



Nebraska Nurse

Sent to all Nebraska Nurses courtesy of the Nebraska Nurses Association
Quarterly circulation approximately 31,000 to all RNs, LPNs, and Student Nurses in Nebraska.

Volume 46 • No. 3
September, October, November 2013

**Notable Speakers Featured
at 2013
Convention
Page 2**



**Nurses' Day
Heroes Dinner
Page 4**



**Children and
Backpack
Safety
Page 9**

President's Column

Teresa Anderson, EdD, MSN, RNC-OB, NE-BC

"It was the best of times...it was the worst of times." This famous line from A Tale of Two Cities by Charles Dickens might be used to describe this past six months in NNA...

The best of times have included the largest Legislative Day attendance in recent memory, an amazing evening with Dr. Tom Osborne and over 100 amazing Nebraska Nursing Heroes and Mentors, 58 new members, a full slate of candidates for our upcoming election, and our pride in our members and NNP friends on their incredible journey through Nebraska 407 scope of practice review. I cannot emphasize my appreciation for the amazing group of volunteers and intermittent staff helping us to keep things moving!



Teresa Anderson

The "worst of times" include our continued technology challenges, lack of young nurse membership, and some of our priority legislation remaining in committee at the end of the legislative session. For me it has been both a stressful and triumphant six months. Our challenges have weighed heavy on my heart, even while I have worked to trust the process and incorporate the ideas and talents of our "transition" staff model and leadership team. Through the MSD collaboration, we now have the unwavering support of six other states – WI, MO, IA, ND, KS, and MI – as we all navigate the uncertainty of this operational and financial pilot. At the 2013 ANA Membership Assembly, Douglass Haas and I were surrounded by our new team, and the benefits of collaboration became crystal clear.

Our experiences in Washington, DC, including visits with Senators Johanns and Fisher, the Honorable Adrian Smith, and a heated debate with staffers in Congressman Lee Terry's office, have shown us the support nursing has at the national level. I was excited to hear about a new option for ANA-PAC donations to be directed toward candidates of the donor's political party preference, and an increased political balance in the candidates endorsed by ANA-PAC. These are direct reflections of the new ANA, which is dedicated to bringing each state success and growth, while being attentive to member suggestions and needs (I made a strong case for legislative equality back in January).

Being a leader within a volunteer association requires a different skill set – one that understands that life has priorities and sometimes those priorities can shift within a split second. The ability and willingness of volunteers to rally together to support others in need is the secret of civil service. The ability to move mountains while the chips are down comes from the collective internal drive to make a difference "just because it is the right thing to do." There is no way to capture the magic of this "nursing spirit," just the need to support it, respect it, and honor it!

This edition of the *Nebraska Nurse* finds us heading into our own transformational governance session with the NNA Convention and House of Delegates, meeting on October 18th and 19th, to consider the largest governance shift for our state association

in decades. Please make plans – members and non-members – to join us in Kearney for this critical nursing work! It will be important work – but not all work! Join us Thursday night as we resurrect the Patron Dinner, or stay up later on Friday night to attend the President's Birthday Party! We will also be showing the "Nurse Movie: If Florence Could See Us Now" at our social hour to which we have invited our LPN colleagues, also in Kearney for their convention! Visit www.nebraskanurses.org for registration and more information.

Nursing Association Leaders in Nebraska

Networking Meeting

The NNA invites you to join us for a four-hour networking meeting, on **Tuesday, August 20th, from 1:30 – 4:30 pm at the offices of O'Hara Lindsay Government Relations**. The purpose of this meeting will be for each organization to share their mission, values, and strategic goals with others as we strive to find the common ground for collaborative initiatives and events that will support nursing in Nebraska. Please contact Teresa Anderson, NNA President to register your association for attendance. More details will be provided as the event evolves.



O'Hara Lindsay Government Relations
440 South 13 Street
Suite C
Lincoln, NE 68508

Questions?
Contact **Teresa Anderson**
nnapresident@nebraskanurses.org
402.679.1551

current resident or

Presort Standard
US Postage
PAID
Permit #14
Princeton, MN
55371

**This newsletter is a service
of the Nebraska Nurses
Association and your receipt
of it does not mean you are
automatically a member. Your
membership in support of this
work is encouraged;
please visit
www.nebraskanurses.org**

In This Issue

President's Column	1
Notable Speakers Featured at 2013 Convention .	2
ANA Holds First Membership Assembly in D.C.	3
Nurses' Day Heroes Dinner	4-5
Around the Districts	6-7
Traumatic Brain Injury vs. Post-Traumatic Stress Disorder	8
Nebraska Nurse Practitioners	9
Nebraska Nurses Association Membership Application	10

Notable Speakers Featured at 2013 Convention

The agenda for this year's NNA Convention features three notable presenters that will speak to their year's Convention theme, Transformational Leadership from Boardroom to Bedside: Quality and Innovation. Below is just a tidbit of information on these nursing experts.

Cindy Balkstra, MSN, Pulmonary CNS

The keynote speaker is Ms. Cindy Balkstra, the First Vice President of the American Nurses Association; she is a long time member of the Georgia Nurses Association and serves as the Association's North Regional Coordinator and Co-Chair of the Georgia Congress on Nursing Practice. Ms. Balkstra is employed by United Hospice (Gainesville, GA) and is a Clinical Consultant for CareFusion/Adecco (San Diego, CA). She earned a MSN from the University of California in San Francisco, CA and a BSN from Villa Maria College in Erie, PA. She is a Board Certified Pulmonary Clinical Nurse Specialist. Cindy will present an update on the ANA Transformation 2012-2013.



Roy L. Simpson, DNP, RN, DPNAP, FAAN

Mr. Simpson is the Vice President of Nursing at Cerner Corporation in Kansas City, MO. He earned a DNP from American Sentinel University in 2012. He currently serves as a member of the TIGER Board. The TIGER Initiative, an acronym for Technology Informatics Guiding Education Reform, was formed in 2004 to bring



together nursing stakeholders to develop a shared vision, strategies, and specific actions for improving nursing practice, education, and the delivery of patient care through the use of health information technology (IT). Roy will present information titled "Technology: The Forefront of Inter-Professional Collaboration."

Jill Kliethermes, MSN, RN, FNP-BC

Ms. Kliethermes is the Chief Executive Officer of the Missouri Nurses Association. Jill completed her Master's Degree in Nursing as a Family Nurse Practitioner and a Post Master's Degree in Leadership in Nursing and Healthcare Systems from the University of Missouri, Columbia, MO. Jill was the 2012 recipient of the AANP State Award for Nurse Practitioner Advocate which recognizes the efforts of individuals who have made a significant contribution toward increasing the awareness and acceptance of the Nurse Practitioners. Jill was recognized as the 2010/2011 Woman of the Year by the National Association of Professional Women for demonstrating excellence and dedication within their profession.



Jill is a member of American Nurses Association, Missouri Nurses Association, American Society of Association Executives, Missouri Society of Association Executives, National Association of Professional Women, International Association of Nurses and Sigma Theta Tau. Jill will present "Leveraging the MSD Model for Thriving SNAs."



www.NebraskaNurses.org



Psychiatric APRN

Community Mental Health Center serving north central Kansas is recruiting a Psychiatric APRN to assess a broad range of client needs, provide treatment including medication mgmt.; document progress and perform follow up. This position will serve our Concordia, KS site. NO EVENING or WEEKEND CALL! In addition to a very competitive salary and comprehensive benefit plan, relocation assistance and student loan repayment program are available. For more information and to apply contact: HR Director, 2001 Claflin Rd., Manhattan, KS 66502, (785) 587-4300 or hr@pawnee.org EOE

Published by:
**Arthur L. Davis
Publishing Agency, Inc.**



My inspiration

Chandra Muske, RN OCN

Nursing is what I love,
and my passion.
Caring for
patients at
Mary Lanning
is my inspiration.



Mary Lanning
HEALTHCARE

Your care. Our inspiration.

715 N. St. Joseph Avenue | Hastings NE 68901
www.marylanning.org

NNA's Mission:

The mission of the Nebraska Nurses Association is to foster high standards for nursing practice, stimulate and promote the professional development of nurses, and advance their professional security, and to work for the improvement of health standards and availability of health care services for all people. (Adopted 10/95, NNA House of Delegates)

NNA's Vision:

Nebraska Nurses Association will be an effective voice for nurses; and an advocate for Nebraska consumers on issues relating to health. (Affirmed 12/04/2004, NNA Board of Directors)

Critical Success Factors for Vision:

- State and districts set mutual priorities
- Evaluate the success of the restructuring of NNA
- Enhance grass roots activities for membership involvement
- Advocate for statewide quality healthcare (Affirmed 12/04/2004, NNA Board of Directors)

NNA's Core Issues:

1. Workplace Rights
2. Appropriate Staffing
3. Workplace Health & Safety
 - a. Patients
 - b. Community/Public Health
 - c. Workplace
4. Continuing Competence (Affirmed 12/04/2004, NNA Board of Directors)

NNA's Official Publication:

The *Nebraska Nurse* is the official publication of the Nebraska Nurses Association (NNA) (a constituent member of the American Nurses Association), published quarterly every March, June, September and December. The NNA provides education, networking opportunities, publications and other products and services to its members and extends its mission to all nurses in Nebraska.

