PROTECTING PATIENTS: WASHINGTON'S WHISTLEBLOWER LAW / TEXAS JURY ACQUITS RN WHISTLEBLOWER

MEET THE 6 INCREDIBLE NURSES IN THIS YEAR'S HALL OF FAME

MY STORY: LENDING A HELPING HAND IN HAITI

SUCCESS! BPA BAN PROTECTS INFANTS
The information in this newsmagazine is for the benefit of WSNA members. WSNA is a multi-purpose, multi-faceted organization. The Washington Nurse provides a forum for members of all specialties and interests to express their opinions. Opinions expressed are the responsibilities of the authors and do not necessarily reflect the opinions of the officers or membership of WSNA, unless so stated. Copyright 2010, WSNA. No part of this publication may be reproduced without permission.

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**CONTRIBUTOR GUIDELINES**

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**ARTICLE SUBMISSION DEADLINES**

Spring ........................................... February 15
Summer .................................................. May 15
Fall ........................................................... August 15
Winter .................................................... November 15

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www.wsna.org

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*The Washington Nurse | Spring 2010 | 3*
One year ago, we were in the midst of one of the worst recessions that I, or any of us in this country, had experienced in our lifetimes. I have talked with people who remember the 1930’s depression and they told me how close we felt to another “melt down” of similar chaos and loss.

We are now proceeding into the new year of 2010, the beginning of a new decade. I for one have great expectations for a full economic recovery and for real movement forward with our national health care system. At the time of this writing, health care reform has just been signed into law and important real changes will begin to happen quickly. Change is coming! I’m proud to be a member of both WSNA and ANA, organizations that have consistently supported and advocated for a system that guarantees every single person in this country has access to quality care in a timely fashion by the most appropriate health care provider at an affordable cost. This legislation is a giant step forward and marks the beginning of a new era for health in America.

“I'm proud to have joined with WSNA and so many nurses across the state this Legislative Session to make Washington a better place for patients and nurses.”

While we don’t know exactly how all of the reforms will be implemented, we know that more people will be insured, that pre-existing conditions will no longer prevent people from receiving insurance, and that insurance companies will no longer be able to stop covering people when they get sick.

Nurses will be at the forefront of providing health care in this new system. We will focus on prevention and wellness, take on the serious chronic disease management needs of patients, and serve as primary care providers as more and more people gain access to quality care. We have been trained and educated to do this work, and now we will be doing it in a historic new era. The skills, experiences, and expertise of registered nurses have never been in greater need.

In my vision for the nursing profession, we are leading this country at the very frontlines of implementing these changes in our health care system. We are continually moving forward and striving to be better in our practices, in our education of new nurses, and in our advocacy for patients. As nurses, we will guide the way for everyone in America to live their healthiest life, especially right here in Washington State. Can you see it?

Inspiration, vision, leadership, goal setting, risk taking – these may just be words on paper, but when you combine them with the actions of one or many of us, big things happen. This is how we as nurses can and will make things happen.

I’m proud to have joined with WSNA and so many nurses across the state this Legislative Session to make Washington a better place for patients and nurses. This year, we fought for nurses to get real rest and meal breaks, for ARNP nurses to have the ability to provide prescriptions to their patients/clients across state lines, for a clean environment free of BPA in our sports bottles and baby bottles, to collect excess medication rather than leave it in medicine cabinets for unsafe disposal, to have government commit to funding for nursing education, and to identify a long term, stable funding source for public health. We had successes and setbacks, but we know that we will continue these battles together over the next year and leading into the 2011 Legislative Session.

There have been several nurses who have inspired, influenced, and challenged me over the years. Florence Nightingale, Margaretta Styles, Dolores Little, Virginia Trotter Betts, Kathleen Groen, Joan Garner, Barbara Frye, and Judy Huntington, to name a few.

My list could go on and on but I also keep in mind that we all are a part of the movement forward for our nursing profession. What each of us does every day in our various practice settings is a huge part of
laying the foundation and setting the example for those who come after us.

In March, we celebrated and honored six nurses with induction into the WSNA Hall of Fame. All of these nurses have made a tremendous impact during their lives and have influenced many within the nursing community right here in Washington State as well as nationally and globally. I urge you to not only celebrate their careers and achievements, but to reflect on how each one of us has the capacity to change lives and make nursing a better profession for nurses and patients.

We also recently celebrated the retirement of one of the strongest voices for our profession, Barbara Frye, Assistant Executive Director of Labor Relations for WSNA. Her conviction and fortitude helped WSNA survive during the raids of the 1980s and have been instrumental in rebuilding us to the active and vibrant organization we are today. Barbara has been an inspiration, a mentor, and a teacher. She has shown many of us, through her actions and her words, how to be an advocate for staff nurses and patients. She will continue to work with WSNA as a Senior Labor Consultant while she also brings her years of wisdom and experience to our new national union, the National Federation of Nurses. You know what they say about nurses who retire, “Nurses never really do retire, nurses find and aspire to do something else.” Once a nurse always a nurse. Right?! ■
You Were Represented

The WSNA staff and elected and appointed leaders represent your interests in a wide variety of meetings, coalitions, conferences and work groups throughout the year, anticipating and responding to the issues the membership has identified as priorities. In addition to many meetings with legislators, regulators, policy makers, other health care and nursing organizations and unions, the following represents a partial listing of the many places and meetings where you were represented during the months of October through December 2009.

- ANA Board of Directors meeting
- ANA Business Arrangements Task Force
- ANA Constituent Assembly Executive Committee
- ANA Nursing Practice Network conference calls
- ANHE Policy/Advocacy Committee
- AONE Practice and Policy Committee
- Arbitrations
- Ballot Initiative Network steering committee
- Collaborative on a Healthy Environment (CHE-WA)
- Continuing Competency rules-writing workshops
- Disciplinary Meetings
- DOH Healthcare Acquired Infections meeting
- DOH Patient Safety Adverse Events Advisory Committee
- Faculty Compensation workgroup for Master Plan for Education, WCN
- Friends of Basic Health Coalition
- Governor’s Council on Health Disparities Subcommittee on Workforce Diversity
- Grievances
- Hanford Advisory Board
- Health Care for America Now (HCAN)
- Health Coalition for Children and Youth
- Healthy Washington Coalition
- House of Representatives Commerce and Labor Committee work session on H1N1 and sick leave policies
- House of Representatives Health and Human Services Appropriations Committee work session on public health funding and H1N1
- Investigatory Meetings
- Labor Management Meetings
- Mediations
- Meetings with the Department of Labor and Industries
- NCQAC Continuing Competency Subcommittee
- NFN National Executive Board meetings & National Advisory Board meetings
- NSWS Board meetings
- Nursing Care Quality Assurance Commission
- NWONE Nursing Practice Commission
- Public Health Funding Roundtable
- Revenue Coalition
- Ruckelshaus Safe Staffing Steering Committee Meetings
- Ruckelshaus Education Advisory Committee
- UW Elizabeth Sterling Soule lecture with Susan Hassmiller
- WA State Safe Patient Handling Steering Committee
- Washington Center for Nursing (WCN) Board Meetings
- WCN Master Plan Transition to Practice workgroup
- WCN Faculty Compensation workgroup for Master Plan for Education
- Washington Chapter of Physicians for Social Responsibility
- Washington Health Foundation Board Meeting
- Washington Patient Safety Steering Committee and Medication Safety initiative
- Washington Toxics Coalition
- Wound care conference calls re: potential legislation for OTs
- WSHA Safe Table Learning Collaborative Advisory Committee
- WSNA CEARP Committee
- WSNA E&GW Cabinet
- WSNA Finance Committee
- WSNA Legislative Council
- WSNA Nurse Legislative Day
- WSNA PNHCC, OEHSC, and Disaster/Emergency Preparedness meetings
- WSNF Board of Trustees meeting

Upcoming Events

- **April** –
  17 Cabinet on Economic and General Welfare
  22 - 23 CNEWS - Spokane
  24 Mary Mahoney Professional Nurses Organization Luncheon

- **May** –
  6 - 12 National Nurses Week
  10 - 12 National Federation of Nurses Labor School - Chicago
  22 ANA Delegate Orientation - Cedarbrook, Seattle
  22 Statewide Local Unit Council Meeting - Cedarbrook, Seattle
  25 Ruckelshaus Steering Committee
  31 Office Closed - Memorial Day Observed

- **June** –
  7 - 8 Alliance of Nurses “Our Environment–Our Health” Conference - Baltimore
  11 CEARP Committee
  16 - 19 ANA House of Delegates, Washington DC
  25 Occupational and Environmental Health and Safety Committee
  26 Professional Nursing and Health Care Council
  26 WSNA PAC Board of Trustees

- **July** –
  5 Office Closed - Independence Day Observed
  23 WSNA Board of Directors
  24 Cabinet on Economic and General Welfare
A legacy of nursing education excellence... now available online!

Northwest Nazarene University’s Master of Science in Nursing combines the excellence of experienced nursing faculty with the flexibility of online learning.

NNU’s program will prepare nurses to work as educators in academic, hospital, and community-based organizations.

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To learn more, visit www.nnu.edu/MSN, call 877-NNU-GRAD, or email msn@nnu.edu.
New RX Pads Resist Tampering

Beginning July 1, 2010, Washington State law will require all prescriptions for delivery to a pharmacy to be written on Board of Pharmacy approved tamper-resistant paper or pads. All approved paper will be affixed with a Board of Pharmacy “seal of approval.”

The seal will consist of a map of Washington State with a mortar and pestle in the center. To the right of the graphic the text will read “Paper Approved by Washington State Board of Pharmacy.”

To date, fourteen vendors have completed the review / approval process. All approved vendors have demonstrated to the board that they meet the security standards as required in RCW 18.64.500.

For an updated list of approved vendors and answers to frequently asked questions, please visit the Washington State Board of Pharmacy’s webpage at www.doh.wa.gov/hsqa/professions/Pharmacy

Please Note: You should order your pads well in advance of the July 1st deadline to ensure that you are in compliance on that date.

March of Dimes Names Nurse of the Year 2009 Award Winners

At an event held on December 3rd, the March of Dimes honored several nurses in Western Washington with awards and recognized all of those nominated for the honor. Congratulations to all of the WSNA members nominated and recognized during the ceremony. Also, a special congratulations goes to Thelma Pegues, a 2010 WSNA Hall of Fame inductee, who received the ‘Legend of Nursing’ award for a retired nurse whose lifetime career has advanced the field of nursing for all generations to come.

Patient Clinical Care
Mary Benton, RN, BSN
Group Health

Leadership
Barbara Berkau, RN
Overlake Hospital

Innovation / Creativity
Mary Ghiglione, RNC, BSN, MSN/MHA
Swedish Medical Center

Education
Katy Brock, RN, MSN
Providence Regional Medical Center – Everett

Research / Advancing the Profession
Doris Boutain, PhD, RN
University of Washington School of Nursing

Advocacy for Patients
Asa Rottsolk, RN
Seattle Children’s Hospital

Community Service
Phuc Ly, RN, RNC, BSN
Virginia Mason Medical Center

Mentoring
Cathe Clapp, RN, MN
Stevens Hospital

School Nurse
Julie Kaloper, RN, BSN
Seattle Public Schools

Rising Star
Melissa Kerlee, BSN
Providence Regional Medical Center – Everett

New Generation
Fuqin Liu, RN, MN
University of Washington Medical Center

Perinatal / Pediatric
Melissa Rachel Sanchez, RN-C, BSN
University of Washington Medical Center

Distinguished Nurse of the Year
Joy Martin, RN, MSN
Franciscan Health System

Legend of Nursing
Thelma Jacobs Pegues, BA, BSN, RN, MN
Seattle Central Community College

Correction: In the Winter 2009 issue, we incorrectly identified Patricia Butterfield as a professor at the University of Washington. She is the dean of the Washington State University Intercollegiate College of Nursing and no longer a professor at the UW.
FOUR PROGRAMS AWARDED MONEY TO EXPAND NURSING WORKFORCE

Four Washington Nursing Education programs received awards to increase their capacity to educate and graduate more nurses. This year, all awardees’ proposals also reflected a focus on increasing the diversity of the nursing student population. The awards were funded by the March 29, 2009 “Johnson and Johnson Promise of Nursing for Washington” gala, which raised $300,000 for nursing in Washington State. Since 2006, these events have been coordinated by the Washington Center for Nursing, and have raised more than $800,000 in Washington State for nursing education.

SEATTLE UNIVERSITY SCHOOL OF NURSING

“Increasing Cultural Competency and Student Retention” $16,715.00

Support for a two-day workshop and expert consultation to increase faculty members’ knowledge and skills in managing an increasingly culturally rich student body, and to work more effectively with minority students to ensure their academic success and program completion. This will result in an increase in the numbers of students becoming RNs.

TACOMA COMMUNITY COLLEGE NURSING PROGRAM

“Internationally Educated Nurse Transition Program” $25,000.00

Development of a formal program to assist internationally-educated RNs to prepare for the licensing exam and transition into the role of an RN in the US. This will result in an increase in the diversity of the nursing workforce in Pierce County, Washington, and move underemployed or unemployed RNs into the workplace.

WALLA WALLA UNIVERSITY NURSING PROGRAM

“Skill Lab Expansion and Enhanced Instruction in the Nursing Process for Beginning Nursing Students” $25,000.00

Expansion of Clinical Simulation lab capability at its campus in College Place, WA to allow acceptance of additional students, with an emphasis on increasing the diversity of this student body.

