



MOUNTAIN TO SOUND CHAPTER NEWSLETTER



Presidents' Message MTS AACN

Welcome to 2019. As we enter a new year it is customary to both reflect on the past year and look forward to our goals and future. As we review our past year as co-Presidents of the MTS Chapter, we are proud of everything our Chapter accomplished and the lives that the Chapter has touched. Through the very hard work of the MTS Board members there have been educational dinners, certification reviews, community donations, scholarships, and an incredibly successful 42nd annual two-day symposium with speakers from across the nation. Our entire Board is honored to serve our community of exceptional nurses.

Now let's look forward to 2019. We are planning a new series of educational activities and are busy lining up local and national talent to share their knowledge with you. We are in the process of reviewing scholarship applications so we can provide other continuing educational opportunities including attending National Teaching Institute (NTI). We continue to focus on our values of promoting lifelong learning as well as patient and nurse advocacy, role-modeling leadership and professionalism, ensuring quality and safety in healthcare, promoting diversity and maintaining legislative awareness. Each of these values is critical as we strive to support excellence and safety in healthcare. MTS uses each Board member to help us focus on our values through their work. This is where you and your own professional development, goals for 2019, and commitment to nursing come in. We challenge you to be your very best in 2019 by spending some of your time and energy in support of the honorable profession of nursing. We would love to have you join our active and engaged Chapter and help us serve the nurses who provide acute and critical care to the patients in our community. We invite you to bring your professional and creative talents and come check us out at our next meeting. We meet the first Monday of each month from 5:30-7:30. Our meetings are physically held at Northwest Hospital but you can join us on the phone as well. If you feel volunteering is not for you right now, please support us through attending our events. See details for meetings and events at mtsaacn.org.

We look forward to seeing you this year and wish you a happy and healthy 2019! Our Voice Our Strength

Collyn West and Pamela Popplewell
Co-Presidents MTS AACN Chapter

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Featured Board Member

Education Committee Co-Chair Michael Moon

Michael Moon, BSN, RN, MLS, CHW, graduated from Washington State University with a BSN in 2018. He is a licensed medical laboratory scientist (MLS) from the University of Washington in 2011 and am a certified community health worker by WA Department of Health.

In Michael's words: "First, I would like to express my gratitude to MTS for the opportunities to contribute to the profession; it is a privilege being amongst such expert nurse leaders. With nursing being my second career, I am continuously amazed with all the people I have met and what we do on a daily basis. I eagerly look forward to what the future has in store for me!"



KNOWLEDGE IS POWER

Recently published papers and initiatives of interest:

1. Iacono MV. Nursing Integrity: A Moral Imperative. *Journal of Perianesthesia Nursing*, 2019-02-01, 34 (1):220-222. The author offers this advice "Take pride in the fact that nursing is consistently ranked as the most trusted profession. Transcend the incivility and negativity that seem rampant in society—when you know better, do better! Make every effort to stay informed, read current professional literature, and base nursing practice on evidence. Reinforce your knowledge of ethical principles and promote them respectfully and honestly. Recommit to honoring professional trust placed in you by patients, their families, and society. It is sacred." Read the full article to be inspired!
2. Eccleston SD, Binder H, Callahan L, Hodge N, McCarthy MS. Interprofessional evidence-based practice education influences organizational culture change and clinical practice. *Multi-Colors: An International Journal of Educational Research and Theory*, 2018-2019, 1(1):12-23. A team of nurses at Madigan Army Medical Center have written about their efforts to bring EBP into the organization's culture – maybe this will help you with your efforts to do the same!
3. Did you know that 2019 could be the year when uninterrupted rest breaks (not intermittent) will become a law? The WSNA is working with Senator Karen Keiser (D-33rd LD) who will introduce the rest breaks bill in the Senate, and Rep. Marcus Riccelli (D-3rd LD) will introduce it in the House. "Critical care nurses who experience fatigue are more likely to report 'decision regret', a concern that they might have made the wrong decision for a patient. And among critical care nurses, error reports almost doubled after 12.5 hours or more consecutive hours of work." A WSNA survey found that one in every 2 RNs (52%) reported not being able to take a 10-minute rest break every 4 hours during their shift for the majority of their shifts. *As a manager or co-worker, are you doing what you can to assist your fellow nurses to give, and the patients to receive, quality care?*
4. McCarthy MS and Martindale RG. Immunonutrition in critical illness: What is the role? *Nutr Clin Prac*, 2018;33(3):348-358. Are you curious about the latest evidence behind immune-modulating nutrition products? While new research has changed some feeding recommendations, don't discard your enteral nutrition products like Pivot 1.5 or Impact Advanced Recovery!

