



MOUNTAIN TO SOUND CHAPTER NEWSLETTER

WELCOME, 2018!



Mountain to Sound Chapter rings in the New Year with a message from our Presidents

Hello to each of you in our exceptional community of acute and critical care nurses that the local AACN Mountain to Sound Chapter is proud to serve.

We are very excited to announce that we are planning on taking our 2018 annual symposium, *Currents in Critical and Progressive Care*, closer to our South Sound nurses. The event will be held at Highline Community College on October 15 and 16, 2018. Please mark your calendars and save the date! We are excited to be at this new venue and hope you will come celebrate and learn with us. We are currently building the program for this symposium and invite you to tell us what topics you would like to see presented. Send any and all ideas to president@mtsaacn.org.

As we move into the new year, it is traditional to consider goals for the upcoming year. We would like to challenge you to carefully consider what your New Year's resolution will be in the area of professional growth and development. What are you going to do in 2018 to fuel your professional fire? Perhaps you are considering returning to school for an additional degree. Should you set a goal to mentor a new nurse? Will you get involved with your professional organizations' local chapter? (we like this one a lot 😊). Maybe you will volunteer with AACN nationally, improve something in your work area, apply for an AACN scholarship or study and test for a specialty certification. Consider a goal that drives your passion for nursing.

Each of you are acutely aware of the significant role that nursing plays in healthcare today. But do you know how much influence you can have through your simple contributions to the profession? Each and every contribution matters and becomes a part of the whole. Nursing is the most respected profession for good reason and we owe it to our patients and to our healthcare colleagues to be the very best that we can be and to improve the systems around us. This could be your year to contribute. Will you accept our challenge? Think about it.

Collyn West and Pamela Popplewell
Co-Presidents, MTS AACN



INSIDE THIS ISSUE:

PRESIDENT'S MESSAGE	1
Meet Our Presidents	2
KNOWLEDGE IS POWER	2
UPCOMING EDUCATIONAL EVENTS YOU DON'T WANT TO MISS!	3
MEMBER BENEFITS/ WHY YOU SHOULD BE A MEMBER OF MTS CHAPTER	4
KUDOS & ACKNOWLEDGEMENTS	4
CONTACT US/FAQs	5

Meet our Co-Presidents



Collyn West, MSN, RN, PCCN, is a Clinical Nurse Leader on 5 East at the VA Puget Sound Healthcare System in Seattle. She has been with the Chapter since 2007 after receiving her PCCN. She became an active member in 2010 when she was awarded an NTI scholarship. Since then, she has served as an education committee member, education committee chair for three symposiums, secretary for three years, and now as Co-President. She has been a nurse since 2005, following graduation with her BSN from SPU. In 2016, she attained her MSN from University of San Francisco and received certification as a clinical nurse leader. In her spare time, she enjoys spending time with her husband, two kids, dog, and reading books.



Pamela Popplewell, DNP, RN, ANP-BC, is the Assistant Director of Patient Care Services also at the VA Puget Sound Healthcare System. No wonder they make such a great Leadership team! She has been actively engaged with AACN since first joining in 1995 and is currently the Co-President of the Mountain to Sound Chapter.



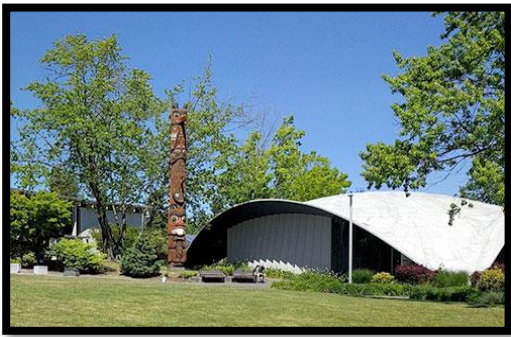
KNOWLEDGE IS POWER

Recently published critical care papers to look up:

1. Get current on your management of delirium! Four papers in *Critical Care Nurse Dec 2017* will enlighten and inform you:
 - a) Smithburger PL, et al. Perceptions of Families of Intensive Care Unit Patients Regarding Involvement in Delirium-Prevention Activities: A Qualitative Study;
 - b) Smithburger PL, et al. Perceptions of Family Members, Nurses, and Physicians on Involving Patients' Families in Delirium Prevention;
 - c) Rozycki A, et al. Feasibility of a Nurse-Managed Pain, Agitation, and Delirium Protocol in the Surgical Intensive Care Unit; and
 - d) Martinez F, et al. Implementing a Multicomponent Intervention to Prevent Delirium Among Critically Ill Patients.
2. Is one of your goals for 2018 to start that QI Project that has been nagging at you for 6 months? Refer to the excellent article in *CCN Dec 2017* by Stausmire & Ulrich titled Quality Improvement: Using SQUIRE 2.0 as a guide for planning your Quality Improvement Project.
3. The stress of the holidays may be behind us but we all know that each one of us carries day-to-day stress in our lives; in 2018, let's remain vigilant and look out for our coworkers/colleagues/friends to ensure they get the support they need. An article in *AJCC Nov 2017* discusses how meaningful recognition can favorably impact burnout and compassion fatigue; Kelly LA & Lefton C. Effect of Meaningful Recognition on Critical Care Nurses' Compassion Fatigue.