UNIVERSITY OF WASHINGTON - BOTHELL NURSING PROGRAM

“Increasing Nursing Capacity through Blended Learning” $25,000.00

Faculty education in the development of “blended” BSN and Master’s education programs for students who are challenged to complete the on-campus program due to geographic distance, and the demands which many working adult learners face. This will result in an increase in numbers of students, with an emphasis on diversity.

POLL: NURSES SHOULD HAVE GREATER INFLUENCE

The Robert Wood Johnson Foundation released results of a groundbreaking new opinion leader survey on nurses’ influence on health systems and services. Entitled “Nursing Leadership from Bedside to Boardroom: Opinion Leaders’ Perceptions,” the survey was conducted by Gallup on behalf of the Robert Wood Johnson Foundation. Gallup interviewed 1,504 opinion leaders across key roles and industries for the survey, which was conducted August 18 – October 30, 2009.

The key findings indicate that an overwhelming majority of opinion leaders say nurses should have more influence. However, although the survey finds that opinion leaders also view nurses as one of the most trusted sources of health information, they see nurses as having less influence on health care reform than government, insurance and pharmaceutical executives and others.

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<td>Not perceived as important decision makers (69%) or revenue generators (68%) compared with doctors</td>
<td>Focus on primary rather than preventive care (62%)</td>
<td>Lack of a single voice in speaking on national issues (56%)</td>
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For more information or to view the complete study, visit www.rwjf.org/pr/product.jsp?id=54350
NEW OSHA VIDEOS SHOW PROPER RESPIRATOR FIT & USE

OSHA has produced two new videos that feature training and guidance on respirator safety. The "Respirator Safety" video shows healthcare workers how to correctly put on and take off respirators, such as N95s. http://bit.ly/8e966O

The "Difference between Respirators and Surgical Masks" video explains the particular uses for each one and how they prevent worker exposure to infectious diseases. Viewers can watch both English and Spanish versions by visiting the Department of Labor’s YouTube site. http://bit.ly/6WxLJV

You can also access these videos and the latest flu information on WSNA’s website at www.wsna.org/flu

CONGRATULATIONS TO LESLIE RIVERA, ELIZABETH THOMAS AND KAREN BOWMAN!

To recognize the importance of the contributions of the many people across our state in seeking to improve the health of Washingtonians, the Washington State Public Health Association (WSPHA) is celebrating those who have gone above and beyond to inspire, model, lead and innovate. WSPHA is recognizing these leaders during Public Health Week (April 5–11) and WSNA is proud to have three of our own members among the honorees.

Leslie Rivera, RN, BSN, Public Health Nurse at the Benton Franklin Health District and member of WSNA, has been selected as an Individual Public Health Champion. She is being recognized as a role model for health and a champion of individual health as exhibited by a significant commitment to healthy behaviors, especially when overcoming significant personal challenges.

Elizabeth Thomas, ARNP is being recognized as a ‘Community Health Champion’ in the Local Category for setting an example to others in her overall commitment and leadership, particularly in her care for children and parents. She is not only a member of WSNA but was also inducted into the WSNA Hall of Fame in 2000.

WSNA Occupational & Environmental Health Specialist Karen Bowman, MN, RN, COHN-S has been selected for Honorable Mention as a ‘Community Health Champion’ for contributing significant time, effort and passion to make her community a healthier place.

ANA Receives Grant for Cultural Competency Program

As frontline health care professionals, registered nurses have a duty to communicate and interact effectively with the rich diversity of all the patients and families they serve. To that end, the American Nurses Association (ANA) is pleased to announce a grant from Pfizer Inc., to launch the ANA Cultural Competency Program. This initiative will compile and disseminate resources to nurses nationwide to raise awareness and build skills as they care for the full complexity of the United States population.

The ANA Cultural Competency Program will evaluate the existing cultural competency among nurses, and provide additional resources and guidance to enhance nursing practice. A section will be developed on ANA’s Web site, www.NursingWorld.org, dedicated to cultural competency resources, and will include anecdotal accounts of frontline experiences by ANA members.
ANA Convenes Nursing Quality Experts to Explore Performance Improvements

More than 900 chief nursing officers, health care quality improvement experts, staff nurses and other hospital leaders convened in New Orleans January 20-22 to discover new strategies for improving patient outcomes at an ANA conference on nursing quality.

The 4th Annual National Database for Nursing Quality Indicators® (NDNQI®) Data Use Conference was attended by many of the more than 1,500 hospitals nationwide that participate in the database program – the nation’s richest database of nursingspecific quality performance measures. About 1 in 4 hospitals nationwide participate in the NDNQI data reporting and analysis program that allows hospitals to compare the performance of individual nursing units to others regionally, statewide and nationwide, and use evidence from the reports to make strategic improvements in nursing care, patient outcomes and patient safety.

At the conference, ANA recognized six hospitals participating in NDNQI® that have consistently yielded outstanding patient outcomes that are tied directly to the high quality of nursing care at each facility. The award-winners demonstrated superior patient outcomes and high nurse job satisfaction on the 18 nursing-sensitive performance indicators tracked by NDNQI, such as hospital-acquired pressure ulcers, patient falls with injury, infections acquired as a result of hospitalization and nurse turnover. The winners are as follows: The Johns Hopkins Hospital, Baltimore, MD – Academic Medical Center; Poudre Valley Hospital, Fort Collins, CO – Teaching Hospital (3-time winner); Columbus Regional Hospital, Columbus, IN – Community Hospital; Riley Hospital for Children, Indianapolis, IN – Pediatric Hospital; MossRehab, Elkins Park, PA – Rehabilitation Hospital; and Western Psychiatric Institute & Clinic of UPMC, Pittsburgh, PA – Psychiatric Hospital.

ANA Joins Nation’s First Lady in Efforts against Childhood Obesity

ANA is eager to support the First Lady Michelle Obama in her critical efforts to combat childhood obesity. As the largest nursing organization in the U.S., ANA stands ready to assist the First Lady to address this significant health problem through her program, “Let’s Move” America’s Move for a Healthier Generation.

“Nurses see first-hand the devastating effects of obesity,” said ANA President Rebecca M. Patton, MSN, RN, CNOR. “We recognize the impact it has on our society and our health system. Obesity can increase the risk of stroke, diabetes, heart disease and hypertension as well as many other illnesses. In addition to the impact on the health of our population, it also threatens the health and safety of nurses and other health care providers who may injure themselves while assisting obese patients. ANA recognizes the effects of obesity and pledges its ongoing support of programs that serve to address the issue.”

Registered nurses, as the largest group of health care providers, are involved in every aspect of the health care system. Registered nurses have the capacity to touch the lives of parents and of children to help educate them on healthy choices. ANA is dedicated to the development and distribution of the educational materials about obesity and in particular, its impact on our nation’s children.

This year, our National Nurses Week theme, Nurses: Caring Today for a Healthy Tomorrow, further underscores ANA’s ongoing commitment to promoting healthy choices for our patients, our families, and the communities we serve. To learn more about Let’s Move, please visit www.letsmove.gov.
King County Nurses Association
DISTRICT 2

Come enjoy Northwest cuisine on the shores of Shilshole Bay while celebrating nurses and nursing at the KCNA Annual Meeting and Spring Banquet! On Thursday, May 6, we’ll kick off National Nurses Week, present annual Shining Star awards, hold silent and live auctions, and congratulate the 2010 KCNA scholarship winners – all in one festive evening!

Arrive early and enjoy an appetizer while perusing this year’s wonderful auction items (100% of proceeds go directly to the KCNA Scholarship Program). There’ll be something there to fit every lifestyle and pocketbook, from unique gift items to gourmet meals and weekend getaways. Another of the highlights of the banquet comes with the presentation of annual Shining Star Nurse Awards, recognizing nurses who are outstanding in their profession, their workplaces or their communities. We’ll also present scholarships of $2,000 each to 10 outstanding nursing students, and hear from them about their ambitions and how KCNA’s support will make a difference in their studies and in their lives.

To register for this evening of celebration, please go to www.kcnurses.org. The cost is $45 per KCNA member and $50 per non-member. The registration deadline is April 26. Hope you can join us!

■ To stay up to date on KCNA events and education opportunities, visit www.kcnurses.org.

Inland Empire Nurses Association
DISTRICT 4

This February, IENA hosted a bus from Spokane to WSNA’s Annual Nurse Legislative Day in Olympia. Twenty-six people participated in this important event, including students and faculty from Washington State University College of Nursing and Spokane Community College, and the IENA Board of Directors. We had the opportunity to visit with State Representatives, sit in on committee hearings, and hear from our WSNA colleagues. Nurse Legislative Day provides the opportunity to make our voices heard in Olympia, and we encourage every nurse in our district to participate in the future. IENA will be sponsoring a bus again next year, so please visit our website in the fall for details.

Later this spring, IENA will again be hosting the Spring Scholarship and Awards Gala. Watch our website for details about this event. To view pictures of last year’s event please visit us at www.spokanenurses.org. Be sure to check the website often for updated information including educational offerings and community events.

IENA plans to participate in the Pride in Nursing Conference on May 7. The conference will be held at Mukagawa Fort Wright Institute, and WSNA will be sharing our exhibit booth. It has consistently been well attended with over 200 participants.

With great regret, we bid farewell to two board members, Anne Bailey and Carlene Haynes, due to health concerns. We appreciate their dedication to IENA, and both will be dearly missed.

IENA Elections will be held in July for the IENA Board of Directors - please join us! Your professional experience is invaluable in promoting the nursing profession and advocating for health and safety in our community. If you are interested in serving, please contact Administrative Secretary JoAnn Kaiser at iena@aimcomm.net.

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MEET THE 6 INCREDIBLE NURSES IN THIS YEAR'S HALL OF FAME

The WSNA Hall of Fame award is given every two years in recognition of demonstrated excellence in the areas of patient care, leadership, education, public service, nurse advocacy, heroism, patient advocacy, or clinical practice and for achievements that have enduring value to nursing which will reach beyond the inductee’s lifetime. In addition, each has demonstrated excellence through sustained, lifelong contributions that has affected the health and /or social history of Washington State.

WSNA first launched the Hall of Fame in 1996, paying tribute to six longstanding leaders in the nursing community. In 1998, three additional nurse leaders were inducted into the Hall of Fame and we recognized six more deserving nurses in 2000, 2002, 2004 and 2006. In 2008, we held a special induction Ceremony recognizing our founders and early nurse leaders during WSNA’s Centennial Celebration. Their pictures permanently reside on the walls of the main hallway of the offices of WSNA, dubbed “The Hall of Fame,” for all to see...

You can find biographies of all the past Hall of Fame honorees on the WSNA website at www.wsna.org/Hall-of-Fame
Mary Bartholet, MS, RN

As a nurse educator, a member of her parish, a volunteer and a concerned citizen, Mary has contributed to the health and welfare of Washington and the profession of nursing in this state for over 50 years.

Mary moved to Seattle in 1958 and began her long and distinguished career at Seattle University. As an Assistant and Associate Professor for thirty-four years, Mary has helped shape and mentor the next generation of nurses. For the past 20 years, Mary has specialized in teaching students during their maternal-child nursing experiences. Her work in this area includes a video co-produced with Tonnie Wolf on the assessment of the newborn that went on to gain national recognition with an honorable mention. She has also contributed to the nursing literature with several published articles.

Mary was invited to become a charter member of the honorary nursing sorority when the Alpha Sigma Chapter at Sigma Theta Tau began at Seattle University. She went on to serve as President and chair of several committees in the chapter while at Seattle University. In 1987, she was awarded the Sigma Theta Tau Leadership Award, for leadership development. Mary was proud to see the professionalism and initiative of her students when she encouraged them to submit a petition at the national student nurses convention. Their motion to include alcohol studies in all nursing curricula was passed.

Students have consistently praised her commitment to their learning needs and remarked on how Mary went out of her way to ensure they would succeed in their courses and clinical experiences. Mary was recognized by the University for her outstanding service as a mentor for the Pathways Program. She was also nominated and honored in 1994 for Seattle University’s Herstory award, a recognition that began in 1990 to affirm the dignity, worth and power of women on campus. She was selected for her many contributions to the University for her tireless energy, and for her commitment to her colleagues and community. To cap off a remarkable career, Mary was granted the status of Professor Emerita from Seattle University for her steadfast and distinguished contributions to nursing and Seattle University’s mission.

She is now working on collecting information to write a book about the history of the Seattle University’s School of Nursing which is celebrating its 75th Anniversary this spring. She’s interviewed graduates of the school about their experiences and memories, as well as how their education has affected their lives after graduation. A history lover, Mary has also volunteered for the long-term project “Women’s Voices – Women’s Stories” through the Seattle Archdiocesan Women’s Commission, conducting oral-history interviews with a diverse group of Catholic women.

Mary’s contributions don’t end in the classroom. Shortly after arriving in Seattle, Mary volunteered with the Seattle Red Cross and continued to do so over the next twenty-five years. The Red Cross recognized her service in 1982 by nominating her for KIXI radio’s Citizen of the Day award.

Mary’s faith has long shaped her core beliefs and her actions as a person, a nurse, and a community activist. For several years, she has served as a Eucharist Minister, bringing Holy Communion to those who are home-bound, visiting the sick and dying, and has coordinated the preparation of sandwiches for people at the First Avenue Service Center in Seattle. In 1999, Mary began a parish nursing program along with several other nurses that provides education and training programs, blood pressure and other screening clinics, and home visits to people with health concerns. Her work with the parish nursing program continues today.
Thelma P. Jacobs Pegues, MN, BSN

Thelma Pegues has been a trailblazer, an advocate and a mentor. Her commitment to civil rights and nursing have often overlapped and intertwined, most notably in her work on the inclusion of ethnic and racial minority content in nursing curriculum.

