

The Washington Nurse

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Reeling from an ever-worsening budget shortfall, and newly hamstrung in its ability to generate additional revenue, Washington State must now make some very tough choices. **What stays? What gets cut?**



2011 Legislative Session Preview **Page 18**

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Article ideas and unsolicited manuscripts are welcome from WSNA members (300 word maximum). Please submit a typed copy and digital copy (Word 97/2003/2007), and include identified relevant photos, a biographical statement, your name, address and credentials. It is not the policy of WSNA to pay for articles or artwork.

ARTICLE SUBMISSION DEADLINES

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

DESIGNED, EDITED & PRINTED IN THE USA

When we're done cutting, what will be left?

The coming fight to preserve health services and jobs in Washington State **Page 18**



– Winter 2010 –

UP FRONT

- 4 **You Were Represented**
- 4 **Calendar**
- 5 **In Focus:**
President's Letter
- 6 **News Briefs**
- 7 **ANA News**
- 8 **NFN News**
- 9 **NFN News**

WSNF

- 17 *Opportunities to Make a Difference in Your Community*

NURSING PRACTICE

- 10 **The Future of Nursing**
RWJF Holds Summit on IOM Report
- 10 **Social Networking**
- 11 *FAQ on the New Continuing Competency Requirements*

BIENNIAL CONVENTION

- 12 **Overview**
- 13 **Full Agenda**
- 14 *Election: Nominations and Open Positions*
- 15 *Featured Speaker: Norma M. Lang*

LEGISLATIVE SESSION PREVIEW

- 18 *What is Most at Risk Now*
- 21 *The Toxic Free Kids Act*
- 21 **Breaks**
- 22 **Public Health**
- 23 **Safe Drug Disposal**
- 24 *WSNA's Legislative & Regulatory Agenda*
- 25 *WSNA's Legislative & Health Policy Platform*

MEMBER NEWS

- 27 **District News**
- 28 **Membership Update**
- 29 *The New Members List*

CONTINUING EDUCATION

- 30 **Calendar**
- 31 *Online CNE Update*

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 November through December 2010.

- Alliance of Nurses for Health Environments (ANHE) Policy/Advocacy Committee
- American Nurses Association (ANA) Board of Directors meeting
- ANA Constituent Member Association Annual Lobbyists conference
- ANA Congress on Nursing Practice and Economics
- ANA Dues Evaluation Task Force
- ANA Nursing Practice Network conference calls
- Ballot Initiative Network steering committee
- CEARP Provider Update
- Council of Nurse Educators of Washington State (CNEWS)
- Collaborative on a Healthy Environment (CHE-WA)
- Department of Health (DOH) Patient Safety Adverse Events Advisory Committee
- DOH Board of Pharmacy Pain Management Rules Workshops
- Friends of Basic Health Coalition
- Governor's Joint Select Committee on Health Reform Workforce Advisory Group
- Health Care Assistant/Medical Assistant Scope of Practice Coalition
- Health Care Access Coalition (to maintain access to medications)
- Healthcare Acquired Infections Advisory Committee to the Department of Health
- Health Care for America Now (HCAN)
- Health Care Without Harm
- Health Coalition for Children and Youth
- Healthy Washington Coalition
- Wednesday Night Study Group (health professions lobby annual conference)
- Legislative Joint Select Committee on Health Reform Implementation health insurance exchange committees
- Office of the Insurance Commissioner Health Reform Realization Committee
- Meetings with the Department of Labor and Industries (now called the Dept of Safety and Health)
- National Federation of Nurses (NFN) Policy Committee
- NFN National Executive Board meetings & National Advisory Board meetings
- Northwest Organization of Nurse Executives Nursing Education & Practice Commission
- Nursing Care Quality Assurance Commission Meetings (NCQAC)
- NCQAC Continuing Competency Subcommittee
- Nursing Service Organization (NSO) Advisory Board meeting
- Nursing Students of Washington State (NSWS) Board meeting
- Pierce County Health Careers Council
- Primary Care Coalition
- Public Health Funding Roundtable
- Puget Sound Health Alliance and Consumer Engagement Team meetings
- Revenue Coalition
- Robert Wood Johnson Foundation "IOM Report on Future of Nursing" national invitational webinar
- Ruckelshaus Education Advisory Committee
- Ruckelshaus Safe Staffing Steering Committee Meetings
- Teleosis Institute
- Toxic Free Legacy Coalition
- Washington Center for Nursing (WCN) Board Meetings
- WCN "Nurse of the Future" meetings
- WCN Faculty Compensation workgroup for Master Plan for Education
- WCN Master Plan Transition to Practice workgroup
- Washington Chapter of Physicians for Social Responsibility
- Washington Health Foundation Board Meeting
- Washington Patient Safety Steering Committee and Medication Safety initiative
- WA State Labor Council Convention
- WA State Labor Council Legislative Committee
- WA State Labor Council Worker's Compensation Caucus
- Washington State Physician's for Social Responsibility
- Washington State Public Health Association
- Washington Toxics Coalition
- Washington State Hospital Association (WSHA) Safe Table Learning Collaborative Advisory Committee
- WSNA 'So You Want to Renew Your License' Continuing Competency workshops
- WSNA Legislative & Advocacy Camp
- WSNA Political Action Committee
- WSNA PNHCC, OEHSC, and Disaster/Emergency Preparedness meetings
- Washington State Nurses Foundation Board of Trustees meeting

Upcoming Events

– January –

- 10 Washington State Legislature Convenes
- 10 Ruckelshaus Steering Committee meeting
- 12 WSNA Dues Structure Task Force meeting
- 15 2011 NFN Special Delegate Election Ballots mailed
- 17 **Office Closed - Martin Luther King Holiday**
- 18 WSNF Board of Trustees meeting
- 26 - 28 ANA NDNQI Conference - Miami, FL
- 29 WSNA Cabinet on E&GW Meeting

– February –

- 4 WSNA Health and Safety Committee
- 5 Nursing Students of Washington State (NSWS) Board meeting
- 7 School Nurse Delegation Meeting
- 11 CEARP Meeting
- 13 WSNA Legislative & Health Policy Council and WSNA-PAC meetings - Olympia, WA
- 14 WSNA Legislative Day in Olympia
- 15 2011 NFN Special Delegate Election Ballot Counting
- 16 Ruckelshaus Steering Committee meeting
- 18 WSNA Finance Committee and Board of Directors Executive Committee
- 21 **Office Closed - President's Day**
- 24 - 25 NFN National Executive Board Meeting - Chicago, IL
- 25 Deadline for Self-Declared Candidates for WSNA Elected Offices
- 26 Professional Nursing and Health Care Council meeting

– March –

- 4 Constituent Representative Council
- 12 Disaster and Emergency Preparedness Committee
- 18 WSNF Board of Trustees
- 24 Ruckelshaus - WSHA
- 24-25 National Nursing Ethics Conference - Los Angeles, CA
- 25 WSNA Board of Directors

– April –

- 27-29 WSNA Convention - SeaTac, WA



By Julia Weinberg, RN, WSNA President

Another new year is just beginning. Hope everyone enjoyed the holidays. More importantly, I hope you had a chance to rest and relax since it's shaping up to be a busy 2011.

Like many of you, my new 2011 calendar is already starting to fill up for the coming year.

I've saved the dates for WSNA Legislative Day, WSNA Convention, NFN meetings, ANA meetings and various WSNA council, committee, and board meetings too. I even managed to schedule some work days in there and set aside some time to spend with family and friends.

As 2010 was drawing to a close, I felt a sense of uncertainty, not knowing how the recent elections on the state and federal level would impact the coming year. This feeling weighed on me, so I tried to visualize the year ahead and get rid of that 'fog'. I am more convinced than ever that we, as nurses, must be leaders. There are opportunities for progress and growth, but we must seize them with focus, enthusiasm and hope.

Of course, one of the biggest issues impacting all of us in our practices and our personal lives is the continued implementation of health care reform. What changes are coming and what do they really mean for nurses and nursing? Who will be impacted and how will they benefit? Will reform change the health care needs of our patients? Will this law really begin change how we approach health and wellness or is it likely to be more of the status quo? These are good questions that all of us are asking.

We're already beginning to see some meaningful changes implemented. Insurance companies can no longer deny coverage to children due to pre-existing conditions. Children and young adults up to age 26 can stay on a parent's health plan. The prescription medication 'donut hole' for seniors is beginning to close. Visit ANA's health care reform page for details and timelines for implementation (<http://bit.ly/ANA-healthcare>).

I would also urge you to review the newly released paper 2010 National Health Care Reform: An Initial Overview of Opportunities for Nurses and Nursing in Washington State by WSNA's own Louise Kaplan, PhD, ARNP, RN. Visit the WSNA website for the executive summary and full report. WSNA commissioned this paper because we know that we need to anticipate and be in front of the changes occurring in health care. If you're interested in learning more about this work, make sure you check out Louise's CE session on April 29th at Convention titled "Drivers of Change – New Roles for Nurses in Health Systems and Communities".

Nurses must be involved in the implementation of health care reform at every level of decision making, from the bedside to Washington, DC. We are the ones who have the knowledge and the qualities to lead

the country through this change – one that will certainly be lengthy, at times confusing, but ultimately rewarding.

As nurses, we make caring for others our highest priority, often even above our own needs. Our patients and the public know this. They trust us to place the interests of patients above all else. We demonstrate these leadership qualities within our written scope of practice, through our Code of Ethics, and also for over 100 years with ANA's Nursing and Healthcare Social Policies. It's one of the reasons why the Institute of Medicine's (IOM) report *The Future of Nursing: Leading Change, Advancing Health* calls upon nurses to be full partners, with physicians and other health professionals, in redesigning health care in the United States.

On November 30th, I had the opportunity to participate in the RWJF National Summit webinar on *Advancing Health through Nursing*, to discuss the implications of this recently released IOM report (see related articles in the Fall Washington Nurse and in this issue). While Washington State has made much progress on many of the recommendations contained in the IOM report, there is still much to do both here in Washington State and nationally, to fully implement these important recommendations.

This work will require much cooperation and collaboration among all nursing organizations and with key policymakers and stakeholders. We have a rich and successful history of doing this here in Washington and I am confident that we can come together and do it again and serve as a role model for other states!

As we look outward at the health care landscape, we can't turn away from continuing to improve ourselves and our own workplaces. Often there is so much disrepair and dysfunction within our own workplaces, even sometimes among our own working teams. We must find ways to really work together, collaborate, partner, and sometimes even forgive each other so that we can move on to healthier workplace relationships where we push ourselves and each other to be our best.

It really is up to each of us and it begins right now with this new year. I challenge each and every one of you right now to imagine what you can be and achieve next year. What do you want for our nursing profession and how will you make that happen? Are you ready to come together with other nurses and WSNA to face the challenges before us? How do you keep your hope and passion ignited and burning bright each and every day? Let's ask each other these questions and figure out how we can help our coworkers and friends keep that inner spark alive. We can be resources for each other and WSNA is a resource for all of us in this effort.

The new year has only just begun, but there is already so much to do. Time to roll up our sleeves and get working on the great opportunities and challenges ahead!

Happy New Year everyone!

DR. MARGARET HEITKEMPER RECEIVES FNINR PATHFINDER AWARD

Margaret Heitkemper of the University of Washington School of Nursing has been selected to receive the 2010 Friends of the National Institute of Nursing Research Pathfinder award. She has the honor of sharing this award with Dr. Suzanne Bakken from Columbia University. Dr. Heitkemper received this prestigious award at the FNINR NightinGala on Wednesday, September 29, 2010 in Washington D.C.

The Pathfinder Award is given by FNINR to acknowledge nurse researchers whose research has made a difference in the lives of people with health care needs, and has been sustained by multiple research grants from the National Institute of Nursing Research.

Dr. Heitkemper is the chair of the Department of Biobehavioral Nursing and Health Systems, School of Nursing, Elizabeth Sterling Soule Endowed Chair in Nursing, and Adjunct Professor, Division of Gastroenterology, School of Medicine, University of Washington. Dr. Heitkemper is also Director of the NIH/NINR-funded Center for Women's Health and Gender Research at the university.

Dr. Heitkemper's research related to women's health, stress, and gastrointestinal function has been continuously funded by NIH since 1983. Dr. Heitkemper is also one of the authors of a new book, "Master your IBS," from the American Gastroenterological Association (AGA) offering patients with irritable bowel syndrome (IBS) a variety of strategies to help them learn how to manage their IBS symptoms and achieve greater freedom from IBS.

IMPROVEMENTS TO LOAN REPAYMENT PROGRAM FOR ARNPS

The National Health Service Corps (NHSC) is a Federal program that helps nurse practitioners deal with their student debt, while addressing the current shortage of primary care practitioners. The NHSC repays student loans in exchange for service in rural or urban communities that have a shortage of primary medical, behavioral health and dental care workers. There are currently more than 1,300 nurse practitioners and nurse midwives serving in the NHSC.

