



# West Virginia Nurse

*“Nurses working together for a healthy West Virginia”*

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Nurses Association

## President's Message



**Pamela S. Neal**

*by Pamela S Neal, RN, MSN-NA, C-FNP*

We have been hearing a lot about CHANGE and the need for change in our country. This year, the ANA endorsed Senator Hillary Rodham Clinton as their Presidential Candidate for the upcoming election and the West Virginia Nurses Association fully supports

this endorsement for Healthcare. This endorsement is solely based on the candidate's position on Healthcare and the support of the Profession of Nursing. Senator Clinton is fully aware of the issues facing our profession and is poised to address those issues fully, but most importantly, with input from nurses. Regardless of your political affiliation, I hope that each and every one of you gets out to vote on Election Day. It is important for nurses to actively participate in campaigns, fundraising events, and the West Virginia Nurses Political Action Committee. As nurses in West Virginia, we can make a difference in the outcome of our issues, if we become involved in the process and actively seek opportunities to educate our candidates on the issues that affect our profession and the patients we serve.

The West Virginia Nurses Association is actively seeking individual nurses interested in making a difference in our profession. As the election process approaches, our individual districts with the support of WVNA and the West Virginia Nurses PAC will begin the process of interviewing candidates running for state office to make our official endorsement. We are seeking nurses from varied backgrounds, levels of experience, and education to participate in this process. Please contact our Central Office to express your interest in this process. Minimum donations of \$25.00

to the PAC and \$25.00 to the Nurse Legislative Leader Congress, willingness to learn about the issues, participate in candidate interviews, contribute and share personal experiences related to these issues with candidates and legislators, and a desire to improve our profession is all that is required. During an election year, as nurses, we have a lot of untapped power at our fingertips due to our numbers and the number of potential votes we have as a body. By electing candidates that support our issues, we can be more successful in the passage of legislation that will make a significant difference in the lives of our patients and our profession.

Healthcare is in a state of change and chaos. The time for nursing to move forward and take advantage of the opportunities before us is now. At the last ANA Congress of Nursing Practice and Economics meeting, held in Washington, D.C., we were asked as a body to define the future of nursing. What will the nursing profession look like 10-20-30 years from now when we are on the other side of the aging baby boomer crisis and the nursing shortage? What are the essential pieces of nursing that define our profession? What is it about the Nursing Profession that makes us unique from our healthcare team counterparts? If we delay these decisions because they make us uncomfortable, someone will decide for us and we will find ourselves in a reactive position. We must call upon our colleagues and the leaders of our profession to be proactive in this regard so that nurses can remain in charge of our destiny.

We must continue to mentor the “leaders of tomorrow” today. We must continue to collaborate with our specialty organizations to bring nursing together with one great voice. The future is what we make of it, but it all begins today. As the president of WVNA, I will continue to strive toward these goals; but to be successful, I will need you! You are the missing piece to the puzzle...the key to unlock the door. We are waiting for you.

West Virginia Nurses Association would like to send out a heartfelt THANK YOU to all the Senators and Delegates, for their continued support of the West Virginia Nurses Association throughout their careers with the West Virginia Legislature. You will truly be missed by the West Virginia Nurses Association and its members.

*For those pursuing a separate elective office, we wish you the best and look forward to a bright future together!*

- Senator Billy Wayne Bailey  
(D-Wyoming)  
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- Senator Shirley Love  
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## Editor's Message



**Nellie Lucas**

by *Nellie Lucas, RN, BA*

The spring flowers are blooming, the trees will soon start to bud, and Nursing will gain new strength with the graduation of fresh, energized prospective nurses. The American Nurses Association and the West Virginia Nurses Association welcome these men and women to the profession.

Many times nurses and nursing students have asked what these organizations have to offer, and asked why they should spend their money to join. Did you know that the title "Nurse" was in jeopardy this year in the WV Legislature? The WVNA lobbyist and CEO, Steve McElroy, explained to the government that "Nurse" is reserved for individuals who are licensed by the WV Board of Nursing. The law will not change that requirement, because WVNA intervened.

WV has approximately 23,000 nurses (unionized and non-unionized), and WVNA has approximately 700 members. WV nurses join specialty organizations such as Orthopaedics, Critical Care, Anesthesia, Psychiatry, Operating Room, Renal, etc. Nurses are dedicated to their specialty and to the patients they serve. WVNA is the group where all nurses, including these specialized nurses, can join together to have an impact on the laws that affect nursing and all patients regardless of their

diagnosis.

In the first message I wrote as Editor, I mentioned my reason for joining ANA/WVNA. I had tried many ways to make changes and improvements for patients and nurses. At our meeting last night there was over 200 years of nursing experience around the table. I joined because there is strength in experience and there is strength in numbers. If one person can make a change, think what one thousand could do.

WVNA needs you, the spring flowers of Nursing.

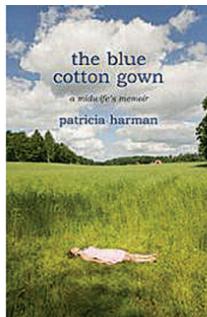
## Members In The News

### WVNA Member Patricia Harman, CNM, MS Publishes a Book

submitted by *Angy Nixon, CNM, MSN*



**Patricia Harman**



nurse in advance practice who provides care to women, not just at childbirth, but throughout the life span. This book is a celebration of the courage of ordinary women and all health professionals who struggle, in an often cynical world, to survive with their souls intact.

The West Virginia Chapter of The American College of Nurse Midwives is pleased to announce that one of their own, and a member of WVNA, Patricia Harman CNM MS will have her first book published by Beacon Press, Boston in October 2008. *The Blue Cotton Gown: a Midwife's Memoir* tells the stories of contemporary Appalachian women who seek care at the OB/Gyn clinic of the author and her physician husband. Nila is pregnant with her seventh child, but not by her husband. Trish, a medical assistant has a pregnant teenager drifting into the world of drugs. Kasmar, a professor, seeks help in becoming a man, and that's just the beginning. The Blue Cotton Gown highlights a West Virginia

### West Virginia Nurse Production Schedule

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### West Virginia Nurse

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

WV Nurse reserves the right to edit all materials to its style and space requirements and to clarify presentations.

#### WVNA Mission Statement

To ensure a unified and powerful voice for all nurses, to advocate for enhancement and access to quality, professional, healthcare services for all citizens of West Virginia, and to promote the professional development of nurses to ensure the forward progress of our profession.