Thelma attended the University of Washington School of Nursing, completing her Baccalaureate Degree in Nursing Science in 1955 and a Master’s Degree in Nursing in 1969. In 2001, she was given Minority Student Recognition by the University of Washington which honors students who experienced, confronted, and broke racial barriers which enabled future minorities to attend schools of higher learning.

Thelma was one of the first African American nurses to secure employment at Harborview Hospital as a staff nurse working on pediatric, gynecology, and the GU nursing floors. She was later appointed the Supervisor of In-Service Education in 1960-1970.

Thelma left Harborview to become an educator in the Seattle Community College system in 1970. During the Civil Rights movement and a decade later, Thelma was actively engaged on the forefront of the need to bring about change in the nursing profession. Matriculating at the University of Washington, she knew firsthand that changes were needed if all patients’ needs were to be met.

The Community College system promised innovative changes in education and reassured the African American community that minority educators and faculty would be hired to bring about equality and social justice, and to have a faculty representative of the of the local population. Thelma was the first African American nursing faculty member to be appointed to teach nursing at the Seattle Community College campus. As a nursing educator and activist, she distinguished herself in her 16 years of employment there by serving on special committees and seeing that all minority voices in the community were heard and honored.

In addition to advocating for the profession, nursing students, patients and others, Thelma’s greatest contribution was the inclusion of and increase in ethnic and racial minority content in the nursing curriculum. This opened a new chapter in nursing direct patient care for minorities. Thelma’s publications also provided an awareness and knowledge of the care of the African American patient. Her most widely known articles include the instructional guide ‘Hair, Scalp and Skin Care of Black Hospitalized Patients’ published in 1978 and ‘The Physical and Psychological Assessment of the Black Patient’ in 1979.

Thelma will be remembered by her students and colleagues for going that extra mile to assist her students who failed the Washington Board of Nursing Examination required to practice nursing. Thelma took it upon herself to tutor these students until they successfully passed the examination. Many of these students were minorities or spoke English as a second language. Her motivation was for them to become effective, efficient registered nurses that would go out and server their patients with love.

Her leadership abilities and willingness to serve are demonstrated by her appointment to leadership position in organizations such as WSNA, AARP, Delta Sigma Thau (an International Public Service Organization), the Mary Mahoney Professional Nurses’ Organization and other groups. As a member of AARP, she served as the Assistant Director of Washington from 1987 to 1997. Thelma received an award for outstanding AARP Assistant Director for her work towards the Universal Health Plan in the late 80s.

As a member of the Mary Mahoney Professional Nurses Organization for 60 years, Thelma has held almost every office, including President, Secretary, Treasurer, Scholarship Chairperson, Chairperson of the MMPN Endowment Fund and presenter of numerous outstanding workshops.

With her distinguished and commendable service, she was featured in a biographical sketch in the book “African American Nurses in Seattle: The Struggle for Opportunities and Success.” She was also recently honored with the Nurse of the Year – Nurse Legend Award by the March of Dimes given to a retired nurse whose lifetime career has advanced the field of nursing for all generations in the future.
Anne Mae Ericksen, RN

Anne Mae Ericksen has been described as one of the finest examples of humility, professionalism, compassion, humanitarianism, and volunteerism.

She is well known to all the Deaconess employees and in the Spokane community for her employment of over 40 years at Deaconess Hospital, now called Deaconess Medical Center. She began as a staff nurse in the Emergency Room at Deaconess Hospital, later becoming head nurse. From 1955 to 1957, she worked in collaboration with local physicians to establish the Spokane Poison Center at Deaconess which became part of the Emergency Department responsibilities and later became its own separate area with dedicated staff next to the Emergency Department. Anna Mae was always passionate about finding and sharing ideas at the community level as well as state level for ongoing improvement in nursing care.

Under Anna Mae’s leadership, the Mr. Yuk program started in 1975 in the greater Spokane area. The center provided education to thousands of pre-school children through adults about poison prevention including measures to poison proof the home. Countless third, fourth and fifth grade students participated in the annual Mr. Yuk poster contest. Presentations were given to provide information about accidental poisonings. This became a national program. In the late 1970’s, the Spokane Rotary Club honored Anna Mae by presenting her with a personalized license plate reading “Mrs. Yuk”.

In 1985 Anna Mae organized the first Rural Nurse conference and in 1989 founded the Rural Nurse Organization that provided education, networking and leadership experiences for nurses in rural areas. She was also involved in the Rural Outreach program that provided education to physicians, registered nurses and other health providers in rural communities. Through these programs she has positively impacted rural health needs in rural communities of eastern Washington, northeastern Oregon, northern Idaho and even western Montana.

Anna Mae has also been a leader in Emergency Medical Care, helping to organize the Emergency Department Nurses Association in the late 60s and serving as a representative for the Pacific Northwest in the National organization. She was also the founder of the Inland Empire EDNA. In 1975, she was invited to the White House by President Gerald Ford as one of 26 people to speak regarding Emergency Medical Services issues. In 1999, Anna Mae was the recipient of the Hall of Fame Award from the National Emergency Nurses Association.

Anna Mae served as a committee member from 1975 to 1993 on the East Regional Medical Services and Trauma Council. She has also worked with outlying Fire Departments to develop training for EMTs and paramedics and was appointed to the Governor’s Emergency Medical Service Committee. While Supervisor of the Emergency Department, she convinced the School of Nursing to let her teach a one-week section on emergency care. That class was later extended to three weeks as part of the senior student nurse education.

At the time of her retirement in 1987, she was the Director of the Regional Outreach Program, Director of the Spokane Poison Information Center and served as the Liaison with the Physicians. Even after retiring, she continued to be involved in all three of these roles.

Anna Mae is the recipient of the Clara Barton Honor Award from the Inland Northwest Chapter of the American Red Cross and the Ann Magnuson Award from the American Red Cross, the highest honor for volunteer nursing. In addition to receiving numerous awards and honors, both the Washington Emergency Nurses Association and Rural Nurses Organization now present an annual award named the Anna Mae Ericksen award to recognize excellence in emergency nursing and rural nursing, respectively. Of course, Anna Mae was the first recipient of both awards.
Margaret Ouchi, MN, RN

Margaret Ouchi is not only remembered by her many years as a nurse, but by the difference she made during those years, stepping into people’s lives and having a lasting impact. Margaret gave so much to her patients, her profession and the nurses in Washington State and beyond. Her passing in 2008 was a significant loss to the many who have known her as a friend, colleague, mentor and teacher.

Margaret attended the University of Washington from 1940 to 1942 and later earned her nursing degree from Saint Mary’s in Rochester, Minnesota. She went on to receive a master’s degree from the University of Washington in 1963.

In 2008, she and her Japanese-American classmates from the University of Washington class of 1942 were awarded honorary degrees in recognition of the untimely interruption of their studies when over 400 Japanese American students were forced to leave school for internment camps during World War II. The degree also recognized the students’ many achievements, both personal and professional, despite this hardship.

Margaret worked for Swedish Hospital and the Seattle-King County Health Department as a young nurse and also served in the U.S. Navy Nurses Corps. In 1964, Margaret began working for the Washington State Nurses Association. As a result of her work and negotiations in Olympia, there were many improvements in salaries, services and professional standing for nurses. In recognition of her distinguished service, the King County Nurses Association named Margaret their Nurse of the Year in 1968.

In 1969 Margaret became the WSNA Director of Government Relations continuing her advocacy for nurses and nursing in Washington. Many of the major legislative and economic advancements that nurses enjoy today are directly due to her tireless efforts in the halls of the Washington State Legislature in the 1970s. Among the bills passed during her tenure were those providing for collective bargaining by health care employees, amending the Nurse Practice Act, requiring company-sponsored insurance plans to pay for nursing services, authorizing nurses to prescribe legend drugs and requiring continuing education for re-licensing. She was a relentless advocate for patient rights, public health and health care reform.

Governor Dan Evans appointed Margaret to the Washington State Employee Insurance Board in 1974 and again in 1976. She also played a key role in the establishment of PUNCH, the WSNA political action arm, now known as the WSNA-PAC.

Her hard work, knowledge and integrity earned her the respect of colleagues, legislators and government officials. When she retired from the WSNA staff in 1980, she was named a Distinguished Citizen of the State of Washington by Lieutenant Governor Cherry.

Margaret’s long associations and involvement with the Seattle area, the nursing profession and the Japanese American community fostered many life-long friendships.
Louise Kaplan, PhD, MN, ARNP

Through her research and service to the nursing profession, Louise Kaplan has made significant contributions to advanced practice nursing as well as to the nursing profession overall. In her teaching, leadership and mentoring roles, Louise has demonstrated an extraordinary ability to thoroughly understand and effectively explain very complex issues to very diverse and different audiences.

Louise received her Bachelors of Nursing from Simmons College in Boston and a Master’s Degree as a Family Nurse Practitioner at the University of Washington. Always the nurse activist with a passion for health policy, Louise eventually went on to Brandeis University to earn a PhD in health policy.

Her nursing career has spanned two continents and bridged many cultural gaps including working for the Indian Health Service in Fort Defiance, Arizona and the Colville Reservation in Washington; a clinical nurse practitioner internship in Israel; political internships with both Congressional and State legislators; Medicare quality of care reviewer for the Health Care Financing Administration; researching and writing about radiation health effect at Hanford; family nurse practitioner in a rural clinic; nursing faculty at Pacific Lutheran University, the University of Washington, and Washington State University. She has left an impression across the state, across the country and across the globe.

Louise is currently an Associate Professor at the Washington State University Intercollegiate College of Nursing in Vancouver, Washington. She has been an active researcher for many years, working with her colleague Marie-Annette Brown for the past eight years on studying Washington’s Advanced Registered Nurse Practitioners with a special focus on prescribing controlled substances. In 2005, Louise testified on a bill on behalf of ARNPs by using her research to support elimination of a restrictive requirement for a joint practice agreement with a physician to prescribe most federally controlled drugs. Thanks to her research and testimony, the bill successfully passed the Legislature providing ARNPs with fully autonomous practice. This intersection between research, service and practice exemplifies Louise’s impact on the nursing profession and is also just one of the many times that Louise has appeared to testify before the Legislature.

She has secured tens of thousands of dollars in grants and funding for her research projects over the years, including $25,000 to develop a distance learning program. She has also contributed numerous scholarly communications including articles, book chapters, and a soon to be published new book titled ‘The Advanced Practice Nurse as Prescriber.’

Louise has always been an active and engaged member of WSNA, serving in a variety of roles. In the early 1980s, she served as WSNA Second Vice President for four years and served on the Legislative Committee. She spent countless hours organizing the first ever Nurse Lobby Day in Olympia in 1984. Fearing that nobody would come, she spent hours on the phone almost single-handedly turning out 150 people for that historic first event. Now over 20 years later, Nurse Legislative Day has grown even more successful, with nearly 700 nurses attending each year, many of whom are students who all leave with a clearer understanding of the need for nurses to serve as political activists and policy experts.

In 2001, she ran and was elected as WSNA President, serving until 2003. During her term, she was the WSNA representative to the Washington Nurse Leadership Council which developed the Washington State Strategic Plan for Nursing that led to the creation of the Washington Center for Nursing. The Center has taken the lead on efforts to address the nursing shortage, improve faculty recruitment and retention and to advance nursing education. Under her leadership as President, WSNA also gained tremendous credibility and visibility in the health care arena.
Verna Hill has been a pioneer throughout her career, dedicating herself to women and children during her lifetime.

As the first African American student to go through both the pre-nursing and nursing program at the University of Washington, Verna has helped to break down barriers from the very beginning of her career as a nurse. At the time that she graduated, many Caucasian patients did not want an African American nurse to provide them with care. We’ve come a long way since then, and we all owe a debt to Verna for stepping into a challenging career at a challenging time.

As a student at the University of Washington, Verna felt that her education in a poor Southern school had not prepared her with the necessary science classes to pursue nursing. However, while in school, she became a patient in a hospital that was short-staffed and she began to help feed the other patients. She knew then that she’d found her calling in life and changed her major to nursing immediately.

After graduating, Verna worked as a post-operative nurse, psychiatric nurse, school nurse, public health nurse and implemented a school-age parent program in the Bellevue Public Schools. She then returned to the University of Washington for a Master’s in Nursing degree in 1979. Upon completion, she joined the Seattle-King County Department of Public Health where her work included serving as the Maternal Child Health Coordinator and Crippled Children’s Services Supervisor for the Department. She went on to spend seven years as the Personal Health Services Supervisor for the Department of Public Health before retiring in 1989.

In her work with the Maternal Child Health program, Verna became interested in eliminating the factors that have a negative impact on the health of pregnant woman and on children. Verna collected aggregate data that indicated that providing quality health care to high risk pregnant women reduced the number of babies born with low birth weight, birth defects and infant mortality. Her work included monitoring the health status of African American babies born in King County because of the high incidence of low birth weights and infant mortality.

Her research led her to work towards removing the barriers to receiving care, particularly among high risk pregnant women. Her goal was to provide good education and support to pregnant women, especially with the involvement of public health nurses. Verna had a special interest in working with smoking mothers and providing education on the health impact to the child.

With her depth of experience in women’s and children’s care, Verna was appointed by the State of Washington to be a delegate to the Regional White House Conference on Families held in Los Angeles in 1980. She was just one of two nurses among the 27 delegates from Washington. At the Regional Conference, the Washington State delegation elected Verna to represent Washington at the National White House Conference on Families Task Force in Washington DC where she was selected to summarize the recommendations on health.