The NHSC (NHSC.hrsa.gov) recently announced the opening of its 2011 loan repayment program. Provisions in the Affordable Care Act allowed the Corps to make several important and exciting changes to the 2011 NHSC Loan Repayment Program:

- **Increase in Financial Support.** NHSC members may now receive up to \$60,000 in loan repayment for a full-time, two-year service commitment and up to \$170,000 for a full-time, five-year service commitment. Members also have the option to completely eliminate their educational loan debt with additional years of service.
- **More Flexible Options to Complete Service.** The loan repayment program now offers three options for fulfilling the service obligation: A two-year, full-time contract, a four-year, half-time contract, and a two-year, half-time contract.
- **Increased Credit for Teaching.** The service obligation for clinical practice hours has been updated to include a 20 percent credit for teaching and a 50 percent credit for instruction at a Teaching Health Center.

And, for the first time, prospective Corps members can complete their application entirely online. Visit <http://nhsc.hrsa.gov/> for more information about the program.

NATIONAL STUDENT NURSES ASSOCIATION HOLD ANNUAL CAREER PLANNING CONFERENCE

The National Student Nurses' Association (NSNA) 28th Annual Career Planning Conference was held in Cincinnati, Ohio on November 4-7, 2010. Nursing students, faculty, exhibitors and alumni attended educational workshops, and listened to renowned speakers. Many attendees also had the opportunity to meet with the 2010-2011 NSNA Board of Directors.

Keynote speaker Joe Niemczura, RN, MSN, gave a key note address titled, "Be the Hero of Your Own Career." Mr. Niemczura is a national speaker, author, and nursing instructor at the University of Hawaii at Manoa. He imparted global nursing knowledge and encouraged the audience to take control of their own lives. For three summers, Niemczura volunteered his time as nursing faculty at the Tansen Nursing School in rural Nepal. From severe pediatric burns to victims of malaria, malnutrition, and human trafficking, his experiences are detailed in his latest book, *The Hospital at the End of the World*.

As the conference continued throughout the next two days, students attended the many sessions and workshops offered during the MidYear Conference: the NCLEX-RN® mini review course; a meeting of the Council of State Presidents; the two-part nursing specialty showcase highlighting nephrology nursing, infusion nursing, hospice and palliative nursing, pediatric nursing, nurse anesthesia and more; a variety of workshops on social networking,

ANA Files Amicus Brief in Court to Support Health Care Reform

In November, ANA filed an amicus (friend of the court) brief challenging several state officials' meritless claim that the landmark Affordable Care Act (ACA) violates the United States Constitution. The case, *State of Florida et al. vs. U.S. Department of Health and Human Services et al.*, is pending in the U. S. District Court for the Northern District of Florida. The plaintiffs now include attorneys general and governors from 20 states. The issues in the case are whether the requirement that individuals carry health insurance and the expansion of Medicaid coverage to persons who earn up to 133% of the federal poverty level are constitutional.

ANA supports the constitutionality of the ACA, and in its amicus brief, provided information and its unique perspective on the necessity of the law's "minimum coverage provision." This provision will require individuals to carry health insurance when they would otherwise not have it through employment or programs such as Medicare or Medicaid.

The brief supports the constitutionality of the minimum coverage requirement based on the Necessary and Proper clause of the Constitution, which allows Congress to enact requirements that are necessary to support and make meaningful other aspects of the law that are adopted pursuant to Congress' other enumerated powers. The evidence cited by ANA makes it clear that the reforms of the ACA, such as prohibiting denial of health insurance based on pre-existing conditions, will not succeed unless insurance is more uniformly attained. States that have adopted insurance or health care reform without also adopting minimum coverage requirements have faced increasing premium rates. In contrast, Massachusetts has implemented reform along with a minimum coverage requirement, and premiums have been reduced.

Minimum coverage requirements are needed to spread risk and cost across the health care delivery system under ACA. ANA's members and registered nurses generally are acutely aware of the burdens on patients and the health care system when a lack of insurance delays or denies health care. An uninsured patient whose condition deteriorates because they are unable to afford less expensive preventive or early care will nonetheless ultimately receive expensive emergency treatment when that condition becomes critical.

The cost of this uncompensated care is then distributed to other patients or to government health programs such as Medicare or Medicaid. According to one study, this cost shifting adds, on average, \$410 to each individual insurance premium and \$1,100 to each family premium. There is also robust data demonstrating that uninsured patients' diminished access to care causes their medical conditions to deteriorate. For example, five-year survival rates for uninsured adults were significantly lower than for privately insured adults diagnosed with breast or colorectal cancer—two prevalent cancers for which there are effective screening tests and treatments demonstrated to improve survival.

The facts that ANA provided to the court underscore the validity of Congress' determination that the minimum coverage requirement is necessary to make reform meaningful. ANA's brief is available at <http://www.nursingworld.org/amicus-aca>.

resumé management, acing school exams, writing resolutions, and more. Students spent time networking and speaking with representatives from hospitals, schools of nursing, and other publishing and product companies. Attendees also had a great opportunity to bring their resumé and questions to meet with advisors in the NSNA Career Counseling Center, held during exhibiting hours.

PUBLIC RANKS NURSES AS MOST TRUSTED PROFESSION FOR 11TH TIME

For the 11th year, nurses were voted the most trusted profession in America in Gallup's annual survey that ranks professions for their honesty and ethical standards. Eighty-one percent of Americans believe nurses' honesty and ethical standards are either "high" or "very high."

"It's extremely gratifying to know that the public continues to hold the profession in such high esteem," remarked ANA President Karen J. Daley, PhD, MPH, RN, FAAN. "The public's high regard for the profession, coupled with nurses' education and skills, makes nurses well positioned to play a major role in the transformation of the nation's health care system."

Both the Accountable Care Act and the Institute of Medicine's recently released report on the Future of Nursing call for a larger role for nurses in providing patient-centered care in a reformed health care system.

Since being included in the Gallup poll in 1999, nurses have received the highest ranking every year except in 2001, when fire fighters received top honors. Results were based on telephone interviews with more than 1,000 adults.

ANA Launches New Immunization Education Program

ANA has launched a new immunization education program aimed at helping registered nurses discuss the benefits of vaccines with patients, families and fellow health care workers, and honored a registered nurse with an Immunity Award for dedication to increasing vaccination rates in marking National Influenza Vaccination Week, Dec. 5-11.

ANA and Every Child by Two, which advocates for timely immunization of the nation's children by age two, partnered to produce an educational webcast on vaccine safety, nurses' role in immunization promotion, and risk communications. The online production available to

nurses nationwide for continuing education credit includes role-play video vignettes showing a nurse listening to and addressing a patient's concerns about vaccines in a clinical setting, and a nurse presenting a case for the importance of influenza vaccination to a peer. Materials, webcast and other information are available at www.anaimmunize.org.

The course and award are components of the ANA Bringing Immunity to Every Community project, a collaborative initiative with the Centers for Disease Control and Prevention (CDC) that focuses on maximizing nurses' role in increasing vaccination rates and reducing incidence

of vaccine-preventable diseases. The two-year project seeks to increase nurses' knowledge and competency in immunization, encourage nurses to be vaccinated, and position nurses as leading advocates for immunization among peers, patients, and the public.

RNs can apply for the monthly ANA Immunity Award, either through self-nomination or nomination by a peer, online through Bringing Immunity to Every Community's website, www.ANAimmunize.org, a one-stop shop for resources nurses need to be competent, educated advocates for immunizations.

ANA Applauds the Launch of the Center for Innovation

The American Nurses Association (ANA) was proud to participate in an event to announce the launch of the Center for Medicare and Medicaid Innovation.

The Center for Innovation, a program funded by the Affordable Care Act through the Center for Medicare and Medicaid Services (CMS), will test innovative approaches to improving health care delivery, payment and quality. Its ultimate goal is to lower health care costs while improving quality. The Center for Innovation will be testing care delivery models with a focus on certain criteria, many of which rely heavily on nurses:

- Patient-centered primary care
- Care settings beyond acute care
- Coordination of care, especially with targeted populations such as geriatric
- Interdisciplinary planning, care and communication

- Evaluation of appropriateness of services, chronic care management services and creating and disseminating patient decision-support tools

Nurse Managed Health Clinics (NMHCs) are a care model that ANA has touted as improving coordination of care, quality and efficiency. Recognizing the contributions of NMHCs, the Affordable Care Act authorized a \$50 million dollar grant program to expand the reach of these clinics over the next four years.

NMHCs provide primary care, health education and preventive services that often serve low-income populations in underserved areas. If you are interested in learning more about innovative nurse-led programs, please visit the American Academy of Nursing's "Raise the Voice Campaign" at <http://www.aannet.org/i4a/pages/index.cfm?pageid=3301>.

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ATTENTION WSNA BARGAINING UNIT MEMBERS:

Watch your Mail for the Ballot for the Special Election for WSNA Delegates to the 2011 NFN National Federation Assembly.

The National Federation of Nurses (NFN) will hold its first meeting of the National Federation Assembly (NFA) on May 15-17, 2011 in Chicago, IL. The purposes of the NFA are to elect the national NFN officers, consider resolutions consistent with the NFN purposes and goals, and to consider any proposed changes to the NFN Constitution. Based on membership, WSNA is entitled to six delegates to the 2011 NFA.

Because of the timing, a special mailed ballot election is being held for WSNA delegates and alternates to the 2011 NFA. Delegates and alternates will be determined in order of the number of votes received. The ballot will be mailed out in January 2011 and ballots will be counted February 15, 2011. Write-in votes for eligible members will be accepted.

Only WSNA members who are currently members of a WSNA Bargaining Unit may run for NFA delegate and only WSNA members who are members of a WSNA bargaining unit shall vote for delegates. To serve as an NFN delegate, a person shall hold current membership in the WSNA and be represented for collective bargaining by WSNA.

Following the 2011 NFA meeting, the NFA will meet every two years. WSNA delegates to the 2013 NFN National Federation Assembly will be elected by mailed ballot in May 2011 at the same time as other WSNA elections.

NFN SHEDS LIGHT ON THE ISSUE OF PSYCHOLOGICAL VIOLENCE

The problem of violence against nurses is no longer confined to physical harm. Psychological harassment and intimidation happens all too often between nurses and is affecting the profession and patient health.

In a letter published today in the Times Union (Albany, New York), National Federation of Nurses (NF) President Barbara Crane, RN, encourages health care administrators and lawmakers to expand their definition of violence to include psychological violence and do all they can to protect nurses from both forms.

WSNA is an affiliate member of NFN and works collaboratively with the national union to achieve policy outcomes that address issues most critical to our membership.

This trend is worsening an already severe nursing shortage across the country by deterring potential nurses and pushing good nurses out. It also affects patients' health. Nurses can't do their job well when they are being shunned, ostracized or belittled.

The issue of violence against nurses — both physical and horizontal — is one of NFN's two policy priorities. Currently, NFN is working to support Ohio Nurses Association in passing similar legislation to New York's new law.

NFN PRESIDENT JOINS ALLIANCE FOR ETHICAL INTERNATIONAL RECRUITMENT PRACTICES

NFN President Barbara Crane, RN, has joined the Board of Directors for the Alliance for Ethical International Recruitment Practices (www.fairinternationalrecruitment.org), a national nonprofit working to ensure that the recruitment of foreign-educated nurses

to the United States is ethical and transparent.

While migration of health workers is an inevitable and potentially mutually beneficial part of globalization, concerns have been raised around the world about the active recruitment of foreign-educated nurses. These concerns include the impact of this activity on source countries' health systems, the labor rights of nurses being recruited and the adequacy of clinical and cultural orientation programs once they arrive in the United States.

Working for safe and equitable working conditions for nurses—whether they are native to the United States or educated abroad—is at the core of NFN's advocacy work. An essential component of workplace safety is ensuring health care settings are adequately staffed. While international recruitment may be part of the solution to implementing safe staffing standards, NFN is committed to working with the Alliance to ensure these nurses—and all nurses—are afforded the rights and protections they need, and deserve, to do their job effectively and promote better patient outcomes.

The Alliance is governed by a multi-stakeholder board that includes six sectors: unions, professional associations, foreign nurse associations, employers, recruiters, and licensure and regulatory bodies. It was created to promote and monitor compliance of the Voluntary Code of Conduct for the Ethical Recruitment of Foreign-Educated Nurses to the United States.

The NFN is a founding member of the Alliance and a key partner in this work, helping to develop strategy and raise awareness among its nurse membership and nurses everywhere about this important issue. Stay tuned for additional updates on the Alliance's work and activities.

RWJF Holds Nursing Summit on IOM Report on the Future of Nursing and Plans for Implementation

On November 30 - December 1, 2010, the Robert Wood Johnson Foundation held an invitational National Summit on Advancing Health through Nursing, in Washington, D.C. to discuss the implications of the recently released Institute of Medicine's (IOM) Report *The Future of Nursing: Leading Change, Advancing Health* (see related article in The Fall 2010 issue of *The Washington Nurse*). More than 500 participants attended the Summit and worked together to identify strategies for implementing the recommendations and overcoming the barriers to adopting them

At the same time, 45 states, including Washington, held local awareness meetings and joined the Summit meeting by live webinar. Thousands of other nurses tuned in on Twitter and via live chat on the Initiative on the Future of Nursing website.

To help continue the discussions and action planning from the Summit, several tools are available on the Initiative on the Future of Nursing website, including the achievements of the Summit webcast at <http://www.thefutureofnursing.org/Summit>. RWJF is inviting nurses to leave their thoughts and comments on the report and find more ways to get involved in the Initiative on the Future of Nursing: Campaign for Action by going to <http://thefutureofnursing.org/get-involved>

The 4 key messages in the IOM report are:

1. Nurses should practice to the full extent of their education and training.

2. Nurses should achieve higher levels of education and training through an improved education system that promotes seamless academic progression.
3. Nurses should be full partners, with physicians and other health professionals, in redesigning health care in the United States.
4. Effective workforce planning and policy making require better data collection and an improved information infrastructure.