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**Monique Fortson**—Managing Editor

#### West Virginia Nurse Copy Submission Guidelines

All WVNA members are encouraged to submit material for publication that is of interest to nurses (especially in the following sections: Nightingale Tribute, District News and Members in the News). The material will be reviewed and may be edited for publication. There is no payment for articles published in the *West Virginia Nurse*.

Article submission is preferred in Word Perfect or MS Word format. Photo submission is preferred in jpg format, and saved at 100% if possible. When sending pictures, please remember to label pictures clearly since the editors have no way of knowing who persons in the photos might be.

**Copy Submission via email:** Only use MS Word for text submission. Please do not embed photos in Word files as they cannot be retrieved well by Arthur L. Davis Publishing Agency, Inc. Send photos as separate files.

**Approximately 1,600 words equal a full page in the paper. This does not account for headlines, photos, special graphics, pull quotes, etc.**

#### Submit material to

West Virginia Nurse  
PO Box 1946  
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**Any advertising needs or questions must be directed to**  
Arthur L. Davis Publishing Agency, Inc.  
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Cedar Falls, IA 50613, 1-800-626-4081

If you wish additional information or have questions, please contact WVNA headquarters.

## West Virginia Rx (WVRx) Program

*submitted by Romi Neustadt, Strategy Maven, Inc.*

Low-income West Virginians are now able to receive free prescriptions at the click of a mouse. West Virginia Rx (WVRx), announced in January by West Virginia Gov. Joe Manchin, is an electronic free medicine distribution system for uninsured, underinsured and indigent West Virginians. WVRx, which debuted in March, allows West Virginia physicians to prescribe name-brand pharmaceuticals online for eligible patients. Prescriptions are filled by a WVRx distribution center at Charleston's West Virginia Health Right and mailed to patients within 24 hours. Patients will be able to register for the WVRx program in participating physician's offices. Prescribers will be able to access the WVRx system via any Internet-enabled computer system.

WVRx is designed to provide a continuous stream of medication for chronic illness and make medication easily accessible to people who have no health insurance and those who live in even the most remote areas of West Virginia. The program requires a \$30 application processing fee with each new or renewed application, and there is never a charge for the medication. It will NOT replace existing individual patient assistance programs; rather, it will augment them. It will also assist volunteers and medical staff who currently help patients with individual prescription programs and to speed up the process of accessing much-needed medication using a web-based portal.

In West Virginia approximately a half-million residents—or nearly 30 percent of the state's residents—lack prescription drug coverage. Many West Virginians are too young for Medicare and can't afford health insurance, but aren't poor enough to qualify for Medicaid. All it takes is one chronic illness to destroy a household budget or lead to job loss.

West Virginia Rx is sponsored the office of West Virginia Governor Joe Manchin, the Heinz Family Philanthropies and the Benedum Foundation. Two of the state's premier free health care clinics, West Virginia Health Right in Charleston and Beckley Health Right, are administering the project. The WVRx database and website were developed and are hosted by the National Technology Transfer Center (NTTC) at Wheeling Jesuit University.

For more information on WVRx and eligibility, call 304-414-5935 or visit [www.wvr.org](http://www.wvr.org).

## 2008 Healthcare Focus National Healthcare Observances

<b>May</b>			
1-31	American Stroke Month	11-17	National Alcohol and Other Drug-Related Birth Defects Week
1-31	Asthma and Allergy Awareness Month	11-17	National Women's Health Week
1-31	Better Sleep Month	12-18	National Stuttering Awareness Week
1-31	Clean Air Month	12-16	National Neuropathy Week
1-31	Healthy Vision Month	12	Fibromyalgia Awareness Day
1-31	Hepatitis Awareness Month	12	National Women's Check-up Day
1-31	Lupus Awareness Month	13	Sex Differences in Health Awareness Day
1-31	Lyme Disease Awareness Month	18-24	National Emergency Medical Services Week
1-31	Melanoma/Skin Cancer Detection and Prevention Month	19-25	Recreational Water Illness Prevention Week
1-31	Mental Health Month	21	National Employee Health and Fitness
1-31	Multiple Chemical Sensitivity Awareness Month		
1-31	National Arthritis Month	<b>June</b>	
1-31	National Celiac Disease Awareness Month	1-4	Fireworks Safety Month
1-31	National High Blood Pressure Education Month	1-30	Home Safety Month
1-31	National Neurofibromatosis Month	1-30	Myasthenia Gravis Awareness Month
1-31	National Physical Fitness and Sports Month	1-30	National Aphasia Awareness Month
1-31	National Teen Pregnancy Prevention Month	1-30	National Scleroderma Awareness Month
1-31	Tuberous Sclerosis Awareness Month	1-30	Vision Research Month
1-31	Ultraviolet Awareness Month	1-7	National Headache Awareness Week
1-7	National Physical Education and Sport Week	1	National Cancer Survivors Day
4-15	North American Occupational Safety and Health Week (NAOSH)	8-14	Sun Safety Week
4-10	Children's Mental Health Awareness Week	9-15	National Men's Health Week
7	National Anxiety Disorders Screening Day	20	National ASK Day
10	Cornelia de Lange Syndrome Awareness Day	22-28	Helen Keller Deaf-Blind Awareness Week
11-17	Food Allergy Awareness Week	<b>July</b>	
		1-31	Hemochromatosis Awareness Month
		1-31	International Group B Strep Awareness Month
		1-31	UV Safety Month

## Nurse De-Stressing Tips—Part Three— The Emotions

by Aila Accad, RN, MSN



Aila Accad

All of our emotions fall under two categories, Love or Fear. Emotional stress comes from the emotions of fear. Anytime we feel threatened by situations we cannot control, fear arises and with it, an emotional response. Fear responses include such feelings as anxiety, frustration, anger, hatred, powerlessness, sadness, grief, depression and a myriad of other feelings.

The purpose of this article is to provide quick tips to address emotional stress now and over time. These tips are useful to understand the unique patterns of stress that affect you. Once you understand where the repeat patterns of stress are you can begin to free yourself of these patterns.

### Tip # 1 ~ Observe your symptoms

The early warning system for emotional stress is in the body. Observing the patterns of stress symptoms in your body can help you detect emotionally stressful situations quickly. Symptoms vary from person to person; yet tend to be consistent in each of us. Are you prone to headaches, backaches, or stomachaches? Perhaps, you feel shakiness in your arms, legs, abdomen, stomach or heart. Temperature changes as heat or coolness, sweaty palms or feet can also be signals that something is not quite right in a situation.

Once you identify your unique body reactions to stress, you can take action to address the early emotional stress symptoms before the reaction becomes unbearable or debilitating or before you say or do something you regret.