Educational Events: Save The Date!

1. **Spring CCRN & PCCN Review:** March 19 and 20, 2018. To be held at the Evergreen Hospital Auditorium in Kirkland, WA. Featuring Nicole Kupchik Consulting. Sign up today: <https://www.regonline.com/builder/site/?eventid=1925504> MTS Member 2 day fee: \$175, Non-member 2 day fee: \$210. Snacks provided, lunch on your own.
2. **4th Annual PNW Critical Care Summit:** March 29, 2018 at McGavick Conference Center, Lakewood, WA. For more information or to register, visit: www.chifranciscan.org/summit Topics include Nutrition, Brain, Death & Organ Donation, ECMO, Sepsis, Spiritual Support in Critical Care
3. Calling all South Sound and Seattle area nurses!! AACN MTS presents the **42nd Annual Symposium Currents in Critical and Progressive Care:** October 15-16, 2018. Join us at our new location, Highline Community College (see photos below) where parking is plentiful and the conference accommodations are spacious. Speaker outreach is underway, let us know which experts you would like to hear or...volunteer yourself© Information will be available on the Chapter www.mtsaacn.org site in a few months.



We have new leadership....Meet the Mountain to Sound Chapter Board Members & Key Leaders for 2018

Co-Presidents: Collyn West, MSN, RN, PCCN, CNL and Pamela Popplewell, DNP, RN, ANP-BC

Immediate Past-President: Karen Paulsen, MSN, RN, ACNS-BC - Northwest Hospital

Secretary and Newsletter Chair: Mary McCarthy, PhD, RN, CNSC, FAAN - Madigan Army Medical Center

Treasurer and Education Chair: Judy Borish, MSN, RN, CCRN, PCCN

Membership Chair: Kitty Hobson, RN

Scholarship Chair/Nurse Planner: Pat Blissitt, PhD, ARNP-CNS, CCRN, CNRN, SCRNP, CCM, ACNS-BC - Harborview Medical Center and Swedish Hospital

Education Committee - Symposium Facilitator: Devorah Overbay, BSN, RN, MSN, CNS

CCRN/PCCN Chair: Mary Jo Kelly, MN, ARNP-CNS, CCRN, ACNS-BC, CCNS - Northwest Hospital

Webmasters: Sharon Hansen, Becky Davis, and Lindsay Boyd



MEMBERSHIP - WHAT'S IN IT FOR ME? Submitted by Judy Borish, Treasurer

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



KUDOS AND ACKNOWLEDGEMENTS

DEVORAH, THANKS FOR STEPPING UP AS A CHAPTER LEADER TO MAKE SYMPOSIUM 2017 SO SUCCESSFUL!



Interested in speaking at NTI...you, too, can do it!

I want to thank the Mountain to Sound Chapter for the Merit Scholarship that helped me to attend NTI in Houston this year. This was my 8th NTI and it was a wonderful experience. Several other people have talked about different classes and events. So, instead of writing about similar experiences, I want to write about teaching at NTI.

Each year the AACN NTI and API planning committees pick about 200 sessions to be presented at NTI. They read over 1000 abstracts prior to making choices. I was lucky to have an abstract of mine for a 2 ½ hour mastery session be selected. This was my fourth time to speak at NTI. AACN walks you through all the steps that need to be completed prior to presenting. They pay an honorarium, 2 nights of hotel, airfare, and registration at NTI. It was an exciting and somewhat scary experience. I presented in a large room that could hold over 400 people. That is enough to scare many people, including me. One never knows how many people will choose to attend. My presentation was on ventricular ectopy vs. aberrancy and QT prolongation. Because of the topic I printed 400

copies of ECG's we went over in the class. All 400 were picked up so I assume I had about 400 people in the group. Other years with different topics I have had about 80-100 people. Once I started talking though, I forgot the numbers and just presented. My adrenalin was pumping and I had a great time. It is an amazing experience. We have many great speakers/teachers in our area. I want to encourage you to submit one or several abstracts to speak at NTI. It is a chance to present your favorite topics to nurses from all over the country. You have so much expertise to share. AACN has many people submit topics on cardiac topics. If you have expertise in other areas such as GI, endocrine, renal, precepting, best practices, etc. your chances are higher of being accepted. If you have never presented before and want help, AACN has a special category where you can be mentored by someone with more experience. I am willing to be your mentor if you want.

I also want to encourage bedside nurses to consider submitting an abstract. What are you and your unit doing that you would like to share? One of the best sessions I attended a couple years ago was presented by a group from St Joe's on manual proning. I encourage all of you to consider submitting abstracts for future NTIs. It is an experience you won't ever forget.

Submitted by Judy Borish, Treasurer and Chair, Education Committee

Plan to attend the 2018 National Teaching Institute in Boston, MA: Education, Excellence & Inspiration!
All the highly motivated nurses with big ideas to optimize patient care will be there!



"We should maintain our promise as nurses to provide the best care possible, despite all obstacles in our way"
Christine Schulman, AACN President



HAPPY NEW YEAR TO ALL!



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.

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! For tech savvy RN's, you can always use your smartphone to scan the QR code! 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!

This newsletter is compiled and edited by Mary McCarthy with contributions submitted by 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