Advocacy
   n. Accent on Research & DataBits
   o. Student Spotlight
   p. News From ANA

4. Which sections in the Kentucky Nurse do you find least helpful? (Circle All That Apply)
   a. President’s Pen
   b. Welcome New Members
   c. KNA Calendar of Events
   d. District News
   e. Cabinet News
   f. Committee News
   g. KNF News
   h. KNA Members on the Move
   i. Home Study/Continuing Education Offerings
   j. Focus on Diversity
   k. KBN/Practice Corner
   l. Advance Practice
   m. Workplace Advocacy
   n. Accent on Research & DataBits
   o. Student Spotlight
   p. News From ANA

5. Have you been able to use content from the Kentucky Nurse in your practice setting or educational program?
   a. Yes
   b. No

6. What could we do to improve the Kentucky Nurse?

7. Additional Comments:

Demographics

8. Are you a KNA member?
   a. Yes
   b. No

9. What is your age (in years)?

10. What is your highest degree:
    a. Doctorate in Nursing
    b. Doctorate in Related Field
    c. Masters in Nursing
    d. Masters in Related Field
    e. Baccalaureate in Nursing
    f. Baccalaureate in Related Field
    g. Associate in Nursing
    h. Other (please specify)

11. How many years have you been in nursing practice?

12. What is your employment status:
    a. Full-time in Nursing
    b. Part-time in Nursing
    c. Not Practicing in Nursing
    d. Retired
    e. Nursing Student (Pre-Licensure)

13. Primary Area of Practice
    a. Private Practice
    b. Hospital
    c. Nursing Home
    d. School of Nursing
    e. Free Standing Clinics
    f. Community/Home/Public Health
    g. School Nurse
    h. Occupational Health Nurse
    i. Office Nurse (Physician/Dentist)
    j. Other (please specify) ____________________

Thank you!
Send to KNA Editorial Board, 200 Whittington Parkway, Louisville, KY 40222-4900.

Indiana Wesleyan University provides education options for Kentucky nurses. Earn your degree in-class at one of our four Kentucky Education Centers, or choose the flexibility of complete online degree programs. The setting may change, but IWU’s commitment to providing quality education is constant.

**Change your life.**
**Change the world.**
It was during a recent District 10 Kentucky Nurses Association (KNA) meeting at St. Claire Regional Medical Center that current KNA President Mattie Burton, discussed service to others. Nurses, now more than ever, are needed to heed the call of service not only the patients in hospitals and clinics, but to reach even farther into the community to extend service to those in need. Those attending the meeting were bouncing ideas off of one another about community service when one nurse, Lula Pecco, an RN at SCR for twenty-five years, stated she had a life-long dream of starting a soup kitchen in Morehead. Living in the heart of Appalachia, she had first hand knowledge of the poor and the hungry.

Lula’s dream was to start a soup kitchen to feed the hungry. Something about the way she said it and the manner in which she spoke, made all of those in attendance take notice. Her entire face lit up just talking about serving the poor. Lula had never attended a KNA meeting and she had been wondering why was she attending this one? Lula’s nurse manager had asked her to attend in her place since she was going to be late. Accidents of this magnitude don’t just happen...

Once Lula shared her thoughts and ideas with district members, Mattie outlined steps that would help Lula get started. Lula’s family had a building that she could use to get started. Mattie provided a networking plan that would assist Lula in garnering the support she would need to begin, maintain and sustain such a worthwhile venture.

The entire department of nursing wanted to support Lula’s dream, which in reality would only further the mission of St. Claire Regional, “To Proclaim God’s goodness through a healing ministry to the people of Eastern Kentucky.”

Lula’s dream came true on September 16, 2011 in Rowan County. At first she, her family, church and hospital volunteers, were serving around 30 people per day. It quickly grew to 70 per day and is now over a 120 each day. One of the most touching stories shared by Lula was a story about a young man who had been coming to eat at the soup kitchen. He told Lula he had been out of work for a while. He shared with Lula he would have been hungry had it not been for eating at the soup kitchen. He was so grateful that she opened the kitchen and was taking it upon herself to feed the hungry. Jobless and looking for employment, he handed her 2 cans of green beans and asked if he could donate them to help feed others.