Emotions are neither good nor bad; they are an

early warning system that alerts you to danger. De-stressing emotional issues requires awareness. Pay attention to your emotional symptoms rather than ignoring, judging, wishing away, or medicating them. This is the first step in understanding and taking action to reduce emotional stress.

### Why it works ~

Your body always tells the truth and attunes to subtle elements in a situation. When some element in a situation reminds the body of a danger experienced in the past, it sends an immediate message to the nervous system. The nervous system creates a stress response to ready the body for battle or to run. This is your unique 'Fight' or 'Flight' response. The response activates your nervous system making you physically ready to handle the dangerous situation.

The body readies a physical response, even when the danger is about an emotional fear. Fear of someone's disappointment, lack of recognition, making a mistake, or other emotionally charged feelings can summon the physical fear response.

The sooner you recognize your fear response, the sooner you can address it and return your body to a relaxed state. Being on alert for long periods, wears out the body. Some examples of long-term emotional wear and tear include ulcers, headaches, backaches, heart disease, irritable bowel syndrome, chronic fatigue and fibromyalgia.

### Tip # 2 ~ Address the underlying fear

Ask the questions, "What am I afraid of?" or "In what way do I feel something in the situation is outside my control?" Then, address the real fear or control issue. For example, if you have a fear of making a mistake in a situation, you can ask for help, refresh your skill in that area by reading or practicing, or reassure yourself by remembering all the times you did this task successfully.

Sometimes the underlying fear is not obvious. Assess the elements in the situation. Are some or all of these elements present at other times when you feel stressed? Is there a particular type of personality or situation that consistently stresses you? Look for patterns. These can be clues to reveal underlying fears.

Often, the original stressor is a memory from childhood that the body is still signaling as a fearsome situation even though as an adult, you are completely capable of handling it. In these situations, the stress response may not seem logical, yet your body is giving you stress signals.

### Why it works ~

We are beings of habit. Observing and understanding our consistent habit patterns helps us to understand where our past conditioning is inhibiting flexibility and freedom of choice.

### Tip # 3

Take a deep breath, feel your feet on the ground. Taking control of your own energy and ground are the first steps to realizing you do have control over your reactions and your choices in the situation. You may not have control over a change in your work assignment for example, yet you can control your choice of how to approach it and how you choose to think or feel about the change. Every apparent crisis also has within it the opportunity to learn or try something new.

### Why it works ~

Within any situation, there are elements within your control. Breathing, thinking, feeling and personal actions are within your control. When you start with a focus on controlling the elements you can control, the things outside your control become more emotionally manageable.

*Continued on page 5*

## Nurse De-Stressing Tips . . .

(Continued from page 4)

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### Tip # 4 ~ Tap on it!

One of the most efficient and effective ways to deal with immediate emotional stress is to tap on certain acupressure points. Emotional Freedom Technique (EFT) is simple, powerful and the best technique I have ever found for immediate stress reduction.

There are four parts to this technique: Identify the symptom or stressor and its intensity, set up the issue, tap on the acupressure points and integrate the resolution. *There is a video demonstration of these steps on the web site at the end of this article.*

**Step 1—Identify the specific stressor**—tension in the right shoulder, shakiness in the abdomen, fear of making a mistake doing \_\_\_\_\_, anger at Dr \_\_\_ for saying \_\_\_\_\_.

Assign a number on a scale of 0 (low)-10 (high) indicating the intensity level you feel.

**Step 2—Set up the issue**—While tapping on the edge of your palm (on either hand, where you would chop a karate board), say (aloud if possible), “Even though I have this (name the specific issue), I deeply and completely accept myself.” Repeat the phrase 3 times.

**Step 3—Tap on the Points**—Top of the head (fontanel area), Eye brow, side of the eye, under the eye (all eye points are on the orbital bone), under the nose, in the chin groove, on the collar bone, on the side of the body (about 2 inches below the axilla). The stress is often reduced or may be gone just tapping the face/body points. If not, go on to tap the finger points (the side of the finger about where the nail and skin meet) the thumb, first finger, middle finger, baby finger. Use either hand—either side of the body. Reassess your intensity level.

**Step 4—Integrate the Resolution**—Using four fingers tap in the groove on the back of your hand between the knuckles of the ring finger and baby finger while you do these movements: Close your eyes, open your eyes, without moving your head—look down hard to the left and right, roll your eyes clockwise and counterclockwise, hum briefly, count to 5 and hum briefly again. Reassess your intensity level.

You can do these steps several times until the physical stress reaction subsides. You may want to learn more about this technique or consult a practitioner to use it most effectively.

### Why it works ~

We are energy beings. Energy moves through the energetic meridians of the body. This is the basis for acupuncture and other energy techniques. When energy is stuck, you have a physical or emotional response. Tapping on the junctures of these meridians loosens the stuck energy so you feel more relaxed.

Emotional Stress drains your energy and wears out the body. Being aware of your early physical symptoms of emotional stress, understanding your underlying fear, taking control of yourself and tapping on your energy meridians are all effective ways to reduce emotional stress.

### Next—Nurse De-Stressing Tips—Part Four—The Spirit

(You can read *Nurse De-Stressing Tips—Parts One and Two* at <http://www.ailaspeaks.com/articles.html>)

This is a four part series on Nurse De-Stressing, by Aila Accad, RN, MSN—a professional Speaker, Trainer, Well-Being Coach, and expert in Nurse De-Stressing. She would love to hear how these de-stress tips are helping you, and areas in which you would like more information. To learn more about EFT, contact her for speaking, workshops, retreats and personal coaching or get more tools to de-stress with “*The De-Stress ToolBox*” go to [www.ailaspeaks.com](http://www.ailaspeaks.com)



## UCLA School of Nursing Investigators to Work with the West Virginia Division of Tobacco Prevention (WVDTP) to Provide a New Smoking Cessation Educational Program for Nurses

Submitted by Dr. Marjorie Wells

If the 2.4 million nurses in the U.S. each helped one person per year quit smoking, nurses would triple the US quit rate.

As the largest group of healthcare professionals, nurses, have a great potential to help smokers quit. However, helping patients to stop smoking is not a routine part of nursing care.