Phone: (402) 475-3859

You can leave a message at any time!

Email: Executive@NebraskaNurses.org

Web site: www.NebraskaNurses.org

Mail: PO Box 82086

Lincoln NE 68501-2086

Questions about your nursing license?

Contact the Nebraska Board of Nursing at:

(402) 471-4376. The NBON is part of the Nebraska Health and Human Services System Regulation and Licensure.

Questions about stories in the *Nebraska Nurse*?

Contact: NNA.

This newsletter is a service of the Nebraska Nurses Association and your receipt of it does not mean you are automatically a member. Your membership in support of this work is encouraged; please visit www.nebraskanurses.org.

Photo on front page: Scotts Bluff National Monument
Photo by: M. Forsberg, Nebraska DED
"Scotts Bluff was one of the key geographic landmarks pioneers sought on their journeys westward."

Writer's Guidelines:

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

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

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

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

You may submit your material in the following ways:

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

For advertising rates and information, please contact Arthur L. Davis Publishing Agency, Inc., 517 Washington Street, PO Box 216, Cedar Falls, Iowa 50613, (800) 626-4081, sales@aldpub.com. NNA and the Arthur L. Davis Publishing Agency, Inc. reserve the right to reject any advertisement. Responsibility for errors in advertising is limited to corrections in the next issue or refund of price of advertisement.

Acceptance of advertising does not imply endorsement or approval by the Nebraska Nurses Association of products advertised, the advertisers, or the claims made. Rejection of an advertisement does not imply a product offered for advertising is without merit, or that the manufacturer lacks integrity, or that this association disapproves of the product or its use. NNA and the Arthur L. Davis Publishing Agency, Inc. shall not be held liable for any consequences resulting from purchase or use of an advertiser's product. Articles appearing in this publication express the opinions of the authors; they do not necessarily reflect views of the staff, board, or membership of NNA or those of the national or local associations.

Now Hiring RNs and LPNs

Skilled nursing | Rehabilitation | Memory care

Visit us today to learn more about available employment opportunities!

(308) 762-5675

www.good-sam.com

AA/EOE, M/F/Vet/Handicap,
Drug-Free Workplace 11-G0974



ANA Holds First Membership Assembly in D.C.

by **Douglass Haas BSN, RN, CCRN**
NNA Membership Assembly Representative

Teresa Anderson and I spent 3 days in our nation's capital to represent Nebraska nurses and participate as voting members at the first meeting of the American Nurses Association's Membership Assembly (MA). The 3 days were fully packed with intriguing discussions and information sharing focusing around the assembly's theme: "A Look into the Future: Advancing the Association; Advancing the Profession." Below is a brief synopsis of the events.

Thursday – 6/27/13

The day was spent at the Capitol "On The Hill" speaking with Nebraska Senators and Representatives. We were able to personally talk to three of the "Big Men & Women" in charge – Senator Mike Johanns, Senator Deb Fisher, and Representative Adrian Smith. Representative Lee Terry was in the process of performing a vote at our scheduled meeting time. We were able to have an informative conversation about nurse practitioners with some item clarification for his staff members about fraud and those most likely responsible. Overall, it was a productive day with many "steps." Teresa's pedometer showed that we walked almost 4.5 miles that day!

After registration for the MA was complete, we were welcomed to the MA with an introductory and social networking reception at the roof top cocktail lounge of the hotel. The view was beautiful and it allowed for some excellent networking. We even had time for a photo with Karen Daley, ANA President.

Friday – 6/28/13

President Karen Daley, voted one of the Top 25 Influential Women in Healthcare, opened the MA with some thought provoking ideas:

- "We must shape our future instead of reacting to it."
- "Nurses MUST develop a leadership skill set and use it for every opportunity possible."
- In regards to the new MA structure "[We are] Moving swiftly with great intent."

This quote struck me as motivational in the sense that, even with the decreased number of nurses present, we were still able to make tremendous changes for the betterment of our profession. This idea segues effortlessly to a quote by Clara Barton, which I am unable to quote

verbatim so I will attempt to paraphrase. *Do not tell me "how things have always been done," we must come up with new ideas if we are to keep up with this ever changing and demanding profession.*

Next, we met with "Drum Café." This group of performers provided each member of the assembly with a drum and then proceeded to teach a very valuable lesson. With the help of our musical leaders and the sound of each individual drum, we learned how to communicate effectively with a group, work towards a common goal, and still allow everyone a voice. After the drumming was completed, we were left with a common understanding: If you have an idea, share it clearly, allow those listening time to process and repeat, and with continued "clear communication" you will be able to make "music" with your idea and truly motivate people for change.

Environmental scanning was a group breakout activity that encouraged idea sharing around a focused awareness. We were asked to start a new conversation and ponder "What are nurses thinking about?" Aging, do nurses getting close to retirement really want to? Are younger nurses prepared to take over? Do people still want to be nurses with idea of always needing to "do more with less?" We concluded that the future of nursing is in the hands of some bright young nurses, but they are few in numbers. I was one of only a few nurses under the age of 30 at the MA. We must have a future of and for nursing, with increased emphasis on the FOR aspect.

The day continued with a discussion on what nursing is going to look like in 2023. Healthcare is centered on the "individual patient" and gives them real-time treatment away from the clinic. There are rescue inhalers that are equipped with GPS and log information each time it is used. Things like time of day, location of the user, weather, pollen level, and activity of the user. There is now a healthcare "app" for most of the common diseases and trained animals are being used to detect diseases. We are "printing" body tissues with 3D printing and currently working on creating a detailed map of how the brain relays information; very similar to what the Human Genome Project did for our understanding of DNA.

The afternoon consisted of the hearing of Bylaws changes and a reference proposal requesting the American Nurses Association (ANA) support legislation to change nursing practice jurisdiction. This consisted of a lengthy discussion over whether the language would reverse all the work that the state nursing compact has done; of note, if the MA would have passed the reference proposal it would

have been in direct violation of the Nebraska State Board of Nursing. The proposal was returned to the ANA Board for further research and guidance on the issue.

Saturday – 6/29/13

Marla Weston, ANA Chief Executive Officer, opened Saturday with a reaffirmation of what it means to be a member of an association. We band together for a common purpose and this allows for an amplified impact with our many focused voices. She discussed how ANA has eight pillars of focus for the association but highlighted how they are held together from the top and bottom by the metaphorical "floor and ceiling" of Advocacy and Professional Development. She spoke to the leadership support presented in the forms of classes and webinars to support emerging leaders. The advocacy institute created "nine-minute-mentoring-moments" with focus back to the cornerstone documents we are all used during our first semesters of nursing school and have probably not referred back to since. Care coordination and how healthcare will become pay for performance, at which we as nurses are already EXPERTS! Safe staffing is one of ANA's huge topics for nurse safety. Marla commented on how proper delegation is key to safe staffing but I found myself evaluating my own practice and realizing I am not the best delegator; definitely something to think about and work on. Finally she spoke about being a healthy nurse. The nursing code of ethics states that we owe the same level of health to our patients as we do ourselves. This to me means Get Healthy Nurses!

We heard from Jesse Kennedy, President of the National Student Nurses Association (NSNA). He spoke about their yearly convention and how they had three hundred delegates present to debate and vote on thirty-nine resolutions. The NSNA is constantly looking for new and innovative ways to address issues. They are the largest student nurses association in the world. Saturday concluded with voting on the proposed bylaws and reference proposal. Teresa and I then hurried off to our flight back to Nebraska.

This event was truly amazing and I was humbled to be able to represent Nebraska with my presence at the MA. I hope to share further information with many of you at the yearly convention in Kearney. Until then, please enjoy the rest of the summer and let me leave you with this quote in relation to our association and our profession. "I'm not telling you it's going to be easy. I'm telling you it's going to be worth it." – Art Williams



Veterans Health Administration



I'm not just a nurse.
I'm inventing a new model of health care.

Apply Today: VAcareers.va.gov/nursing

An Equal Opportunity Employer 

Follow VA Careers  

ADVANCE YOUR PROFESSIONAL SKILLS IN HEALTH CARE



Nebraska Methodist College delivers high-quality professional development and continuing education credits for nurses and healthcare professionals online and on campus.