In 1974, Verna was appointed WSNA’s Chairperson of the Minority Affairs Committee. During her four years of service in the position, she organized two conferences, helped build stronger ties between WSNA and the Mary Mahoney Professional Nurses Organization, and contacted the National State Board of Nursing and the Washington State Board of Nursing requesting that questions regarding caring for ethnic people of color be included on state board exams. Now, 25 years after Verna and the Minority Affairs Committee first raised the idea, Washington State is seeking African American input on state board exam questions.

Verna went on to serve on the WSNA Board of Directors where she was successful in efforts to bring more minority nurses into leadership positions at WSNA. Along with WSNA President Louise Shores, Verna was co-recipient of the very first ANA award for having the best Affirmative Action Program in the country.
Photos March 18, 2010 Hall of Fame Reception

Bea Smith and Elizabeth Thomas (Hall of Fame, 2000)

Lee Kaplan-Unsoeld and Louise Kaplan (Hall of Fame, 2010)

Donna Pierce and Anna Mae Ericksen (Hall of Fame, 2010)

Joan Garner and Barbara Sullivan

Barbara Bergeron and Joanna Boatman (Hall of Fame, 2000)

Andy Raymond and Verna Hill (Hall of Fame, 2010)
Carol Ouchi Brunner, niece of Margaret Ouchi (Hall of Fame 2010) †

Thelma Pegues (Hall of Fame, 2010)

Kim Armstrong and Sally Baque

Sharon Bradley, Martha Avey and Susan E. Jacobson

Lillie Cridland, Anne Tan Piazza and Antwinett O. Lee

Mary Barholet (Hall of Fame, 2010) and Julia Weinberg
Not Guilty!
Texas Jury Acquits ‘Winkler County’ Nurse

It took the jury less than an hour on February 11, 2010 to return a not guilty verdict for Anne Mitchell, RN, defendant in the criminal trial that has come to be known as the “Winkler County nurses” trial. Mitchell faced a third-degree felony charge in Texas of “misuse of official information,” for reporting a physician to the Texas Medical Board for what she believed was unsafe patient care. Mitchell is a member of the Texas Nurses Association (TNA) and the American Nurses Association (ANA).

“We are very pleased about the not guilty verdict and that justice prevailed for Anne Mitchell,” stated Susy Sportsman, PhD, RN, president of TNA. “If anything was to be gained from the absurdity of this criminal trial, it is the reaffirmation that a nurse’s duty to advocate for the health and safety of patients supersedes all else.”

The WSNA Board and the WSNA Cabinet were among 26 nursing organizations and 600 individuals who contributed to the TNA Legal Defense Fund for the defense of the Winkler County nurses.

This case underscores the need for new federal whistleblower protection laws specifically for health care workers. Washington law does provide for confidential reporting to the Department of Health and protects against retaliation, but is one of only 22 states to offer this protection specifically in healthcare settings. ANA is taking up the fight for federal legislation to remedy this problem in other states.

What you should know about Washington’s whistleblower law
(RCW 43.70.075)

Your identity will be confidential.
According to Washington Law, the identity of a whistleblower who complains, in good faith, to the Department of Health about the improper quality of care by a health care provider, or in a health care facility, or who submits a notification or report of an adverse event shall remain confidential. Note: This law only applies to reports to the Department of Health. Reports to other organizations or bodies, might not guarantee confidentiality.

Your employer cannot retaliate.
An employee who is a whistleblower and who as a result of being a whistleblower has been subjected to workplace reprisal or retaliatory action has remedies provided by Washington law. This reprisal or retaliation could include, but is not limited to, refusal to assign meaningful work; unwarranted and unsubstantiated report of misconduct; letters of reprimand or unsatisfactory performance evaluations; demotion; reduction in pay; denial of promotion; suspension; dismissal; denial of employment; and a supervisor or superior encouraging coworkers to behave in a hostile manner toward the whistleblower.

You can report any “Improper quality of care.”
This means any practice, procedure, action, or failure to act that violates any state law or rule of the applicable state health licensing authority. Note: Improper quality of care does not include good faith personnel actions related to employee performance or actions taken according to established terms and conditions of employment.

For a full text of the law, please visit http://apps.leg.wa.gov/RCW/default.aspx?cite=43.70.075 or if you have questions, contact Sally Watkins, WSNA Assistant Executive Director of Nursing Practice, Education and Research at swatkins@wsna.org or 206.575.7979, Ext. 3007.
**Nursing Commission Coming to Your Neighborhood**

The *Nursing Care Quality Assurance Commission* will be holding open forums across Washington State throughout this spring and summer. The agenda for these sessions will be to discuss the following:

- Upcoming continuing competency requirements for licensure renewal
- Multistate licensure compact – should Washington State participate?
- Licensure fees – what does the future hold?
- What issues are school nurses facing in public education?
- LPN scope of practice issues and concerns

For more information and additional upcoming dates and locations, please go to: [www.doh.wa.gov/hsqa/Professions/Nursing](http://www.doh.wa.gov/hsqa/Professions/Nursing)

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**Nursing Students Gather**

**NSWS Holds 3rd Annual Convention**

The *Nursing Student of Washington State* held their 3rd Annual Convention on Saturday, February 20th at the University of Washington South Campus Center in conjunction with the UW School of Nursing Career Fair. Approximately 50 students attended from across the state, and over 20 exhibitors were present to provide students with information about taking the NCLEX, employment opportunities, and ongoing academic opportunities.

Six breakout sessions covered such topics as knowing your nurse practice act, transition to practice, the future of nursing education, professional citizenship, environmental health advocacy, and the role of nursing students in disaster management. While a quorum was not present for the NSWS business meeting, a Nominating Committee was appointed by the NSWS Board of Directors. They will begin to solicit interested students to develop the ballot for the 2010-2011 slate of officers.

Education sessions included a opening keynote presentation by Brenda Zierler, PhD, RN, RVT, on the concept of inter-professional education and practice. Dr. Zierler shared various aspects of her grant work illustrating the needs and success stories of health professionals educated as teams rather than in individual silos. Attendees were also fortunate to hear from renowned nurse theorist, Betty Neuman, PhD, RN, FAAN.

Visit the NSWS website at [www.wsna.org/nsws](http://www.wsna.org/nsws) to stay up to date on nursing student news and information.
New Data on Adverse Events

State law requires health care facilities to report confirmed adverse events to the Department of Health (Chapter 70.56 RCW). The Department of Health (DOH) is conducting a survey each quarter to make sure facilities are complying.

The survey ensures accurate and timely reporting of adverse events. The DOH is building a Web site to help facilities fulfill this requirement. The first report has shown a significant increase in participation.

Washington medical facilities reported 652 adverse events between June 2006 and September 2009; fifty-eight of 94 acute care hospitals and 52 percent of all medical facilities reported at least one event.

The department recently implemented a check-in policy to encourage more complete reporting. This policy requires all eligible facilities to report each quarter, whether or not they had an event. This approach prompts facilities to look candidly at systems and care practices that put patients at risk of harm. Several large medical centers have sharply reduced ulcers through such simple means as examining skin more often and repositioning patients.

For more information, visit the new Department of Health Adverse Events website at www.doh.wa.gov/hsqa/adverseevents

### Adverse Events
June 2006 - September 2009

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Free Florence Nightingale Exhibit Comes to Tacoma Museum

The "Florence Nightingale Exhibit – The 39th Nurse" is traveling around the country in honor of the 100 year anniversary of Florence Nightingale’s death. It is impressive to see some of Nightingale’s original ‘spreadsheets’ where she tracked nurses and patient outcomes.

This a free exhibit is at the Karpeles Manuscript Library, 407 South G. Street, Tacoma. The exhibit runs until April 30, 2010. Library hours are Tues-Sun, 10-4. In conjunction with the Florence Nightingale Manuscript Exhibit, Florida artist Joanelle Mulrain presents a suite of paintings and artifacts celebrating this pioneering figure in the development of health care.

For more details and directions to the Museum go to: www.rain.org/~karpeles/taqfrm.html

National Women’s Health Week

National Women’s Health Week 2010 is approaching, and the Office on Women’s Health (OWH) in the Department on Health and Human Services urges you to take part! The 11th annual initiative kicks off on Mother’s Day, May 9, and is celebrated until May 15, 2010. With the theme “It’s Your Time,” National Women’s Health Week encourages women to make their health a top priority and take simple steps for a longer, healthier and happier life.

There are several ways you can participate in National Women’s Health Week including: encouraging women in your community to visit their doctor or other health care professional, holding a free screening or health event, putting information in your newsletter, disseminating women’s health information or having a health display in your facilities. Use this time to let your community know about the health services your facility provides by holding an open house. And, if you register your activity on www.womenshealth.gov/whw, you can receive free information and promotional materials about women’s health published by OWH. The website also contains step-by-step instructions on how to plan and publicize your event.

For more information, visit the new Office on Women's Health website at www.womenshealth.gov

Nursing Practice Free Florence Nightingale Exhibit Comes to Tacoma Museum

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“My Medicine List”
A list that could save a life

The Washington Patient Safety Coalition is a program of the Foundation for Health Care Quality, www.WaPatientSafety.org. The mission of the coalition is to improve safety for patients receiving healthcare in Washington, in all care settings. WSNA is an active participant in the coalition with representation on the steering committee. Other members of the coalition include hospitals, health plans, professional organizations, medical groups and other organizations and individuals committed to patient safety.

Currently, the Washington Patient Safety Coalition (WPSC) is taking steps to make sure that the public is aware of their active patient role by providing a very important resource. The goal of the WPSC “My Medicine List” initiative is for every person to maintain a current list of every medication he or she is using and to share it with health care providers (doctors, nurse practitioners, physician assistants, pharmacists, dentists, naturopaths and others) at each encounter. This is a practical and cost-effective way to reduce medical errors and improve patient safety.

According to the Slone Epidemiology Center of Boston University, 82 percent of American adults and 56 percent of children take at least one medicine daily. Additionally, 39 percent of adults take five or more medicines daily and 27 percent of children take two or more. Many people do not know the names all the medicines they take, and do not consider over-the-counter medicines, herbs, supplements, and vitamins to be “medicines” when in fact these substances may interact in harmful ways. Additionally, authors of a recent article published in the Journal of the American Medical Association found that, “Physicians are frequently unaware of their patients’ nonprescription medication use because they do not ask patients; patients do not report use of nonprescription medications, or both.”

MEDICATION ERRORS ARE COSTLY.
Medication errors are among the most common medical errors, harming at least 4,100 people every day, says a report from the Institute of Medicine of the National Academies of Health. The extra medical costs of treating drug-related injuries occurring in hospitals alone conservatively amount to $9.6 million a day, and this estimate does not take into account lost wages and productivity or additional health care costs, the report says. The IOM committee recommended a series of actions for patients, health care organizations, government agencies, and pharmaceutical companies. The recommendations include steps to increase communication and improve interactions between health care professionals and patients, as well as steps patients should take to protect themselves.

THE PATIENT IS THE MISSING LINK.
The fragmentation of our health care system leads to a patient often being treated by several practitioners with little to no coordination. Providers do not have a complete medical history or all the information about the medicines prescribed to that individual. This missing link of care coordination must be fulfilled by the individual patient or other advocate, be it a family member, close friend, or partner. This is a critical link which ensures a safer health care experience.

While health information technology may provide future alternatives for tracking personal medication use, the cultural shift in care must start now. It is very important that nurses and all health care providers encourage and assist patients in developing a medicine list and that they reference it at each medical encounter. For providers, a medicine list can be a great opportunity for discussion and a check on a patient’s complete understanding of his or her treatment. It is a vital tool to support safe, effective, and patient-centered care.

The Washington Patient Safety Coalition is a program of the Foundation for Health Care Quality, www.WaPatientSafety.org. The missions of the coalition is to improve safety for patients receiving healthcare in Washington, in all care settings. WSNA is an active participant in the coalition with representation on the steering committee. Other members of the coalition include hospitals, health plans, professional organizations, medical groups and other organizations and individuals committed to patient safety.
When asked to write this article, I said, "Yeah, sure." But now I am finding it difficult to put into words what I experienced. How can I possibly explain what it felt like to land in a country where there was no clean drinking water, no food other than what I had, and diseases I have never worried before that day about catching, let alone dying from? How could I possibly tell you the joy and excitement I also felt in landing and knowing that for the next 10 days I would be helping people who not only wanted my help, but needed it more than most patients I had ever taken care of here in the United States? Could I have imagined how relieved I would be to see those 82nd Airborne Army boys waiting for us on the tarmac? What about the turmoil I felt at being surrounded by guns for protection when I personally don’t believe guns are ever the way to peace? And finally, how thankful I was! Thankful for a profession that allowed me this opportunity, a family that let me go, and friends who supported me and my family while I was away.

The previous paragraph is a big intro into a few of the things I now think about all the time, after spending ten days in Haiti after the devastating January 2010 earthquake. I arrived Feb 3rd in Haiti and spent ten of the most wonderful, grueling, emotionally trying days of my life there, seeing approximately 400 patients a day in makeshift clinics that the military assisted us with. I saw diseases and disease processes that I had studied but never seen, either in my job as a CCU nurse or an ER nurse - diseases that kill the people of Haiti everyday, like Malaria, Typhoid fever, Pertussis, Anthrax, Dengue Fever, and Tetanus. And I failed to mention how thankful I am, also, for immunizations. I will never have to worry about my child dying from Tetanus, but I saw two children die from it in Haiti. Disease processes like dehydration so pronounced that the children would bite onto the water bottle with their teeth and not let go.