West Virginia has one of the highest smoking rates in the country (25.7% in 2006 compared to the general US population 20.8%) with 3,919 (one in five) West Virginians dying from tobacco-related disease each year. West Virginia also has the highest rate of smoking during pregnancy (18.1%) in the country and has over twice the national average of “spit” tobacco use<sup>1</sup>. Tobacco use is the main cause of preventable morbidity and mortality worldwide. Smoking affects every organ of the body, causing many diseases and reducing the health of smokers in general<sup>2</sup>. The myriad of health problems resulting from tobacco use include cardiovascular and lung diseases, lung cancer and a variety of other cancers. It has negative effects on all aspects of health including reproductive effects (reduced fertility in women, poor pregnancy outcomes, e.g., low birth weight, preterm delivery, infant mortality), cataracts, osteoporosis, periodontitis, and poor surgical outcomes (delayed wound healing, poorer pain management, etc.). Quitting smoking has immediate and long-term benefits, reducing disease risk caused by smoking and improving health in general<sup>2</sup>.

Evidence-based tobacco cessation strategies are the most cost effective way to prevent morbidity and mortality from tobacco use. However, despite the availability of proven ways to help patients help stop smoking<sup>3-4</sup>, these interventions are not routinely used by health care providers including nurses<sup>5</sup>. Barriers to nursing involvement in helping patients quit smoking include lack of tobacco control training as part of basic nursing education<sup>6</sup>.

UCLA investigators, led by Dr. Linda Sarna, UCLA School of Nursing, have received funding from the Centers for Disease Control and Prevention for a new project, “From Guideline to Practice: A Nursing Intervention to Help Smokers Quit.” The project will assess the effectiveness of a new, web-based educational program tailored

for nurses working in acute care hospitals to turn smoking cessation intervention knowledge and resources into clinical nursing practice in three states Indiana, West Virginia and California. Nurses in ten hospitals in West Virginia will be invited to participate. This project will build upon the successful Tobacco Free Nurses initiative and website ([www.tobaccofreenurses.org](http://www.tobaccofreenurses.org)).

The West Virginia Nurses association, West Virginia Hospital Association and the West Virginia Division of Tobacco Prevention (WVDTP) are supporting the UCLA team on this endeavor. The investigators met with representatives from these organizations in January 2008 to discuss the project and determine the most effective way to reach out to nurses in West Virginia. The information and knowledge shared at this meeting will be pivotal in moving this innovative project forward. This project will be an addition to the many exciting tobacco control activities going on in the state (West Virginia Division of Tobacco Prevention ([www.wvdtp.com](http://www.wvdtp.com))) with the potential to

increase the number of West Virginians who quit smoking each year by making use of an untapped resource—West Virginia’s over 27,000 nurses (RNs and LPNs).

For more information contact: Dr. Marjorie Wells at [mjwells@sonnet.ucla.edu](mailto:mjwells@sonnet.ucla.edu) (310-825-9802) or Dr. Linda Sarna at [lsarna@sonnet.ucla.edu](mailto:lsarna@sonnet.ucla.edu).

### References:

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This article was submitted by Marjorie Wells, PhD, RN, FNP, Program Director for Helping Smokers Quit and Tobacco Free Nurses Initiative, UCLA School of Nursing.

## Continuing Education Providers

The Approver Unit approves continuing education providers to award nursing contact hours to the individual activities they develop and present. Any individual, institution, organization, or agency in West Virginia responsible for the overall development, implementation, evaluation, and quality assurance of continuing education in nursing is eligible to seek approval as a provider. For more information contact the WVNA office at 304.342.1169, email [centraloffice@wvnurses.org](mailto:centraloffice@wvnurses.org), or visit the WVNA web site [www.wvnurses.org](http://www.wvnurses.org). The following are continuing education providers approved by the WVNA Approver Unit:

**P002-08 City Hospital**

**P003-09 Cabell Huntington Hospital**

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304.526.2284

**P004-08 United Hospital Center**

**P005-08 WVU Hospital**

Brenda Conch, RN, MSN, CEN  
Jennifer Mackovjak  
Box 1680  
PO Box 8122  
Three Hospital Plaza  
Morgantown, WV 26506-8122  
Clarksburg, WV 26301  
304.598.4063  
304.624.2864

**P008-09 Weirton Medical Center**

**P010-08 St. Joseph's Hospital**

Diane Wiegmann, RN, MeD, CPHQ  
Marcella Will, RN, MSN  
601 Colliers Way  
1824 Murdoch Avenue  
Weirton, WV 26062-6091  
Parkersburg, WV 26102  
304.424.4988

**P013-08 Princeton Community**

**P014-08 Wheeling Hospital**

Rick Puckett, RN, BSN  
Kathy Stahl, RN, MSN, CCRN  
Kim Barnett  
Nurse Planner  
Box 1369  
One Medical Park

Princeton, WV 24740  
Wheeling, WV 26003  
304.487.7283  
304.243.3911  
304.243.6308 (f)

**P015-08 CAMC**

**P019-09 Camden Clark Mem. Hospital**

Barbara McKee, RN, MS  
Mary Kibble-Leu, RN, MSN,  
Education Specialist  
AOCN, APRN, BC  
201 Brooks Street  
Clinical Nurse Specialist  
Fifth Floor, East  
800 Garfield Avenue  
Charleston, WV 25302  
Parkersburg, WV 26101  
304.424.2843

**P020-10 Bluefield Reg. Med. Center**

**P024-10 Monongahalia Health Systems**

Trena Hodges, RN, BSN, MS  
April Lombardo  
Nurse Planner  
44 Candlelight Drive  
500 Cherry Street  
Morgantown, WV 26508  
Bluefield, WV 24701  
304.598.1299  
304.327.1720

**P025-09 Logan Reg. Med. Center**

**P032-08 University Health Assoc.**

Cindy Fleming, RN, BSN  
Jessica J. Walters, RN, BSN  
Education Director  
Mgr. Clinical Svcs. & Access/  
20 Hospital Drive  
Nurse Planner  
Logan, WV 25601  
Box 782 Stadium Drive  
Morgantown, WV 26507-0785  
304.598.4875

**P037-09 St. Mary's Medical Center**

**P038-08 Thomas Memorial Hospital**

Margaret Donley, RN, MS  
Stephanie Posie  
Director of Staff Development  
4605 MacCorkle Avenue  
2900 First Avenue  
So. Charleston, WV 25309  
Huntington, WV 25702  
304.766.5377  
304.526.1240

**P039-08 Beckley VA Medical Center**

**P051-08 Williamson Memorial Hospital**  
Jane Trail, RN  
Traci Booth, RN, BSN  
Dept. of Veterans Affairs—Med. Ctr.  
859 Alderson Street  
200 Veterans Avenue  
Williamson, WV 25661  
Beckley, WV 25801  
304.235.2014 x147  
304.255.2121

**P053-08 Pleasant Valley Hospital**

**P026-09 Northwood Health Systems**

Kim Hussell  
Wendy Weimer  
2520 Valley Drive  
111 Nineteenth Street  
Point Pleasant, WV 25550  
Wheeling, WV 26003  
304.675.4340 x1151  
304.234.3500 x2235

*West Virginia Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.*

## ANA Issues Policy Paper With Guidelines And Recommendations For All Health Care Professionals Who Respond To Emergencies, Disasters Or Pandemics

*White Paper Makes Clear: 'No Emergency Changes the Basic Standards of Practice, Code of Ethics, Competence or Values of the Professional'*

**SILVER SPRING, MD**—As a result of the American Nurses Association's (ANA) effort to significantly engage registered nurses and the nursing profession in the association's policy development process, today ANA released a timely policy paper "Adapting Standards of Care Under Extreme Conditions: Guidance for Professionals During Disasters, Pandemics, and Other Extreme Emergencies."