To inspire, improve, and promote EBP.

Memories from the 42nd Annual Symposium: Currents in Critical and Progressive Care, held on October 15-16, 2018 at Highline Community College.



ANA Congratulates Nurses for Maintaining #1 Spot in Gallup's Ethical Standards Poll

Dec 20th 2018 SILVER SPRING, MD The American Nurses Association (ANA), which represents the interests of the nation's 4 million registered nurses, extends a resounding congratulations to nurses for maintaining the #1 spot in Gallup's annual honesty and ethics poll. The American public, for the 17th consecutive year, rated nurses the highest among a host of professionals, including police officers, high school teachers and pharmacists.

"Every day and across every health care setting, we are on the frontlines providing care to millions of people. Nurses' contributions to health care delivery, public health challenges, natural disaster relief efforts, research, education, and much more, are unmatched and invaluable," said ANA president Pamela F. Cipriano, PhD, RN, NEA-BC, FAAN. "These results are a testament to nurses' impact on our nation."

According to the poll, 84 percent of Americans rated nurses' honesty and ethical standards as "very high" or "high." The next closest profession, medical doctors, was rated 17 percentage points behind nursing.

"As the largest group of health care professionals, nurses are leaders and change agents from the bedside to the boardroom," said Cipriano. "This past June, nearly 300 nurses from 45 states conducted 277 scheduled visits with members of Congress and staff and were instrumental in the passage of critical legislation to help combat the opioid crisis. Nurses are a consistent and powerful voice in advocating for access to high quality, affordable health care for all. ANA empowers nurses to leverage their expertise and the diversity of the profession to influence changes that will best serve the needs of all people." *The Washington Nurse, 2019*

How to Improve American Healthcare? Approve APRN Practice Regulations

Melissa L Hutchinson DNP, ARNP-CS, CCNS, CCRN

Health care in America is changing, and the mechanism for how health care is provided also needs to change. Projections for the next several years show an impending physician shortage nationwide, yet even now in thousands of regions across the country, there are large pockets of medically underserved areas where patients are currently unable to obtain medical care in their home town. Although physician availability is diminishing throughout the country, the demand for care provided by an advance practice registered nurse (or APRN) is increasing.

APRNs provide care through a variety of ways: anesthesia during a surgical procedure, primary care, or maternal care. APRNs are certified and licensed to provide care to a particular patient population. Education is rigorous. A minimum of a Master's degree is required and many are now doctorally prepared. Educational requirements include advanced assessment, diagnosis, treatment, and prescriptive ability along with a minimum of 500 practice hours in a specialty area, all required before obtaining a license. Yet, not all states allow these well-prepared professionals to practice to their full educational capability.

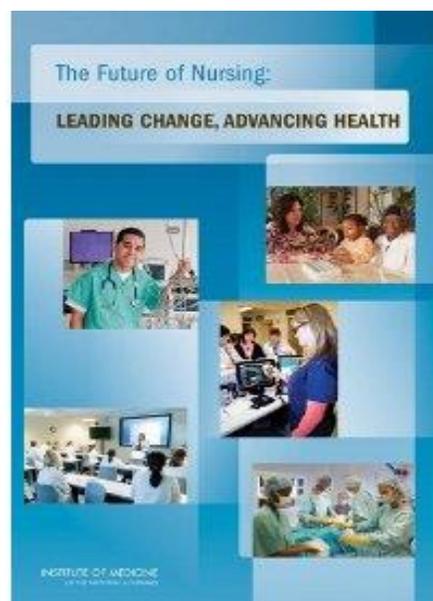
When the APRN role was new, 50 years ago, before rigorous educational programs were the standard, APRNs practiced under physician supervision for learning opportunities and to gain expertise. This form of oversight continues to exist as a normal practice for APRNs in over 20 states. This oversight restricts the practice of APRNs who have already demonstrated, through education, certification, and licensure, competence in their specialty. Qualified APRNs continue to struggle with the ability to practice to the full extent of their licensure, placing

challenges on rural areas where physician providers are scarce. In population-dense areas such as San Francisco and Boston there is an overabundance of physicians, but in most rural areas of Texas there may be only one physician every one-hundred miles, and then only one for many residents. The ability to access qualified providers in all areas of the country is critical to our health care system, and limiting certain providers from delivering appropriate care needs to change.