I am also thankful for the people of Haiti who are the most enduring, triumphant, and unbelievably strong group of people I have ever met. They taught me that although I knew life would go on after this tragedy for me, that for them life goes on as well. They taught me that a simple thank you and a little help could really change a person’s day and that birthing a baby could really be a miraculous journey even in the most destitute of situations. They taught me to laugh and dance at the end of a day’s work and to sing out joyously when the sun was setting for the day I was given. Every day, that is what I saw those people doing. Life went on - the women cooked and cleaned in their makeshift tents, then washed their babies in buckets and then the clothes, and they danced and sang with the children in the tent city, and they played and laughed even though they were surrounded by rubble and the smell of the dead still trapped in the buildings and the heat. The men tried to help clear the streets of debris, one five gallon bucket at a time, and they never stopped and never complained. They were thankful also! They survived!

Thankful I am! Thankful for the many countries whom I saw helping out the Haitian people including Canada, Brazil, Venezuela, Israel, France, and Italy. Thankful that we all came together and worked together for those 10 days despite language differences, cultural differences, and religious differences. We were a team! I am thankful for the opportunity to use the skills that I possess as a nurse to help the many people of Haiti and knowing that, yes, I would do it again in a heartbeat. Nursing gave me this opportunity, like it has given me so many times in the past, and I am thankful!
Safe Patient Handling Education Gets Funding Boost

The Department of Labor and Industries has awarded Washington State University, in partnership with the Washington State Nurses Association, a Safety & Health Investment Project (SHIP) grant in the amount of approximately $73,600 to support training and education of nurses for safe patient handling. The title of this project is “Protecting Nurses as a Valuable Resource.”

With nursing as a critical health care profession, on-the-job injuries, known to be under-reported, can severely impact quality of life for a nurse and potentially shorten a nurse’s career. A 2007 report by the Washington State Department of Labor and Industries noted reasons for delayed reporting of claims. Of those injured, 4% reported that they were unaware of the need to file a claim and 40% attempted self-care. Nurses may be in the 40% population group to attempt self-care either through self-medication, normal muscular-skeletal treatment applications, use of complimentary or alternative treatments such as acupuncture or chiropractic care. Washington State L&I data noted over a four year period that over 600 nurses reported claims that may be directly related to patient handling or environmental work site risks pertaining to falls or equipment. The cost of these claims ranged between $500 to $43,000 per nurse impacting the employer, state, and nurse. Nursing is a hands-on profession. Injury to arms, legs, back, neck, and shoulders can impact the long-term career of a nurse. The costs to educate and train a nurse average from $15,000 – $40,000 for college education and approximately $80,000 in employer investments for novice to expert subspecialty training.

The goal of this project is to keep nurses in the workplace injury free and to improve safe patient handling through a multimodal educational approach. This project will have four components:

1. Develop an online continuing education course for RNs in the State of Washington
2. Develop a palm card to guide nurses in their assessment of their work environment and safe patient handling practices
3. Develop, produce, and distribute an ergonomic awareness video to be included in ADN/BSN nursing education curriculum programs throughout Washington State
4. Develop a Position Paper on Safe Patient Handling for RNs in the State of Washington

The project manager for this grant will be Denise Smart, DrPH, RN, of Washington State University, and the Supporting Partner Team Member will be Sally Watkins, PhD, RN, WSNA Assistant Executive Director of Nursing Practice, Education and Research.

Online Continuing Nurse Education Program Coming From WSNA

- Select a continuing education topic area to study
- Read the Independent Study at a time and location convenient to you
- Start, stop, and re-start your reading where you left off if you cannot complete the session in one sitting
- Take a post-test
- Print your own CNE contact hour certificate
- Provide feedback to WSNA
- Have a record of the courses you complete

STAY IN TOUCH!

We need your home email address so we can send you:

Upcoming events / Bargaining unit updates / Education opportunities / Practice news

If you’re not receiving emails from WSNA, please contact your Nurse Representative or the WSNA Membership department to update your information.

COMING SOON!
Labor Relations

UNITY IN ACTION

Taking it to the Streets

It’s been a busy quarter for your union and collective bargaining efforts!

**Informational Picketing Across the State**

With more than 750 registered nurses at Tacoma General Hospital struggling for a fair contract during stalled contract negotiations, WSNA held an informational picket and press conference in January to highlight issues critical to patient safety and nurse retention. While the hospital is operating at a profit, the administration had proposed no substantial wage increases over the life of the contract. The nurses had already made sacrifices to help alleviate the financial burden on the hospital, accepting an increase in their personal share of health care costs just three months prior. Stagnant wages make it more difficult to recruit and retain nurses at Tacoma General with the possibility of losing experienced nurses to competitors in the area.

Bringing support and solidarity from across the state and nation, WSNA President Julia Weinberg, RN, and National Federation of Nurses (NFN) President Barbara Crane, RN, joined the Tacoma General nurses in calling on the administration to bring a new, fair proposal to the table.

Just a few short weeks later, hundreds of nurses at Sacred Heart Medical Center were walking the informational picket line in Spokane to protect patient safety during their contract negotiations. Key issues of concern included the ability to take uninterrupted rest breaks, inadequate nurse staffing levels, and changes to retirement benefits. To protect patient and nurse safety, the nurses demanded that the administration continue providing nurses with a 15-minute uninterrupted block of time for their rest breaks while the administration had proposed switching to intermittent breaks. Many nurses were also forced to work mandatory overtime after the end of a shift because the hospital does not schedule enough nurses to cover patient care needs. Even during foreseeable and avoidable staffing shortages, the administration is using mandatory overtime or on-call nurses to fill staffing gaps.

With over 1500 registered nurses at Sacred Heart, the picket caused quite a commotion around the hospital. Honking horns, whistles and chants brought out the media, support of the community and even a few administrators who heard the voices of registered nurses standing together!

Nurses at Public Health - Seattle & King County also stepped forward to protect the health of the public and their clients in February with an informational picket outside of the King County administration building. During stalled contract negotiations, registered nurses were deeply concerned that the administration’s new limitations on work schedules would reduce their abil-
Unity in Spokane

WSNA was proud to once again bring President of the National Federation of Nurses Barbara Crane, RN, to Washington for a Unity Dinner. On January 18th, over 50 nurses gathered to share camaraderie, stories, and friendship over dinner. Barbara, one of the most dynamic leaders in the labor movement today, shared her visions for the NFN and provided words of encouragement. She talked about the NFN and the direction of our new national union. The NFN is already leading the way on supporting retiree health for nurses and has also been active in supporting national health care reform. By engaging and educating nurses in labor issues, testifying in Congress, and showing the country that nurses are standing together, the NFN is giving member states a strong national voice.

With Sacred Heart nurses in the midst of difficult negotiations, the dinner was a perfect opportunity to raise spirits and build solidarity with nurses across the region.
n January 20th, friends, family and colleagues gathered to celebrate and honor the career of Barbara Frye — an incredible nurse, outstanding labor leader, faithful colleague and true friend. Attendees shared stories from Barbara’s past, some touching and some humorous, showing the depth and breadth of Barbara’s impact on nursing and the people who she met, learned from, mentored, befriended, and fought for during her career.

There are many words that could be used to describe Barbara and the many talents that she brought to WSNA and the nurses she has helped over the years – words like dedication, integrity, truth, justice, perseverance, teacher, mentor, tireless advocate, inspiration, vision, compassion, loyalty, strength and humor – but even these words fail to capture the true meaning and lasting legacy that will remain with all of us. The legacy that Barbara leaves is the message that every nurse, given the chance and the will, can truly make a difference in the profession and in nurses’ lives. Barbara is very much a nurse who has made an incredible difference!

Born in Klamath Falls, OR, Barbara spent her early years in the Portland and Vancouver area. After graduating Summa Cum Laude with a BSN from Southern Oregon State College, she worked as a staff nurse and charge nurse on med-surg and oncology units, first in Medford and then in Portland. Recognized for her leadership skills, Barbara was promoted to Nurse Manager of Surgical Specialties & GYN Oncology at OHSU in 1980, a role she held for 7 years before moving to Seattle.

Barbara was always active in the Oregon Nurses Association and in her District and local unit. She served in many roles in the OHSU bargaining unit including grievance officer and 4 years as Chair of the bargaining unit. She was elected President of her District Nurses Association and served six years on the ONA Board of Directors and many other committees and task forces as well as several years as an ANA Delegate. She was recognized with awards from ONA for her leadership on membership and practice issues.

After moving to Seattle, Barbara worked first at Harborview Medical Center as a nurse manager over several nursing units and then went to Virginia Mason Hospital as a staff nurse in Surgical Oncology, where she again was active in her local unit as grievance officer, newsletter editor and chair of the conference committee.

In 1990, in the middle of the union raids and at the urging of Susan Wilburn, Barbara was hired as a WSNA nurse representative – one of only three at the time. Now, after 19 years, Barbara has decided to retire... or at least to stop working quite as much as she was before. WSNA is very pleased to have Barbara stay on as Senior Labor Consultant where she will continue to be an advocate for nurses in Washington. She will also continue to be active in the National Federation of Nurses and has been instrumental in planning the NFN Labor Academy coming up this May. We look forward to watching her advocacy and activism in these new roles.

Every nurse in Washington today has benefitted from Barbara’s dedication, intelligence, tenacity and toughness. She is a passionate and powerful voice for nurses in this state and beyond.
"Retirement" initiates a unique process where you look back at your career in a very different way than when you were in the midst of it all. You think about the people, events, things you are proud of, and the things you wish you had done better. And in my case, I think about the future of an organization I love.

My years at WSNA have been a whirlwind of successes and failures, amazing accomplishments and heartbreaking losses, pride and passion, and an unwavering sense of purpose shared by so many.

I came to Washington in 1987 and of course joined WSNA. I "grew up" in the Oregon Nurses Association, and we in Oregon were in awe of WSNA - its many accomplishments, the great leaders it produced, the leadership at the national level, and of course, the Seattle area 18 hospital strike in 1976. No one really anticipated the cascade of events that would follow that strike. Those events came to be known as "The Raids." Those were the years from 1983-1990 when WSNA was under constant assault from at least two national unions which were armed with huge amounts of cash and resources. They used that money, the anger of Washington nurses about the health care environment, and frustration with WSNA to devise and implement a plan that set up virtually every Local Unit WSNA represented (over 100 Local Units) for decertification campaigns. Their ultimate goal was the obliteration of WSNA... and they nearly succeeded.

WSNA was woefully unprepared and underfunded to fight such an assault. In one day alone, 19 Local Units filed for decertification elections. In many of those elections WSNA prevailed despite being outspent and out "womaned." Some major elections we lost by less than five votes. WSNA lost half of our membership. The profession of nursing almost lost the only organization speaking out for the entire profession in Washington State. Hospital administrations were not unhappy to see unions fighting each other instead of them - our losses at the bargaining table were their gain. Our legislative goals were greatly impaired because there were questions about whether WSNA really was the voice of nursing now. Our practice goals were stalled.

These were gut-wrenching times for WSNA. It forced us to dig deep into our collective souls and really decide what the essence of WSNA was and if it was worth saving.

The answer to the question "Is WSNA worth saving?" was a resounding YES. Washington nurses came out of the woodwork. Sheer determination, an insane love for our Association, and a belief that nurses must represent nurses, drove elected leaders and staff to work together, hand in hand, as partners in the fight of our lives. Some elected leaders and staff defected to the other unions; new leaders stepped forward to take their place. Local Unit leaders were enlisted to join the staff. And the tide began to turn.

It took us a decade (1990-2000) to recover, rebuild our pride and confidence, and to begin to stabilize WSNA financially. It's taken another decade to accomplish what many of us regard as a miracle - not only do we have the largest membership we have ever had, we have the stability of a sound financial base with adequate reserves. We have accomplished amazing things in the legislative arena (safe lifting, prohibition of Mandatory Overtime, safe staffing language, whistle blower rights, protection for the word Nurse and many others), our collective bargaining agreements are models for the state and the country, and we are founding members of the National Federation of Nurses. WSNA celebrated her 100th anniversary in 2008, and what a celebration it was!

I'm convinced that the rebirth of WSNA, its very survival in fact, was a result of a few simple things. One is our well-established values of honesty, transparency and accountability to our members and ultimately to our patients. Those values resonate with registered nurses. No other union or nursing organization can match our history and our proven record of commitment to registered nurses.

Second, our deeply held and unwavering belief that nurses should speak for the profession, and that nurses must be represented by nurses. That belief is visible in the fact that our CEO and Director of Labor are registered nurses and that those staff who work most closely day after day with our members in the Local Units, Nurse Representatives, are also registered nurses. We model every day to nurses, administration and others, that nurses can and will control their destiny. WSNA has a full time Nursing Practice, Research and Education department, which is the heart of what we do as nurses. No other union has the record of expertise and commitment to nursing practice that WSNA does.

Lastly, what makes us unique among our colleagues in other states is the partnership between staff and elected leaders. All of us, elected leaders and staff, know WHY we do what we do, and for whom we do it. Our shared values are the ones we share as nurses - honesty, accountability, competence, determination and compassion. We certainly have our disagreements at times - like any family - but those values hold us together. Those values were tested by a mighty storm during the raids, during this legislative session, during this year’s contract negotiations and we have held together.
A group of elected leaders and staff was in the Chicago airport recently waiting for our flight home. We were tired after two long days of NFN meetings. Someone remarked how proud she was to be part of WSNA. We know we are different than other states, that we work together as a team – we’re solid. What we were doing when we were talking, without knowing it, was what I call “telling the stories.” That means acknowledging what we do well, feeling pride in not only what we do, but how we do it. “Telling the stories” is how we “educate the young ones” about WSNA values, history, and purpose. “Telling the stories” gives us the strength and courage to do the work we do. It’s how we validate our mission, our own commitment and nurture ourselves. It’s powerful and critical if we are to move forward with values and traditions intact.