ANA, WSNA and the national specialty nursing organizations have engaged in a wide range of activities over time that support the evidence-based recommendations of the IOM. ANA has posted a partial list of some of these efforts, keyed to each recommendation, on the ANA website at: <http://tinyurl.com/ANA-FutureofNursing>

WSNA and the Washington Center for Nursing are actively involved in evaluating the policy gaps that exist in Washington State and planning for implementation activities. Updates on these activities will be provided in future issues of *The Washington Nurse* and on the WSNA website.

For more information on the IOM report go to <http://thefutureofnursing.org/IOM-Report>

Social Networking – Nursing Practice Implications

Social networking such as use of Facebook, Twitter, and MySpace is becoming the norm in today's world. There are, however, ethical and professional boundary issues emerging that potentially place the nurse at risk.

Many healthcare providers are using social networking systems including email to discuss patients, or even talk with patients. Text messaging patient information can indeed become a patient confidentiality and HIPAA violation, especially if messages are sent unencrypted. Text messages should not contain personal opinions about a patient, patient's family, other healthcare providers, or care being provided.

Some nurses, however, use texting to network regarding needed patient care advice. Texting typically employs the use of abbreviated terms, some of which can easily be misinterpreted, similar to issues of "unsafe abbreviations." While texting a patient's

condition to another healthcare provider in order to obtain suggestions for recommended treatment might be useful, a summary of the text may not become a part of the medical record. Just as with phone consultations, it is important that the medical record reflect the conversation. Without such information, should a lawsuit be filed, the ability to defend a case may be compromised. Additionally, if the actual texting is shown to a jury, "the appearance of the message will often not be one of professionalism, but one of hasty, casual, incomplete consultations, and one that may be interpreted as unconcerned, flippant, and / or disrespectful of the patient" (Baker, 2010, p. 5-6).

Adding patients or being added to a patient's "my friends" on Facebook / LinkedIn / other social networking sites blurs the lines of professional boundaries. Posting pictures on web pages and networking sites can also place the nurse at risk. Nurses need to think about professional implications and the potential

for discipline related to violations of standards of nursing conduct or practice (WAC 246-840-710).

Additionally, some employers as well as educational institutions are checking various social networking sites to locate more information about current and potential employees/students. According to a recent article published in *American Nurse Today*, “a recent Microsoft survey found that 70% of employers rejected job candidates after finding ‘unsuitable’ photos or ‘inappropriate comments’ (such as complaints about employers) on social networking sites used by applicants” (Trossman, 2010, p. 38).

These examples describe some of the ways that we use technology and the hazards that can accompany these new tools, but this is certainly not an exhaustive list. These are emerging issues that employers, employees, care providers and patients are still navigating. There are not yet any definitive guidelines.

To protect yourself and best serve your patients, be thoughtful and cautious in your online and text communications.

References

Trossman, Susan. (November, 2010). *Issues up close: Sharing too much? Nurses nationwide need more information on social networking pitfalls. American Nurse Today. 5 (11). pp. 38-39.*

Baker, Kimberly D. (November, 2010). *How texting patient information can increase risk. Washington Healthcare News. 5 (11). pp. 1, 4, 6.*

The Skills and Ills of Using Social Media: What you should know before you Tweet and set up a Facebook Page

Given these issues are becoming more prevalent, WSNA will be offering a Pre-Conference workshop on April 27th, immediately prior to our convention. Please plan to attend this important continuing nursing education offering to learn more about social networking and your practice!

Frequently Asked Questions on the New Continuing Competency Requirements

Why did the Nursing Commission develop such a continuing competency requirement?

The public expects nurses to practice with reasonable skill and safety throughout their career. The Nursing Care Quality Assurance Commission (NCQAC) is the agency responsible for protecting the public by regulating the competency and quality of nursing practice. NCQAC does this by establishing and monitoring licensure and standards of practice, continuing competency, and discipline (RCW 18.79.101).

At the present time, nurses demonstrate competency only when they are first licensed after graduating from an approved nursing program and passing the licensing examination (NCLEX). There is no mechanism in place currently for nurses to show that they are competent throughout their career. The Continuing Competency Program provides a foundation for nurses to document their current and ongoing competence.

I am a retired nurse, so am concerned about meeting the practice hour requirements. What are some activities I can use to “count” towards these practice hours?

- Volunteer hours at a community clinic
- Provide home care for a family member
- Flu shot clinics
- Parish nursing
- Blood pressure screening

Do all of my continuing education hours need to be ANCC approved?

No, they do not. You can use in-service hours, CPR renewal, other educational offerings, and academic coursework in addition to other educational options such as providing an educational presentation at a local meeting / organization.

My birthday is June 1st. Can I count practice and / or continuing education hours towards my requirements if those hours occur prior to my 2011 June birthday?

No. All the required hours begin with your 2011 birthday date. Nothing may be counted retro-actively.

What happens if I don't meet the active practice requirement?

Nurses who have not practiced for 36 months or more, or who have not met the 531 hour requirement in 36 months, may apply for Inactive license status. You may need to complete a commission-approved nurse refresher course or other commission-approved remediation prior to applying for an active license and returning to practice from inactive status

What happens if I don't comply?

The commission will first offer technical assistance for nurses found to be non-compliant. Nurses who continue to fail to meet the program's requirement will be subject to disciplinary action. This includes fines, completion of remedial activities and/or denial of re-licensure.



Reserve Your Ticket to Tomorrow

*Make your plans now to attend the WSNA Biennial
Convention on April 27 – April 29, 2011*

THIS ACTION-PACKED THREE DAY EVENT will be held at the Hilton Seattle Airport Hotel & Conference Center, 17620 International Blvd, across from the Seattle-Tacoma International Airport. Activities will begin on Wednesday, April 27th with a special pre-convention CE session from 10 am – 1:30 pm. This will be followed by a meeting of the WSNA Statewide Local Unit Council, a special “Meet the WSNA Candidates Forum” and a Wine and Cheese Networking Reception.

Don't miss out on this important opportunity to join your nurse colleagues from all across the state. Learn about the important issues facing nurses today and in the future and what's being done to address them. Enter into the dialog and help shape the direction of WSNA's priorities for the coming biennium.

There's something for Everyone! The convention will feature many nationally recognized speakers and presenters, including Norma Lang, PhD, RN, FAAN, who will deliver the convention's keynote address. The WSNA General Assembly business meeting will be held, along with poster sessions, exhibits, CE sessions, the biennial WSNA awards reception, the ever-popular WSNF Auction and many fun-filled events, good food, and lots of opportunity for networking and renewing and making new friendships!

Agenda Highlights:

Skills and Ills of Using Social Media: What You Should Know Before You Tweet and Set Up Your Facebook Page

ANA - On the Way to Nursing's Future

Translating Research into Practice - Linking Quality, Safety, and Practice

Mapping The Economic Value of Nursing

Illuminating the Pathways Towards Nursing's Future (Panel Presentation)

Changing Roles for Nurses in Health Systems and Communities

Using Quality Dashboards to Guide Practice

Team-based Healthcare Delivery: Improving Patient Outcomes

Retooling for a New Workforce - What does this Mean for Education, Transition to Practice, and Competencies?

Pulling it all Together - You as the Driver

WSNA General Assembly Business Meeting, Nominations, Resolutions and Bylaws

The **WSNA General Assembly** business meeting will take place on Thursday, April 28th and will address many items of important business for the membership, including proposed amendments to the WSNA Bylaws, Resolutions and final nominations for elected offices

(See related article for the current 2011 Ticket of Nominees for Elected Offices and how to self-declare or be nominated from the floor). Proposed amendments to the WSNA Bylaws, Non-Emergency Resolutions, the Biennial Association Reports and Candidate Statements will be posted on the WSNA website at www.wsna.org and printed in the Spring 2011 Issue of *the Washington Nurse*.

Register early and become eligible for a very special door prize! Convention Registration forms, hotel reservation information and rates will be available by calling Duncan Taylor at WSNA at 206.575.7979 ext 3003 or online at www.wsna.org. For information on exhibiting at the Convention, contact Duncan Taylor at WSNA at

206.575.7979 ext 3003. For information on submitting a Poster Session, contact Sally Watkins at 206.575.7979, ext 3007.

Also, don't miss the **WSNF Silent Auction**, Thursday, April 28, 2011 on the first full day of the WSNA Convention. Auction items are beginning to roll in and details will be posted on the WSNA website in early March. To make a donation to the WSNF auction, call WSNA 206.575.7979 ext 3024.

Complete Schedule At-A-Glance:

Wednesday, April 27, 2011

10:00 am - 1:30 pm

Skills and Ills of Using Social Media

Pre-Conference Continuing Education Session

2:00 - 4:30 pm

Local Unit Council Meeting

5:00 - 6:00 pm

Candidates Forum

6:30 - 8:30 pm

Welcome Reception

Meet the candidates in person and network with other attendees at the Welcome Reception. Wine and cheese will be provided.

Thursday, April 28, 2011

7:30 - 9:00 am

Registration & Breakfast

8:15 - 8:45 am

Finding Your Way at Convention

Orientation for Students and New Attendees

9:00 - 10:15 am

ANA - On the Way to Nursing's Future

Karen Ballard, MA, RN, FAAN

ANA First Vice President

10:15 - 10:45 am

Break

10:45 am - 12:30pm

General Assembly Session 1

12:30 - 1:30 pm

Lunch

1:30 - 3:30 pm

General Assembly Session 2

3:30 - 4:00 pm

Break

4:00 - 5:00 pm

Translating Research into Practice - Linking Quality, Safety, and Practice

Norma Lang, PhD, RN FAAN

5:00 - 5:45 pm

Reception

Heavy hors d'oeuvres will be provided.

5:45 - 7:45 pm

WSNA Recognition Awards

Friday, April 29, 2011

7:30 - 8:30 am

Registration & Breakfast

8:30 - 9:30 am

Mapping the Economic Value of Nursing

David Keepnews, PhD, RN

9:30 - 10:00 am

Break

10:00 - 11:30 am

Illuminating Pathways To Nursing's Future

Panel Presentation

facilitated by Norma Lang, PhD, RN, FAAN

11:30 am - 12:45 pm

Lunch Break

12:45 - 1:30 pm

Concurrent Sessions 1

- Changing Roles for Nurses in Health Systems and Communities
Louise Kaplan, PhD, ARNP, RN
- Using Quality Dashboards to Guide Practice
Diane Brown, PhD, RN, CPHQ, FNAHQ, FAAN
- Team-based Healthcare Delivery: Improving Patient Outcomes
Brenda Zierler, PhD, RN, RVT
- Retooling for a New Workforce: What Does this Mean for Education, Transition to Practice, and Competencies?
Linda Tieman, MN, RN, FACHE

1:30 - 1:45 pm

Break

1:45 - 2:30 pm

Concurrent Sessions 2

- Changing Roles for Nurses in Health Systems and Communities
Louise Kaplan, PhD, ARNP, RN
- Using Quality Dashboards to Guide Practice
Diane Brown, PhD, RN, CPHQ, FNAHQ, FAAN
- Team-based Healthcare Delivery: Improving Patient Outcomes
Brenda Zierler, PhD, RN, RVT
- Retooling for a New Workforce: What Does this Mean for Education, Transition to Practice, and Competencies?
Linda Tieman, MN, RN, FACHE

2:30 - 2:45 pm

Break

2:45 - 3:30 pm

Pulling it all together - You as the Driver

Karen Ballard, MA, RN, FAAN

ANA First Vice President

3:30 - 3:45 pm

Break

3:45 - 4:45 pm

Nursing Students of Washington State (NSWS) Convention Business Meeting

Nursing Students, Faculty Advisors, & Student Leaders. Open to any interested nursing students.

3:45 - 4:45 pm

WSNA Roundtable Dialogue Session

4:45 - 5:00 pm

Future Direction: Where We Go From Here

Wrap up & adjournment

CONTINUING EDUCATION CONTACT HOURS: 8.5

The 2011 WSNA Convention educational activities are provided by the Continuing Education Provider Program of the Washington State Nurses Association (OH-231, 9-1-2012), an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Please note: To receive contact hours for WSNA continuing education, participants must be physically present for 100% of the content being presented. This includes any discussion, questions and answers that may result from the presentation. An individual attending educational sessions both days of the Convention can receive a total of 8.25 contact hours for the two days.

Nominees for Elected Offices

The WSNA and E&GW Nominations / Search Committees wish to thank all those who submitted consent-to-serve forms for elective office and to remind others that it is still not too late to become a candidate. Members who want to self-declare their candidacy for an elected office may still do so by sending a letter and completing a consent-to-serve form to WSNA Headquarters. These materials must be received at WSNA by no later than February 25, 2011, sixty days prior to the first meeting of the WSNA General Assembly. Names of candidates who self-declare by this date shall appear on the Ticket that will be printed in the Spring issue of the Washington Nurse. Consent forms are available at www.wsna.org/About/Leadership/Documents/consentfrm%2010.pdf or by calling WSNA. Nominations will also be taken from the floor of the General Assembly, and elections will take place by secret mail ballot shortly after the conclusion of the WSNA Convention. **THE FOLLOWING WSNA MEMBERS, IDENTIFIED BY DISTRICT NUMBER AND HOMETOWN, HAVE CONSENTED TO RUN FOR WSNA ELECTED OFFICES:**

WSNA Board of Directors

11 members to be elected, including president, vice president, secretary / treasurer, three at-large directors, two staff nurse directors and the elected Chairs of the Cabinet on Economic and General Welfare, Professional Nursing and Health Care Council and the Legislative and Health Policy Council.