"America's nurses understand the difficult decisions that must be made during a disaster. We have to shift our clinical goals from making day to day decisions for the individual to achieve the greatest good for the greatest number of people. This means that care decisions are about what can be done given the limited resources and extreme conditions at the time," said President Rebecca M. Patton, MSN, RN, CNOR.

The policy document addresses individual health professionals who find themselves providing care during an extreme emergency when the usual resources—both human and material—may not be available. The paper's guideline are based on critical "foundational" documents including emergency preparedness and response competencies expected of health professionals, scope and standards of care documents issued by professional organizations, such as the ANA Code of Ethics for Nurses and a wide range

of guidelines on care in emergencies produced by professional organizations, governmental agencies or specific institutions. Visitors to ANA's Web site, NursingWorld, can locate it through the following link <http://www.nursingworld.org/MainMenuCategories/HealthcareandPolicyIssues/DPR/TheLawEthicsofDisasterResponse/AdaptingStandardsOfCare.aspx>.

In developing this policy paper, ANA held the first in a series of policy conferences, "Nursing Care in Life, Death and Disaster" in June 2007—and convened a multidisciplinary expert panel to advise the association on the policy questions related to standards of care and to develop strategies that guide health professional's institutions and policy makers in challenging circumstances. All participants of the policy conference had an opportunity to review the document and provide significant feedback to the expert panel.

### Key Recommendations:

- Registered nurses and other health professionals must prepare themselves and their families for potential emergencies, including the potential for the health professional to be away for extended periods during an emergency.
- Registered nurses and other health professionals must use their professional competence to provide the best care possible given the resources and physical conditions under which they are working.

- Health facilities and other practice sites must provide opportunities for professional decision-making about adapting standards in drills and exercises on a regular basis.
- Health facilities and other practice sites must conduct psychosocial needs assessment for those responding, and arrange for assistance if needed.
- Emergency response planners should ensure the health institutions and professionals are included in all planning for legal declarations of emergencies to assure that concerns about patient care guidelines and relevant regulations are considered.
- Emergency response planners should assist in developing plans to return to pre-event status as quickly and smoothly as reasonable.

## ANA President Joins Senator Clinton On Campaign Trail

*President Patton stresses health care reform, nursing shortage in endorsement speech*

**SILVER SPRING, MD**—Reaffirming the American Nurses Association endorsement of Senator Hillary Clinton, President Rebecca M. Patton, MSN, RN, CNOR joined the Senator on the campaign trail at events in Seattle and Tacoma Washington this week.

"We at the American Nurses Association believe that Hillary Clinton has shown a commitment to implementing real change in our health care system to ensure high quality, affordable and accessible care for all Americans." Patton told a Tacoma, Washington crowd. "Hillary has recognized the importance of educating, recruiting, and retaining RNs, and she has shown her commitment to nurses by supporting increased funding which helps address the critical nurse shortage."

President Patton joined the Clinton campaign at an event in Seattle where a crowd of 5,000 gathered to show support for the Senator. Today in Tacoma, President Patton and Senator Clinton spoke at a "Solutions for America" town hall meeting where health care was the focus.

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## American Nurses Association Honors Nursing's Best

### Twelve Honorary Awards to be Bestowed at ANA's 2008 House of Delegates

**SILVER SPRING, MD**—Since the early 1900s, the American Nurses Association (ANA) has presented awards to prominent nurses to recognize their outstanding contributions to the nursing profession and the field of health care. On Thursday, June 26, 2008, as part of its 2008 Biennial House of Delegates meeting in Washington, DC, ANA will bestow Honorary Awards in 12 categories. They are as follows:

- **Mary L. Behrens, FNP, RN**, will receive the **Barbara Thoman Curtis Award** for significant contributions to nursing practice and health policy through political and legislative activity. An active political force in Wyoming since 1983, Behrens has served as Mayor of Casper, Wyoming, Natrona County Commissioner and Natrona County State Representative and demonstrated political activity that promotes the nursing profession in both political and health care arenas. Testifying at state, national and international venues on nursing and healthcare issues, she has lobbied extensively for issues including: seat belt safety, clean water, energy use, the "Handle With Care" campaign, FIT Testing, and mandatory overtime.
- **Rachel E. Spector, PhD, MSN, BSN**, will receive the **Honorary Human Rights Award** for outstanding commitment to human rights that exemplifies the essence of nursing's philosophy about humanity. Spector has steadfastly worked towards the promulgation of "cultural competency" because she believed that "cultural competency reflects the essence of nursing's philosophy and human rights."
- **Sister Theresa Graf, EdD, RN, FNP**, will receive the **Honorary Nursing Practice Award** for outstanding direct-patient care, well known as "Sister Terry," she provides health services for poor and uninsured residents of Nassau County in New York. One of her projects, Rotocare, a community health service, caught the attention of a Newsday writer who stated, "Sister Terry and her band of volunteers rely on faith, dedication, and persuasion to offer health care to those the system can't help." On Jan. 28, 2001, Newsday debuted a five-page spread in the Sunday Life Section detailing the work of this dedicated professional.
- **Lucille Joel, EdD, RN, FAAN**, and **Marianne Matzo, PhD, APRN, BC-GNP, FAAN**, will receive the **Honorary Recognition Award** for distinguished national or international service to the nursing profession. The list of contributions. Joel has made to the nursing profession is extensive. Her accomplishments are of national and international significance to nursing. She has provided distinguished service to the nursing profession since 1958. A nursing leader from 1979–1983, Joel has served as president of the New Jersey State Nurses Association, and the president of the American Nurses Association from 1988-1992. Joel remains actively engaged at all levels of the profession contributing her time and talents to the nurses and the profession in her home state of New Jersey.
- **Marianne Matzo, PhD, APRN, BC-GNP, FAAN**, will also receive the **Honorary Recognition Award** for distinguished national or international service to the nursing profession. Known nationally and internationally as a nurse educator in palliative care nursing, Matzo has taught internationally in third world countries, taught doctors and nurses in Saint Petersburg, Russia, about palliative care for AIDS patients. Matzo worked with the Medical Academy of Saint Petersburg to institutionalize palliative care education in medical and nursing education.
- **Carolina Huerta, EdD, MSN, RN**, will receive the **Mary Mahoney Award** for significant