I’m really proud to have been a part of this incredible Association for all these years. It’s amazing what we have done together. But equally exciting to me, is what is to come. We are at a perfect juncture in our Economic & General Welfare program for new direction and leadership. A national search with a search firm was conducted to find the very best candidates to become the new Director of Labor for WSNA. We were not really surprised to find the best candidate in our own back yard! The new Assistant Executive Director for Labor is Christine Himmelsbach. She is a Masters prepared registered nurse, from the Tacoma area. Her background in nursing includes critical care and ER practice as a staff nurse, and roles in nursing management. Many of you know her from her years as a Nurse Rep in the Seattle area and as the Assistant Director of Labor Relations for WSNA.

Because of our Executive Director’s commitment to “succession planning,” Christine and I have been working very closely together for many months as she learned the role of Director. I assumed the new position of Senior Labor Advisor after leaving the Director role, to further ensure that the transition is seamless.

I hope you all take the opportunity to introduce yourselves to Christine. Many of you have met her on the picket lines this winter, at the Unity Dinners, and other WSNA events. You may have seen her interviewed on TV as we fought for safety during the HINI crisis or at the legislative hearings for Rest Breaks in January. She is articulate, smart and dedicated. The Labor Relations program under Christine’s guidance will take new paths and directions and grow in ways we never dreamed possible 20 years ago. I know Christine believes in and shares our WSNA values, and with the E&GW Cabinet will lead us into a great future!

— Barbara E. Frye, BSN, RN
Senior Labor Consultant

It is with great pride and honor that I have accepted the position as the Assistant Executive Director of Labor for the Washington State Nurses Association.

Since beginning my career in the medical field as a medical assistant 22 years ago, I knew I had found my passion. Today, I am even more certain that I found my “calling” by becoming a registered nurse! I have tirelessly pursued an education and collected invaluable experiences that have brought me to where I am today. I am prepared and confident that I can utilize my strengths and talents to benefit our profession and the outstanding and unique labor program for the Washington State Nurses Association.

I have taken the time to understand and experience what it is like to be a vital part of the health care team, by being a medical assistant, a licensed practical nurse, and eventually a graduate of Pacific Lutheran University with my bachelor’s degree in nursing. While at PLU, I embraced opportunities to mentor my fellow students, acted as a fellow nurse instructor, gathered like minded leaders and proudly revitalized our ailing Student Nurse Association. Our membership and participation of membership rapidly grew to hit an all time high with over 110% increase and membership, growth and participation.

Finally, I can proudly report that I achieved a Masters Degree in Nursing from University of Washington where I concentrated on my passion: leadership in nursing. In keeping with my desire to act as an advocate and leader for our profession, my masters project was research aimed at looking at the “Stressors in Nursing”. My student nursing partners and I developed a research project that analyzed the “Effects of Stress in Nursing, within different Nursing Specialties in the Hospital settings”. While I already had firsthand experience with the challenges of the profession, this research gave me a deeper understanding of the systems and structures surrounding us in the workplace that either make our jobs easier or harder.
All of my bedside, management and educational experiences have contributed to my readiness to take on the challenge of being the Labor Director for WSNA. I have walked, talked and understood the language and the meaning of being a staff nurse, a manager and finally a director of nursing care in a variety of practice settings. I have worked in long-term care, mental health clinics, a variety of both in-patient and outpatient clinical areas, such as emergency room, critical care, medical-surgical, short stay surgery, specialty nursing as a float and GI lab nurse, and free-standing out-patient clinics and surgical services. My work experience and understanding of both the staff nurse and business management perspectives support and augment the work that I am now engaged in and make me a better advocate for the economic and general welfare of nurses in Washington.

I am proud, honored, and humbled to add my voice to this chorus of nurses in Washington.

I cannot express my gratitude in being a part of this member-driven organization! I have been so impressed with the words, the actions and the commitment that I see every single day in my work with colleagues, partners and the registered nurses of Washington State that we so proudly represent. Of course, we’re not perfect, yet in everything we do, we do so with honesty and sincere commitment to doing what is right and what is needed to make improvements for nurses, nursing or health. As a staff member, I take great pride in knowing that our organization has worked hard for this reputation of honesty and integrity among our members, legislators, and the public.

For the past several years, while serving as a Nurse Representative for WSNA, I have seen how our union can have a life-changing impact on individuals and within our Local Units, from a nurse facing discipline, to contract negotiations, to grievances and lawsuits that protect the rights of nurses in a facility. I have had the pleasure to meet, work with, and get to know many members, and these relationships and friendships have given me the motivation and energy to spend long hours getting the hard work done. I look forward to getting to know many more of you - and again drawing that inspiration and energy from you.

I’m excited to now take on the challenge of looking at our state as a whole and all of our Local Units to ensure that WSNA continues to be the leader in Washington for collective bargaining and workplace protections for nurses. I know I’ve learned from the best. Working as a Nurse Rep under Barbara Frye, I have seen the power and impact of WSNA in the lives of nurses. As she mentored and trained me for this role, I witnessed her strength, leadership, dedication, and intelligence. I now feel prepared and confident to step in and lead the Labor program, and I could not be more pleased to have Barbara stay with us as Senior Labor Consultant so she can continue to be a resource to me and the organization as we move forward.

I know that I still have much to learn and room to grow, but I’m confident in my belief in and reliance on the core values of WSNA. I know that working with integrity, honesty, and dedication, I will always keep me grounded and on the right path. These are the values that make WSNA work and the values that our members demand from us. I feel a great sense of responsibility to the nurses we represent and to the legacy of WSNA.

I know that our organization is only as successful as our members make it. We have an outstanding staff and dedicated elected leaders. I know I will learn much from these experts and experiences for their support as I grow into my new position. I thank you all in advance and pledge to never stop striving for improvement, to know that real respect is earned through hard work, and to keep my door - and my mind - open to everyone.

I can’t say what lies ahead, but I know that together we can continue to overcome the challenges that rise before us – we have no choice but to embrace them. Through our unity, we have the strength to look beyond our own personal needs at times and to take the higher road (and sometimes the harder road) of doing what is best for the collective needs of all registered nurses in Washington State, our patients, the communities who depend on our skills and expertise, and our state as whole. I have been awed by our power when we speak together on the issues that matter to nurses. For over 100 years, we have been speaking out and forcing change to improve our practices, our careers, our patient’s outcomes, and our communities.

Our collective voice is strong enough to accept only the systems and practices that help registered nurses provide the highest level of patient care. Our collective voice is strong enough to demand collective bargaining contracts that guarantee nurse and patient safety and ensure a secure future for us and our families. Our collective voice is strong enough to lobby our Legislators and assure our priorities become priorities in Olympia.

I am proud, honored, and humbled to add my voice to this chorus of nurses in Washington.

— Christine Himmelsbach, MN, RN
Assistant Executive Director of Labor Relations

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Environmental Health

CAUSE FOR CELEBRATION: 2010 ENVIRONMENTAL HEALTH LEGISLATION

BPA Ban
Making Baby Products Safer

by Karen Bowman, MN, RN, COHN-S

Despite the economic climate and the budget shortfalls, we have a lot to celebrate this legislative session. Governor Gregoire signed the Safe Baby Bottle Act into law on March 19, 2010, which bans Bisphenol A (BPA) (an endocrine disrupting chemical) from baby bottles, sippy cups, sports water bottles and other food containers for children 3 years and younger. Washington now joins the growing list of states that have acted to eliminate the hormone disrupting chemical BPA, and is the second state to ban BPA in sports bottles! Washington State joins other States and municipalities banning BPA including Suffolk County, New York (3/3/09); Minnesota (5/8/09); Chicago, Illinois (5/13/09); Connecticut (6/4/09); Massachusetts (8/3/09); and the Massachusetts Department of Public Health who issued a public health advisory on bisphenol A, warning pregnant, breastfeeding women and children up to two years old to avoid exposure to the chemical.

Banning toxic chemicals one by one is a daunting task when facing over 86,000 chemicals in commerce today. WSNA, as part of the Toxic Free Legacy Coalition, and in partnership with other environmental advocacy organizations, coalitions and State agencies has worked successfully to remove toxic chemicals from children’s products such as cadmium, lead and phthalates (Children’s Safe Products Act) and polybrominated diphenyl ethers (PBDE). However, addressing one chemical at a time will take a millennium. Addressing chemicals as a whole through Federal Chemicals Policy Reform is not only an appropriate solution, it is well overdue.

Thankfully, Chemicals Policy Reform is on its way by reforming the current Federal bill titled the Toxic Substance Control Act or TSCA. The Toxic Substances Control Act of 1976 provides the Environmental Protection Agency (EPA) with authority to require reporting, record-keeping, testing requirements, and restrictions relating to chemical substances and/or mixtures. Unfortunately, the majority of chemicals were grandfathered in. Consequently, we know very little of the health effects of the chemicals we have in commerce today. WSNA, along with the American Nurses Association, supports TSCA reform.

1 www.epa.gov/lawsregs/laws/tsca.html
The Secure Medicine Return Bill

It was a heck of a run, but unfortunately, neither the Senate nor the House brought the Secure Medicine Return bill (2SSB 5279 / 2SHB 1165) to a floor vote, which means the bill died this session. Sponsored by Representative Dawn Morrell and Senator Adam Kline, the bill would still have been short of votes. There was strong opposition by the drug industry (PhRMA) and Washington State appeared to be the battleground for “pharmaceuticals take back” programs. Fortunately, we have good news from our colleagues in Maine where a bill very similar to our own passed their House by a wide margin on March 17, 2010 despite strong opposition from the pharmaceutical industry. Maine leads the nation in having five producer responsibility laws for recycling or disposal of hazardous products, so the concept of having product producers pay is more established.

It is interesting to note that the same pharmaceutical companies so resistant to implementing a secure medicine take-back program in Washington State have been effectively working together to provide a safe and secure medications take-back program in British Columbia, Canada since 1998. Called the Medications Return Program, the program disposed of 78,714 pounds of medications in 2008, and in 2009, over 112,000 pounds. The program works.²

According to Cheri Grasso, with the Pharmaceuticals Project, Local Hazardous Waste Management Program in King County, we will be back in the Legislature on this issue. In an email sent to bill supporters and coalition reporters, she reports, “Representative Morrell says, ‘We will be back!’ Community drug take-back programs are worth doing for the safety of our families and our communities and our environment. We’re right to say that drug producers should be financing these programs and this is worth fighting for. The coalition we work with is strong and we will figure out a strategy to win this bill next year. We have lots of strategizing and organizing to do, and we have no doubt that we will be successful in passing this legislation in the future” (email sent February 22, 2010 12:57 PM to bill supporter coalitions).

In the meantime, how do Washington State citizens and nurses safely dispose of unwanted medications?

- For household medicines, go to the medicinereturn.com website. Over 100 medicine return locations, including law enforcement offices are listed. There is also a link that discusses how to dispose of medicines if a take back location is not near you.
- For nurses in hospitals, medical clinics and other business settings – “don’t flush” is the big message here. Instead, use a reverse distributor for their pharmaceutical wastes. They can find a list of reverse distributors to download at http://tinyurl.com/RxReturn (Hazardous Waste Management Program).

All Washington State nurses have reason to be proud of their hard work in passing health protective legislation this session. WSNA remains a leader in educating nurses about human and environmental health hazards and control measures at work, home and community.

Historic Health Reform Legislation Becomes Law

The Washington State Nurses Association and the American Nurses Association (ANA), the largest nursing organization in the United States, applaud House lawmakers for passing the "The Patient Protection and Affordable Care Act," by a vote of 219–212. The passage of this historic legislation is an affirmation that Americans recognize the need for affordable, quality health care reform. WSNA and ANA also recognize the hard work of the House and Senate in passing the "The Health Care and Education Affordability Reconciliation Act of 2010" which provides important improvements to the health care reform bill signed into law by President Obama.

ANA was honored to be among the invited guests to be on hand as President Obama signed health reform into law. The White House invitation to stand in support of the President demonstrates an understanding of nurses’ critical role in the healthcare system and unique perspective as both employees and front-line healthcare providers.

This legislation is a giant step forward and marks the beginning of a new era for health in America. As registered nurses, we will be on the frontlines of implementing these new changes and delivering care to a broader and larger portion of our country. We look forward to working with our members, ANA, government, and local and national partners to meet this challenge.

WSNA has consistently supported and advocated for a system that guarantees every single person in this country has access to quality care in a timely fashion by the most appropriate health care provider at an affordable cost. We are proud to have partnered with the Oregon Nurses Association and Montana Nurses Association in promoting reform through the 'Nurses 4 Health Reform' television ads and website.

Over the last fifteen months, ANA played an especially critical role in advocating for reform, beginning with the Presidential campaign when we educated candidates about the nursing profession and ANA’s Agenda for Health System Reform. ANA and its members participated in hundreds of media interviews and dozens of local media events, emphasizing the association’s policy that health care is a basic right. It collaborated with the nursing community to outline the profession’s priorities as proposals were developed in the House and Senate. Additionally, ANA testified before three key Congressional committees, met with White House and congressional health care reform staff, and took part in two presidential press conferences at the White House.