President (1 to be elected)

Julia A. Weinberg, District #16, Bow

Vice President (1 to be elected)

Susan E. Jacobson, District 6, Yakima

Secretary / Treasurer (1 to be elected)

Verlee 'Vee' Sutherlin, District #4, Nine Mile Falls

Directors At-Large (3 to be elected)

Patricia Di Egidio Tobis, District #2, Bellevue

Jennifer A. Graves, District #2, Seattle

Pat Lombard, District #1, Bellingham

Directors At-Large Staff Nurse (2 to be elected)

Jeanne Avey, District # 10, Longview

Judi M. Lyons, District # 18, Ellensburg

Ann M. Whitley, District #6, Yakima

WSNA Nominations / Search Committee

4 to be elected

Kim Armstrong, District # 3, Olalla

Danielle Feist, District 4, Spokane

Sally Herman, District #16, Mt. Vernon

Muriel G. Softli, District #2, Seattle

Cabinet on Economic & General Welfare

7 – At-Large and 1 – Chairholder; 1 – Vice Chairholder; 1 – Secretary / Treasurer

Chair and Member of the Board of Directors (1 to be elected)

Marty Avey, District #4, Spokane

Kathy Ormsby, District #4, Spokane

Vice Chair (1 to be elected)

Julia Rose Barcott, District #6, Yakima

Secretary-Treasurer (1 to be elected)

Sally A. Baque, District #3, Olalla

Members At-Large (7 to be elected)

Lori Bethay, District 6, Yakima

Susan M. Jacobsen, District # 3, Tacoma

Pamela Newsom, District #2, Seattle

Peggy Slider, District #4, Spokane

Evelyn Street, District #3, Olympia

John Tweedy, District #16, Camano Island

E&GW Nominating / Search Committee

3 to be elected

Betty Blondin, District #3, Gig Harbor

Martha Goodall, District #4, Mead

Jon Olson, District #10, Kelso

Pam Rimel, District #6, Yakima

Legislative & Health Policy Council

3 At-Large and 1 Chairholder

Chair and member of the Board of Directors (1 to be elected)

Ed Dolle, District #17, Port Orchard

At-Large (3 to be elected)

Lyzzy Caley Stewart, District #11, Vancouver

Patty Hayes, District # 13, Olympia

Joni Hensley, District #1, Everson

Angel Mathis, District #2, Seattle

Lynette Vehrs, District #4, Spokane

Professional Nursing & Health Care Council

7 to be elected with representation of 1 – Research; 1 – Education; 1 – Practice; 1 – Administration; 1 – Ethics and Human Rights; 1 – At-Large; 1 – Chair

Chair and member of the Board of Directors (1 to be elected)

Jeaux Rinehart, District #2, Seattle

Administration (1 to be elected)

Kim Jo Ward, District #4, Spokane

At-Large (1 to be elected)

Pamela Pasquale, District #7, Wenatchee

Education (1 to be elected)

Sarah Bear, District # 16, Mt. Vernon

Ethics and Human Rights (1 to be elected)

Antwinett O. Lee, District #2, Lynnwood

Practice (1 to be elected)

Tim R. Davis, District #16, Mt. Vernon

Louise C. Waszak, District #2, Bellevue

Research (1 to be elected):

Barbara Innes, District #2, Seattle

Delegates to 2013 National Federation Assembly

6 to be elected

Marty Avey, District #4, Spokane
Sally A. Baque, District #3, Olalla
Julia Rose Barcott, District #6, Yakima
Lori Bethay, District 6, Yakima
Betty Blondin, District #3, Gig Harbor
Martha Goodall, District #4, Mead
Susan E. Jacobson, District #6, Yakima
Judi M. Lyons, District #18, Ellensburg
Sonya Miller, District #3, Puyallup
Pamela Newsom, District #2, Seattle
Kathy Ormsby, District #4, Spokane
Jeaux Rinehart, District #2, Seattle
Karen L. Tranholt, District #3, Auburn
John Tweedy, District # 16, Camano Island
Michelle "Shelley", Van Pelt, District #16, Clear Lake
Ann M. Whitley, District #6, Yakima

At-Large Delegates to 2012 ANA House of Delegates

Approximately 6 to be elected

Office of the President

Jan Bussert, District #2, Vashon Island
Lyzzy Caley Stewart, District #11, Vancouver
Patricia Di Egidio Tobis, District #2, Bellevue
Danielle Feist, District 4, Spokane
Tara Goode, District #2, Everett
Jennifer A. Graves, District #2, Seattle
Sally Herman, District #16, Mt. Vernon
Christine Himmelsbach, District #2, University PLace
Judy Huntington, District #2, Kent
Mara Keival, District # 2, Portland
Antwinett O. Lee, District #2, Lynnwood
Angel Mathis, District #2, Seattle
Michelle, Slider, District #4, Spokane
Muriel Softli, District # 2, Seattle
Louise C. Waszak, District #2, Bellevue,
Sally Watkins, District #3, Gig Harbor
Ed Zercher, District #2, Sammamish

Staff Nurse Delegates to 2012 ANA House of Delegates

Approximately 30 to be elected

Kim Armstrong, District #3, Olalla
Jeanne Avey, District #10, Longview
Marty Avey, District #4, Spokane
Sally A. Baque, District #3, Olalla
Julia Rose Barcott, District #6, Yakima
Sarah Bear, District # 16, Mt. Vernon
Lori Bethay, District 6, Yakima
Betty Blondin, District #3, Gig Harbor
Tim R. Davis, District #16, Mt. Vernon
Martha Goodall, District #4, Mead
Susan E. Jacobson, District #6, Yakima
Susan M. Jacobson, District #3, Tacoma
Christina Jepperson, District #16, Sedro-Woolley
Pat Lombard, District #1, Bellingham
Judi M. Lyons, District #18, Ellensburg
Sonya Miller, District #3, Puyallup
Pamela Newsom, District #2, Seattle
Jon Olson, District 10, Kelso
Kathy Ormsby, District #4, Spokane
Leigh Raby, District #16, Bellingham
Jeaux Rinehart, District #2, Seattle
Evelyn Street, District #3, Olympia
Debra L. Stevenson, District #3, Graham
Karen Tranholt, District #3, Auburn
Judith Turner, District #3, Fox Island
John Tweedy, District # 16, Camano Island
Michelle "Shelley", Van Pelt, District #16, Clear Lake
Julia A. Weinberg, District #16, Bow
Dana Weldom, District # 16, Bellingham
Ann M. Whitley, District #6, Yakima
Denise "DeeAnn" Wolf, District #16, Mt. Vernon

WSNA Director to the National Federation of Nurses (NFN) National Executive Board

*1 to be elected to a 4 year term
January 2012 – December 2015*

Marty Avey, District #4, Spokane
Judi M. Lyons, District #18, Ellensburg
John Tweedy, District # 16, Camano Island

Speaker Spotlight



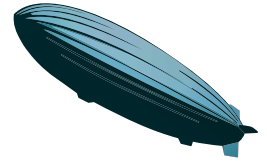
**Norma M. Lang, PhD, RN,
FAAN, FRCN**

WSNA is excited to have noted nursing leader Norma Lang as our keynote speaker for the 2011 Convention. Dr. Lang will be giving an address on "Translating Research into Practice – Linking Quality, Safety, and Practice" and will also be facilitating a plenary session regarding illuminating pathways to nursing's future.

Currently, Dr. Lang is leading the "Knowledge-Based Nursing" Initiative (KBNI), a leading edge partnership among Aurora Health Care, Cerner Corporation, and University of Wisconsin-Milwaukee College of Nursing (ACW). The goal of the project is to accelerate and expand the use of knowledge and evidence in nursing practice through intelligent technology.

Variation in the quality of nursing care across countries, clinical settings, and populations is widely recognized. KBNI identifies, defines, facilitates and improves nurses' direct contributions to patient outcomes through the enhanced use of evidence based clinical care using intelligent clinical information systems.

Dr. Lang is a member of the Boards of the National Quality Forum (NQF) and the Commission on Graduates from Foreign Nursing Schools (CGFNS). She is a member of the Advisory Group for the NQF Executive Institute. She currently serves on the Joint Commission (JC) Evaluation Committee for the Codman awards and chairs the NQF/ JC selection committee for the Eisenberg Awards.



Ticket to Tomorrow

Name _____ Credentials RN LPN Other _____

Address _____

City _____ State _____ Zip _____ Phone _____

School / Employer _____ Email _____

<p>PRECONVENTION CE SESSION <i>Social Media: Implications for Practice</i></p> <p><input type="checkbox"/> Member <i>Free</i> <input type="checkbox"/> Non-member \$20</p> <hr/> <p>FULL CONVENTION</p> <p><input type="checkbox"/> Early Bird \$175 (by 4/12/11) <input type="checkbox"/> Member \$200 <input type="checkbox"/> Non-member \$250 <input type="checkbox"/> Retired member \$90</p>	<p>A LA CARTE OPTIONS</p> <p>Thursday Only</p> <p><input type="checkbox"/> Member \$125 <input type="checkbox"/> Non-member \$160 <input type="checkbox"/> Retired member \$90</p> <p>Friday Only</p> <p><input type="checkbox"/> Member \$125 <input type="checkbox"/> Non-member \$160 <input type="checkbox"/> Retired member \$90</p> <p>Awards Reception Only</p> <p><input type="checkbox"/> \$45</p>	<p>STUDENTS <i>A non-RN nursing student working toward becoming a Registered Nurse. RNs in school to complete a higher educational degree do not qualify for the "student nurse" rate.</i></p> <p>NSWS Members</p> <p><input type="checkbox"/> Thursday \$20 <input type="checkbox"/> Friday \$20</p> <p>Non-NSWS Members</p> <p><input type="checkbox"/> Thursday \$30 <input type="checkbox"/> Friday \$30</p>
<p>_____ Total Fees</p> <p><input type="checkbox"/> Check Enclosed</p> <p><input type="checkbox"/> VISA / MasterCard _____ Exp Date _____</p> <p>Cardholder Name _____ Cardholder Signature _____</p>		

FRIDAY CONTINUING EDUCATION SESSIONS

Select one option for each session.

Session 1

- Changing Roles for Nurses in Health Systems and Communities
- Using Quality Dashboards to Guide Practice
- Team-based Healthcare Delivery
- Retooling for a New Workforce

Session 2

- Changing Roles for Nurses in Health Systems and Communities
- Using Quality Dashboards to Guide Practice
- Team-based Healthcare Delivery
- Retooling for a New Workforce

Return registration form to the address below or fax to 206-575-1908.

Washington State Nurses Association, 575 Andover Park West, Suite 101, Seattle, WA 98188

CONTINUING EDUCATION CONTACT HOURS:

The 2011 WSNA Convention educational activities are provided by the Continuing Education Provider Program of the Washington State Nurses Association (OH-231, 9-1-2012), an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Please note: To receive contact hours for WSNA continuing education, participants must be physically present for 100% of the content being presented. This includes any discussion, questions and answers that may result from the presentation. An individual attending educational sessions both days of the Convention can receive a total of 8.25 contact hours for the two days.

Make a Difference — Give to the WSNF

It's true! You can make a difference in someone's life by giving a gift to the Washington State Nurses Foundation (WSNF). Your gift will support students attending college, either to become an RN or to advance their education with a BSN, Master's or doctoral degree. We are all aware that tuition costs have been climbing much faster than inflation, especially in the past few years. Your gift will allow us to award scholarships to more students, and to give larger scholarships, all to very deserving students — our future nurses and future nurse leaders.

In a joint effort, a WSNF community service mini-grant can make a difference in your community! We make grants to nurses who are doing various community service or education projects. Are you interested in giving something back to your community? Design a community service project, then submit an application for funding of your project. Grants up to \$500 are available. Your project could be the next one that the Foundation supports. We look forward to hearing from you!

Another way to make a difference in someone's life is to honor them with a gift to the Foundation. Do you have a nurse friend, colleague, or mentor who has made a difference in your life? Consider honoring them by making a donation to the Foundation in their honor. The Foundation will send the honoree a letter notifying them that you have honored them with a donation to WSNF (Note: donation amounts are confidential).

If you would like to target your donation to a specific fund, then select from the following:

- Etta B Cummings Emergency Assistance Fund
- May S Loomis Professional Development Fund
- Dolores Little Scholarship Fund
- Nursing Mini Grant Fund
- WSNF General Operations Fund

The mission of the WSNF, a 501(c)3 charitable foundation, is to promote the advancement of educational and professional excellence within nursing, and the health and well being of the citizens of Washington State.

Thank you to the following individuals and organizations who donated in 2010!