contributions to advancing equal opportunities in nursing for members of minority groups. Since 1972, Huerta has embraced the challenge of developing and implementing higher education programs in nursing that would enhance the professional health opportunities for the millions of residents living in Rio Grand Valley and South Texas. With her vision and leadership, she has acquired administrative and state resources in the area of South Texas, to offer baccalaureate and master's nursing programs for the Mexican-American citizens at Pan American College (now University of Texas-Pan American [UTPA]).

- **Joy F. Reed, EdD, MS, BSN**, will receive the **Pearl McIver Public Health Nurse Award** for significant contributions to public health nursing. Reed served on the Standards Workgroup for the Exploring Accreditation Initiative funded by the Robert Wood Johnson Foundation and the Center for Disease Control and Prevention in 2005-2006 after serving as the Division of Public Health lead on establishing an accreditation system for local health departments in North Carolina. That system has been adopted by the North Carolina General Assembly and has received ongoing funding. Reed's most recent work includes serving as chair of the ANA work group to revise the document, *Public Health Nursing: Scope & Standards of Practice*. The revised document was published in 2007 and is now being used in the revision of the American Nurses Credentialing Center's work to revise the certification exam for the specialty.
- **Rose Marie Martin, BSN, RN, OCN**, will receive the **Mary Ellen Patton Staff Nurse Leadership Award** for significant contributions to the professional advancement of staff nurses and improvement of the general welfare of staff nurses. Very active in her local state nurses association, Martin has distinguished herself through serving in multiple leadership roles with the Ohio Nurses Association, as a board member and chairperson of the Economic & General Welfare Commission. She also serves on the executive board of the Ohio AFL-CIO, as well as having served as president of her local unit (The Ohio State University Nurses Organization); she helped to write the local unit bylaws and articles of incorporation.
- **Gail Stuart, PhD, APRN, BC, FAAN**, will also receive the **Hildegard Peplau Award** for contributions to the field of psychiatric nursing. Stuart has devoted 35 years of her professional life to the furtherance of psychiatric nursing theory, research, education and practice. Her work clearly reflects the leadership tradition of Dr. Hildegard Peplau. Stuart has participated in 29 funded research studies, exploring the many aspects of psychiatric care, including: patient compliance, medication efficacy, treatment of depression, anxiety and eating disorders, and mental health service delivery.
- **Rona Levin, PhD, RN**, will receive the **Jessie M. Scott Award** for demonstration of the interdependent relationships among nursing education, practice and research. Levin is a nationally recognized expert in evidence-based practice (EBP), and is one of the leading authors, innovators, and educators in this area. The first nurse in the U.S. to edit and write a book on *Effective Strategies For Teaching Evidence-Based Practice*, this book is being used by numerous faculty and hospitals across the country to teach nurses how to implement EBP so that a higher quality of care can be delivered and patient outcomes improved.
- **Pamela Cipriano, PhD, RN, FAAN**, will receive the **Distinguished Member Award** for recognition of outstanding leadership and participation in and contributions to the purposes of the American Nurses Association (ANA). Having provided over thirty years of continuous service at both the state and

national level to ANA and the American Academy of Nursing, she was appointed to the role of editor-in-chief for the official journal of the ANA, *American Nurse Today*. Cipriano oversees more than 3,000 University of Virginia (UVA) Health Systems employees, as the chief clinical officer and chief nursing officer, for the UVA Health Systems. She has written multiple articles for nursing textbooks and journals. She also serves as a clinical associate professor at the UVA School of Nursing. Dr. Cipriano recently led the UVA Health System to achieving Magnet Recognition, nursing's highest honor bestowed by the American Nurses Credentialing Center. This honor, earned by only three percent of U.S. hospitals, recognizes excellence in nursing care and practice.

- **Deborah Hogan, RN, MPH**, will receive the **Staff Nurse Advocacy Award** for excellence in patient advocacy for staff nurses providing direct patient care. As a public health nurse in the state of Florida, Hogan is a "working supervisor," providing direct patient care and coordinating the immunization program in her county for children and adults. In her role as a nurse, she believes that it is her responsibility to advocate for strengthening the nursing profession, thereby improving the care of the citizens of Florida that she has chosen to protect. Through her outreach program, this utilizes an immunization van to provide access to preventive vaccines for the pediatric population, and the adult program, which protects many of the most fragile citizens from flu and Pneumococcal disease. Not only does she advocate for patients rights, but she also serves as president of the Florida State Nurses Association health care professional's bargaining unit, advocating in the legislative arena.
- **Russell E. Tranbarger, EdD, RN, FAAN**, will receive the **Luther Christman Award** to recognize the contributions that an individual man in nursing has made to the profession of nursing. Tranbarger's spirit of professional activism has spanned his 40+ years in nursing. The first thirty years he spent as a registered nurse in practice, with ten of those years working as a staff nurse in medical/surgical nursing and the operating room. In 1971, while at North Carolina's Memorial Hospital, he collaborated with Dean Lucy Conant of the School of Nursing and she appointed him an adjunct faculty member, thus making him the first male registered nurse on the UNC School of Nursing faculty. Tranbarger is a tireless worker on behalf of the ANA through the North Carolina Nurses Association (NCNA), and the American Assembly for Men in Nursing (AAMN).

The ANA Honorary Award program is a lasting tribute to those nurses both male and female, who continue to ensure that the nursing profession remains viable through their roles as mentors, humanitarians, leaders, educators, collaborators, and advocates for professional nurses.

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## ANA News

### Congress Passes Mental Health Parity Legislation

*ANA applauds crucial bill that removes barriers to mental health care*

**SILVER SPRING, MD**—The American Nurses Association (ANA) is pleased to announce the passage of the Paul Wellstone Mental Health & Addiction Equity Act (H.R. 1424). By a vote of 268 to 149 the House of Representatives passed the measure, which would end longstanding insurance discrimination and removes barriers to care for those facing mental illness.