SUBSCRIBE
TO UPDATES TODAY!



Professional Development



methodistcollege.edu/professionaldvelopment



Nurses' Day Heroes Dinner

The Nebraska Nurses Association (NNA) partnered with the TeamMates® Mentoring Program to sponsor the 2013 Nurses Heroes and Mentors Dinner on May 10, 2013. The event, held at the Cornhusker Marriott Hotel, began at 6:00 pm. Carol Schrader, former Omaha-area news anchor, emceed the dinner that was attended by more than 145.

Dr. Tom Osborne was the featured speaker for the event. He spoke of the journey taken by his wife, Nancy, and he through his football career, raising a family, and serving as the Athletic Director of University of Nebraska – Lincoln. He spoke about the need for mentors for today's youth and the early days of his TeamMates Mentoring Program. "There are hundreds of children and youths in Nebraska who would benefit from a positive relationship with a trusted adult," stated Osborne. At the conclusion of his address, Teresa Anderson, NNA President, presented Dr. Osborne with TeamMates T-shirt signed by nurses from across the state.

Nursing Heroes were individually recognized by the "Charge Nurses" at each table. The Heroes received a certificate and a pin to acknowledge their dedication to the profession and to commemorate the event. Many nurses took advantage of the opportunity to recognize the individuals that influenced their career during the dinner.

During the social hour before dinner, guests were invited to view the pieces of nursing history on display from Nebraska Schools and Colleges of Nursing as well as poster presentations, and NNA archived photos.

Coach Tom Osborne and his wife Nancy founded the TeamMates Mentoring Program. In this school-based, one-to-one mentoring program, mentors are matched with students that hold similar interests at schools at a convenient distance from their work or home. With a mission to positively impact the world by inspiring youth to reach their full potential through mentoring, TeamMates now serves nearly 6,000 kids in 100 communities throughout Nebraska. "I believe that there are no better mentors than nurses," stated Anderson; nurses should "consider becoming a mentor. It takes just one hour a week."



UNC

Online Education to Advance Your Nursing Career

Nursing RN-to-BSN

Nursing Education Graduate Certificate

Nursing MS:
Family Nurse Practitioner or Clinical Nurse Leader —In Greeley+Online

Nursing Education PhD

Doctor of Nursing Practice (DNP):
BSN-to-DNP (FNP focus)—In Greeley+Online
Master's-to-DNP—Online

www.unco.edu/nursing or 970-351-2293

UNIVERSITY of
NORTHERN COLORADO

ADVANCE YOUR EDUCATION AT NEBRASKA WESLEYAN UNIVERSITY

- ▶ A combination of face-to-face, online and hybrid courses in Lincoln and Omaha
- ▶ Affordable tuition
- ▶ Accelerated formats and multiple start dates

RN to BSN | **RN to MSN** | **BSN to MSN**

NEBRASKA WESLEYAN UNIVERSITY
wesleyanadvantage.com

S T A T E OF I O W A

Registered Nurses and Licensed Practical Nurses

Glenwood Resource Center (GRC) is seeking applicants for RNs and LPNs caring for the mentally and physically challenged. Extensive benefit package, evening and night differential, time and a half overtime for full-time positions. PRN RN and LPN positions are also available for application.

Contact Connie Brown, Administrator of Nursing, at 712-525-1438 or cbrown2@dhs.state.ia.us

STATE OF IOWA DEPARTMENT OF HUMAN SERVICES
Glenwood Resource Center
711 S. Vine, Glenwood, IA 51534

EEO/AA Employer
Minorities, Females and Persons with Disabilities Encouraged to Apply

Nurses' Day Heroes Dinner



SOUTHLAKE VILLAGE
REHABILITATION & CARE CENTER

A Proud Member of **VHS**
Vetter Health Services

• RN
• PT & FT 12 hour shifts

Along with a great team of skilled professionals, Southlake Village offers excellent benefits, an exceptional work environment and the opportunity to learn and grow.

Pat Morton, People Development Coordinator
9401 Andermatt Drive | Lincoln, NE 68526
ph: 402.327.6305 | fax: 402.476.6395 | pmorton@vhsmail.com

For more information about Southlake Village visit:
www.southlakevillagerehab.com

Registered Nurse

BSN preferred, licensed in NE, Full or Part-Time.

Community Hospital
P.O. Box 1328
McCook, NE 69001
Fax: 308-344-8358 • msoderlund@chmccook.org

COMMUNITY HOSPITAL
Advanced care. Always there.

ALD
Arthur L. Davis
Publishing Agency, Inc.

**39 OFFICIAL
STATE NURSING
PUBLICATIONS**

nursingALD.com

• Jobs • Events
• Banners

Advertise with
ALD to reach
the best & most
qualified Nursing
Professionals!
800.626.4081

THE STRENGTH TO HEAL
with the highest level of patient care.

As a psychiatric nurse on the U.S. Army Health Care Team, you'll provide specialized care to our Soldiers and their Families when they need it most. You'll also utilize state-of-the-art resources and provide care to a diverse patient population. What's more, Army nurses receive a comprehensive benefits package, with opportunities to earn an advanced nursing degree.

To learn more visit: healthcare.goarmy.com/v894

©2010. Paid for by the United States Army. All rights reserved.

U.S. ARMY
ARMY STRONG.

Around the Districts

District 1

Vacant

District 2

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

Kate Pepin

District 3

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

Jan Tubbs

I am for the child™

CASA volunteers advocate for abused and neglected children in court and the community.

**Become a CASA Volunteer
Help a Child Today**

(800) 788-4772 www.NebraskaCASA.org

The District held a General Membership Meeting on June 20 at the Home Instead Center for Successful Aging. Fortified by a light repast, attendees discussed the changes occurring in ANA and NNA, focusing on their potential effect on District 2. As some of you may not be aware, District 2 is an incorporated organization with its own Articles of Incorporation. As such, should NNA adopt current proposed changes in structure, District 2's members will have to decide whether to dissolve or continue as a distinct organization. Discussion continues among the members. A blog is planned for the District 2 website to gather insights and preferences from the District's membership. It was also been suggested that dialogue with a Wisconsin Nurses Association would be beneficial, since similar issues arose during their reorganization.

Continuing Education Presentation - District 2 will sponsor an all-day (6.0 CE for nurses and social workers) continuing education presentation entitled, *Nurses Health Education About LGBT Elders (HEALE) Curriculum* on September 19, 2013. Presenting the program is a 1979 graduate of UNMC College of Nursing, Ms. Cecelia Hardacker, Director of Geriatric Curriculum at Howard Brown Health Center in Chicago, Illinois. A 'Train the Trainer' session will be held with Ms. Hardacker the morning following the CE presentation for individuals who pre-register with Ms. Hardacker.

Annual Dinner - The Annual Dinner and Members' Meeting will be held on Monday, November 11, 2013. The venue has yet to be determined. The program for the evening will include an update of the District activities, installation of new officers, the presentation of Nurse Excellence Awards, and a special evening of networking with friends and peers.

Volunteers don't just do the work, they make it work.
~ Carol Pettit

The District 3 Board has worked very hard this year to change how the district will do business in upcoming years. Each board member has given of their time and committed themselves to work within the district. I want to take this time to thank each and every one of them for the contributions they have given to NNA and District 3: President Elect Cathy Smith, Donna McElvain, Lina Bostwick, Sandra Carney, Kelly Thompson, Susan Smith, Tonya Maloy, Judith Schlife, Paula Molzen, Jeri Brandt, and Kathy Corbett. Thank you for giving of your time and talents to support the growth of NNA.

All members that attended the Mentors Dinner to celebrate and honor nurses had a great time. It was nice to network with other nurses from across the state. District 3 will now start to focus on serving as the host team for the convention in the fall. You can help: bring a nursing colleague with you to the convention in October and encourage your peers to join NNA/ANA.

And we have other events lined up for the summer. In July the NNA board will convene at a retreat to discuss how to reorganize NNA to best serve Nebraska's nurses. This is an exciting time in helping shape how NNA will look in the future. Be sure your voice is heard. Call a board member and share your thoughts.

Additionally, I will be organizing a series of town hall meetings in August throughout our district to obtain ideas from current members on how the district can better serve them. Look for dates in an upcoming email blast. In the meantime, enjoy your summer!



Exceptional Careers Available

Fremont Area Medical Center, a progressive community hospital just outside Omaha, offers a perfect combination of compassionate care, advanced technology, modern facilities and a friendly environment.

Registered Nurses Various areas & shifts

We offer excellent pay, comprehensive benefits, YMCA membership, tuition assistance and a loan repayment program!

For more information, visit:
www.famc.org

You may also call our Nurse Recruiter, Bernita Mascher, at: 402-941-7366. EOE

Committed to quality. Committed to you.

