

Mountain to Sound Chapter NEWSLETTER

Spring 2008



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The President's Message

By Elizabeth A. Mattox, ARNP, CCRN-CSC

What an amazing first 6 months as the Mountain to Sound Chapter! We have had several successful educational events (including two Advanced Practice Dinners and our Hot Topics in Critical Care offering). We have welcomed many new (and returning) faces to our leadership.

I am proud to be the first President of the Mountain to Sound Chapter. My background includes pre-hospital care, burns, progressive care and ICU nursing. I have been a Nurse Practitioner for ~ 8 years and am currently working as a Cardiothoracic Surgery NP. In the single most difficult decision of my life, I have chosen to leave the clinical realm and will be taking on the role of Patient Safety Manager at the VA Puget Sound.

Recently I had the special opportunity to visit 16 local ICUs and PCUs with AACN President Dave Hanson. I most enjoyed talking to other nurses about creative solutions they have developed in their workplace. Although we have many phenomenal facilities in our small region, we rarely get to meet each other. We hosted a casual **free** Open House on April 1st at REI in Seattle and it was a wonderful chance to meet old and new members who are interested in networking with other area nurses during a fun and casual evening.

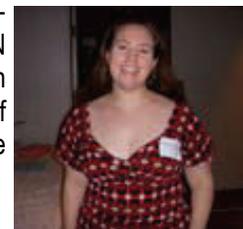
As with many of you I am facing new challenges as I prepare to move into a new role. Locally many organizations have taken the Beacon challenge and are participating in a

variety of IHI and other quality focused works. Nationally, we are looking at more political and financial transitions. There is always so much work to do.

Personal, professional, and organizational balance is a key concept to carry with us each day. A well balanced nurse is best able to handle the daily challenges of the busy healthcare environment because they bring with them resilience and personal power. A well-balanced organization is best suited to survive the challenges and unforeseen "bumps in the road" as we face the uncertain future of healthcare. An excellent example was Karen Carlson. I knew Karen through AACN but did not know about her love of quilting. Sitting in her memorial service, looking at all those gorgeous quilts and hearing others talk ~ it was clear that her time with her quilting friends brought her great pleasure. How did she have the time? She made it. So similarly, I hope we all work to find those simple joys that infuse us with energy while keeping us grounded.

Our future plans include a Fall Symposium much like the one traditionally offered by the Puget Sound Chapter. The education committee is working to include topics relevant to advanced practice and progressive care nurses, as well as to our more traditional members. We will also be offering a CCRN/PCCN review with Robin Dennison, author of Pass CRRN. I hope to see you there!

Elizabeth



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Mountain to Sound
Chapter of AACN
P.O. Box 25144
Seattle, WA 98165

Contact us! We'd love to include your news, events, accomplishments in the next newsletter.

Mountain to Sound Chapter Membership: On the Rise

By Pat A. Blissitt RN PhD CCRN
Membership Chair



As of the Tuesday, March 4, 2008 Board Meeting, the MTS Chapter Membership was at 196 members! We have had 35 new members join us in the past month alone. New memberships are coming to the mailbox everyday. A new membership policy has been approved by the MTS Board. Effective October 1, 2007, MTS Chapter Membership monies will be due every year on October 1st, rather than throughout the year based on the expiration date of individual memberships. If you are receiving the newsletter, you are a local member according to our records. It has taken some time to merge the Mt. Rainier and Puget Sound membership records. If you are

recruiting a new member and you give them one of our membership applications please ask them to give us complete address information. We will be revising the membership application to prompt more complete information in the near future but the old forms may be dispersed throughout the greater Seattle area for awhile.

As an aside, I returned to Seattle in September after a five year absence. As some of you may remember, I was actively involved with the Puget Sound Chapter for 8 years including Newsletter Editor, Education Chair, and President. I have been quite impressed by the energy level of the MTS Chapter. I look forward to seeing familiar faces and new ones at future MTS Chapter events!

Look for Members Presenting at NTI in Chicago

May 3-8, 2008

Betty Anness
June Alteras
Dan Carraturo
Chris Cottingham
Melissa Hutchinson
Carol Jacobsen
Nicole Kupchik
Jeanne Lowe
Elizabeth Mattox
Laura Nelson
Joya Pickett
Becky Pierce
Kelly Tirone

MEMBER ACCOMPLISHMENTS

Awards

Marsh-AACN Excellent Nurse Practitioner Award 2008 Congratulations Suzy Meader RN, ARNP

By Margie Huff RN, CCRN

Suzy Meader is the Nurse Practitioner for the Cardiac Surgery Program at Overlake Medical Center. She has been a long time educator in the Puget Sound area and is known to many of you through consortium and seminars. We are so proud of her accomplishments. She is a mentor, innovator, educator, dedicated patient care advocate and a fine example of AACN's Synergy philosophy and practice.