AS OF 12/09/10

Affinity Insurance Services (NSO)	Group Health Credit Union	Marilyn Price	Sara Frey
Alison Campbell	Hanna Belay	Marjorie Batey	Sofia Aragon
Alyce Schaffer	Helen Gaevert	Marty Avey	Susan Dunn
Anna Mae Erickson	Holy Rosary Parish	Mary Ann Thimmes	Susan E. Jacobsen
Barbara Frye	Health Ministry	Mary E Reed	Susan Glass
Carol Brunner	Jane Hill-Littlejohn	Mary Mahoney	Susan M. Jacobson
Catherine Powers	Joanna Boatman	Nurses Association	Theresa Williams
Cathy Sanders	Judi Lyons	Muriel Softli	Thomas Booze
Christina Humburgs	Judith Turner	Nancy Bowers	Tina Geradi
Christine	Judy Huntington	Nancy Edwards	Tracy Macdonald-Schmidt
Himmelsbach	Judy Marken	Nancy Wilder	Travis Elmore
Darlene Delgado	Julia Weinberg	Pam Cronrath	Virgina Harshey-Meade
David Trevino	Karen Welch	Pam Rimel	
Edna Cortez	Kim Armstrong	Pamela Newsom	
Eunice Cole	King Co Nurses Association	Pat McClure	
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The **2011 Washington State Legislature** is set to convene in Olympia on **February 12th**. This will be an especially challenging Legislative Session given the **severe budget deficit** the state is facing. WSNA has been working hard in the interim and will be a strong voice in Olympia as we move forward with the implementation of **federal health reform**, key nursing proposals such as protecting **nursing education** funding, ensuring **uninterrupted meal and rest breaks**, and protecting key health care programs and **public health** funding. **Here is a preview of the legislative landscape and some key issues that WSNA will be focused on: ➡**

Nursing's role in the Washington State budget crisis

Unprecedented shortfalls – unprecedented cuts

In 2007, we saw the beginning of the “Great Recession.” No one could predict how bad the state’s budget would be by 2010. Then, there was hope that the economy would pick up or that the state’s revenue structure would somehow change or improve to continue support of the most vital government programs.

As our economy has worsened, the need for public services increases. Yet the budget crisis continues to shrink the safety net. A poor economy places a greater importance on publicly funded programs.

For tens of thousands of families who work but do not have access to insurance through their employers, the Basic Health Program is the only affordable option. Yet the number of people on the Basic Health Plan has been reduced to 60,000 while 130,000 are on the waiting list. The Apple Health for Kids program provided health insurance for children when their parents are unable to provide it. The Disability Lifeline is the safety net program for adults who are unable to work because of a permanent disability.

For one single mom, without Maternity Support Services (MSS), she could not have had a healthy pregnancy and baby. MSS was her safety net while she looked for a job and got back up on her feet. Now employed, she is committed to speaking publicly in support of MSS.

Putting This Year in Perspective

For the 2007-2009 biennium, the deficit was “only” three billion. The size of a three billion dollar deficit meant that even if the state had shut down every community college and four year university, the state would still have a deficit in the neighborhood of a few million.

The outlook for the 2011-2013 biennium has worsened twofold compared to 2007-2009 with the shortfall ballooning to almost six billion dollars. Government spending is at its lowest in 30 years, and the growth rate of spending is zero percent.

The federal government and the state legislature did its best in the previous budget to temporarily patch holes by doing things such as using one-time federal aid, streamlining state funds, imposing furloughs and hiring freezes on public employees,

and reducing funds for programs like Maternity Support Services and the Basic Health Plan. The next round of cuts will be substantial slices or eliminations of critical programs – there are no more accounting tricks or efficiencies to be squeezed out of the budget.

During the 2007-2009 biennium, it made sense to legislators to save government programs that had a federal match. For example, for every one state dollar invested in Maternity Support Services, the state receives two dollars from the federal government. The rationale was that not investing state dollars meant losing even more dollars in the form of federal funds. The shrinking infrastructure of state agencies, including the lay off of thousands of employees, resulted in an inability to even administer programs with a federal match. A shrinking state government in many instances means turning away federal dollars.

What is now at risk for Washington State:

Jobs. In health care, employers are reluctant to hire because funding sources that supported health programs (and health professionals who deliver the services) are drying up.

A booming nursing shortage. The suspension of health professions scholarships and more expensive tuition undermines the state’s ability to educate and train nurses. Prior to the recession, there were not enough slots to educate students who aspired to be nurses. With disappearing scholarship programs and skyrocketing tuition, a nursing education may be out of reach for even more students.

A weak workforce unable to support the local economy. Deficit created higher tuition and lack of tuition assistance is making higher education increasingly out of reach for any student. This threatens the ability of our state to develop a well-educated and trained workforce to sustain our local economy.

Uncontrolled communicable disease in our communities. Lack of support for a public health funding decreases our ability to control communicable disease and respond to sudden health threats like swine flu.

Unnecessary spending for health care. Emergency room visits will go up for those who do not have access to health care like Basic Health or Apple Health for Kids.

Uncontrolled preventable disease. Preventative services are often the first to be cut, leading to higher rates of preventable disease or poorly managed chronic disease such as diabetes.

Your voice as a nurse can help legislators make thoughtful decisions in Olympia

Come to Olympia to educate lawmakers about the impact of the cuts. Many public health nurses have volunteered to testify about the clients they serve and the consequences of a lack of services. WSNA will work with you to develop testimony, coach you, and be with you throughout the hearing process.

Visit your legislator. WSNA will give you the tools you need to identify your legislator, make a meeting, and prepare materials.

Attend Nurse Lobby Day on February 14th. Nurse Lobby Day is one of the largest events held in Olympia. Over 750 nurses and nursing students descend on the capitol to learn about the latest policy issues.

Use the advocacy tools on the WSNA legislative advocacy webpage at www.wsna.org/Political-Action

Vulnerability of Health Funding

Health and Human Services continues to be the most vulnerable and likely place to cut. Social and health services constitute almost 30% of the budget (www.governor.wa.gov/priorities/budget/faq.asp). Much of the remainder of the state budget is protected and cannot be cut, such as K-12 basic education funding (constitutionally protected), pensions, and debt service.

In 2010, the legislature put forward a revenue package to fill some of the widening gap, in the form of an \$800 million dollar revenue package to apply the sales tax to candy, gum, and bottled water. The revenue package did raise about \$800 million to fill the gap in health services, public health, education, and environmental conservation efforts, but unfortunately the fall elections have now taken us a step backwards again.

Impact of the Elections

The results of the 2010 elections present additional challenges to the state:

I-1107 repealed the tax on candy, gum, and bottled water. The beverage industry was the major promoter of the initiative,

outspending opponents by tens of millions of dollars. This recreated \$300 million of the state's budget gap. <http://bit.ly/gD1tKy>

I-1052, Tim Eynman's initiative, now requires a two thirds vote of the legislature to pass any measure that would increase the state's ability to increase revenue. However, only a simple majority vote is needed to create more tax loopholes for entities who can't claim to be short of cash. Many are passed by the legislature every year.

Several key champions of health and human services were defeated in the November elections. They include Dawn Morrell, RN, Randy Gordon, and Claudia Kauffman.

The Role of Nurses

Nurses have an opportunity to shape the state's response to the budget shortfall more than any other profession. Legislators welcome the opinion of nurses, the profession considered to be the most honest and ethical for the 11th year in a row according to Gallup's Honesty and Ethics survey.

Health industry leaders want more nurses to shape health policy due to their front-line perspective and lack of economic incentive or profit motive. A recent report from the Institute of Medicine titled *The Future of Nursing: Leading Change, Advancing Health* also emphasizes the need for nurses to be full partners, with physicians and other health professionals, in redesigning health care in the United States.

Indeed, the opportunity that comes with health reform is the only bright spot for many of Washington's legislators.

Taking action works. Due to advocacy efforts, the following programs have been taken off the table for elimination by the Governor as of the writing of this article:

- MSS was originally slated for elimination in March, and now is proposed for a reduction.
- Home hospice services is no longer slated for elimination.
- Medical interpretation services, originally slated for elimination, will continue until March of 2011. This gives enough time for the legislature to act and further protect that program.

We are eager to have you join us in Olympia to advocate for the rights of patients and their families throughout Washington. This will be a difficult year and now more than ever, we must have nurses' voices in the legislature.

Toxic Free Kids Act

Good News: We Are Making Progress

Washington State and Washington State nurses have led the nation in passing groundbreaking policies to protect children from toxic chemicals, including banning lead, phthalates and cadmium from many toys and children's products, banning Bisphenol A and toxic flame-retardants. In fact, this support again has led to federal legislation protecting children, but it is not enough. It is just the tip of the iceberg of harmful chemicals. We must continue to support legislation that protects children.

Recently, studies have found high levels of cancer-causing cadmium in McDonald's Shrek glasses and children's jewelry, the reproductive toxicant Bisphenol A in paper receipts, and lead in vinyl bounce houses. All of these chemicals have been linked to adverse health effects including cancer, reproductive problems, and learning disabilities. Parents shouldn't have to research a product, reading pages of literature (if the data is even available) to determine if a toy or product is safe. They should be able to take a product intended for a child right off the shelf and be assured that it IS safe.

There are over 80,000 chemicals in commerce today. We know the health effects of less than 1% of these chemicals. Banning one chemical at a time is not feasible and it is too slow. Our children and our children's children's health is at stake. Human health is at stake.

We cannot afford to wait any longer. The one-chemical at a time approach is too slow. It is time to end the toxic trouble once and for all by allowing the Department of Ecology to act quickly to reduce and eliminate harmful chemicals in kids' products when safer alternatives are available.

The Toxic-Free Kids Act Will Protect Children's Health by:

- Prioritizing chemicals we know are harmful to kids for reduction and phase-out.
- Authorizing the Department of Ecology to take action through rulemaking to reduce and eliminate toxic chemicals in children's products where there are safer alternatives.
- Requiring children's products manufacturers to find and use safer alternatives for harmful chemicals in products.

An Approach that Makes Sense

This act makes sound economic sense. Prevention is the most cost-effective way to deal with toxic chemicals that threaten our health and environment.

It is an efficient use of state agency resources. The most efficient way to get toxic chemicals out of products, kids, and the environment is to provide the Department of Ecology with clear authority and a streamlined process that will result in action.

We Should Not Stop Now!

Thanks to innovative solutions, mercury, toxic flame-retardants, lead, and other persistent toxic chemicals all are being phased out in the state. Soon, Washington will be the first state in the nation to require toy manufacturers to say what chemicals are in their products.

Breaks

Ensuring that nurses receive full, uninterrupted rest and meal breaks has been a priority for WSNA for the past several years and will again be the top priority in 2011. This issue is critical for nurses to maintain the alertness and focus required to provide safe and quality patient care. A growing body of research confirms what we've all learned from personal experience – fatigue experienced by nurses working long hours contributes to medical and medication errors.

Intermittent breaks, defined as brief interruptions in work activities DO NOT provide meaningful breaks. A "rest period" is intended to be an opportunity to completely stop work duties, exertions, or activities for personal rest and relaxation. Confering with colleagues and sitting down to chart are related to your nursing duties and cannot be viewed as a break. Activities like going to the bathroom or getting a drink of water also should not be characterized as rest or time away from work.

In preparation for the 2011 Legislation Session, we have been working hard to educate legislators about the importance of rest breaks and to correct some of the myths circulating about this bill. We've also been across the state hosting education sessions for our members about the latest information on fatigue and the impact of missed breaks. If you weren't able to attend one of these workshops, you can visit www.wsna.org/Political-Action for more information. WSNA is also pursuing this issue through other avenues, both challenging employers' rest breaks policies in the courts and working with the Department of Labor & Industries on rest break regulation.

With safety at stake, we need a statewide solution to this growing problem. WSNA will be engaged in a series of efforts to ensure that all nurses in Washington receive their full, uninterrupted rest breaks.

Public Health

Public health and public health nursing are the center of a quality health care system and the most cost effective system for disease prevention and health improvement. Public health is also our first line of defense in responding to natural and man-made disasters.

Washington's public health system is in jeopardy due to decades of neglect and erosion in public health spending. The ability of our local public health department to perform core functions has already been greatly reduced and further cuts in the public health system will jeopardize the health and safety of our communities.

Key programs like Maternity Support Services (MSS) are partially funded and operated by public health districts across the state. MSS helps at-risk moms in Washington State to have healthy babies. One out of every three pregnant women in our state receives MSS to supplement prenatal care. Health benefits of MSS include reducing the number of babies with long-term disabilities due to low birth weight and lower infant mortality rates. Maintaining MSS is a sound fiscal investment, avoiding expensive hospitalizations and long term adverse health outcomes. It's estimated that without MSS, preventable low birth weights will result in an estimated \$5.3 million additional hospital costs in Washington each year. The program also brings in \$48 million dollars of federal funds that will be lost if state funding is cut.

This is just one of the programs at risk if we slash public health funding. The important role of public health nurses and nursing services is even recognized in Washington law: "The legislature further finds that public health nurses and nursing services are an essential part of our public health system delivering evidence-based care and providing core services including prevention of illness, injury, or disability, the promotion of health, and maintenance of the health of populations."

Public health and public health nurses are a core component of our health care system, a system that we all count on to deal with such urgent issues as bioterrorism, disaster preparedness, food and water supply safety, and emerging diseases such as influenza, West Nile virus and tuberculosis.