Nurses have always been a shining example of compassion and servitude throughout history. One nurse’s dream to feed the poor in conjunction with a hospital’s mission to serve the people of Northeastern Kentucky is proving that caring and service to others is alive and well in Morehead, Kentucky.

On October 31st the hospital hosted a benefit fund raiser to the theme of MASH: “Help Fight the War Against Hunger.” The event raised nearly $3,000 dollars to support the Community Soup Kitchen. MASH themed look-alikes were in full costume, such as Radar, Hot Lips, Father Mulcahy, Klinger and Hawkeye! Every hospital department participated in some way to support this worthy cause.

May God Bless everyone during this season of giving we are approaching.
Welcome New Members
The Kentucky Nurses Association welcomes the following new and/or reinstated members since the October/November/December 2011 issue of the KENTUCKY NURSE.

District #1
Laura G. Flamini
Clair M. Gaffney
Seon Hames
Karen Lynne Morrow
Beverly Kay Valentine
Annette Whitehouse
Beverly J. Zanewicz

Felicia McAllister
Barbara R. Kitchen
Jennifer Marie Kelley
Ellen Hahn
Norma J. Christman

District #2
Sharon Brock
Norma J. Christman
Ellen Hahn
Jennifer Marie Kelley
Barbara R. Kitchen
Felicia McAllister
Roger H. McBride

Jennifer Denise Murphy
Evelyn M. Parrish
Lynn C. Parsons
Patricia “Dee Dee” Pennington

District #3
Jacquie Dianne Miles
Patti Rhodes
William D. Thomas
Karen Marie Wigger

District #4
Rebecca L. Bell
Adam W. Ogle

District #5
Kimberly Elaine Bradley

District #7
Vickie Shoumake
Nicole D. Swindle

District #8
Carole Nadine Mattingly
(Recruited by Carol Murch)

District #9
Tammie Jean Bertram
Ruth Yvonne Walker

District #10
Kathy Lynn Blair
Jessica Jo Blakenship
Linda M. Conyers

District #11
Lori L. Leggaspi
Abby Nowsorthy
Carynne Anne Skiptworth
Kevin P. Weaver

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Optimizing Outcomes—
March 8-10, 2012
2012 Conference
Fairmont Chicago

KENTUCKY NURSES ASSOCIATION
CALENDAR OF EVENTS
2012

January 2012
1
New Year’s Day
2
New Year’s Day Observed – KNA Office is Closed
11
1:00 PM Governmental Affairs Cabinet, KNA Office
16
Martin Luther King Jr.’s Birthday – KNA Office is Closed
19
10:00 AM Kentucky Nurses Foundation, KNA Office

February 2012
13
Materials Due for April/May/June 2012 Issue of Kentucky Nurse
20
President’s Day Holiday
21
District 7 Meeting, TBA
28
Surviving Your First Year – Registration Closed

March 2012
2
Surviving Your First Year 2012, Carroll Knecly Conference Center, 2355 Nashville Road, Bowling Green, KY 42104

April 2012
17
District 7 Meeting, TBA

May 2012
14
Materials Due for July/August/September 2012 Issue of Kentucky Nurse
28
Memorial Day Holiday – KNA Office is Closed

June 2012
1
Materials Due for Call to Convention 2012

July 2012
4
Fourth of July Holiday – KNA Office is Closed

August 2012
13
Materials Due for the October/November/December 2012 Issue of Kentucky Nurse

September 2012
3
Labor Day Holiday – KNA Office is Closed

October 2012
24
5:00 PM KNA Board of Directors Pre-Convention Board Meeting, Holiday Inn Hurstbourne, 1325 South Hurstbourne Parkway, Louisville, KY 40222