Dave Hanson, AACN President &
Suzy Meader RN, ARNP



Publications

- Carol Jacobsen, Karen Marzlin, and Cynthia Webner recently published "**Cardiovascular Nursing Practice: A Comprehensive Resource Manual and Study Guide for Clinical Nurses**". The book is over 900 pages with 18 chapters and over 400 figures and illustrations and 88 tables of information related to cardiovascular nursing. National AACN is interested in carrying it in their online bookstore and at NTI. It is also available at www.cardionursing.com.
- Mary McCarthy and Charlotte DePew recently published an article, "**Subglottic secretion drainage: A literature review**" in AACN's Advanced Critical Care 2007; 18(4):366-379. They have also initiated an ICU bedside research study on this topic at Madigan AMC.

CCRN Nurse for 30 years !

Congratulations to Gloria Hoppler RN, CCRN

Chair, Policy Committee for the Ethics Committee
Steven's Hospital

MEMORIES OF KAREN CARLSON

Nursing lost a wonderful nurse, educator, and leader when Karen passed away after an eight year battle with breast cancer.

She received her Diploma in Nursing at St. Lukes in Cedar Rapids, IA, her BS degree from the University of Minnesota and her Masters degree from the University of Washington. She was a critical care nurse and educator for several years at Ballard Community Hospital and Group Health Cooperative. In 1995 Karen started Carlson Consulting Group providing continuing education for the healthcare community.

She dedicated large amounts of time to AACN. On the local level she was instrumental in the development of the Seattle Critical Care Consortium and was a leader in planning the annual symposium for many years. At the national level, Karen served on the board of directors of AACN from 1991-1994 and the Certification corporation from 1992-1994.

Karen lectured extensively on the local, national and international level on a variety of critical care topics. She was ACLS Regional Faculty for the American Heart Association and a frequent ACLS course director.

Karen was also a prolific author and editor of education and reference materials for critical care nurses. She edited two editions of *Critical care Orientation Manual* and co-edited *Symptom Management and Procedure Manuals for Critical Care*. She was also the editor of AACN's Acute and Critical Care Orientation Program. In her last weeks Karen was completing final edits on a new textbook, *Advanced and Acute Critical Care Nursing*, which will be published on April 21, 2008.

Karen Carlson was an amazing nurse, educator, writer, editor, leader, mentor, and friend. She touched the lives and careers of so many people. Below are memories of Karen written by friends.

By Carol Jacobsen RN MN CCRN

Back in 1995 Karen called me with questions about how to start your own business. She and I were about the only two CNSs in the Seattle area who did not elect to pursue an ARNP pathway but chose instead to remain educators and start our own businesses.

Karen and I worked together from 1996 to the present, collaborating on educational programs for nurses in Washington State and mailing our brochures together to save postage. I taught classes for her and she taught classes for me, and many people thought we were the same business with two owners because we worked so closely together. The week she died I was stuffing envelopes with her fliers, getting ready to do the usual winter mailing.

Karen continued to work and participate in AACN activities the whole 8 years that she was fighting cancer—tirelessly and without a complaint. She was a role model and an inspiration to all of us and I am going to miss her terribly. Many of us who worked closely with Carlson Consulting Group teaching ACLS and other classes plan to continue to keep her business and legacy alive and well in the Puget Sound area.



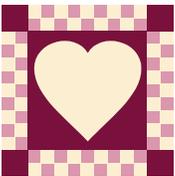
Oct 20, 1955-Dec 11, 2007

By Judy Borish RN, MSN

I first met Karen in 1985 when she began work at Group Health Cooperative. We worked together and became friends as we explored how to implement the Clinical Nurse Specialist role. Karen was a fantastic teacher. I loved to listen to her teach. She could make a complex subject easily understandable. Karen was one of the founding members of the Critical Care consortium. We convinced her to be the chairperson of our group—for several years. She was a great leader—able to get more out of all of us than we thought was possible. She kept us on track and focused, which is not an easy accomplishment. Karen was always willing to mentor new educators and help them learn to be effective teachers.

I worked for Karen's company for more years than I want to think about. She was always available for questions or to help. I remember her coming to ACLS classes to meet with us (the instructors) and give us encouragement, even though it may have been only a couple days after her last chemotherapy.

Karen, we miss you!



Our Chapter has established a fund to honor and remember Karen Carlson. Monies will support a keynote speaker at our annual symposium and will provide scholarship opportunities for nurses in our region. Please send donations to our MTS postal address and specify "Mountain to Sound Karen Carlson Fund".