Nurses were tireless advocates for reform; thousands joined ANA’s health care reform team, sending letters to representatives of Congress, sharing their stories, and taking time out of their busy days to meet with members of Congress and participate in rallies and events. Nurses should be proud that this hard work has paid off; both for the nursing profession and the patients we serve.

Along with WSNA and ANA, the National Federation of Nurses celebrates the historic passage of health care reform and stands ready to work with nurses and the government to meet the challenge of increasing access to health care.
2010 Legislative Session Overshadowed by Growing and Severe Budget Deficit

As we went to print with this issue, the Legislature was continuing to grapple with the budget during a special session and struggling to agree on a revenue package. WSNA is working with coalition partners to save vital health care programs such as Maternity Support Services, Basic Health Plan and Children’s health coverage.

For a full update on the budget and End of Session report, please go to www.wsna.org

SB 6627 Recognition of out-of-state ARNP prescriptions

This bill authorized pharmacists in WA to accept and fill prescriptions written by Nurse Practitioners in other states and certain Canadian provinces. The bill simply adds nurse practitioners that are licensed in other states to the current list of prescribers from whom pharmacists can accept prescriptions. The bill was necessary to eliminate a barrier to care and was an access issue for Washingtonians who seek care outside of Washington and need to get their prescriptions filled at their local Washington pharmacies. This bill passed both the House and Senate with unanimous support and was signed into law by the Governor.

SB 6248 BPA Safe Baby Bottles

This landmark legislation bans the chemical bisphenol A (BPA) from baby bottles, sippy cups, and other children’s dishware, as well as from sports bottles. For more details, please check out the Environmental Health pages in this issue. The bill passed the Legislature and was signed into law by the Governor, making Washington one of only 5 states to mandate these protections.

WSNA’s priority legislation:

HB 3024 Uninterrupted meals and rest breaks

This legislation would have provided uninterrupted meals and rest breaks for nurses and other critical hospital employees. The bill includes a provision to allow breaks to be interrupted to prevent patient harm if the specific skill and expertise of a nurse is needed. It also ensures that reporting a break is not grounds for discrimination or dismissal.

In response to strong opposition and widespread misinformation from the hospitals, WSNA mounted an unprecedented campaign to educate members about the dangers of fatigue and the facts of this bill. WSNA members strongly supported these efforts as evidenced by the 5,000+ e-mails and 500+ calls into the Legislature in support of this bill.

WSNA, along with other health care unions and the Washington State Labor Council, jointly conducted a comprehensive public campaign to urge legislators to support HB 3024. This included statewide television ads, a dedicated website, automated “Take Action” calls, and a public survey to educate communities around the state about the link between missed meal and rest periods and patient safety. Thousands of concerned members of the public called their legislator to vote for the bill.

Although the bill passed the House and was voted out of the Senate Labor, Commerce, and Consumer Protection Committee, the bill did not make it to the Senate floor for a final vote. WSNA plans to provide extensive outreach to continue to educate nurses, candidates and lawmakers on the danger of fatigue and dispel myths about the rest breaks legislation.
NURSE LEGISLATIVE DAY

Nurses Get Engaged & Active

Nurses and nursing students gathered in Olympia on February 8th to get informed and get active at Nurse Legislative Day. In the midst of another difficult Legislative Session, rest breaks and budget issues were top concerns. Over 650 people were in attendance to hear what WSNA is working on, why nurses need to be active in the Legislature, how they can get involved, and what the top issues are this year.

The morning started off with a keynote address from U.S. Congressman Jay Inslee (WA, 1st Congressional District). Straight from the frontlines of the health care reform battle, Rep. Inslee shared his certainty that reform legislation would pass and how it would change our health care system. He noted that as nurses, we should have a unique role in shaping that legislation and implementing the changes once health care reform passed.

After presentations from the WSNA Legislative and Health Policy Council about WSNA's legislative priorities for 2010, attendees split into breakout sessions covering topics like the state budget, environmental health, and the basic tools of becoming a grassroots advocate in Olympia. WSNA was also lucky to have Representative Tami Green, RN and Representative Dawn Morrell, RN teach a special session on the importance of RN engagement in the electoral process and why we need more nurses to run for political office. Both nurse legislators...
Thank You!

Your calls, emails, efforts to spread the word among colleagues and friends, and visits to Olympia have all made this WSNA’s most active year in the Legislature. Because of your efforts, every legislator is now aware of nurses, nursing issues, and how strongly we will fight to protect our patients and our practice. We have shown that nurses in Washington cannot be ignored and that we are a powerful group when we speak together.

Did you know?

- WSNA members sent over 5,100 emails to legislators in Olympia through our online email system
- Nearly 1,300 members participated online in lobbying their elected leaders
- Over 650 nurses and nursing students flooded Olympia on Nurse Legislative Day
- Over 500 members connected to their legislators through WSNA’s phone call program

A special thank you to the all WSNA members and staff who took time out of their busy schedule to come to Olympia this session to testify on various WSNA priority bills, attend hearings, and to visit with their legislators. Here are some honorable mentions: Jeannie Avey, Patrick Baron, Sara Frey, Tara Goode, Faith Hammei, Jane Hill-Littlejohn, Ina L Honarkhah, Susan E. Jacobson, Antwinette Lee, Judy Marken, Angel Mathis, Pat McClure, Darla Mosse, Madeleine Ormond, Renee’ Richardson, Christie Riley, Melissa Roe, Joanna Urrego, Sally Watkins, Eric Webster, Julia Weinberg, Nancy Wilder, and Ed Zercher.

There is still a lot of work to do, but we all deserve a pat on the back for a hard and honorable fight this year. WSNA will be back in the Legislature in 2011 to tackle key issues like the Rest Breaks Bill.

We applaud your efforts and thank you for your commitment!

Stay tuned for more information about how you can get involved and help build the momentum during the summer and fall.
W. Nadine Costanzo
1930 - 2010

Born February 28, 1930 to Ellsworth and Jessie Yarwood in Pullman, WA. Passed away March 8, 2010 in Spokane, WA. Nadine was a graduate of Lewis & Clark High School, Virginia Mason School of Nursing and Whitworth College. She retired as Clinic Supervisor of the Spokane Regional Health District in 1995. Nadine is survived by her daughter, Elizabeth Costanzo-Beck (Jay); grandchildren, Brit Decker Costanzo (Heather and new great-granddaughter), Tony Costanzo, Jason Beck, Tricia Madison (Ty); great-granddaughter, Makenna. She was preceded in death by her son, Ronald Costanzo.

Betty Jean
Larsen Hoffman
1926 - 2009

Betty was born at Tacoma General Hospital on April 2nd, 1926. She received her nurse’s training at Tacoma General and spent her career there. She then went on to positions of Head Nurse and Director of Nursing Services at Tacoma General. During this period of time, Betty earned both her BSN and MBA degrees.

After Betty retired in 1986, she remained a mentor to young nurses and an active member of the Tacoma General Hospital School of Nursing Alumni and Education Endowment Steering Committee. She also volunteered for WIC (Women, Infants, Children, Nutrition Program) and at the Tacoma Seaman’s Center.

Betty was a wonderful nurse and advocate for the nursing profession. In honor and recognition of Betty’s dedication to patient care, the Betty Hoffman Award was established in 1987 to recognize excellence in nursing at Tacoma General. The award is given annually to an RN who exemplifies quality nursing practice.

She passed away December 18, 2009, and will be missed by many.

Steven Craig Miller
1948 - 2010

Steven Craig Miller, born August 9, 1948 to Wilfred and Helen Miller, died unexpectedly March 12, 2010.

He was born and grew up in Lexington, Davidson County, NC. For the past 26 years he has worked as an RN, first at United General Hospital and more recently at Skagit Valley Hospital. He is described by colleagues at Skagit Valley as a wonderful, compassionate nurse who was full of humor and fun to be around.

Following his high school graduation, Steve served in the US Army medical corps. Upon discharge from the Army he located in the Seattle area, where he met his wife of 31 years, Anne Greene Miller.

Steve attended Olympic College in Port Angeles, graduated from the University of Washington with a BA in anthropology, then received his RN through Seattle Central Community College. He understood life with depth, insight, and humor, affecting all his relationships in a positive way.

Steve enjoyed learning about and reenacting early American history. In his 20’s he earned his black belt in judo. He was an avid reader, and loved to vacation in the mountains and at the ocean beaches.

A stable, caring and supportive man, Steve was known by all who met him for his quick wit and humorous perspectives. He was a blessing to those who knew him and will be deeply missed.

He is survived by his wife, Anne; his brothers, Gary (Karan) Miller and Randy Miller; and numerous extended family.

A memorial gathering for family and friends was held on Thursday, March 18, 4pm at Beau Lodge in Bow, WA.

Virginia Ellen (Licudan) Ortega
1946 - 2010

A beloved family member and senior in our local Filipino Community, Virginia E. (Licudan) Ortega, passed away Monday, March 1, 2010 in Yakima.

Virginia was born July 14, 1946 in the town of San Jose on the island of Mindoro, The Philippines. She traveled with her family to San Francisco, CA at the end of World War II. The family soon moved to the Yakima Valley, settling in Wapato. There Virginia spent her early years, graduating from Wapato High School in 1964. She completed St. Elizabeth School of Nursing in 1967 and became a registered nurse.

Virginia married Fred Ortega on August 15, 1993. She spent forty-two years of a rich and rewarding career caring for residents at St Elizabeth/Providence Medical Center (currently Regional). Cancer forced her retirement in 2009.

Although Virginia was not blessed with children of her own, she was surrounded by children and extended her generous caring nature to the younger members of her family. Her time and treasure gave them opportunities they would not have otherwise received.

Survivors include her husband Fred Ortega, Sr. and a step-son, Fred Ortega, Jr. both of Yakima; step-grandson, Diego Ortega; step-granddaughter, Luciana Ortega; sisters, Florence (David) Harshbarger of Huntington West Virginia, Thelma (Donald) Overstreet of Portland, Oregon and Norma (Roger) King of Auburn; nephews, Adam King and Cameron King; niece Siri Overstreet; grand-niece Erica King; and cousins, Luvimindo (Corazon) Licudan and their children Lowell, Lorelei and Louie, all of Los Angeles, California.

Appreciation is extended to her cherished and countless friends and caregivers at Yakima Regional Medical Center and Cardiac Center that lovingly cared for her.

Donations can be made to the Filipino Youth Scholarship Fund of Wapato, the Breast Cancer Society, or the American Cancer Society of Washington, in care of Langevin-Mussetter Funeral Home.
Accreditation is voluntary, and intended to strengthen and sustain the quality and integrity of Continuing Nursing Education (CNE). The extent to which each organization accepts and fulfills the responsibilities inherent in this process is a public statement about its concern for quality, and its commitment to strive for – and achieve – excellence in its programs.

Providing CNE activities directly to professional nurses is a unique opportunity to market your organization as a leader in the healthcare field. Nursing professionals can have the confidence of knowing that they are receiving high-quality CNE as prescribed by the ANCC-COA’s rigorous accreditation process.

Accreditation by the ANCC provides assurance to the public – in particular to nursing and health care professionals – that an organization has met national standards, requirements and criteria.

Benefits

• Recognition by most state licensing boards
• Recognition of the organization’s willingness to have their educational programs reviewed for adherence to objective national standards
• Respect for achieving a high standard of excellence
• Provision of an avenue through which nurses can maintain professional competence
• Continuing commitment to high quality nursing practice

In order to qualify for recertification, all ANCC certified nurses are required to have at least 50% of their CNE come from ANCC accredited / approved providers of CNE.

Marketing Advantages

• Opportunity to purchase mailing labels of approximately 100,000 licensed registered nurses in Washington State from the Washington State Nursing Care Quality Assurance Commission which may be requested by zip code or geographic area
• Publication of your educational activity on the WSNA website and in the WSNA quarterly publication of The Washington Nurse at no extra cost
• If approved as a Provider Unit, a listing of your organization as an Approved Provider Unit on the WSNA website

Stay up to date and help us help you

This year, WSNA-CEARP will continue to offer an annual conference to update approved CNE providers about ANCC criteria and standards. Input for streamlining the CEARP application process is always welcome. In fall of 2009, numerous changes were instituted to respond to your suggestions. Our goal is to make changes on an annual basis so as not to confuse the process unnecessarily.

Feel free to contact Hilke Faber, MN, RN, Education Program Specialist, with any questions or concerns about the WSNA CEARP program at 206.575.7979 ex 3005 or hfaber@wsna.org.