In 2010, the Institute of Medicine (IOM) published a report on “The Future of Nursing: Leading Change, Advancing Health” which described future goals to improve health care delivery. One goal was to remove barriers to practice and allow nurses to practice to their full licensure and educational abilities.¹ The Veteran’s Administration struggled with access to care issues for many years, and on January 13, 2017, lifted the barriers to practice, through legislation, for all NPs and CNS APRNs nationwide. The goal behind this legislation was, as the IOM report detailed, to improve access to care for Veterans in medically underserved areas. By passing this legislation on a federal level, it allows APRNs in states which currently restrict their practice to provide care related to their full licensure, regardless of state regulations. One of the hopes of this legislation would also be to pave the way for states to eliminate antiquated practice restrictions by citing current federal legislation.

The health care model operates in a collaborative environment and no practitioner functions in a vacuum. We all need to work together to improve our health care system. As the health care landscape changes, readily available, quality care will be an increasing challenging to obtain if APRN practice barriers are not addressed and eliminated. Patients across the country, both rural and urban, have the right to access the care they need, where they need it, at the time they need it, and at a reasonable cost. The time is now to lift APRN practice restrictions in all 50 states, the future of quality health care depends on it.

1. Institute of Medicine Committee on the Robert Wood Johnson Foundation Initiative on the Future of Nursing. *The Future of Nursing: Leading Change, Advancing Health*. Washington (DC): National Academies Press (US) Copyright 2011 by the National Academy of Sciences. All rights reserved; 2011.



Educational Events: Save the Date!

1. **5th Annual PNW Critical Care Summit** - March 12, 2019, Co-sponsored by MTS and CHI Franciscan Health. For more information visit: PNWCCSummit.com
2. **AACN's Annual National Teaching Institute and Critical Care Exposition** - May 20-23, 2019. See you in Orlando, FL!
3. **43rd Annual MTS Critical & Progressive Care Symposium** – September 16-17, 2019, Lynnwood Convention Center
4. Don't forget to check MTS Website for details on upcoming CCRN/PCCN Review Courses or Educational Dinners planned for 2019!

**CONGRATULATIONS TO OUR
NTI SCHOLARSHIP WINNERS**

1st place

Alexandria Kingston, MCICU at HMC

2nd place

Elizabeth Van Gaver, ICU at VA Puget Sound Health Care System

3rd place

Sarah Finley, Telemetry/Progressive Care at Highline Medical Center

4th place

Myling Vergara, CCC at Valley Medical



The Mountain to Sound Chapter Board Members & Key Leaders

Co-Presidents Collyn West & Pamela Popplewell

Immediate Past-President Karen Paulsen

Secretary & Newsletter Chair Mary McCarthy

Newsletter Co-Chair Cathy Wolkow

Treasurer Judy Borish

Treasurer-elect Elaine Clement

Education Committee Co-Chairs Judy Borish & Michael Moon

Membership Chair Sharon Hansen

Scholarship Chair/Nurse Planner Pat Blissitt

Advanced Practice Chair Melissa Hutchinson

CCRN/PCCN Chair Mary Jo Kelly

Webmasters Sharon Hansen, Becky Davis, and Lindsay Boyd

MEMBERSHIP—WHAT'S IN IT FOR ME?

Help us spread the word about the benefits of our organization. All of you, our members, know the values of membership in national AACN and our local Mountain to Sound Chapter. Now help us spread the word to all your co-workers in critical care and acute care nursing. Would you like to be more active in the Mountain to Sound Chapter? We would love to have you. There are plenty of volunteer opportunities—both big and small. If you are interested, please email us at president@mtsaacn.org. Tell us how you would like to volunteer. To help you, I've listed some of the benefits of membership below...

- Stay up-to-date
- Subscriptions to peer-reviewed American Journal of Critical Care and Critical Care Nurse, plus the monthly magazine AACN Bold Voices.
- Discounts on registration for NTI as well as CCRN and PCCN examinations
- Unlimited free online continuing education

The mission of the Mountain to Sound Chapter (MTS) of AACN is to represent, promote, and provide guidance for the practice and growth of critical care nursing. Additionally, the Chapter will strive, through education, to promote the health and well-being of those experiencing critical illness and/or injury across the life span. This mission is not only directed at the Chapter's members, but to all nurses practicing in critical and progressive care.

This newsletter is compiled and edited by Mary McCarthy & Cathy Wolkow with contributions from MTS Chapter members with every attempt to provide timely and accurate information to critical care nurses in the Puget Sound area. To make sure you are on our mailing list, contact: membership@mtsaacn.org

MOUNTAIN TO SOUND FAQs

Where can I find more information about the Mountain to Sound Chapter of the AACN?

We're on the web! The latest educational events and activities are always posted on our website www.mtsaacn.org; or find us on Facebook; or ask your co-workers! We are always looking for new members and volunteers so don't hesitate to contact us.

Chapter meetings are monthly at Northwest Hospital, Seattle, WA 98108, 5:30-7:30.

Consider joining us if you want to get more involved!