Take the first step to a rewarding career!

If you are looking for a dynamic, progressive healthcare facility, one that offers a rewarding career path, then SRMC wants YOU!

SRMC is seeking **COMMITTED NURSES** to join our successful team!
We welcome you to visit our website and apply to join our team.

www.sidneymc.com
Sidney, Nebraska
Contact: 308-254-5075
dbrennan@sidneymc.com

- * Growing Medical Staff
- *Physical Therapy Center *Long Term Care
- *24-Hour ER *25-bed Acute Care Unit
- *Home Health & Hospice
- *Labor & Delivery Unit *Physicians Clinic
- *401(k) *Health, Dental, Vision
- *Life Insurance *Competitive Wages

District 4

President:
Michelle Santos
H—
E—

District 4 met on May 15, 2013 @ the Alley Rose in Kearney, Nebraska. The next meeting will be held in Broken Bow on September 19, 2013. Location not determined at this time.

Around the Districts continued on page 7

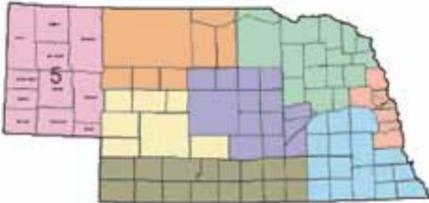
Around the Districts

Around the Districts continued from page 6



District
5

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



Jordan Colwell

Greetings from District V! Our last formal meeting for the spring was held on April 22nd. We will reconvene our formal meetings on September 23rd at 6:30 p.m. in the Keith Room at Regional West Medical Center.

We celebrated Nurses Week on May 2nd with a celebration sponsored by Regional West Medical Center. The day-long event took place in the Medical Center's Main Lobby and included exhibits developed by Regional West nurses on projects they spearheaded that embody the Magnet components of Exemplary Professional Practice, Structural Empowerment, New Knowledge and Innovations, Transformational Leadership and Empirical Outcomes. NNA District V also had a booth to promote the organization and held a raffle for a one year membership to Nebraska Nurses Association. The winner of the raffle was Alice Fillingham, BSN RN, CEN of Scottsbluff, NE.

That afternoon, Scottsbluff Mayor Randy Meininger presented the proclamation in honor of National Nurses Week, May 6 to 12, the birth date of Florence Nightingale, the founder of modern nursing.



Amie with her family and CEO from Sidney Hospital, Jason Petic.

Following the proclamation, winners and nominees for the 2013 Nurses Day Awards were recognized and Amie Black, from Sidney Regional Medical Center was announced the winner of the Nebraska Nurses Association District V "My Favorite Nurse" contest. Two students, one from University of Nebraska Medical Center College of Nursing-Scottsbluff Division (UNMC) and Western Nebraska Community College (WNCC) were recognized as the "My Favorite Student Nurse" contest. Hannah Christian from UNMC and Christopher Camacho from WNCC were the recipients. This award is voted on by faculty from their respective schools.

District
6

President: Pam List, MSN, APRN
H—(402) 528-7278
W—(402) 372-2404
E—plist@fcswp.org



Members of District 6 will meet via conference call prior to convention. This will be an opportunity to discuss proposed changes to NNA. If you are interested in joining the call, contact Pam List atplist@fcswp.org. We look forward to gathering in person at the convention in October.



District
7

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

Barb Wenz



District 7 has gained insight with new members and has been challenged with how to get information to members that are not active. Electronic communication continues to be the most effective at this time. Spring activities included student nurse informational brunch for the nursing students at Mid-Plains Community College. Our west central location has many opportunities to empower our nursing population and the people we serve.

District
9

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



District 9 has had a calm year. Recruitment has been one of our goals and we have all been very proactive with minimal success. Two efforts were made with the weather deciding to change our well thought out plans. Diana, Betsy and I ventured to Lincoln for the Hero's dinner and it was wonderful. We surprised Diana with flowers and a "Hero" cape for turning seventy and retiring during the month of May. We presented Terry with flowers and a superman T-shirt for being an honorary District IX member as she is from Keya Paha County. It was a great time and great memories... thanks to Mavis Hatcliff.

Nebraska CMSA

FALL FORUM

Friday, September 13, 2013

8am-4pm

Registration begins at 7:30

Ramada Conference Center

3321 South 72nd Street, Omaha, NE

Featured Topics and Speakers:

Healthcare Reform Revisited

- **Obamacare: Tracking Health Insurance Reforms:** Sean McGuire, Founder E.D. Bellis Healthcare Consulting; Former staff member on U.S. Finance Committee
- **Health Care Reform and the provider:** John Woodrich, President/COO Bryan Medical Center
- **It's Amazing, The Minds of America!** Terry E. Gahm, aka Hypno Terry; Creator "Xtreme Power Hypnosis"
- **Impact of Health Care Reform:** Dave Filipi, M.D., VP of Quality and Health Care Oversight & Chief Medical Officer BCBS of Nebraska.

For more information or to Register visit:
www.NebraskaCMSA.org

CMSA Member Fee: \$75
Non-Member Fee: \$90
Nursing Students: \$25
Payment at the Door: \$100

Includes meals, snacks, door prizes and a special celebration of the 20th Anniversary of Nebraska CMSA!
Application has been made for 6.5 hours of CCM and CE credits.

Department of Health & Human Services

DHHS

NEBRASKA

PSYCHIATRIC
NURSES

Lincoln Regional Center

West Prospector Place and Folsom, Lincoln, NE 68509

We are recruiting for the following positions:

- **RN—Full-Time and Part-Time**
(Psychiatric experience preferred but not required)

www.statejobs.nebraska.gov

To learn more about the Lincoln Regional Center, please scan the QR code with your smart phone.







For questions or accommodations call: 402-471-2075; AA/EOE/V
Hearing Impaired/TDD calls only: 402-471-4693

Legal Nurse Consultant Training Course™



Earn a certificate of completion from Kansas State University by enrolling in this noncredit online course.

The course topics covered are:

- Legal concepts related to the health care industry
- Product liability
- Litigation
- Personal injury
- Medical malpractice
- Wrongful death
- Toxic torts
- Criminal law
- Workers' compensation

Successful completion of the course earns 42 contact hours which may fulfill continuing education requirements. The course is offered in partnership with the Center for Legal Studies, a leader in legal education training.

For more information visit
<http://www.dce.k-state.edu/pro/legal/>

KANSAS STATE
UNIVERSITY

Division of
Continuing Education

Traumatic Brain Injury vs. Post-Traumatic Stress Disorder

by Faye A. Weckle, RN-BC, CRRN
Staff Nurse, Madonna Rehabilitation Hospital

This article is a partial response to Resolution 2012-2, which was approved by the 2012 House of Delegates. Resolution 2012-2 included the following recommendations:

1. Educate future nurses to care for our nation's veterans, service members and their families facing post-traumatic stress disorder, TBI, depression, and other healthcare issues, and
2. Promote evidence-based best practices are used in providing care, and
3. Partner with the VA and Dept. of Defense Health care system to disseminate the most current information related to post-traumatic stress disorder and other health conditions, and
4. Add to the current body of knowledge to improve care, and
5. Lead the health care community in achieving health goals.

This topic will be of interest to all nurses! Why? Because all of us know and love someone with a traumatic brain injury (TBI), acquired brain injury (ABI) and/or post-traumatic stress disorder (PTSD). The above resolution came from Joining Forces, the focus of First Lady Michelle Obama and Dr. Jill Biden, to help veterans and their families. The challenge to help was especially directed to nurses. Their focus is on veterans. Ours as nurses should be to notice indications of brain injury in anyone we encounter and refer for treatment as appropriate.

Definitions:

PTSD – an anxiety disorder that alters a person's mental, emotional, and physical health and impairs daily functioning that can occur in response to experiencing, witnessing, or learning about a life-threatening event. A person who reacts to the traumatic event with intense fear, helplessness, or horror is at risk for PTSD. This can include sexual assault, abuse, as well as service-related injuries, combat, and TBI.

TBI – an alteration in brain function, or other evidence of brain pathology, caused by an external force. This can be a closed head injury or a penetrating injury.

ABI – an injury to the brain, which is not hereditary, congenital, degenerative, or induced by birth trauma. An acquired brain injury is an injury to the brain that has occurred after birth. This can include all TBI, but usually only refers to an injury that is non-traumatic. Examples: CVA, near drowning, anoxic brain injury, tumor, neurotoxins, electric shock, lightning strike.

Each person with brain injury will have unique symptoms, so treatment must be individualized. Some injuries to the brain can be "invisible," not seen on MRI or CT scans because it is axonal injury, or at the cellular, sub-cellular level. Axonal injury may be diffuse (throughout the brain), and may be stretched or broken. Sports-related concussions may resemble combat injuries, such as from IED blasts, in symptoms and potential long-term damage to the brain. Some research shows Alzheimer's-type damage after these types of injuries.