The Washington State Nurses Association is accredited by the American Nurses Credentialing Centers’ Commission on Accreditation.
CONTINUING EDUCATION CALENDAR

APRIL
Implementing Nurse Delegation
- Washington State Dept of Social & Health Services (Kennewick); April 20, 2010, 9:00 am - 4:00 pm; Fee: $0 - Contact Hours: 5.5; Contact: www.aasa.dshs.wa.gov/Professional/ND/orientation.htm

Dialectical Behavior Therapy Intensive Training Course;
Trainee: Marsha Suzanne Witterholt, MD & Randy Wolbert, LMSW; Minneapolis, MN; Part II: April 26-30, 2010; by application only; 65 contact hours; Contact Behavioral Tech at info@behavioraltech.org

The Art of Healing in Palliative Care: Enhancing Your Practice and Building Your Skills - Virginia Mason Medical Center, Seattle, WA; Wednesday, April 28, 2010; Contact Hours: 5.8; Contact: F

Ambulatory Care Nursing Conference 2010 - 21st Annual Pacific Northwest Conference - Shoreline Conference Center, Seattle, WA; April 28, 2010; Contact Hours: 6.0 - 12.5; Fee: $varies; Contact: C

MAY
Dialectical Behavior Therapy: Treatment Clients with BPD and Substance Use Disorders - Behavioral Tech, Miami, FL; May 3-4, 2010; Contact Hours: 12.5; Contact: H

Dialectical Behavior Therapy: Updates to Emotion Regulation and Crisis Survival Skills - Behavioral Tech, Needham, MA; May 10-11, 2010; Contact Hours: 12.5; Contact: H

30th Annual Patricia Maguire Nursing LectureShip "Celebrating Nursing's Roots - Florence Nightingale" - Virginia Mason Medical Center, Seattle, WA; Wednesday, May 12, 2010; Contact: F

Beyond the Basics: DBT Skills Essentials in Action - Behavioral Tech, Albuquerque, NM; May 13-14, 2010; Contact Hours: 12.5; Contact: H

Dialectical Behavior Therapy: Treatment Clients with BPD and Substance Use Disorders - Behavioral Tech, Baltimore, MD; May 17-18, 2010; Contact Hours: 12.5; Contact: H

ACLS Provider Course - Kootenai Medical Center, CDA; Idaho; May 19 & 20, 2010; Contact Hours: 9.0; Fee: $185.00 +$60.00 Manual and AHA Card (No charge to KMC or NIRHC employees) Contact: Carla Grant at 208.666.2075

ACLS Recertification Course - Kootenai Medical Center, CDA, Idaho; May 20, 2010; Contact Hours: 5.0; Fee: $125.00 +$60.00 Manual and AHA Card (No charge to KMC or NIRHC employees) Contact: Carla Grant at 208.666.2075

Implementing Nurse Delegation - Washington State Dept of Social & Health Services (Seattle); May 20, 2010, 9:00 am - 4:00 pm; Fee: $0 - Contact Hours: 5.5; Contact: www.aasa.dshs.wa.gov/Professional/ND/orientation.htm

DIABETES 101: What Every Elder Care Worker Should Know - Pacific Lutheran University School of Nursing; Friday, May 21, 2010, 12:30-4:30 pm; Fee: $69.00 - Contact Hours: 3.8; Contact: A

JUNE
Foot Care Skills for Nurses - Pacific Lutheran University School of Nursing; Wednesday, June 2, 2010, 8:30 am - 4:30 pm - Fee: $119.00 - Contact Hours: 6.25; Contact: A

Dialectical Behavior Therapy: Treating Adolescents with Multiple Problems - Behavioral Tech, Omaha, NE; June 3-4, 2010; Contact Hours: 12.5; Contact: H

ACLS Provider Course - Kootenai Medical Center, CDA, Idaho; May 19 & 20, 2010; Contact Hours: 9.0; Fee: $185.00 +$60.00 Manual and AHA Card (No charge to KMC or NIRHC employees) Contact: Carla Grant at 208.666.2075

JULY
Introduction to School Nursing - Pacific Lutheran University School of Nursing; Tuesday - Friday, July 6 - 9, 2010, 8:00 am - 4:30 pm; Fee: $219.00 - Contact Hours: 12.5; Contact: A

PEDIATRIC ASSESSMENT: Monday & Tuesday, July 12 & 13, 2010, 8:30 am - 4:30 pm - Fee: $219.00 - Contact Hours: 12.5; Contact: A

KEEPING KIDS IN THE CLASSROOM 2010 - Pacific Lutheran University School of Nursing; Wednesday & Thursday, July 14 & 15, 2010, 8:30 am - 4:30 pm - Fee: $199.00 - Contact Hours: 12.5; Contact: A

Implementation Nurse Delegation - Washington State Dept of Social & Health Services (Ellensburg); July 15, 2010, 9:00 am - 4:00 pm; Fee: $0 - Contact Hours: 5.5; Contact: www.aasa.dshs.wa.gov/Professional/ND/orientation.htm

— CONTACT DIRECTORY —

A. Pacific Lutheran University School of Nursing
Continuing Nursing Education
Terry Bennett, Program Specials
Tacoma, WA 98447
253.353.7683 or
bennett@plu.edu
Fax: 253.353.7500
www.plu.edu/~ccnl/

B. Bellevue Community College
Continuing Nursing Education
Health Sciences Education & Wellness Institute
3000 Landerholm Circle SE
Bellevue, WA 98007
425.564.2012
www.bcc.ctc.edu

C. University of Washington School of Nursing
Continuing Nursing Education
Box 359440
Seattle, WA 98195-9440
206.543.1047
206.543.6953 fax
cne@uw.edu
www.uwcnce.org

D. Intercollegiate College of Nursing
Washington State University College of Nursing
Professional Development
2917 W. George Wright Drive
Spokane, WA 99224-5291
509.324.7321 or 800.281.2589
www.icne.wsu.edu

E. AdvanceMed Educational Services
2777 Yulupa Ave., #213
Santa Rosa, CA 95405
www.advancemed.com

F. Virginia Mason Medical Center Clinical Education Department
Barb Vancislo, CNE Coordinator
Continuing Nursing Education
1100 Ninth Avenue - G2 EDU
Seattle, WA 98101
206.583.6567
206.625.7279 fax
cne@vmmc.org
www.virginiamason.org/cne

G. American Association of Heart Failure Nurses (AAHFN)
Heather Lush
731 S. Hwy 101, Suite 16
Solano Beach, CA 92075
858.345.1138
HLush@aaahn.org

H. Behavioral Tech, LLC
Laura Desal
2133 3rd Ave., Suite 205
Seattle, WA 98121
206.675.8588
info@behavioraltech.org
www.behavioraltech.org

NOTE TO CONTINUING NURSING EDUCATION PROVIDERS: The Washington State Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. If you wish to attain WSNA approval for an educational activity which you are providing to nurses, please go online to www.wsna.org/education/cearp

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### INDEPENDENT SELF STUDY COURSES:

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<tr>
<th>Course Offering</th>
<th>Contact Hours</th>
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<td>AIDS: Essential Information for the Health Care Professional</td>
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<td>Assessing Lung Sounds: Contact Hours: 2:0</td>
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<td>Asthma Management: Contact Hours: 8:0</td>
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<td>Breaking the Cycle of Depression: Contact Hours: 14:0</td>
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<td>Central Venous Catheter Infections: The Link Between Practice and Infection Rates: Contact Hours: 1:0</td>
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<td>Culture &amp; End-of-Life Web-based Educational Modules: Contact Hours: 3:0</td>
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<td>Domestic Violence: Contact Hours: 2:0</td>
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<td>Ethics Related to Nursing Practice: Contact Hours: 9:0</td>
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<td>Everyday Encounters: Communication Skills for Successful Triage: Contact Hours: 1:4</td>
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<td>Geriatric Health Promotion Lecture Series: Contact Hours: 34:50 or 1:5:0</td>
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<td>Geriatric Health Promotion Workbook Series: Contact Hours: 40.0 or 4:0:0</td>
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<td>Hepatitis Case Studies: Contact Hours: 5:0</td>
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<td>Hepatitis Web Studies: Contact Hours: 5:0</td>
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<td>Health Assessment and Documentation: Contact Hours: 20:0</td>
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<td>HIV/AIDS -6th Edition Implication for Nurses and Other Health Care Providers: Contact Hours: 7:0</td>
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<td>IMPACT: Web-Based Training in Evidence Based Depression Care Management: Contact Hours: 12:4</td>
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<td>Legal Issues &amp; Trends in Telephone Triage: Contact Hours: 1:2:0</td>
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<td>Legal Issues in Nursing: Contact Hours: 4:0:0</td>
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<td>Legal Risks of Remote Triage: Contact Hours: 10:0</td>
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<td>Lung Volume Reduction Surgery: Contact Hours: 2:0</td>
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<td>Managing Type 2 Diabetes: Contact Hours: 1:5:0</td>
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<td>Management of Persistent Pain: Contact Hours: 1:8</td>
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<td>Medical/Surgical Nursing 2008: Review Course for Practice &amp; Certification: Contact Hours: 5:0</td>
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<td>Metered Dose Inhalar Use: Contact Hours: 3:0</td>
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<td>New Telehealth Technology: Legal Risks &amp; Call Center Benefits: Contact Hours: 1:2:0</td>
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<td>Nurse Grand Rounds: Contact C</td>
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<td>OTC Advisor: Advancing Patient Self-Care: Contact Hours: 17:0</td>
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<td>RN Refresher Course: Fees: Theory: $500:0</td>
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<td>Telephone Triage: Contact Hours: 2:0:0</td>
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<td>The Pain Management Dilemma: Contact Hours: 1:5:0</td>
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<td>The Washington Nurse</td>
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<td>University of Washington</td>
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<td>Continuing Nursing Education: Offers over 30 self-study courses: Contact C</td>
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<td>Washington State: HIV/AIDS With the NOW Curriculum: Contact Hours: 7:0:0:0</td>
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<td>Wound Academy-Course 1 Wound Assessment &amp; Preparation for Healing: Fee: $40:0:0</td>
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<td>Wound Academy-Course 2 Lower Extremities and Pressure for Ulcers: Fee: $60:0:0:0</td>
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<td>Wound Assessment and Documentation: Fee: $60:0</td>
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### CONTACT THE FOLLOWING PROVIDERS FOR ADDITIONAL INDEPENDENT STUDY COURSE OFFERINGS:

- **Wild Iris Medical Education**
  - Ann Johnson, CEO
  - PO Box 257
  - Comptche, CA 95427
  - 707.937.0518
  - ann@wildirismedical.com
  - www.nursingceu.com/courses/218/index_nceu.html

- **Nurse Practitioner Health care Foundation**
  - 2647 134th Ave NE
  - Bellevue, WA 98005
  - 360.297.1274
  - fiona@nphealthcarefoundation.org

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Contact: UWBNursing@uw.edu

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NEW MEMBERS

WHATCOM COUNTY
Noreen T. Piano, RN
Katharine J. Besch, RN
Pamela B. Richardson, RN
Ashley A. Atkinson, RN
Colleen R. Martin, RN
Nadine E. Chaves, RN
Ryna L. Hansen, RN
Barbara A. Friesen, RN
Jaclyn R. Perkins, RN
Martina R. Boyd, RN
Meesun Cho, RN
Faith A. Lovejoy Gilson, RN
Quinn C. Smith, RN
Pardeep K. Sahota, RN
Sarah A. Mpare, RN
Stacey M. Tetherow, RN
Lauren L. Thorson, RN
Seonmi Jeong Park, RN
Nicholas H. Nguyen, RN
Lisa H. Christie, RN
Krist'l S. Carcellar, RN
Suzette M. Crnich, RN

KING COUNTY
Krist'S. Carcellar, RN
Ashley A. Service, RN
Lisa H. Christie, RN
Nicholas H. Nguyen, RN
Seomi Jeong Park, RN
Lauren L. Thorson, RN
Sarah R. Fuerstenau, RN
Rhonda K. Garrison, ARNP
Sarah B. MacDougall, RN
Hiusook S. Cho, RN
Hazel Midrich H. Adovo, RN
Marnelle Olivo D. Portacio, RN
Terri L. Reddick, RN
Stacey M. Tetherow, RN
Sarah A. Mpare, RN
Pardeep K. Sahota, RN
Quinn C. Smith, RN
Faith A. Lovejoy Gilson, RN
Mereen Cho, RN
Martina R. Boyd, RN
Beverly R. Zehrung, RN
Escaritina Luncas-Roela, RN
Helen K. Crampton, ARNP
Jaclyn R. Perkins, RN
Barbara A. Friens, RN
Ryna L. Hansen, RN
Lina H. Lee, RN
Nadine E. Chaves, RN
Colleen R. Martin, RN
Robert P. DuBois, RN
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Wonder why you recently received a membership card from WSNA?

by Patrick McGraw

The membership department of the Washington State Nurses Association (WSNA) has mailed membership cards in early 2010 to renewing members who pay dues monthly via payroll deduction or electronic funds transfer.

A change of information card was included with the mailing so that members can let the membership department know of any changes to their employment status, dues payment preference or contact information. The change of information card should only be returned to the WSNA membership department if there is a change in employment status, contact information or dues payment preference.

Members who pay dues monthly by payroll deduction or electronic funds transfer and have received a membership card in early 2010 will find that the expiration date on the card is 12/31/2010. The reason for this date is that the cards for renewing members who pay dues using one of the monthly payment options are generated once per year. The card is good for the remainder of the year provided the membership is maintained in good standing.

A membership card is mailed to renewing members who pay dues via installment (three times per year) after the close of the month when an installment payment has been received by WSNA. Members who pay dues via installment would receive three cards per year with the most current expiration date provided the membership is maintained in good standing.

A member who pays once per year will receive a membership card after the close of the month in which an annual payment has been received by WSNA. The expiration date on the card would be equal to the end date of that annual dues period.

A membership card will list the individual WSNA and ANA membership numbers.

If you do not have a current membership card and would like to receive a card by mail, please feel free to contact the membership department of WSNA. The membership department may be reached by phone by calling 206.575.7979, by fax at 206.838.3099 or by email at membership@wsna.org.
“Peace” seems more relevant today than ever. Join us as we find ways to get more of it in our everyday lives.

- Stress Management
- Empowerment
- Conflict Management
- Much more

For full agenda, registration and travel information, visit www.wsna.org

Awards Banquet

Age of Aquarius
Thank you for the courage and dedication you show patients, your community, and your colleagues every day.