Transforming a RN to BSN Program to an On-line Delivery Format

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Every RN must decide for her/himself that being a professional means being informed and making your voice heard when issues affect patients. This is true regardless of where you work, what your specialty is, what level of preparation you’ve received, or whether you are an advanced practitioner, staff nurse, public health nurse, nursing executive, or educator. If a law, regulation, or policy is being created that affects patients anywhere, it is your responsibility as a professional nurse to learn about it, have an opinion about it, and express your opinions.

It is not unusual for nurses of all varieties to overlook their own extraordinary level of expertise and qualification. Most nurses do not recognize that they are more qualified to comment on matters concerning healthcare than most policy makers and, furthermore, that policy makers want the input of nurses. Nursing is the most trusted and respected profession in the country and is recognized by policy makers as the backbone of the healthcare delivery system.

When nurses speak, people listen. When nurses speak, patients benefit. When nurses speak, healthcare improves. If only nurses would speak.

In the 2012 Kentucky General Assembly, we are sure to see legislation that affects advanced practitioners, nursing education, and possibly other health professions that seek to perform nursing functions. Many RNs will glaze over these issues and determine that they do not directly affect them or their personal practice. That will be tragic for patients and the nursing community. All of those issues have an impact on patients, even if they are not your patients. Patience anywhere are patients and nurses anywhere have a professional duty to what they can to protect them.

If RNs from all areas do not make their voices heard on these issues, other voices will drown out nursing professionals and render nursing irrelevant, risking the welfare of patients. The relevance of nursing is built and preserved by the strength of nursing’s professional association voice AND by the numbers of RNs who join the effort individually. Every Registered Nurse, regardless of where you work, what your specialty is, what level of preparation you’ve received, is a member of the KNA and increases the size of the voice of the entire community of nursing and makes a contribution by adding their name.

RNs of all types—take the time to know what is happening that affects the delivery of health care, your practice and patients everywhere. Take a minute to share your voice as a uniquely and highly qualified opinion, capable of educating policymakers with a simple voicemail or e-mail. And invest in yourself and your professional by adding your name to the collective voice of the larger nursing community.


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Work related injuries can create hardships for both employees and employers. It is estimated that $25 billion is spent each year on work related injuries, exclusive of the pain, suffering, and decreased quality of life experienced by the injured worker. Could some of these problems be prevented with simple stretching exercises prior to beginning work?

Heavy loads and repetitive movement can result in tissue overload and subsequent soft-tissue injuries. Studies show that stretching increases flexibility, improves range of motion, and promotes correct form and function, resulting in decreased injuries. Two nurse researchers in West Virginia decided to implement a 90-day pilot pre-shift program on stretching in an attempt to reduce work-related musculoskeletal injuries.

The study used a nonrandomized, descriptive, pre-post intervention design. The study was conducted with manual laborers at two industrial sites, a beverage company and a tin mill plant. The independent variable was pre-shift stretching and the dependent variable was the number of work-related musculoskeletal injuries incurred between December 2008 and March 2009, as well as to the injury rates for all eligible employees between December 2008 and March 2009, as well as to the injury rates for all eligible employees during the study period.

The volunteer sample (total of 79 participants) consisted of 37 warehouse loaders and 18 delivery drivers engaged in manual labor at the beverage company. Warehouse loaders lifted 35 to 50 pounds per carry hundreds of times during an 8-hour day, while delivery drivers handled products between the warehouse and customer locations and routinely handled 16,000 to 24,000 pounds daily. The 24 tin mill volunteers engaged in lifting, carrying, pushing, and pulling up to 100 pounds per task. The breakdown of the three groups was 47% warehouse workers, 23% were delivery drivers, and 30% were tin mill loaders. All but one of the participants were male, with an average age of 50.4 years. All were full-time workers who had not experienced a previous work-related musculoskeletal injury.

The program consisted of nine stretches targeting the neck, shoulders, upper and lower back, quadriceps, hamstrings, arms, and ankles. Each stretch was held for 10 to 15 seconds. All stretching was done in a standing position without the use of props. These stretches were first discussed with a chiropractor specializing in stretching protocols. To help the volunteers in learning proper stretching techniques, wall-sized posters of the stretches were hung in the stretching areas. Management was also taught the techniques so they could be used as a resource to help lead the program. To ensure proper tracking of volunteer participation, a daily compliance roster was given to each shift leader to maintain. To help with buy-in, the companies provided gift cards to those who participated and completed the program.