Some symptoms of mild TBI include:

- Dizziness
- Vertigo
- Musculoskeletal complaints
- Post-traumatic headaches
- Balance and spatial disorientation
- Visual disturbances
- Altered taste and smell
- Hearing changes
- Fatigue
- Sensitivity to light or noise
- Decreased attention span and concentration
- Reading and auditory comprehension problems
- Increased irritability, mood swings
- Depression and anxiety
- Sleep disturbances
- Nausea
- Slowed thinking

Potential Complications following mild TBI:

- Tendency for re-injury
- Depression and anxiety
- Avoidance of activities
- Isolation
- Client and family stress
- Suicidal ideations and attempts
- Functional difficulties at work and home
- Delays in recovery
- Chronic disability
- Long-term costs
- Problems with the law and/or litigation

Veterans don't always seek care through the VA. Nurses are being asked to be aware of this and help refer people to appropriate care. There is a continuum of care available for brain injuries, from acute and rehabilitation hospitals to outpatient and home-based care and support groups. Remember the caregiver also needs support. It can be physically and emotionally exhausting to care for those with these types of changes, some of which may be chronic or permanent. The entire family may undergo tremendous lifelong changes in an instant. Much research is needed in this very complex field as there are no real cures, only interventions.

To aid recovery, encourage lots of rest, not rushing back to work or school. The brain needs time to recover. It's important to avoid any additional blows or jolts to the head, especially while still healing. The physician needs to determine when it is safe for the brain injured person to resume driving, or operating heavy equipment and power tools because reaction time may still be slowed. For memory problems, writing things down may be helpful. Skills may have to be re-learned.

Additional support and information may be found at the Brain Injury Association of America (BIAA), the Defense and Veterans Head Injury Program (DVHIP), and Wounded Warrior Project (www.woundedwarriorproject.org).

References:

American Nurses Association. (2012). Joining forces to help veterans and their families. *The American Nurse*, (May/June 2012), 4.

Begley, Sharon. Revealing brain damage from battlefield to playing field. Retrieved from BIAA, <http://www.reuters.com/article/2012/05/16/us-brain-trauma-idUSBRE84F12120120516>

Brain Injury Association of America website. Retrieved from www.bia-usa.org.

NewsCore. What you need to know about traumatic brain injuries. Retrieved from BIAA, <http://www.foxnews.com/health/2012/05/15/traumatic-brain-injuries/>

Rosignol, Marycarol & Chandler, Helena. Recognizing post-traumatic stress disorder in military veterans. Retrieved from <http://www.americannursestoday.com> Feb. 2010.

Smith, Stephanie. Does brain injury link NFL players, wounded warriors? Retrieved from BIAA, <http://www.cnn.com/2012/05/16/health/concussion-brain-disease-vets/index.html>

MSD Update

Nebraska continues to be actively involved with the ANA Midwest States Multi-State Division (MSD) pilot. We have committed to participate in the pilot over the next two years, to explore with six other states (WI, MI, IA, ND, KS, and MO) the economic and operational efficiencies that can be realized through group purchasing and consolidation of programs and processes, where applicable. There are three task forces which are moving forward to explore opportunities within the Continuing Education, Technology, and Membership areas. In addition we are already beginning to make decisions about consolidated telephone and conferencing services, website services, car rental discounts, and other means to save money on group contracts for basic services. Missouri and Wisconsin have large offices with employed staff members and they are generously sharing their time and expertise to support other states, like ours, which are in transition.

At this time the largest changes seem to be coming in the area of Continuing Education. Due to the labor intensive process of maintaining an ANCC continuing education approver unit and service to our clients, the states have agreed to consolidate this work with two paid staff members and a cadre of highly skilled volunteer reviewers on the state level. Missouri and Wisconsin paid staff will also support this program. Our CEAC committee will continue to remain as the state-level team of reviewers, but will have the support of these paid staff members. We will continue to receive the revenues from Nebraska based applicants and may also be asked to review additional approver unit applications and individual event applications for other states as well. As the program evolves, there will be a profit-sharing model for all participating states to also gain a percentage of revenues, as applicable. Each state will have the option to return to a fully accredited approver or provider status at the end of the two-year pilot if the group is not satisfied with the results of the work. This offers a significant non-dues revenue opportunity for Nebraska as we have watched our own customer base of hospitals seeking CE provider status dwindle secondary to hospital mergers and national systems making changes to their processes. We lost nearly \$15,000 in revenue for this program in 2012 and 2013, so a means to regain some of this lost income is important to us. Support for our dedicated volunteers who have spent countless hours maintaining the high level of continuing education offered to Nebraska nurses is critical and long overdue.

Technology and the ability to move our website, electronic voting, surveys, and email capabilities onto a more user-friendly and flexible platform is our next goal. This is critical to our success as we try to recruit new members who depend on technology for information and resources. MJ Petersen, NNA Treasurer, who has a post-master's certificate in Nursing Informatics is our resource on this team.

Our other priorities inside and outside the MSD, are membership recruitment and retention and support for legislative advocacy. We are working on using MSD resources to achieve more direct contact with all of our members, and to make meaningful changes to our dues and enrollment processes. This is significant work.

All this MSD work will be happening in tandem with our own NNA Governance Revision process that is happening this summer. Two retreats, one in February and a follow-up in July have contributed to the plan that will go forward to the NNA House of Delegates in October. All nurses and nursing students in Nebraska are encouraged to attend our Convention and House of Delegates this fall. Events are planned for October 17-19th at the Holiday Inn Convention Center in Kearney. A block of discount rooms are available now, and more information about registration and the program will be posted in August. Faculty members, this is an opportunity of a lifetime for students, as we will open this historic house to observers, for at least part of the sessions. We are expecting some rousing dialogue as we consider the future of our district model, the idea of a single dues and membership plan, and explore the financial future of our organization.

The MSD and the Governance change are our opportunity to position NNA and the nurses in Nebraska to have a genuine and collaborative voice for all!

CORVEL

Part-Time Nurse Case Manager needed in Western Nebraska. Ideal candidate would reside in Scottsbluff, Sidney or Ogallala areas. Provide medical case management to injured workers.

Education/Training Requirements: A current RN license to practice in the state of NE. Three or more years of recent clinical experience, preferably in rehabilitation. To apply, please contact jane_hall@corvel.com

www.corvel.com



Seeking a Registered Nurse with 3-5 years of current charge nurse experience in chronic and acute hemodialysis. Experience as a dialysis unit manager and/or in peritoneal dialysis is preferred. Must have a current Nebraska RN license ACLS within 6 months hire and must complete CDN (Certified Dialysis Nurse) within 2 years of hire and maintain it. BSN preferred or must complete BSN within 3 years of hire. This is a small (6 chair) outpatient chronic dialysis unit located within an acute care Critical Access Hospital in beautiful Western Nebraska at Alliance, a community of 9,000 people.

The Hemodialysis Manager is responsible for leading, staffing, organizing, planning and directing daily activities of the in-center/chronic dialysis unit. This unit excels in meeting and exceeding CMS standards and outcomes.

A generous benefit package is included. Relocation and employment incentive is available.

For consideration apply online at www.bbgh.org, Careers, Job Openings. All offers of employment are subject to a background check and drug screen. Contact: Nebraska Department of Labor, 302 Box Butte Ave, Alliance, NE 69301 or call 308-763-2935 EOE.



Nebraska's largest hospice agency serving 65 counties via 8 agencies. Discover the AseraCare Difference by visiting www.aseracare.com for Full-Time, Part-Time and PRN jobs in your area.

UNIFORMS 'N MORE

Mon.-Fri. 10-6 Sat. 10-4

\$10 off any \$50⁰⁰
purchase

(Excludes Littmans) One per customer



409 N. Broadwell, Av., Grand Island, NE 68803

Call (308) 384-1286

Expires 12/13

Nebraska Nurse Practitioners

**Tara Whitmire, DNP, APRN
NNP Legislative Chair**

Nebraska Nurse Practitioners (NNP) is a non-profit organization that operates to promote excellence in NP practice and continuing education, and to shape the future of healthcare through advancing health policy in the state of Nebraska. As of July 2013, NNP has approximately 501 members and represents nearly 50% of the licensed nurse practitioners in the state.

The 407 Technical Review Process to remove the IPA and gain full practice authority is wrapping up. The Credentialing Review Committee met with the Board of Health on June 19th. Members voted in support of the proposal to remove the Integrated Practice Agreement with physicians by a 12 to 5 margin. The Board also voted to advance two ancillary recommendations; the first, for transition to practice requirements for the new graduate nurse practitioner, and a second for ongoing competency assessment of all nurse practitioners. The proposal is currently being reviewed by the Chief Medical Officer, Dr. Joseph Acierno for his recommendations before advancing to the legislature.