Maintaining core funding for our public health system must be a top priority!

Nurse Advocacy in Safe Drug Disposal

"Take Back Your Meds" Bill

What is Take Back Your Meds?

WSNA continues to support a safe state funded drug disposal program. We have joined other health organizations, environmental groups, police, drugstores, and others demanding a statewide program for the safe return and disposal of leftover medicines.

- *Safe* means a secure and convenient system where residents can return leftover medications – throughout Washington.
- *Safe* also means the proper disposal of what are essentially toxic leftovers – and the only proven method is through high-temperature incineration.

Unused, leftover drugs are endangering our children, our families and going into the water supply threatening our health and the environment.

- Emergency room visits involving nonmedical use of narcotic pain relievers rose 111% from 2004 to 2008 (Drug Abuse Warning Network, 2010).
- Fatal poisonings in Washington State increased 395% from 1990 to 2006 (WA DOH, 2008).
- 85% of poisoning deaths involved medicines in 2006 (WA DOH, 2008).
- 32% of child poisoning deaths in Washington were caused by someone else's prescription medication and 26% were caused by over-the-counter medications (WA DOH, 2004).

Drugs in the Environment

Drugs that aren't properly disposed of will end up in our environment. The following drugs are found in surface, ground and marine waters as well as soils and sediments in the Pacific Northwest (multiple studies, see more info at www.takebackyourmeds.org/why/medicines-in-the-environment).

- Painkillers
- Antihistamines
- Antibiotics
- Heart medications
- Hormones

Bill Language

Drug manufacturers would establish and pay for the return program (collection, transportation, disposal) in every county statewide. The program would cover over-the-counter and prescription drugs (including controlled substances). It would also include households and residential sources (hospice services, nursing homes, schools, etc.).

Washington State with the help of nurses has pushed federal legislation

The Secure and Responsible Drug Disposal Act of 2010, S. 3397, signed by the President is a conference version of Rep. Jay Inslee's (D-WA) legislation, which passed the House earlier this year. In return, this bill will help local efforts in passing a safe drug disposal program.

The bill establishes programs for Americans to safely and responsibly dispose of unused or unwanted prescription drugs and controlled substances through community based efforts

Nurse Advocacy

This is a critical issue for nurses and we can use our powerful voice to advocate for safe drug disposal by attending WSNA Lobby Day and calling or emailing our legislators to tell them Washington State needs a funded safe way to dispose of medications. ■

Additional Information:

Take Back Your Meds website:

www.takebackyourmeds.org

FACEBOOK

www.facebook.com/takebackyourmeds

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2011 LEGISLATIVE & REGULATORY AGENDA

During the state legislative session, there are hundreds of health care related bills introduced. WSNA will examine legislative and regulatory proposals that pertain to nursing and health care and revise the agenda as needed. These are not listed in rank order. Please check our website, www.wsna.org, for updated legislative information throughout the session.

ACTIVE PRIMARY SUPPORT

Legislation/Regulation that WSNA is initiating, researching, drafting, or working on actively.

Ensuring uninterrupted meal and rest breaks

Protect funding for WA Health Professional Services program

Protect funding for Nursing Commission licensing & disciplinary programs

Protect funding for public health and public health nursing including First Steps: Maternity Support Services and Infant Case Management

Public health nursing as an essential service in public health

Support funding for:

RN faculty salaries • nursing enrollments • scholarships & loan repayments

ACTIVE SUPPORT

Issues not initiated by but are strongly supported by WSNA. These are issues that WSNA is working on in collaboration with other associations and coalitions.

Health reform implementation and improving access to quality care

Closing loophole for school entry immunization exemption

Protect services and funding for state health plans including Apple Health and BHP

Legislative and regulatory issues of WSNA affiliates and other specialty nursing organizations

Prevention of workplace violence

Elimination of persistent environmental toxics

Safe disposal of pharmaceuticals

Disaster preparedness, including immunity and liability protections for employers and voluntary emergency responders

Support for School Nurses, including funding and school nurse ratios

Coalition priorities such as primary care and Take Charge / STD prevention and treatment.

ACTIVE MONITOR

Issues that WSNA has not taken a formal position on but is monitoring very closely. WSNA will decide whether to support or oppose depending on the exact language of the legislation.

Closing loopholes and prohibiting mandatory overtime for RNs

Influenza policy

Mental health funding

Access to affordable liability insurance and Tort Reform

Impact of implementation of federal health care reform in WA

Individual & small group insurance market reform

Changes to the Uniform Disciplinary Act

Adverse event and medical / medication errors

Budget

Medicaid changes / reforms

Long term care issues

Nurse Practice Act

Scope of Practice Issues such as health care assistants, medical assistants, and other assistive personnel

Prescription drug monitoring program

3rd party ARNP reimbursement

Funding for nursing workforce data collection and analysis

REVIEW

Issues that have been identified as having a potential impact to nursing and quality health care. WSNA is not likely to work actively on these issues but will monitor them.

Reimbursement for any category of provider

End of life issues

Nurse delegation

REGULATORY MONITORING

Issues that pertain to the various state regulatory agencies such as Department of Health and Labor & Industries. We monitor and provide input to these issues as rule making and agency oversight occurs.

Pain management

Access to medications

L&I regulations

Safe RN staffing standards

Safe Patient Handling/Ergonomics

Prescription drugs

Eliminating mercury use in health care settings

Nursing assistant education

Nurse delegation

Chemical and Latex allergy

Long term care

Mandatory overtime and rest breaks

State employee's right to bargain for wages

Medicaid changes/reforms

Indoor air quality

DOH/Nursing Commission

Patient and provider confidentiality issues

Blood borne pathogens / Prevention of Sharps Injuries

Nurse technicians

Mandatory Provider Reporting

Criminal background checks

Adopted by WSNA Board of Directors, November 2010

2011 LEGISLATIVE & HEALTH POLICY PLATFORM

The Washington State Nurses Association provides leadership for the nursing profession and promotes quality health care for consumers through education, advocacy, and influencing health care policy in the State of Washington.

Nursing Practice & Education

Support implementation of the Washington State Strategic Plan for Nursing to address the nursing shortage.

Support implementation of the Master Plan for Nursing Education in Washington State.

Support nursing's leadership and unique role in the delivery of comprehensive and cost-effective quality care.

Support the principle of individual licensure as mandatory for the practice of registered nursing through completion of a RN education program approved by the Nursing Care Quality Assurance Commission.

Encourage specialty certification and advanced practice of nursing.

Support nursing education funding for:

1. Increased access to nursing programs within institutions of higher education
2. Nursing faculty salaries and faculty scholarships/loans
3. Specialty certification and advance practice preparation.

Support funding for:

1. Grants and loans to encourage nursing recruitment and retention.
2. Increasing the diversity of the nursing workforce.
3. Nursing research to maximize nursing's contribution to health.
4. Data collection and analysis on the nursing workforce.

Protect the public by promoting the role and practice of registered nurses across all settings.

Access to Quality Care

Support full access to health care for all that is safe, effective, patient-centered, timely, efficient, and equitable.

Support health promotion education and disease prevention as a major focus of the health care system.

Support efforts to reduce health disparities.

Support comprehensive health care and wellness services in familiar, accessible and convenient sites such as schools, workplaces and homes, as well as traditional health care settings.

Ensure access to nursing services that emphasize the role of registered nurses as qualified providers of health care in all practice settings.

Enhance patient safety through a systems approach such as the prevention of medical errors and injuries.

Support and promote advanced registered nurse practitioners as primary care providers.

Financing Health & Social Services

Support an equitable tax base and other methods which will provide adequate funding for needed social and health services and state agency oversight.

Ensure adequate and stable funding for state health plans, public health, and public health nursing services.

Support evidenced based cost containment incentives in the health care delivery system that do not compromise quality of care and that:

- apply to all providers, payors and vendors.
- are based on continued review of the appropriateness of health care services.
- serve to eliminate significant waste and inefficiency.

Protect dedicated health funding and ensure it is used solely for health services.

Human Rights

Support the basic right of all people for equity under the law regardless of race, creed, color, gender, age, disability, lifestyle, religion, health status, nationality, or sexual orientation.

Promote a culturally competent health care system that recognizes and values differences among people.

Promote education of nurses, other healthcare providers and the general public about the problems of violence, sexual assault and harassment.

Economic & General Welfare

Promote RN staffing standards to ensure quality patient care and safety for health care providers.

Endorse and actively support the rights of all employees to participate in the collective bargaining process.

Support measures, including comparable worth and parity, which promote the economic welfare of all nurses.

Promote reimbursement policies that support the principle of equal payment for equal services provided.

Promote and seek enactment of legislation and regulation that protects the economic and employment rights of nurses, including their right to advocate for patients.

Support measures that create a work environment where nurses are respected, valued, and included in the decision making process.

Occupational & Environmental Health & Safety

Support research and education for the prevention and treatment of occupational and environmental health problems.

Support efforts to assure adequate prevention, preparedness, and response to natural, biological and chemical disasters, and acts of terrorism.

Support legislation and regulation that assures workplace safety, public safety, and promotes environmental health.

Support a precautionary approach towards occupational and environmental health.

.....
Adopted by WSNA Board of Directors, November 2010

2011 NURSE LEGISLATIVE DAY REGISTRATION FORM

Learn about the critical issues facing nurses, nursing and health in Washington this year, but most importantly, you'll discover how you can make a difference in Olympia.

Overview of WSNA priorities for 2011

Issues WSNA will work on in the next legislative session and how you can get involved

Health Reform Implementation

Overview of the Federal Patient Protection and Affordable Care Act and opportunities for nurses

Implications of the State Budget Crisis

Hear the latest budget proposals and what it means to critical health programs in Washington State

Breakout Sessions

Learn how to be an effective advocate on the issues you care about

Meet with your legislators and attend hearings

FEBRUARY 14TH, 2011

New Location!

Great Wolf Lodge
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Visit www.leg.wa.gov to find out your legislative district and representatives or call the Legislative hotline at **1-800-562-6000**. (You are encouraged to call your legislators in advance to make an appointment to guarantee availability.)

A block of rooms have been reserved at a special rate of **\$129/night** at **Great Wolf Lodge** for the evening of February 13th. Please call **1-800-640-WOLF (9653)** before January 20, 2011 and reference the Group Code "1102WSNA" in order to get this special room rate. Visit www.greatwolf.com/grandmound for more information about Great Wolf Lodge.

REGISTRANT INFORMATION

*Separate form required for each registrant.
Photocopy this form as needed.*

Name _____ Credentials _____
Street Address _____
City _____ State _____ Zip _____ Phone _____
Legislative District _____ Membership # / Last 4 SSN _____
School _____ Email _____

COST & PAYMENT METHOD

- \$20** Pre-registered* Students
- \$50** Pre-registered* WSNA, ARNPs United, AAPPN, WANA, AORN, or SNOW Members
- \$55** Pre-registered* Non-members
- \$30** Students Who Register On-Site
- \$70** All Others Who Register On-Site

*Pre-registration prices extended until February 1st

\$ _____ Registration Fee (*includes continental breakfast and box lunch*)

\$ _____ PAC Contribution (*suggested donation \$25*)

\$ _____ **Total Amount Enclosed**

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CONTINUING EDUCATION CONTACT HOURS:

These educational activities are provided by the Continuing Education Provider Program of the Washington State Nurses Association (OH-231, 9-1-2012), an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Please note: To receive contact hours for WSNA continuing education, participants must be physically present for 100% of the content being presented. This includes any discussion, questions and answers that may result from the presentation.

Return registration form to the address below or e-mail to wsna@wsna.org or fax to 206-575-1908.

Washington State Nurses Association, 575 Andover Park West, Suite 101, Seattle, WA 98188

NURSE LEGISLATIVE DAY

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District News

King County Nurses Association DISTRICT 2

King County Nurses Association District 2 has scheduled three events this winter. More details and registration are available on the KCNA Web site, www.kcnurses.org.

So You Want to Renew Your RN License?

Wednesday, January 19, 5:30 – 8:30pm
Good Shepherd Center in Wallingford

This free workshop is designed to bring registered nurses up to date with new continuing competency requirements of the Nursing Care Quality Assurance Commission and to review the responsibility of individual nurses in compliance. Nursing Education Credits of 2.0 contact hours are available. Registration deadline is January 12.

Dinner Seminar: Multiple Sclerosis

Thursday, January 27, 5:30 – 8:30pm
Good Shepherd Center in Wallingford

The seminar will provide 2.5 nursing continuing education credits.

District Meeting 2011

Wednesday, February 16, 6 – 7:30pm
Good Shepherd Center in Wallingford

The guest speaker will be Heather Barr, RN, a nurse at Public Health - Seattle / King County and member of the Health Care for the Homeless Network. Following the presentation and a brief business meeting, participants are invited to help pack 200 "cold kits" for distribution to homeless vendors of Real Change newspaper. A buffet meal is included.

Mark your calendar: more events and deadlines next spring! Visit www.kcnurses.org for details and registration.

Do you know a nursing student who needs a scholarship? Or perhaps you are a student who needs a scholarship. Next spring, KCNA will award 10 scholarships of \$2,000 each, including awards to undergraduates, graduate students and RNB students alike. KCNA Scholarship applications are on-line; completed applications are due by March 1.