“We at the American Nurses Association believe the enactment of mental health parity legislation is fundamental to the delivery of comprehensive healthcare,” said President Rebecca M. Patton, MSN, RN, CNOR. “ANA remains committed to ensuring access to quality health care that meets the needs of all Americans.”

The Senate passed a version of the Mental Health Parity Act (S. 558) by unanimous consent in September. Now, Senate and House leaders must work together to reconcile differences between the two versions and produce a bill that can pass in both chambers. ANA calls on the House and Senate to enact meaningful mental health parity legislation before the end of this Congress.

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## Nurses

Making a Difference Every Day

The American Nurses Association (ANA) has announced the theme of National Nurses Week for 2008: “Nurses—Making a Difference Every Day.” The week is celebrated from May 6, National Nurses Day, through May 12th, the birthday of Florence Nightingale.

“This year’s theme embodies what it means to be a registered nurse every day,” said ANA President Rebecca M. Patton, MSN, RN, CNOR. “Today’s nurses make the ultimate sacrifice on a daily basis to provide expert care during times of disaster and crisis. We want to honor the men and women who not only chose this challenging and rewarding career, but make a difference in the lives of their patients and in the nursing community.”

During National Nurses Week, ANA reaffirms its commitment to improve the quality of health care and working conditions of nurses. The growing shortage of RNs poses a real threat to the nation’s health care system and the public’s health. ANA is dedicated to fighting for a workplace environment that will encourage current nurses to continue

### National Nurses Week—2008

their careers, as well as inspire young men and woman to consider nursing as a profession.

Annually, National Nurses Week focuses on highlighting the diverse ways in which registered nurses are working to improve health care. Often described as an art and a science, nursing is a profession that embraces dedicated people with varied interests, strengths and passions because of the many opportunities the profession offers. As nurses, we work in emergency rooms, school based clinics, and homeless shelters, to name a few. We have many roles—from staff nurse to educator to nurse practitioner and nurse researcher—and serve all of them with passion for the profession and with a strong commitment to patient safety.

In honor of the dedication, commitment, and tireless effort of the nearly 2.9 million registered nurses nationwide to promote and maintain the health of this nation, WVNA is proud to join ANA in recognizing registered nurses everywhere for the quality work they provide seven days a week, 365 days a year.

## Suggestions for Celebrating National Nurses Week

- Hold a special celebration or reception at your own facility to recognize a nurse or several nurses in your community. These nurses could be honored for heroic acts, years of service to the community, exemplary courage, or their commitment to the nursing profession over the years.
- Promote a positive, realistic image of registered nurses by sponsoring health fairs, conducting preventive screenings in underserved areas, etc.
- Place an article in your local newspaper about National Nurses Week and the value of nurses.
- Invite a politician to accompany a nurse or several nurses at their place of employment for a day or part of a day. Health care remains an issue of tremendous importance to voters. Politicians should be visible and accountable for their positions on health care. This win-win situation offers good media coverage potential.
- Ask every nurse to wear an "RN Pin" and/or nurse's uniform during National Nurses Week. Call 1-800-445-0445 for the official RN pin (credit card orders only).
- Sponsor a community-wide event, such as a coloring contest or poem-writing contest for school children. The children could acknowledge their favorite nurse, a famous nurse, or family member who is a nurse—past or present—in a colorful drawing. The drawings could be displayed in local schools, hospitals, nursing homes, etc.
- Work cooperatively with hospitals, schools, and libraries to set up a special display for National Nurses Week using promotional materials, such as, pins, t-shirts, posters, etc.
- Host a press conference. Discuss an important health care issue in your community; release the findings of a local survey; honor a registered nurse for a heroic act; or bestow an "honorary" nurse title to a deserving politician or civic leader.
- Organize a free cholesterol and/or blood pressure screening in your local community and promote via radio announcements, flyers, posters, etc. ([www.HealthyBloodPressure.org/ANA](http://www.HealthyBloodPressure.org/ANA))
- Host a hearing before city council or hold a town meeting on nursing concerns about the recent trends in health care (nurses being replaced by unlicensed assistive personnel, safety and quality of care issues, restructuring, safer needle devices, etc.)
- Invite a local celebrity (one who has spoken about health care in the past; one who has personally been a patient of a nurse; or one whose family member has been a patient) and request his/her sponsorship of National RN Recognition Day and/or National Nurses Week. Hold an event and ask him/her to speak about a personal experience in which he/she was cared for by a nurse.
- Host a fund-raiser and donate money to a local charity. Emphasize the importance of registered nurses in our nation's health care system; pay tribute to a local nurse; or recognize all registered nurses who are indispensable and provide care selflessly 24-hours a day, seven days a week, 365 days a year.
- Request a proclamation from your mayor/governor declaring May 6 as National RN Recognition Day and/or May 6-12 as National Nurses Week.
- Host an editorial board meeting with leading state or local newspapers. Discuss the importance of registered nurses at the bedside and the nursing profession's concerns about current issues, specifically those related to safety and quality of care.
- Organize a candlelight vigil on National RN Recognition Day (May 6) in honor of the hard work and commitment of the nearly 2.9 million registered nurses in America.
- Suggest that your local newspaper solicit stories from readers who would like to pay tribute to a nurse who provided exemplary care.

## UAN News

### Delegates to 2008 UAN National Labor Assembly Tackle Safe Staffing, Health Care Reform and Political Action at Ninth Annual Meeting

Silver Spring, MD—Delegates to the 2008 United American Nurses National Labor Assembly, meeting March 9-10 in Denver, pledged to elevate and expand the fight for national safe RN staffing ratios and took action to make their political voices heard in the upcoming presidential election.

“UAN nurses renewed their commitment to building a national nurse-led union that is able to take on tough employers and speak with a powerful political voice to the decision-makers who are setting the policies and priorities for our nation,” said UAN President Ann Converso, RN, who was elected to her first term as president at the NLA. “As we move closer to this fall’s presidential election, it is imperative that staff nurses speak out on issues like health care reform and safe patient care. We heard at the NLA that UAN nurses are ready and eager to take up that task.”

Delegates passed measures to:

- Strengthen UAN funding by amending the UAN Constitution to ensure a dues stream directly from UAN Affiliates (1-08).
- Expand and affirm the importance of UAN’s safe staffing campaign to secure safe RN staffing standards at the state and federal levels (2-08).

Delegates also launched the UAN RN PAC, which was created by action of the Assembly last year, with contributions to the political action committee from 2008 NLA delegates totaling more than \$10,000 in the first day of the Assembly. Delegates voted to recommend endorsement of Sen. Barack Obama in the 2008 presidential race.