Members of the 407 Committee accepted an NNA award at the Heroes and Mentors program in May. This group of individuals has dedicated a tremendous amount of time and effort into this process. We thank you!

NNP is working to update the way it communicates with its members and potential members. The website will be undergoing a renovation so stay tuned for updates!

The 18th Annual Pharmacology Conference for Advanced Practice Nurses is scheduled for July 18-19, 2013. The agenda offers a variety of topics. The NNP lobbyist, Cora Schrader will be presenting a legislative update during the lunch session on July 19. The NNP 23rd Annual Conference will be held February 20-22nd in Lincoln, NE. We will be offering the mandatory DOT training during the conference. This is required for all providers who perform DOT physicals. Look for updates regarding the conference on the website and on Facebook.

NNP is constantly building relationships with other professionals and making lasting alliances. We look forward to the next months of 2013 and the opportunities we have to advance our profession. Be sure to follow the organization on Facebook. Search for NNP: Nebraska Nurse Practitioners and click "Like."

Children and Backpack Safety

**by Mikki Chullino, Staff
National Safety Council, Nebraska**

Backpacks can be a pain in the neck... back, and shoulders, but by doing your homework you can spare your child a few aches and pains. An improperly sized or poorly packed backpack can cause muscle strain, pain, or loss of blood circulation.

According to the U.S. Consumer Product Safety Commission, in 2010 nearly 28,000 strains, sprains, dislocations, and fractures from backpacks were treated in hospital emergency rooms, physicians' offices, and clinics.

Follow these two quick lessons to make back to school back pain free for your child.

Lesson 1: Fitting a backpack

Select a backpack with two wide, padded shoulder straps to help distribute weight evenly over your child's shoulders and back. Don't allow your child to wear a heavy backpack slung over one shoulder. This uneven weight distribution may lead to pain and tingling in the neck, arms, and hands.

According to the American Occupational Therapy Association (AOTA), the bottom of your child's backpack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline. A pack that hangs loosely from the back can pull the child backwards and strain muscles. Adjust the shoulder straps so that the pack fits snugly on the child's back between the base of the neck and the lower back.

Select a backpack made of durable but lightweight fabric. Leather or trendy embellishments may look great but can add unnecessary weight to the pack. By reducing the weight of the pack you will decrease the stress put on your child's muscles from carrying a heavy load.

Lesson 2: How to Pack a Backpack

To pack a backpack, arrange the items from heaviest to lightest. Pack the heaviest items closest to your child's back. Make sure that any sharp or pointy objects are away from the body. Arrange the items so they will not slide around in the backpack. Using pockets and side compartments can help distribute weight and keep smaller items from shifting.

The AOTA recommends that a backpack weigh no more than about 10% of child's body weight. This means a student weighing 100 pounds should not wear a backpack heavier than about 10-pounds.

Schedule a weekly time to sit down with your child and clean out any unneeded items from the backpack. Carrying only needed items will cut down on the weight of the pack. Remember, a properly loaded backpack can go a long way to reduce injury.

Do not wait for your child to complain of sore muscles, pain or numbness. If you see red marks on your child's shoulders or a change in posture while wearing the backpack, take action to lighten the unhealthy load.

September 19 is AOTA's National School Backpack Awareness Day. Visit www.aota.org for more information on Backpack Awareness Day activities.

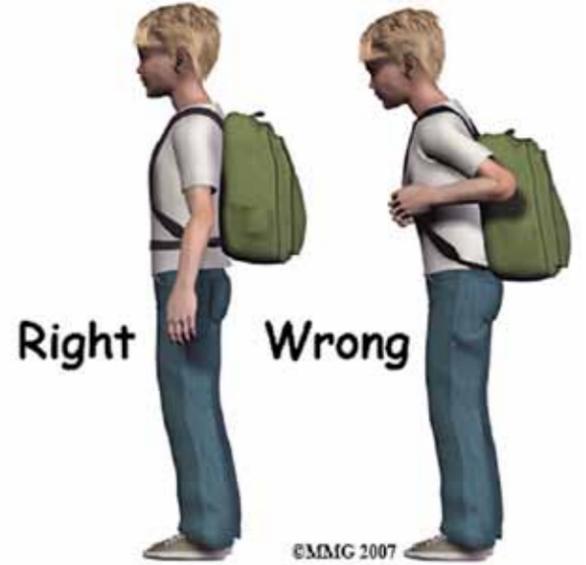


Photo came from this website
<http://www.totalperformancecept.com/blog/2012/09/05/back-pack-safety/>

EXPERIENCE THE MAXIM ADVANTAGE

Maxim Healthcare is recruiting for RNs and LPNs in the Omaha area, full- and part-time day/overnight positions available. Hire-on bonus for overnight positions and training available.

Contact Us Today for
More Information!

9239 West Center Road, Ste. 223
Omaha, NE 68124
Phone: 402-399-8888



WWW.MAXIMNURSES.COM

Greeley Care Home

**We are seeking a RN, LPN, CMA, NA
in our 26 bed long term
nursing facility.**

Please contact Theresa Wood, DON
308-428-5145
201 O'Connor Ave., Greeley, NE

HERITAGE ESTATES

A Proud Member of
Veterans Health Services

**• Full Time RN
• Full Time LPN • Part Time LPN**

Along with a great team of skilled professionals, Heritage Estates offers excellent benefits, an exceptional work environment and the opportunity to learn and grow.

Audrey Miller, People Development Coordinator
2325 Lodge Dr., Gering, NE 69341
anmiller@vhsmail.com

For more information about Heritage Estates visit:
www.heritageestates-gering.com

Opportunity
is here.

See what we have to offer at GPRMC:

• Excellent Wages	• Tuition Reimbursement
• Health & Dental Package	• Paid Time Off & Extended Illness Leave
• Group Life Insurance	• Shift Differential & Weekend Differential
• 401k Retirement Plan	• Relocation Allowance
• Loan Forgiveness Program	• Sign-on Bonus

For additional information, call GPRMC's Recruiter at (800) 543-6629 or email: recruiter@gprmc.com

Great Plains
Regional Medical Center
www.gprmc.com

#1 in Nebraska

OVERALL CARDIAC SERVICES
CARDIAC SURGERY
VASCULAR SURGERY
CARDIOLOGY SERVICES

HealthGrades is the leading provider of information to help consumers make an informed decision about a physician or hospital. No hospital can opt-in or out of being rated, and all hospitals are evaluated using the same criteria. So, while it's popular to say, "We're Number One"... Nebraska Heart actually is. And when we say HealthGrades has ranked Nebraska Heart among the top 5% of all hospitals in the nation for Vascular Surgery and for Outstanding Patient Experience, you can trust the ranking is accurate.

2013 Rankings
[healthgrades](http://healthgrades.com)

WELCOV HEALTHCARE

RNs
LPNs
CNAs

We are individuals working as a team serving others

- Crest View Healthcare Community – Chadron, NE
- Indian Hills Healthcare Community – Ogallala, NE
- Plum Creek Healthcare Community – Lexington, NE
- Falls City Healthcare Community – Falls City, NE

Welcov Healthcare places great value on the role of nursing... and we are committed to exceeding our customers' expectations. We nurture talent and offer rewarding careers throughout our organization for our nursing professionals. Learn new skills while working side by side other caregivers in a compassionate environment.

Join Welcov Healthcare today!

For more information visit:
www.welcov.com

To apply: send resume to
Pat Medelman, RN, Dir of Clinical Services NE/IA
(402) 980-0762
pat.medelman@welcov.com
or visit your local Welcov Healthcare facility

EE0/AA


DEMARS • GORDON • OLSON
ZALEWSKI • WYNNER
 134 South 13th Street, Suite 800 • Lincoln, NE 68508
 (402) 438-2500

Nancy R. Wynner, Attorney at Law

Contact Nancy Wynner for experience and expertise in administrative license matters including:

- Defense Against Disciplinary Action
- License Reinstatement

nwynner@demarsgordon.com

www.demarsgordon.com



Sheridan Memorial Hospital

Taking Your Health to Heart

Work with a dynamic team!

Sheridan Memorial Hospital is recruiting for skilled Registered Nurses in a variety of departments.

- ♥ ED
- ♥ ICU
- ♥ Women's & Children's Services
- ♥ Clinical Nurse Leaders – ED

We're a growing organization with excellent opportunities. Ideal candidates are detail-oriented, organized, critically thinking in a fast-paced environment, effective communicators & provide excellent customer service. Positions require current Wyoming Registered Nurse license.

We offer extremely generous benefits and sign on bonus.