Memories of Karen Carlson friend, mentor, amazing nurse

By Melissa L. Hutchinson RN MN CCNS CCRN-CMC CWCN

Karen was a friend, mentor and role model. Karen had a gift—she made everyone feel special and important with a quick smile and gentle word. She was honest, caring, and amazingly smart but never made those working with her feel as if they were not. She shared her knowledge daily whether mentoring other clinical nurse specialists or teaching courses through Carlson Consulting. She was a regular speaker at NTI, covering topics ranging from renal failure to “How to Publish”. Karen was active in our local chapter and also served as a national Director for both AACN and the Certification Corporation. She dedicated a great deal of time over the years to AACN activities and education. She was a founder of the “Seattle Critical Care Consortium” 20 years ago and this last year she worked in Atlanta on the NTI Workgroup. Although newly bald and fatigued from recent chemotherapy, she was running—(well, walking quickly!) supporting friends through lectures, assisting with NTI group functions, and presenting for the NTI Workgroup. She worked an amazing amount of time, even when she felt poorly, on information which advanced nursing knowledge. She was a role model for nurses in that she was a life-long learner and educator.

For all the energy she dedicated to advancing the profession of nursing, it pales in comparison to her dedication to her family and her faith. She was very active in her church and lived the life she preached. Her family is exceptional—husband Jim, children Katie-10 and Daniel-14, whom she spoke of wonderfully and often. Karen was a special and gifted person whose life enriched so many lives—so many nurses—who are better people and better nurses for having known her.

THE AACN BEACON AWARD FOR CRITICAL CARE EXCELLENCE

By Rebecca Hamilton RN CCRN
Beacon Award Chair



We have been very busy promoting the Beacon Award. We have had two Beacon Information Receptions and attended multiple staff meetings and retreats to provide information and educate staff about the value of the Beacon Award. Most recently, Dave Hanson, President of AACN, was in Seattle and spent a day visiting all of the ICU's in the Puget Sound area that had received the award or had applied for the award. We went to 16 ICU's at six local hospitals including Valley Medical Center, Overlake Medical Center, Seattle VA, Harborview, Swedish Medical Center, and University of Washington Medical Center. Dave spoke with administration and managers but was especially interested in talking and meeting with bedside ICU nurses. You can view the photos from this fun day on our website.

As of March 2008, 8 units have received the Beacon Award. Congratulations to all for putting the Pacific Northwest on the map for its outstanding Critical Care ICU's.

Also, our abstract was accepted to NTI 2008, titled “The Value of the Beacon Award: Our Chapters Efforts to Promote Excellence”. If you are there, please stop by and say hello!

Congratulations to University of Washington 5E and 5SE for their recent Beacon Awards!

Information on how your unit can earn the Beacon Award of Excellence can be obtained by contacting Rebecca at:
psc_aacn@hotmail.com or visit the AACN Beacon Award webpage: www.aacn.org. Click on Beacon icon.

By Pat Tanzi

COMMUNITY OUTREACH

Save the Date: Saturday May 17, 2008.

The Mountain to Sound Chapter will volunteer with the American Diabetes Association annual fund raiser, the *Tour de Cure*. Our task is to be determined as there are many needs. Information will be posted as it is available on our web site. If you would like more information on the event itself here is the link to the ADA web site: http://tour.diabetes.org/site/TR/TourdeCure/TDC451018030?pg=entry&fr_id=5050



In October a group from our newly formed Mountain to Sound Chapter volunteered for the American Heart Association's Heart Walk. Several people staffed the water station, which is the half-way point of the 5K walk.

Food donations for Northwest Harvest were collected at the *Critical Care Update* in January. Approximately 75 pounds of food was collected and donated to Northwest Harvest!

Nurse Staffing Legislation

By Darla Saville RN BSN CCRN



With the passage of House Bill 3123/Senate Bill 6734, our state Legislators have recognized the importance of adequate nurse staffing. This bill is titled: "An act relating to establishing a process to promote evidence-based nurse staffing in hospitals".

This bill begins the process of developing state policy that can address nurse staffing and the impact of nurse staffing on quality care, patient safety and prevention of adverse events. The bill was summarized in the Legislature with the following statement: "The Legislature intends to establish a means by which nurses and hospital management can jointly identify and apply best practices for nurse staffing and patient safety".