25-26
KNA Convention 2012, Holiday Inn Hurstbourne, 1325 South Hurstbourne Parkway, Louisville, KY 40222

November 2012
12
Materials Due for the January/February/March 2013 Issue of Kentucky Nurse
22-23
Thanksgiving Day Holiday – KNA Office is Closed

December 2012
17-31
Christmas Holiday – KNA Office Closed

*All members are invited to attend KNA Quarterly Board of Directors meetings (please call KNA first to assure seating, meeting location, time and date)

NURSING FACULTY:
Midway College, a four-year liberal arts college founded in 1847, seeks applications to fill faculty positions in the Associate Degree Nursing Program.

Two full-time, 12 month faculty positions located at our Midway campus. MSN degree is required, teaching experience preferred. Minimum two years Med/Surg experience required. Direct inquiries to Dr. Barbara Kitchen at (859) 846-5335 or e-mail bkitchen@midway.edu.

Review of applications will begin immediately and continue until the positions are filled. Send a letter of application, curriculum vitae, unofficial transcripts and names, addresses and phone numbers of at least three references to Anne Cockley, SPHR, Director of Human Resources, Midway College, 512 East Stephens St., Midway, KY 40347-1120. Visit Midway College at www.midway.edu.

NOTICE OF NON-DISCRIMINATION
Midway College does not discriminate on the basis of race, color, religion, national or ethnic origin, sex, age, sex orientation, disability, sexual orientation, gender identity or expression, or marital status, as prohibited by Title IX of the Educational Amendments of 1972 (20 U.S.C. § 1681 and its implementing regulation at C.F.R. Part 106). It is also the policy of Midway College not to discriminate on the basis of sex in its educational programs, activities or employment practices. The admission of women only in the Traditional Day Programs is in conformity with a provision of the Act. For additional information, contact the College’s Title IX Coordinator, Anne Cockley, Director of Human Resources, 11 Pinkerton Hall, 512 E. Stephens St., Midway, KY 40347, 859-846-5408.

Visit Midway College at www.midway.edu.
When disaster strikes, who will respond?

The Kentucky Department for Public Health is seeking nurses to register and train as Medical Reserve Corps (MRC) volunteers. When events such as ice storms, flooding or pandemics occur in Kentucky, our citizens need nurses to provide compassionate care. Register to volunteer and receive training from your local MRC program today. By doing so, you can be prepared to serve your community, family and neighbors when they need it most.

To learn more, go online at https://khelps.chfs.ky.gov or contact your local health department.
**KENTUCKY NURSES ASSOCIATION MEMBERSHIP APPLICATION FORM**

I. MEMBERSHIP CATEGORIES

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<td>ASSOCIATE MEMBER (Receives Full Benefits) (Select One)</td>
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<td>___ 1) RN enrolled in at least half time study as defined in KNA policies*</td>
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<td>___ 2) Graduate of prelicensure program within one year of graduation</td>
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<td>___ 3) Registered nurse not employed</td>
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<td>SPECIAL MEMBER (select one)</td>
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<td>___ 1) Registered nurse who is retired and not actively employed in nursing</td>
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<td>___ 2) Registered nurse who is currently unemployed as nurse due to disability</td>
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<td>___ 3) Impaired registered nurse with limited membership</td>
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NOTE: Your dues include the following annual subscriptions: The American Nurse, the American Nurse Today, and The Kentucky Nurse

**MAKE CHECKS PAYABLE TO:**

AMERICAN NURSES ASSOCIATION

**MAIL CHECK AND APPLICATION TO:**

KENTUCKY NURSES ASSOCIATION
200 Whittington Parkway, Suite 101
Louisville, KY 40222-4900
Tel: (502) 637-2546 or 800-348-5411
Fax: (502) 637-8236