Living at the base of the Big Horn Mountains offers a beautiful setting with four seasons & unlimited recreational opportunities. Superb fishing, hiking, bicycling, backpacking, boating & hunting are right out the back door.

Sheridan Memorial Hospital
1401 W. 5th St., Sheridan, WY 82801

For more information & to apply, please visit our website www.sheridanhospital.org

Photo: Sheridan Travel & Tourism EOE/AAP



Nebraska Nurses Association Membership Application

PO Box 82086, Lincoln, NE 68501-2086 • (402) 475-3859 • Fax: (402) 474-6206 • admin@nebraskanurses.org

Please type or print clearly. Please mail your completed application with payment to: NNA, PO Box 82086, Lincoln, NE 68501-2086 Date _____

Last Name/First Name/Middle Initial _____ Home Phone Number _____

Credentials _____ Home Fax Number _____ Basic School of Nursing _____

Home Address _____ Work Phone Number _____ Graduation (Month/Year) _____

City/State/Zip Code + 4 _____ Work Fax Number _____ RN License Number/State _____

County _____ Position _____

Email Address _____ Employer _____

Membership Dues Vary By District

Membership Option

M-ANA/NNA/District Membership (chart below)
(Includes full membership to NNA and the American Nurses Association (ANA) for 12 months.)

D-NNA/District Membership (chart below)
(Full membership only. Includes NNA membership benefits limited to state and district membership.)

Membership Category

F-Full Membership

- Employed full-time
- Employed part-time

R-Reduced Membership

- Not employed
- Full-time student (must be a RN)
- New graduate from basic nursing education program, within six months of graduation (first membership year only)
- 62 years of age or older and not earning more than Social Security allows

S-Special Membership

- 62 years of age or over and not employed
- Totally disabled

Select your NNA district from the map at right; choose the correct membership option chart below; and find the appropriate dues for the category you have selected above.

State nurses' association dues are not deductible as charitable contributions for tax purposes, but may be deductible as a business expense.

Under the Omnibus Budget Reconciliation Act of 1993, that portion of your membership dues used by Nebraska for lobbying expenses is not deductible as an ordinary and necessary business expense. NNA reasonably estimates that the non-deductible portion of dues for the 2007 tax year is 31%.

Sponsor name and member # _____

Payment Plan (please check)

Full Annual Payment

Membership Investment _____

ANA-PAC (Optional - \$20.05 suggested) _____

Total dues and contributions _____

Check (payable to ANA)

Visa

MasterCard

Payroll Deduction

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

Payroll Deduction Signature* _____

Payment Plan (please check)

Epay (Monthly Electronic Payment)

This is to authorize monthly electronic payments to ANA. By signing on the line, I authorize NNA/ANA to withdraw 1/12 of my annual dues and any additional service fees from my account.

Checking: Please enclose a check for the first month's payment; the account designated by the enclosed check will be drafted on or after the 15th of each month.

Credit card: Please complete the credit card information and this credit card will be debited on or after the 1st day of each month.

Epay Authorization Signature* _____

Annual Credit Card Payment

This is to authorize annual credit card payments to ANA. By signing on the line, I authorize NNA/ANA to charge the credit card listed for the annual dues on the 1st day of the month when the annual renewal is due.

Annual Credit Card Authorization Signature* _____

*By signing the Epay or Annual Credit Card authorizations, you are authorizing ANA to change the amount by giving the above-signed thirty (30) days advance written notice. Above signed may cancel this authorization upon receipt by ANA of written notification of termination twenty (20) days prior to the deduction date designated above. Membership will continue unless this notification is received. ANA will charge a \$5 fee for any returned drafts of chargebacks.

To be completed by NNA/ANA

Employer code _____

State _____ District _____

Approved by _____ Date _____

Expiration Date _____ Amount Rec'd _____

Check # _____



NNA Districts

2013 ANA/NNA/District Option Membership Dues by District				2013 NNA/District Option Membership Dues by District			
District	Monthly epay* (\$)		Annual Dues (\$)		District	Monthly epay* (\$) / Annual Dues (\$)	
	Full (MF)	Reduced (MR)	Full (MF)	Reduced (MR)		Full (DF)	Full (DF)
1	22.13	11.31	259.50	129.75	1	15.29	177.50
2	23.58	12.04	277.00	138.50	2	16.75	195.00
3	23.34	11.92	274.00	137.00	3	16.50	192.00
4	22.17	11.34	260.00	130.00	4	15.33	178.00
5	21.83	11.17	256.00	128.00	5	15.00	174.00
6	21.25	10.88	249.00	124.50	6	14.42	167.00
7	22.92	11.71	269.00	134.50	7	16.08	187.00
9	21.25	10.88	249.00	124.50	9	14.42	167.00

*50 cent surcharge per month for epay feature



How to get ahead.

Advance your degree.

Advance your career.



golden living centers

Hartington

Come be a part of our great team in Hartington.

Full or Part-time charge nurse.

Willing to train.
New Grads Welcome.
Great advancement opportunities. Excellent benefits & wonderful work atmosphere.

Steph Morten, RN-BSN, DNS
Golden Living Hartington
401 W. Darlene St.
Hartington, NE 68739
P. 402-254-3905
F. 402-254-3963

For RNs at all levels: Move forward. Here. Now. Online.

- **RN to BSN** — for ADN/diploma RNs to advance to bachelor's degree.
- **MSN** — Master of Science in Nursing: choose your specialty track.
- **DNP** — Doctor of Nursing Practice: highest degree for advanced clinical practice.
- **PhD** — Doctor of Philosophy in Nursing: leader, researcher, practitioner, educator.

Web-based advancement programs for the busy lives of RNs | BSN | MSN | PMC | DNP | PhD

OMAHA | LINCOLN | NORFOLK | KEARNEY | SCOTTSBLUFF — unmc.edu/nursing



COLLEGE OF NURSING

David Place
 A Proud Member of **Veter Health Services**

- RNs & LPNs
- FT/PT shifts available
- Work every 3rd weekend

Along with a great team of skilled professionals, David Place offers excellent benefits, including mileage reimbursement, and exceptional work environment and the opportunity to learn and grow.

Daniel Smith, BSN, RN-BC, Director of Nursing
 David Place | 260 South 10th Street | David City, NE 68632
 402.367.3144 | dsmith@vhsmail.com

For more information about David Place visit:
www.veterhealthservices.com/davidplace

Patient Safety
NURSING
Quality

Bryan Heart **2013 Nurses' Cardiology Conference**



Saturday, October 19th UNL Student Union Auditorium Lincoln, NE
<http://bryanhealth.cvent.com/2013nursesconf> **Registration: \$59**
 Contact Ty Westover 402.483.3316 or ty.westover@bryanheart.com

NEBRASKA VETERANS' HOMES
 ~ The privilege of caring for America's heroes ~
 Join our Team in one of these Career Opportunities:

RN, LPN, Nurse Aide and Medication Aide

The State of Nebraska offers a competitive benefits package for Employees!

Apply online at www.statejobs.nebraska.gov
 or at the following locations:

Norfolk Veterans' Home 600 East Benjamin Avenue Norfolk, NE 68701	Grand Island Veterans' Home 2300 West Capital Avenue Grand Island, NE 68803
Eastern Nebraska Veterans' Home 12505 South 40th Street Bellevue, NE 68123	Western Nebraska Veterans' Home 1102 West 42nd Scottsbluff, NE 69361

Department of Health & Human Services
DHHS
 NEBRASKA

For questions or accommodations call:
 402-471-2075
 AA/EOE/V Hearing Impaired/TDD calls
 only: 402-471-4693

MORYS HAVEN
\$1,200 sign-on Bonus
NURSE POSITIONS

MORYS HAVEN, a premier nursing facility in Columbus, Nebraska has a great opportunity for an RN or LPN to join our wonderful team.

Strong leadership, communication, inter-personal and organizational skills are required.

Morys Haven is part of Five Star Quality Care, a growing company with centers across the country. We offer competitive salaries and attractive benefits.

Please apply on-line at www.5sqc.com or email your resume to tgroteluschen@5sqc.com. You can also pick up an application at the facility at 1112 15th St., Columbus, NE 68601
 Phone-402-564-3197
 Fax-402-564-2218
 EOE. No Agencies Please

FIVE STAR SENIOR LIVING

Bryan Health

Rewarding

At Bryan Health, we deliver a better future. For our patients, it's through our exceptional care, advanced technology and progressive treatments. For our staff, it's through our collaborative approach, excellent growth opportunities and the sense of pride that comes from being part of an exceptional team.

Make Bryan Health part of your future.

Employment opportunities:
bryanhealth.org

Health profession education:
bryanhealthcollege.edu



The best of the best.