How will this be done? A Steering Committee has been developed comprising the five stakeholders that have agreed to work on this policy development. Each will be allowed 2 members on the Committee. These stakeholders include SEIU 1199NW; UFCW, Local 141; Washington State Nurses Association; Washington State Hospital Association; and the Northwest Organization of Nurse Executives. The William D. Ruckelshaus Center, which is a public policy center shared by the University of Washington and Washington State University, will assist the Committee with facilitation and analytic support.

The bill recommends that Washington hospitals each establish a Nurse Staffing Committee by Sept 1, 2008. At least half of the members on the Committee should be bedside nurses and the remainder may be hospital administrators. The Nurse Staffing Committee will develop a staffing plan for each unit and each shift which will be posted and available to the public. If the hospital is unable to adopt the staffing plan, the CEO will provide a written reason for the committee.

The Steering Committee will create one or more Advisory Committees to assist the individual Nurse Staffing Committees meet their goals.

The Washington State Department of Health is being asked to include a data field on their *Adverse Events Report Form* that will include information about nurse staffing at the time of the adverse event. If you would like more information about this bill, please check the Washington Legislature website at <http://www.leg.wa.gov/legislature>.

WSNA NURSE LEGISLATIVE DAY

By Pam Popplewell RN,MSN,ARNP-BC,CCRN



February 4, 2008 was Washington State Nurses Association (WSNA) Nurse Legislative Day in Olympia. The programs offered in the morning by WSNA and ARNP's United of Washington State (AUWS) were informative and invigorating and enticed me to want to be more involved in the political processes that involve nursing and healthcare. It became very evident that if we as nurses don't take the time to be involved and lobby for our own destiny, it will be decided for us by others. Every nurse has the opportunity to become involved with this process and it is easier than you think.

Following the morning informational session was a lunch in the Rotunda of the Capital building. Sitting on the marble steps in this impressive building listening to the lunchtime presentations was simply awe-inspiring. Since I am a board member for the Legislative Committee of AUWS I had prescheduled short meetings with the Senator and Representatives within my district to lobby for nursing legislative priorities being discussed and decided during this legislative session. I was nervous to attend these meetings alone and was lucky enough to have other nurse practitioners willing to go with me. We had 15 minutes to meet and present a short synopsis of why we were lobbying their vote on individual bills. Each of the Legislators and the Senator were interested and wanted to hear the nurses side of the impact of bills on nursing care, patient safety, and access to care.

You can become more acquainted with the process and issues by visiting WSNA's website at wsna.org.

New CCRN/PCCN Renewal by Synergy CERPs (Continuing Education Recognition Points)

A total of 100 CERPs are required for renewal

Category A- a minimum of 60 CERPs

Category B- a minimum of 10 CERPs

Category C- a minimum of 10 CERPs

Plus 20 CERPs of your choice

Category A – Clinical Judgment, Clinical Inquiry

Category B – Advocacy & Moral Agency, Caring Practices, Response to Diversity, Facilitation of Learning

Category C – Collaboration, System Thinking

Advanced Practice Dinner – January 2008

By Lisa Hansen RN CCRN



Another successful Advanced Practice Dinner was held January 16th at Salty's in Alki with 60 attendees. Our featured speaker was Kathleen Vollman. The topic "Target Zero: Nursing Care Strategies for Reducing Ventilator-Associated Pneumonia" was presented. Research and evidence was presented about getting back to basics on preventing VAP. Strict oral care q4 hrs and teeth brushing q 8-12 hours have the best results in preventing VAP. Kathleen also showed us that by omitting oral care for a period of 4-6 hours the preventative benefits are lost. Reviewing the evidence on keep the head of bed (HOB) 30-45 degrees is also a key factor in reducing VAP. Getting back to basics is something that all of us can do to improve the health of our patients. As Florence Nightingale stated so long ago "It may seem a strange principal to enunciate as the very first requirement in a Hospital that it should do the sick no harm"

We were also fortunate to have a representative from ARNPs United of Washington State speak at the dinner. The work done by AUWS in representing over 3500 nurse practitioners is astounding. AUWS has successfully advocated for ARNP practice and promoting independence of the profession in Washington. For more information about AUWS please contact the MTS chapter AACN or go to their website www.auws.org. The Advanced Practice continues to be a success and we plan to return soon with another planned dinner, so look for the invitations. The chapter always wants to hear what topics you would like to hear and discuss so send us an email with topics and how the dinner format could improve.