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**II. PAYMENT OPTIONS**

(Amount Includes ANA/KNA/District Membership)

| FULL MEMBER                          |                                                                                      |
| ___ Monthly—$24.75—Withdrawal from your checking account. (Enclose check for 1st month payment. Signature is required below.* See monthly bank draft section) |                                                                                       |
| ___ Annual—$829.00—Enclose check or pay by credit card |                                                                                       |

| ASSOCIATE MEMBER                     |                                                                                      |
| ___ Monthly—$82.63—Withdrawal from your checking account (Enclose check for 1st month payment. Signature is required below.* See monthly bank draft section) |                                                                                       |
| ___ Annual—$814.50—Enclose check     |                                                                                      |

| SPECIAL MEMBER                        |                                                                                      |
| ___ Monthly—$86.56—Withdrawal from your checking account (Enclose check for 1st month payment. Signature is required below.* See monthly bank draft section) |                                                                                       |
| ___ Annual—$872.75—Enclose check      |                                                                                      |

**MONTHLY BANK DRAFT**

In order to provide for convenient monthly payments to American Nurses Association, Inc. (ANA), this is to authorize ANA to withdraw 1/12 of my annual dues from my checking account on the 15th of each month; ANA is authorized to change the amount by giving the undersigned thirty (30) days written notice; the undersigned may cancel this authorization upon written receipt by the 15th of each month.

Signature for Bank Draft Authorization

**KNA Use Only**

<table>
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Home Study Courses Offered by the Kentucky Nurses Association

Home Study Courses include a written booklet, fun activities, and an open-book post-test for CE credit. The test, regular grading, and CE Credit are included in the course price. Tests are hand graded by Susanne Hall Johnson with individual feedback on your test. Course must be completed and returned within 3 months of receipt to receive credit.

- Assessment of the Families at Risk: High Risk Parenting (AFR) (3) Reviews family assessment and strategies for helping families when child or parent is at medical risk. (6 contact hours) $59.00
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- Increasing Nurses’ Time in Direct Care (DIR) (2) (6 contact hours, 3 tapes and booklet: $85.00. *Additional $19 for optional test/credit)

FACULTY

Susanne Hall Johnson, MN, RNC, CNS is the Director of Hall Johnson Consulting and the Editor of Nurse Author & Editor. She is a Clinical Nurse Specialist, UCLA graduate with honors, and a Distinguished Alumnus from Duke University. (Copyright 2003 Susanne Hall Johnson)

To order, please check the box in front of the Home Study or Audiotape Course(s) you want to purchase, complete the information below, and return with your check, money order or credit card information to:

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200 Whittington Parkway, Suite 101, Louisville, KY 40222-4900
FAX: (502) 637-8236

POW NURSES

Earleen Allen Frances, Bardwell
Mary Jo Oberst, Owensboro
Sallie Phillips Durrett, Louisville
Edith Shacklette, Cedarflat

KNA Centennial Video

Lest We Forget Kentucky's POW Nurses

This 45-minute video documentary is a KNA Centennial Program Planning Committee project and was premiered and applauded at the KNA 2005 Convention. “During the celebration of 100 years of nursing in Kentucky—Not To Remember The Four Army Nurses From Kentucky Who Were Japanese prisoners for 33 months in World War II, would be a tragedy. Their story is inspirational and it is hoped that it will be shown widespread in all districts and in schools throughout Kentucky.

Video Price: $25.00 Each
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Contact:
Please send cover letter, CV and three professional references to:
Dr. Paula Travis, Chair, School of Nursing
Spalding University, 845 S. Third Street
Louisville, KY 40203 • ptravis01@spalding.edu

Screening of candidates will begin immediately and the positions will remain open until filled.

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Traci, RN graduate

*upon licensure
**2010 rates published by the Kentucky Board of Nursing.

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The Florence Campus’s diploma and associate degree programs are approved by the Kentucky Board of Nursing (KBN). The Tri-County Campus’s diploma and associate degree programs are approved by the Ohio Board of Nursing (OBN). Beckfield College is a member of the National League of Nursing (NLN) and accredited by the Accrediting Council of Independent Colleges and Schools (ACICS).

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