In addition to consideration of these issues, delegates also elected Executive Council members to two-year terms running through 2010. They include:

- Ann Converso, President (National Bargaining Council)
- Joan Craft, Vice President (Hawaii)
- Kathleen Gettys, Director (Alaska)
- Linda Hamilton, Director (Minnesota)

Delegates also elected committee members to two-year terms, including:

- Margaret Shanks (District of Columbia), Nominations Committee
- Jeanne Surdo (Minnesota), Hearing Panel
- Bette O’Connor-Rogers (Michigan), Hearing Panel
- Ken O’Leary (North Carolina), Hearing Panel Alternate

Beverly Thorp (Colorado) also was elected to the Hearing Panel to complete a vacant one-year term.

The full text of UAN NLA resolutions is available at [www.UANNurse.org](http://www.UANNurse.org).

*The United American Nurses, AFL-CIO, the collective bargaining affiliate of the American Nurses Association, represents nurses across the country in state nurses associations or collective bargaining programs, working for change on the issues important to staff RNs.*

### West Virginia Nurses Association Registered Nurses of Local 201 at Beckley Appalachian Regional Healthcare Hospital

&

Registered Nurses of Local 205 at Summers County  
Appalachian Regional Healthcare Hospital,  
would like to express our deepest gratitude to everyone who  
stood behind us and beside us in our recent strike against  
Appalachian Regional Healthcare Inc. from October 1, 2007  
to December 22, 2007.

Those included are local businesses and communities, many  
local unions, many individuals, some WV legislators, several  
Beckley ARH physicians, many national unions and the union  
organizations we are members of—United American Nurses—  
AFL-CIO, WV AFL-CIO and the South Central Labor Council.

There are just too many names to list but we are forever  
grateful.

A special thanks to  
West Virginia Governor Joe Manchin  
Kentucky Governor Steve Beshear  
AFL-CIO John J. Sweeney

The West Virginia Nurses Association extends a  
warm welcome to the following nurses  
who have recently joined WVNA

### Welcome New & Reinstated Members

<b>District 2</b>	Theresa Cowan
<b>District 3</b>	Sandra E. Swisher
<b>District 4</b>	Loretta J. Wilson Margaret G. Knight
<b>District 5</b>	Tamra Minton Sally Olynyk Nicole L. Thornburg Susan M. Pinto
<b>District 8</b>	Crystal L. Fox Paula D. Holstein Joanette R. Marino Cassandra Taylor Teresa S. Calhoun
<b>District 10</b>	Sharon E. Bostic

# Membership Corner



Please complete and return to:  
**West Virginia Nurses Association**  
 PO Box 1946  
 Charleston, West Virginia 25327  
 (f) 304-414-3369



## WVNA/ ANA Membership Application

Contact Information			
<b>Full Name</b>	<b>Credentials</b>	<b>Today's Date</b>	
<b>Personal Information</b>		<b>Professional Information</b>	
Mailing Address		RN License # <span style="float: right;">Years Experience</span>	
City	State	Basic School of Nursing	
Zip	Employer		
Phone	E-mail		
County of Residence		Position <span style="float: right;">Department or Division</span>	
<b>NOTE:</b> Please indicate the WVNA member who helped with your decision to become a member: _____			
<b>Membership Categories</b>			
<b>Check One:</b>			
<small>** State nurse association dues are not deductible as charitable contributions for tax purposes, but may be deductible as a business expenses. WVNA members may deduct 82% as a business expense; 18% of dues are spent on lobbying Note: \$7.50 of the SNA member dues is for subscription to The American Nurse. \$14 is for subscription to the American Journal of Nursing. Various amounts are for subscriptions to SNA/DNA newsletters; check with your SNA office for exact amount.</small>			
<input type="checkbox"/> <b>FULL</b> <small>Employed Full Time Employed Part Time</small>	<b>Full Payment**</b> \$266.00	<b>Electronic Dues Transfer*</b> \$22.49	
<input type="checkbox"/> <b>SPECIAL</b> <small>62 years of age Totally Disabled Unemployed</small>	<b>Special Payment</b> \$71.00	<b>Electronic Dues Transfer*</b> \$6.25	
<input type="checkbox"/> <b>WVNA ONLY</b> <small>RN's who work or live in WV may join WVNA at the state level only. This does not entitle RN to receive national benefits.</small>	<b>Full Payment</b> \$149.00	<b>Electronic Dues Transfer*</b> \$12.91	
<b>Additional Membership Opportunities</b>			
<b>ADVANCED PRACTICE COUNCIL</b>			
<small>Join the WVNA APN Council. For an additional \$25 you can join this WVNA specialty group; An additional check should be included made payable to WVNA with APN Council listed in the memo.</small>			
_____ <b>I would like to join the APN Council</b>			
<b>WV NURSES-POLITICAL ACTION COMMITTEE</b>			
<small>Join the external political action committee for nurses. An additional check should be included made payable to WVN-PAC</small>			
_____ <b>I would like to join the WVN-PAC</b>			
<b>PAYMENT DETAILS</b>			
<b>Annual Membership Cost</b> \$266.00 (Full) \$149.00 (State Only)			
<input type="checkbox"/> Check			
<input type="checkbox"/> Money Order			
<input type="checkbox"/> Credit Card (Visa or MC)			
<b>Credit Card #</b>		<b>Expiration Date</b>	
			<b>CVC #</b>
<b>Payment Plans</b>			
<b>Check One:</b>			
<input type="checkbox"/> <b>Annual</b> <small>Complete form in it's entirety and send check or money order in the amount of \$266. Checks should be made payable to WVNA and submitted to the above address.</small>			
<input type="checkbox"/> <b>Electronic Dues Payment Plan (EDPP)</b> <small>Read, sign the authorization, and enclose a check for first month's EDPP payment (contact your SNA/DNA for appropriate rate). 1/12 of your annuals dues will be withdrawn from your checking account each month in addition to a monthly service fee. *Monthly Service charge.50 (Please sign below)</small>			
<b>Signature</b>		<b>Date</b>	
<small>Authorization to provide monthly electronic payments to American Nurses Association (ANA). This is to authorize ANA to withdraw 1/12 of my annual dues and any additional service fee from my checking account designated by the enclosed check for the first month's payment. ANA is authorized to change the amount by giving the undersigned thirty (30) days written notice. The undersigned may cancel this authorization upon receipts by ANA of written notification of termination twenty (20) days prior to the</small>			