Photo Gallery with Dave Hanson AACN President



VA Puget Sound



Dave Hanson and Marine at Harborview



Overlake Medical Center ICU



Harborview MICU



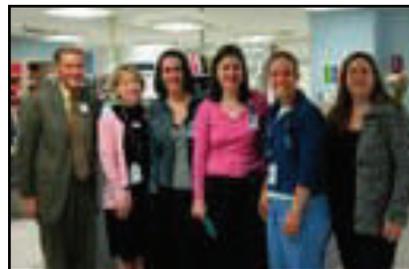
Harborview NICU



Swedish Medical Center



University of Washington 5SE

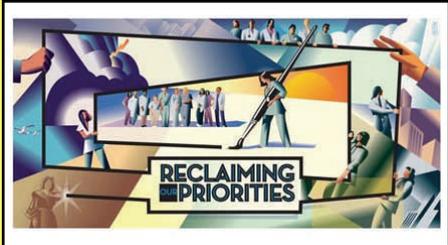


University of Washington 5E



Harborview TICU

- May 3-8, 2008 National Teaching Institute
Chicago
- June 19 & 20, 2008 CCRN/PCCN Review
at Madigan Army Medical Center
Robin Dennison RN, DNP
Author of "Pass CCRN"
- October 21 & 22, 2008 Mountain to Sound *Symposium*
at Shoreline Conference Center



***MARK YOUR
CALENDARS***

Developing the new Acute Care Nurse Practitioner Exam ~ A Volunteer Experience
By Elizabeth Mattox ARNP CCRN-CNC



Last year, I had the opportunity to volunteer as a member of AACN's Exam Development Committee for the *new* Acute Care Nurse Practitioner certification (ACNPC). The ACNPC exam is now available as an alternative to the American Nurses Credentialing Center (ANCC) exam. Those of us who worked on this exam are very proud of it! As of this point in time, this exam is not yet recognized in Washington State as a proxy measure for APRN licensure. Less than 10 states currently recognize it but this should change over time!

The experience of volunteering on a national committee was fantastic! I traveled to Southern California and worked with approximately 10 other nurse practitioners in diverse acute care roles from all over the country. We spent several days in person and many hours on the phone working to develop an exam that reflected current evidence and practice. The nurse practitioners on the committee included new graduates as well as more "seasoned" practitioners. I met some great people, including persons who are recognized as leaders in their chosen field and within the AACN organization. I have also recently participated in the newly formed Acute Care Nurse Practitioner Task Force, working to develop resources for acute care nurse practitioners.

I encourage YOU to update your volunteer profile by logging onto the AACN website. Depending upon what you select, you'll start receiving emails about volunteer opportunities including committees, task forces and work groups. I also encourage you to become more involved with your local Mountain to Sound Chapter. Your energy, enthusiasm and ideas are essential to our mission and vision!

President– Elizabeth Mattox
President Elect– Diana Lodzinski
Immediate Past Presidents–
 Nicole Kupchik
 Melissa Hutchinson
Treasurer– Dianne Long
Secretary– Colleen Sembar
Beacon Award Chair–
 Rebecca Hamilton
Advance Practice Group Chair–
 Lisa Hansen

Education Chair– Melissa Hutchinson
Education Chair Elect– Mary Jo Kelly
Education Committee–
 Isabel Ballou, Sue Cummings, Bente
 Dalby, Amy Stafford
Webmaster– Dana Kyles
Industry Liaison– Birgit Weeks

Community Liaison Chair– Pat Tanzi
Community Liaison Chair Elect–
 Pamela Poplewell
Membership Chair– Pat Blissitt
Membership Chair Elect–
 Colleen Sembar
Newsletter Chair–
 Darla Saville

BOARD MEMBERS JULY 2007– JUNE 2008



National AACN Membership is required to participate in MTS-AACN

For national AACN application, please see their website at www.aacn.org.

Local dues for Mountain to Sound-AACN Chapter

One-year membership: \$20.00

Two-year membership: \$35.00

Mail this application with fees to:

MTS-AACN
P.O. Box 25144
Seattle, WA 98165

Payment Method:

Check Mastercard Visa

Account # _____

Expiration Date _____

Signature _____

The Mountain to Sound Chapter is the local extension of the national organization. Please see our website for eligibility information.

www.psc_aacn.tripod.com.

MOUNTAIN TO SOUND CHAPTER OF AACN Membership Application

(please print)

Application Date _____

New

Renew

Referred By _____

Name _____

Address _____

Email Address _____

E-mail is used ONLY for chapter updates. It will NEVER be shared or sold.

Phone _____

Employer _____

Area of Practice _____

Position _____

Certifications _____

National AACN Number (required) _____

Cut here

**MOUNTAIN TO SOUND
CHAPTER OF THE AMERICAN
ASSOCIATION OF CRITICAL
CARE NURSES**
(FORMERLY THE MOUNT RAINIER AND
PUGET SOUND CHAPTERS OF AACN)

**P.O. BOX 25144
SEATTLE, WA 98165**