Healthy Aging is the topic of a KCNA Conference scheduled for Saturday, April 2 at Bastyr University in Kenmore. This continuing education workshop will include western and complementary medicine approaches to good health in aging.

The 2011 Annual Meeting and Spring Banquet will be held on the evening of Thursday, May 12 at Shilshole Bay Beach Club. Early-bird registration (\$5 off the regular price) will be available on-line only until March 15. Join in this festive event!

Inland Empire Nurses Association

DISTRICT 4

Happy New Year!

I hope you are all enjoying winter, as we are here in the Inland Empire. Snowflakes continue to fall, and the holidays are behind us for another year.

IENA recently hosted our annual Legislative Reception on October 19 at Mukogawa Commons in Spokane. Candidates running for office, and state and local legislators spoke, along with representatives from WSNA and other nursing organizations. What a wonderful opportunity for us to hear from Representatives about issues affecting healthcare in our communities. It was also a great opportunity to let them hear from us! This event was presented with additional support from our Washington Association of Nurse Anesthetists (WANA) and Nurse Practitioner Group of Spokane (NPGS) colleagues.

New members joined the IENA Board of Directors in November. New Directors-at-Large are Kim Ward and Bobbi Woodward. Kimberly Parkey is our Community/Public Health Director, and Lynnette Vehrs is our Education Director. Laurie Vessey has moved off the Board and is now a member of the Nominating Committee. If you or anyone you know is interested in serving on the IENA Board, please contact us. We welcome your support and assistance!

As plans are made for the New Year, we hope you will participate in some of the events sponsored by your professional organization this Spring.

To learn more about upcoming events, visit spokanenurses.org/events.htm. We have an event scheduled every month through April, so please join us!

Local Unit Chair "Dinner on Us"

January 3, 2011

IENA will host our annual Local Unit Chair "Dinner on Us." This is your district's opportunity to strengthen our connection with your WSNA Local Unit Chairs (LUCs) and discover opportunities to support the wonderful nurses in our community. If you need information regarding local unit officers at your facility, please visit spokanenurses.org/UnitRoster2010e.pdf for a Unit Roster.

Nurse Legislative Day

February 14, 2011

Great Wolf Lodge in Olympia

Nurse Legislative Day in Olympia. IENA will again sponsor a bus to Olympia. Register now at spokanenurses.org/register.htm.

"Post-traumatic Stress Disorder" Workshop & Dinner

March 10, 2011, 5:30 – 8:30pm

Mukogawa Commons

CE Dinner & Workshop on "Post-traumatic Stress Disorder" sponsored by IENA. The dinner and workshop will be held at Mukogawa Commons from 5:30 - 8:30 pm.

IENA Annual Spring Gala

April 26, 2011

Mukogawa Commons

IENA Annual Spring Gala at Mukogawa Commons. This is the event when outstanding nurses in our community are recognized and students are supported through scholarships. If you know of an outstanding nurse who deserves our recognition, please nominate them for an award; visit spokanenurses.org/awardscriteria.htm for nomination guidelines and the application.

If you would like to be notified about upcoming events, please send us your email address at iena@aimcomm.net or submit your email address on our Upcoming Events Notification page at spokanenurses.org/uenotice.htm.

Michele Slider, RN, MSN

IENA President

Membership Update

By Patrick McGraw

The new year brings change to membership dues rates!

The changes to membership dues rates for 2011 are now effective.

If you pay dues annually or by installment, then you may have already noticed the change. The new rates were made active for invoices mailed in December 2010 for the annual renewal period of January through December 2011 and for the installment renewal period of January through April 2011.

If you pay dues via payroll deduction, you should notice the change to your dues rate in your January 2011 paycheck.

Should you pay dues via electronic funds transfer (EFT), you will see a change to your dues rate in the middle of January 2011.

If you are not sure what your dues rate would be, please feel free to review the membership application for 2011. The membership application is available on the WSNA Web site.

Please feel free to contact the membership department for any questions related to dues amounts or dues payment by phone at 206.575.7979, by fax at 206.838.3099 or by email at membership@wsna.org.

New Members

WHATCOM COUNTY

Burke, Veronica
 Craft, Tara
 Guignard, Andrea
 Jeffries, Mary
 Manwaring, Mark
 Mercille, Audra
 Swanson, Holly

KING COUNTY

Baek, Hyeju
 Bergman, Amanda
 Bryner, Carol
 Burrow, Laura
 Buser, Erika
 Calandro, Kathryn
 Caputo, Jennifer
 Carlson, Leora
 Chamberlain, Jeannie
 Chantler, Christopher
 Compton, Laura
 Derkitt, Rebecca
 Donaldson, Jessica
 Dyer, Jahna
 Esseddiqi, Samia
 Gantman, Victoria
 Gerber, Roebi
 Gillis, Heather
 Go, Jocelyn
 Goff, Samantha
 Grote, Kellyn
 Harris, Dorthya
 Hellenen, Lauren
 Hill, Annemarie
 Inaray, Raymond
 Iwuoha, Nkechinyere
 Kaboli, Roxanna
 Kargopolitseva, Svetlana
 Kenyon, Lori
 Kirstein, Ashley
 Kolb, Sandra
 Konnerup, Valerie
 Larose, Rachelle
 Latta, Rachel
 Laycock, Art
 Lee, Sarah
 Lin, Ann
 Lo, Jenilyn
 Mantz, Valarie
 Mccauley, Kristen
 Mcmillan, Tracy
 Mcsherry, Gordon
 Metzenberg, Erika
 Moncrief, Tammy
 Moran, Scott
 Moss, Dana

Nelson, Laura
 O'leary, Jacqueline
 Olson, Jackie
 Owens, Monty
 Parrocha, Ira
 Petrole, Lorrin
 Roberts, Alexander
 Schierbaun, Dawn
 Schroeder, Shelby
 Skurkey, Doreen
 Smee, Brett
 Somers, Kathleen
 Sousa, Carli
 Tsapina, Elena
 Villano, Luthgarda
 Weedman, Corey
 Wheelock-Rowse, Cass
 Whipstock, Elina
 Whitson, Joyce
 Zellerbach, Hilary
 Zierler, Brenda

PIERCE COUNTY

Andresen, Maribeth
 Baker, Ruth
 Banks, Tilliesa
 Barker, Ashley
 Bates, Danielle
 Boespflug, Julie
 Bollinger, Steve
 Breese, Karen
 Brient, Erica
 Brong, Breann
 Brown, Curtis
 Bundang, Cielito Marie
 Covey, Karen
 Crowley, Jennifer
 David, Fatima
 Depretis, Emy
 Draper, Christopher
 Drawing, Molly
 Drury, Anna
 Dunlap, Melissa
 Duong, Lieu
 Estell, Sharon
 Fay, Cynthia
 Fischer-House, Marianne
 Gould, Maxi
 Graff, Taylor
 Gunn, Josephine
 Gustafson, John
 Hall, Marjorie
 Hernandez, Cynthia
 Hogan, Amanda
 Huffine, Julie
 Hurych, Christina

Johnson, Molly
 Jones, Lindsey
 Kim, Okju
 Kozubenko, Oksana
 Kramer, Angela
 Krum, Eunchoong
 Kunkel, Aaron
 Lapraim, Randelle
 Martin, Christian
 Mccollaum, David
 Mccourt, Kathryn
 Mcelwrath, Cheryl
 Mckinney, Bethany
 Mcpherson, Todd
 Mena, Enedina
 Mikitik, Katrina
 Montejano, Karen
 Mosley, Vincent
 Nagle, Martha
 Neumann, Kelley
 Northey, Rachel
 Papirnik, Anna
 Parenteau, Amy
 Payne, Michelle
 Pettit, Kelly
 Plakos, Yanis
 Pomeroy, Camie
 Price, Natasha
 Quiroz, Benjamin
 Racadag, Cecilia
 Ramos, Valerie
 Rust, Jan
 Sagona, Laura
 Shaikh, Noreen
 Smith, Stacy
 Soong, Aundrea
 Stahlke, Kimberly
 Stinson, Katherine
 Strickland, Kailen
 Sugai, Liane
 Turley, Kathryn
 Varney, Cynthia
 Velarde, Susan
 Weatherford, Rachel
 White, Jennifer
 Woods, Lela
 Zeller, Tricia
 Zhang, Aihong

SPOKANE / ADAMS / LINCOLN / PEND OREILLE

Allen, Rachele
 Allum, Connie
 Blackwelder, Melissa
 Burt, Brienne
 Cade, Amy

Dickinson, Meghan
 Gutierrez, Roberto
 Jennings, Sandra
 Kudrya, Roman
 Laux, Shannon
 Levchenko, Yelena
 Lewis, Mikki
 Martin, Kathy
 Mcduffee, Katherine
 Meese, Sharon
 Mielke, Shawn
 Mittmann, Alexis
 Nielsen, Justin
 Simundson, Brandi
 Stover, Rosa
 Vanwert, Greg
 Verkovod, Ludmila
 Whitmore, Dani
 Yearous, Lois

YAKIMA CITY / N. YAKIMA

Bushnell, Allison

GRAYS HARBOR

Batchelor-Hancock, Christina
 Fleck, Lynn
 Flink, Michele
 Forrest, Alisha
 Gideon, Lisa
 Greene, Desiree
 Hindbaugh, Elizabeth
 Johnson, Shannon
 Jones, Pamela
 Laes, Jacqueline
 Mason-Dunkle, Dawn
 Rueda, Desiree
 Thompson, Patricia
 Wood, Ruben
 Yoshimoto, Justin

SNOHOMISH

Carballo, Heather
 James, Deborah

WAHIAKUM / COWLITZ

Bender, Sharon

CLALLAM/JEFFERSON

Levin, Jacqueline

BENTON / FRANKLIN

Connor, Christy

Delgado, Amy
 Garcia, Darcy
 Gorham, Mark
 Haddox, Amy
 Hamar, Alicia
 Hibbert, Jennifer
 Ingvalson, Polly
 Kluherz, Bryan
 Peterson, Kirsten
 Price, Chelsea
 Sanchez, Malinda
 Scarfo, Lynn Marie
 Shawver, Andrea
 Stevens, Erin

SKAGIT / ISLAND / SAN JUAN

Anderson, Jennifer
 Bakeman, Susan
 Campbell, Sara
 Case, Lauren
 Cooper, Linnea
 Deryckx, Rebecca
 Douthit, Mellanie
 Ellis, Nancy
 Estes, Gail
 Glaze, Kathleen
 Hall, Kerry
 Hamlin, Tracy
 Herrgesell, Karin
 Holland, Cindy
 Hume, Amber
 Law, Kathryn
 Mcmanus, Deborah
 Miller, Anne
 Moehl, Margaret
 Murphy, Susan
 Nissley, Lisa
 Parks, Roxanne
 Perry, Joann
 Potter, Lacen
 Raiguel, Joseph
 Raphael, Mark
 Reuble, Tammy
 Riddle, Alice
 Rosten, Lesley
 Sharrow, Tara
 Staringer, Debra
 Tumblyn, Shannon

ALL OTHER COUNTIES

Facio, Sylvia
 Gamboa, Stephanie
 Kemmer, Michelle
 Montoure, Jennifer
 Rabin-Christiansen, Lori
 Wise, Dawn

JANUARY 2011

Enhancing Medical-Surgical Nursing Practice: Improve Your Practice and Prepare for Certification University of Washington School of Nursing; January 13 - April 14, 2011; Fee: see brochure; Contact Hours: 42; Contact: <http://www.uwcne.net/secure/display3.asp?SKU=11134-SP>

The Challenge of Pain Conference University of Washington School of Nursing; January 20 - 21 2011; Fee: \$345 / 325 - Contact Hours: 13 **C**

Seminar on Multiple Sclerosis King County Nurses Association; January 27, 2011, 5:30 - 8:30 p.m.; Fee: \$40 / KCNA member, \$50 / nonmember, \$25 / student; Contact Hours: 2.5; Contact: Register at www.kcnurses.org

The World of Diabetes Update 2011 University of Washington School of Nursing; January 27, 2011, Fee: \$245/\$225; Contact Hours: 7 **C**

Chronic Illness: Mitigating the Impact Pacific Lutheran University School of Nursing, Friday, January 28, 2011, 8:30 am - 4:30 pm; Fee: \$129; Contact Hours: 6.25 **A**

FEBRUARY

Medication Management for Chronic Illness Pacific Lutheran University School of Nursing, Friday, February 4, 2011, 8:30 am - 4:30 pm; Fee: \$129; Contact Hours: 6.25 **A**

Pharmacotherapeutics for ARNPs Pacific Lutheran University School of Nursing, Friday, February 4, 2011, 8:15 am - 4:45 pm; Fee: \$169; Contact Hours: 7.5 **A**

Midwifery Update 2011 - 12th Annual Pacific Northwest Conference University of Washington School of Nursing; Shoreline Conference Center; February 9, 2011, Contact Hours 7.3; Fee: \$245 / \$225; Contact: <http://www.uwcne.net/secure/display3.asp?SKU=11105-C>

Wound Management Education Program 2011 Online / Onsite Contact Hours Certificate Program; University of Washington School of Nursing; February 9 - April 14, 2011; Fee: See brochure; Contact Hours: 130; Contact: <http://www.uwcne.net/secure/display3.asp?SKU=11170-SP>