BEST ONLINE PROGRAMS
 & WORLD REPORT
U.S. News
 GRAD NURSING
 2013

Clarkson College
 Prepare to be the best.

If you've got a heart for caring and a passion for excellence, we're looking for you.

Got heart?

We're a family of hospitals and physician clinics working together to build a healthier Nebraska.

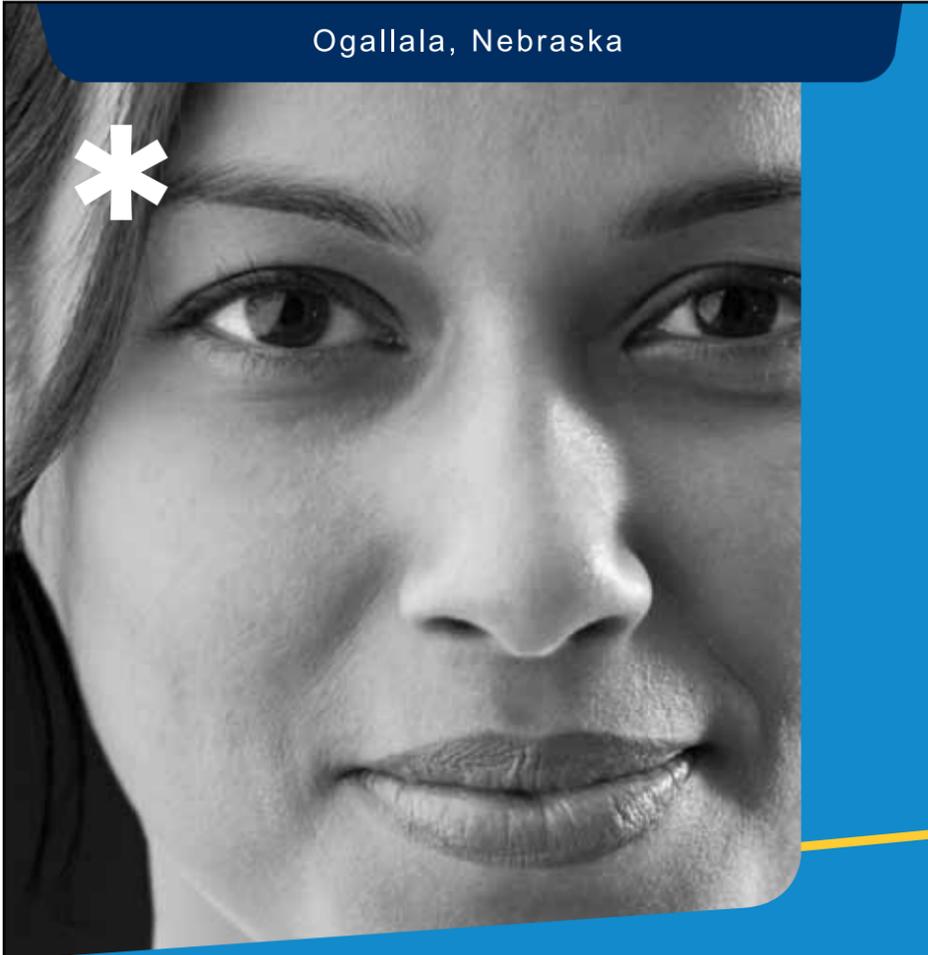
As members of Catholic Health Initiatives, we're committed to person-centered care and we're passionate about caring.

If you've got heart, we invite you to see if one of our ministries is right for you. Call us or check online for available positions and benefits.

† Good Samaritan Hospital Kearney, NE gshs.org	† Saint Francis Medical Center Grand Island, NE saintfrancisgi.org
† Saint Elizabeth Regional Medical Center Lincoln, NE SaintElizabethOnline.com	
† Nebraska Heart Hospital Lincoln, NE neheart.com	† St. Mary's Community Hospital Nebraska City, NE stmaryshospitalnecity.com

A drug screen and background check are required. Equal Opportunity/Affirmative Action Employer





Ogallala, Nebraska

* You want to change lives – including your own.

You belong here.

You love being in the middle of the action. But you also don't mind being able to get away from it all. You belong at Banner Health. With 23 hospitals in seven western states, we offer an unmatched variety of settings for you to contribute to our award-winning, industry-changing care in a lifestyle friendly location.

Right now we have excellent opportunities for nursing professionals at Ogallala Community Hospital. This rural, southwestern Nebraska facility is part of Banner's integrated network and features innovative technology including EMR, iCare, a 24/7 eICU and intelligent OB, a computerized system designed to help reduce complications during labor and delivery.

Staff RNs

Med/Surg • OR

Experienced Nurse Leaders

RN Sr. Manager – Surgical Services

Visit our website at www.BannerHealth.com/careers for more information and to apply.



Banner Health

www.BannerHealth.com/careers

EOE/AA Banner Health supports a drug-free and tobacco-free work environment.



Connect with Banner Health Careers:

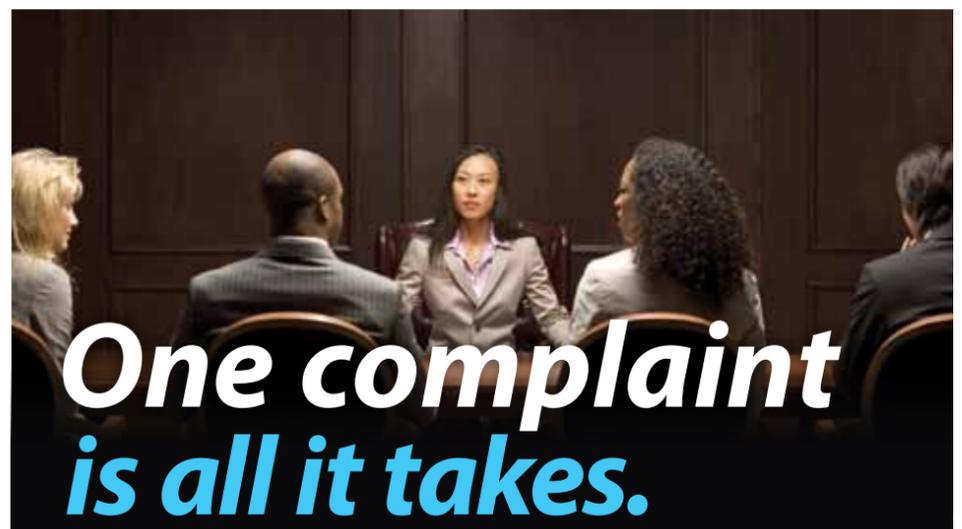


Excellent Opportunities for Excellent Nurses

At Alegent Creighton Health, our Mission is to provide high-quality care for the body, mind and spirit of every person. And it doesn't stop with our patients. We also take care of each other. We work under a set of Commitments that makes our work environment one of the most supportive you'll find. Go to AlegentCreighton.com/jobs to apply online or learn more about our culture.

Alegent + Creighton Health
On a mission

1-800-ALEAGENT
AlegentCreighton.com/jobs



One complaint is all it takes.

Whether warranted or not, one complaint to the state licensing board, one lawsuit filed, and your career can be over — just like that. We've seen it happen.

You could spend thousands of dollars out of your own pocket in legal fees. Or worse, you could end up losing everything you've worked so hard for — your ability to practice nursing.

Don't count on your employer's malpractice insurance to protect you. There are just too many "what ifs."

What you need

With an individual professional liability policy from proliability, a program by Marsh U.S. Consumer, a service of Seabury & Smith, Inc., you get peace-of-mind coverage tailored for nurses like you. Benefits for covered claims include:

What if ...

- ▶ **What if** your employer's policy isn't large enough to cover you and your coworkers?
- ▶ **What if** you're brought before the state licensing board? Most employers' plans don't cover that.
- ▶ **What if** you're sued for an incident that occurred outside of the workplace?

- ▶ Up to \$2 million in protection for each claim/ up to \$4 million aggregate
- ▶ Deposition assistance
- ▶ Reimbursement of defense costs, legal fees and court costs for covered claims

Call (800) 503-9230 or visit proliability.com/60480 to get an instant quote. Then take 5 minutes to fill out the application. It's that easy. And that important.



Administered by Marsh U.S. Consumer, a service of Seabury & Smith, Inc. Underwritten by Liberty Insurance Underwriters, Inc., a member company of Liberty Mutual Insurance, 55 Water Street, New York, New York 10041. May not be available in all states. Pending underwriter approval.



AR Ins. Lic. # 245544 | CA Ins. Lic. # 0633005
d/b/a in CA Seabury & Smith Insurance Program Management

60480, 60492, 60499, 60509, 60512, 60518, 60530, 60536, 60548, 61237, 61256, 61263, 61264 (9/13) ©Seabury & Smith, Inc. 2013