Cardiovascular Care Update 2011 University of Washington School of Nursing; February 17 - 18, 2011; Fee: \$245 / 225 (one day) \$345 / 325 (two days); Contact Hours: 6.8-13.7; Contact: <http://www.uwcne.net/secure/display3.asp?SKU=11106-C>

MARCH

Annual Neuroscience Nursing Symposium 2011: Practicing the Art of Neuroscience Nursing University of Washington School of Nursing; March 4, 2011; Fee: \$245 / 225; Contact Hours: 7.3; Contact: <http://www.uwcne.net/secure/display3.asp?SKU=11108-C>

Annual Nurse Educators Conference 2011: The Art of Precepting University of Washington School of Nursing; March 22, 2011; Fee: \$245 / 225; Contact Hours: 7.5; Contact: <http://www.uwcne.net/secure/display3.asp?SKU=11136-C>

APRIL

Falls and the Older Adult: A Holistic Approach to Identifying and Managing Risks and Consequences Pacific Lutheran University School of Nursing, Friday, April 8, 2011, 8 am - 12 Noon; Fee: \$ 69; Contact Hours: 3.8 **A**

Monitoring for and Managing Delirium: Mandate for Patient Safety Pacific Lutheran University School of Nursing, Friday, April 8, 2011, 1 pm - 5 pm; Fee: \$ 69; Contact Hours: 3.8 **A**

Preceptor and Mentor Development Program Eastern Idaho Regional Medical Center; April 14, 2011; Fee: \$-0 / \$50; Contact Hours: 3.5; Contact: Marie Ritchie at 208.529.6706

Certification Review Course for the National Board for Certification of School Nurses (NBCSN) Exam Pacific Lutheran University School of Nursing, Thursdays, April 14, 28, May 12 & 26, 2011, 6 - 7 pm online via PLU Sakai; Fee: \$219; Contact Hours: 12.5 **A**

Basic Preparation Course for Parish Nurses Pacific Lutheran University School of Nursing, April 18, 19, 20 & May 16 & 17, 2011, 8 am - 5 pm; Fee: \$489; Contact Hours: 25 **A**

Oncology Nurses Symposium Inland Northwest Health Services, April 2011, Fee: \$75; Contact Hours: 11.0; Contact: www.cherspokane.org or call 509.232.8138

JUNE

Take A Big Step Towards Certification as a Certified Foot Care Nurse (CFCN®) DIDACTIC Pacific Lutheran University School of Nursing, Wednesday, June 1, 2011, 8:30 am - 4:30 pm; Fee: \$ 119; Contact Hours: 6.25 **A**

Take A Big Step Towards Certification as a Certified Foot Care Nurse (CFCN®) PRACTICUM Pacific Lutheran University School of Nursing, Thursday, June 2, 2011, 8 am - 12 pm; Fee: \$119; Practicum Contact Hours: 4.0 **A**

Join the Surgical Team Pacific Lutheran University School of Nursing, Monday - Friday, June 6 - July 1, 2011, 6:30 am - 4:30 pm **A**

Diabetes Update Pacific Lutheran University School of Nursing, Wednesday, June 8, 2011, 9 am - 1 pm; Fee: \$69; Contact Hours: 3.8 **A**

Documenting Continuing Competency with a Portfolio Pacific Lutheran University School of Nursing, Friday, June 10, 2011, 8:30 am - 12:30 pm; Fee: \$69; Contact Hours: 3.5 **A**

JULY

Introduction to School Nursing Pacific Lutheran University School of Nursing, Tuesday - Friday, July 5 - 8, 2011, 8 am - 4:30 pm; Fee: \$459; Contact Hours: 25 **A**

Keeping Kids in the Classroom 2011 Pacific Lutheran University School of Nursing, Monday & Tuesday, July 11 & 12, 2011, 8:30 am - 4:30 pm; Fee: \$199; Contact Hours: 12.5 **A**

Pediatric Assessment Pacific Lutheran University School of Nursing, Wednesday & Thursday, July 13 & 14, 2011, 8:30 am - 4:30 pm; Fee: \$219; Contact Hours: 12.5 **A**

INDEPENDENT SELF STUDY COURSES

AIDS: Essential Information for the Health Care Professional Contact Hours: 7.0; Fees: \$55 **D**

Assessing Lung Sounds Contact Hours: 2.0; Fee \$10 **B**

Asthma Management Contact Hours: 8.0; Fee: \$30 **B**

Breaking the Cycle of Depression Contact Hours: 14.0 **C**

Central Venous Catheter Infections: The Link Between Practice and Infection Rates Contact Hours: 1.0; Fee: \$10 **C**

Clinical Assessment Pulmonary Patient Contact Hours: 4.0; Fee: \$20 **B**

Clinical Pharmacology Series Contact Hours: 7-8.0; Fee: \$195 / 175* **C**

Congestive Heart Failure- Diagnosis & Treatment Contact Hours: 6.0; Fee: \$25 **B**

Culture & End-of-Life Web-based Educational Modules Contact Hours: 3.0; Fee: None; Contact: Mary Shelkey at 206.713.5637

Domestic Violence Contact Hours: 2.0; Fee: \$20 **C**

Ethics as a Compass: A Model for Dealing with Complex Issues in Patient Care Contact Hours: 7.4; Fees: \$195 **C**

Ethics Related to Nursing Practice Contact Hours: 9; Fees: \$200 **D**

Everyday Encounters: Communication Skills for Successful Triage Contact Hours: 1.4; Contact: Carol M. Stock & Associates

Geriatric Health Promotion Lecture Series Contact Hours: 63; Fee: \$395; 1.5 Fee: \$30 **C**

Hepatitis Case Studies Contact Hours: .5 **C**

Hepatitis Web Studies Contact Hours: .5 **C**

Health Assessment and Documentation Contact Hours: 20; Fees: \$150 **D**

High Cholesterol Pt. 1: Western Medicine Contact Hours: 7; Fee: \$50; Contact: www.healthcmi.com

High Cholesterol Pt. 2: Chinese Medicine Theory Contact Hours: 4; Fee: \$50; Contact: www.healthcmi.com

High Cholesterol Pt. 3: Chinese Medicine Dietetics

Fee: \$50; Contact Hours: 12; Contact: www.healthcmi.com

HIV / AIDS

Contact Hours: 7.0; Fee: \$95 / \$85 **C**

IMPACT: Web-Based Training in Evidence Based Depression Care Management

Contact Hours: 12.4 **C**

Legal Issues & Trends in Telephone Triage

Contact Hours: 1.2; Contact: Carol M. Stock & Associates

Legal Issues in Nursing

Contact Hours: 4.0; Fees: \$120 **D**

Legal Risks of Remote Triage

Contact Hours: 1.0; Contact: Carol M. Stock & Associates

Lung Volume Reduction Surgery

Contact Hours: 2.0; Fee: \$10 **B**

Managing Type 2 Diabetes

Contact Hours: 1.5; Contact: www.nphealthcarefoundation.org

Management of Persistent Pain

Contact Hours: 1.8; Fee: No Fee; Contact: www.nphealthcarefoundation.org

Medical Spanish for Hospital Nurses

Contact Hours: 25; Contact: MedicalSpanish.com

Medical Spanish for Office Nurses:

Contact Hours: 25; Contact: MedicalSpanish.com

Medical Spanish for NPs, Physicians and PAs - Course A

Contact Hours: 25; Contact: MedicalSpanish.com

Medical Spanish for NPs, Physicians and PAs

Course B: Contact Hours: 25; Contact: MedicalSpanish.com

Medical / Surgical Review and Update - Autumn 2010 "Enhance Medical Surgical Nursing Practice"

Contact Hours: 50 **C**

Metered Dose Inhaler Use

Contact Hours: 3.0; Fee: \$15 **B**

New Telehealth Technology: Legal Risks & Call Center Benefits

Contact Hours: 1.2; Contact: Carol M. Stock & Associates

Nurse Grand Rounds **C**

OTC Advisor: Advancing Patient Self-Care

Contact Hours: 17.0; Contact: www.nphealthcarefoundation.org

Prescribe, Deny or Refer? Honing Your Skills in Prescribing Scheduled Drugs

Contact Hours: 10.4; Fee: \$155 / 140* **C**

Pulmonary Hygiene Techniques

Contact Hours: 6.0; Fee: \$25 **B**

RN Refresher Course

Fees: Theory: \$500; Health Assessment and Skills Review: \$500; Clinical Placement for Precept Clinical Experience: \$400 **D**

Sleep Disorders

Contact Hours: 8.0; Fee: \$30 **B**

Smoking Cessation

Contact Hours: 12.0; Fee \$35 **B**

Telephone Triage

Contact Hours: 3; Fee: 24; Contact: Wild Iris Medical Education

Telephone Triage Trivia

Contact Hours: 1.0; Contact: Carol M. Stock & Associates

The Pain Management Dilemma

Contact Hours: 1.5; Contact: www.nphealthcarefoundation.org

Tubes & Drains Techniques, Tips & Troubleshooting

Contact Hours: 2.0 **C**

University of Washington

Continuing Nursing Education Offers over 30 self-study courses **C**

Washington State: HIV / AIDS With the KNOW Curriculum

Contact Hours: 7; Fee 65; Contact: Wild Iris Medical Education

Wound Academy - Course 1

(Wound Assessment & Preparation for Healing) Fee: \$40; Contact Hours: 4.3 **C**

Wound Academy - Course 2

(Lower Extremities and Pressure for Ulcers)

Fee: \$60; Contact Hours: 6.8 **C**

Wound Academy - Course 3

(Dressing Selection & Infection) Tuition; Fee: \$30; Contact Hours: 2.5 **C**

Wound Assessment and Documentation

Fee: \$60; Contact Hours: 2.0 **C**

Wound & Ostomy

Fee: \$60; Contact Hours: 2.0 **C**

CONTACTS

A Pacific Lutheran University School of Nursing
Continuing Nursing Education
Terry Bennett, Program Specialist
Tacoma, WA 98447
253.535.7683 or ccnl@plu.edu
Fax: 253.535.759
www.plu.edu/-ccnl

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

C University of Washington School of Nursing
Continuing Nursing Education
Box 359440
Seattle, WA 98195
206.543.1047
CNE@UW.Edu
www.uwcne.org

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

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

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2647 134th Ave NE
Bellevue, WA 98005
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fiona@nphealthcarefoundation.org

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Seattle, WA 98103
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cstock@carolstock.com
www.carolstock.com/videos/
communication.html

Healthcare Medicine Institute
Adam White, L.Ac, Dipl.Ac., M.T.C.M.
4895 Capitola Road
Capitola, CA 95010
(831) 359-9129
director@healthcmi.com
www.healthcmi.com

Medical Spanish.com
Ken Ryan
PO Box 190913
Anchorage, AK 99519
keninalaska@gmail.com
www.medicalspanish.com

WSNA Online CNE Update

We are continuing to develop enhancements to our online CNE program. We are working to make the site more interesting and easier to use! The next course being added will be 'Continuing Competency - New Requirements for RN Licensure Renewals.' Additional modules under development include:

- Grassroots Political and Legislative Action
- Assignment Despite Objection
- Nurse Practice Act and ARNP's
- Introduction to Grievances
- Understanding the Washington State Nurse Practice Act for RN's
- Safe Patient Handling
- Workplace Violence
- Conference Committee

If you have suggestions for other online courses, please e-mail kbenson@wsna.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

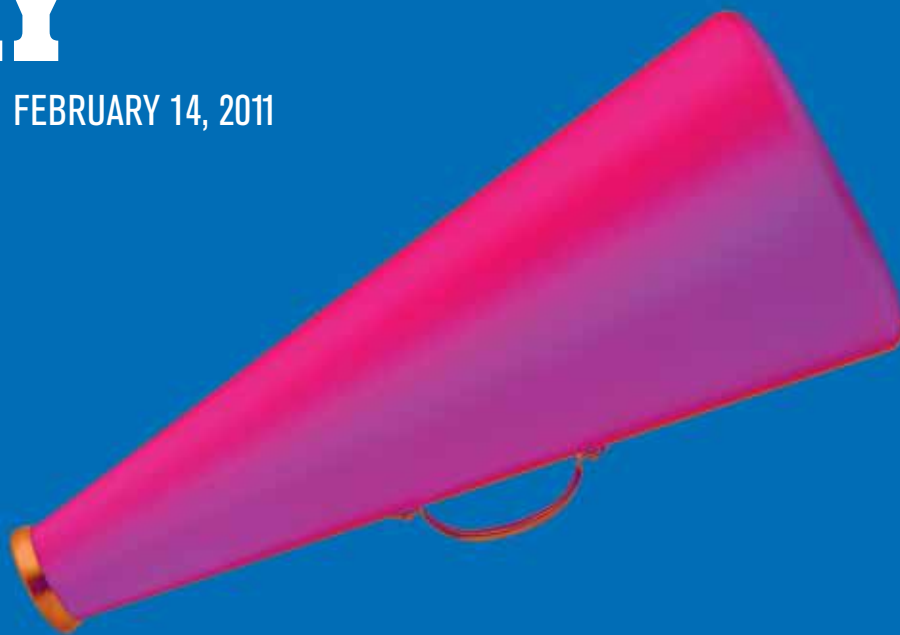


Washington State Nurses Association
575 Andover Park West, Suite 101
Seattle, WA 98188

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NURSE LEGISLATIVE DAY

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