According to attendance records, 100% of eligible participants completed the study. The results showed that the 24 tin mill participants who completed the stretching protocol were injury-free, while of the 55 beverage company participants, only one experienced an injury (1 of 79, or 1.3%). No employee reported any injury (1 of 79, or 1.3%). No employee reported any injury (1 of 51, or 1.9%). The relative risk of non-stretchers being injured was 5.13 and the risk of injury for stretchers was 0.19. The odds of experiencing a work-related musculoskeletal injury were 5.41 times higher for non-stretchers. Injury rates also differed significantly between the stretching group and the non-stretching group.

Submitted by: Sally Beckham, RN, Mary Cox, RN, and Diana Wetterer, RN, BSN students at Bellarmine University, Louisville, KY.

Data Bits is a regular feature of Kentucky Nurse. Sherill Nones Cronin, PhD, RN, BC is the editor of the Accent on Research column and welcomes manuscripts for publication consideration. Manuscripts for this column may be submitted directly to her at: Bellarmine University, 2001 Newburg Rd., Louisville, KY 40205.
DISTRICT 2 UPDATE

District 2 held a meeting in September. Mollie Abshire is the winner of the door prize and is shown with President Mary Whitaker. Congratulations Mollie!

Lexington Clinic has an opening for a chemotherapy RN at our Southeastern Kentucky Cancer Center in Corbin KY. This position will have a $2,500.00 sign on bonus. The chemotherapy RN requires formal training indicated by a current KY state RN license, undergraduate nursing degree and Oncology Nursing Society member preferred. Previous chemotherapy experience strongly preferred. This is a full-time position with a competitive salary and excellent benefits.

For a complete job listing, please visit our website at: www.lexingtonclinic.com
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Common Questions about Lactose Sensitivity

What is lactose sensitivity?
People who are lactose sensitive have a hard time digesting the sugar (called lactose) that is naturally found in milk and may experience discomfort after consuming dairy foods.

How do I know if I’m lactose sensitive?
Stomach aches, bloating or gassiness can have many different causes. Your doctor can help you find out if you are lactose sensitive if your digestive discomfort is caused by something else.

I used to drink milk all the time when I was a child. Why am I more sensitive to dairy now?
Your body makes an enzyme called lactase to help digest the lactose in milk. As an adult, your body may be making less of this enzyme than when you were younger. This may make it more difficult to tolerate dairy.

If I am lactose sensitive, do I avoid all dairy foods?
Lactose sensitivity is a very individual condition. Most people can continue to enjoy low-fat and fat-free dairy foods by drinking low-lactose or lactose-free milk, having small amounts of milk with meals or including natural cheeses or yogurt in their diet.

Is lactose sensitivity the same thing as a milk allergy?
No. Being lactose sensitive is not the same as having a milk allergy. A milk allergy is caused by a reaction to the protein in milk. This is different from lactose intolerance, which occurs when your body has a hard time digesting the natural sugar (or carbohydrate) in milk. While people with milk allergies must avoid dairy, avoidance is not necessary for those who are lactose sensitive.

Can I get the nutrients I need without dairy foods in my diet?
Nutrition experts advise that you still try to eat dairy foods to best meet your nutrient recommendations. The dairy food group (milk, cheese and yogurt) provides key nutrients such as calcium, potassium and vitamin D. It’s difficult to get enough of these nutrients without dairy foods in your diet.

Can children be lactose sensitive?
Lactose sensitivity is less common in young children. If you think your child is lactose sensitive, talk to your family doctor, pediatrician or a dietitian.

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Transforming a RN to BSN Program to an On-Line Delivery Format

Cathy H. Abell, PhD, MSN, RN, CNE
Associate Professor, Deborah Williams, EdD, MSN, RN
Western Kentucky University
Bowling Green, KY

Most RN to BSN faculty and students to educate them about the advantages and disadvantages of the proposed innovation is introduced. This includes discussion of the new system is freezings, moving, and refreezing. As noted by Benner et al. (2010), change in the learning process is taking place. Faculty have attempted to move the curriculum to ensure program outcomes were met. Additionally, the different experiences allowed the curriculum to be consistent in timetables for assignments and availability of lectures. Again, recognizing that the RN to BSN students have varied work schedules, faculty include weekend days and traditional work week days in the timetables. When developing assignments and evaluation methods, faculty assured different experiences were offered throughout the curriculum to ensure program outcomes were met. Additionally, the different experiences allowed students the opportunity to gain technological skills that would be beneficial to them both in the workplace and graduate school. A challenge that has been addressed is how to best evaluate the fit of student work load for an individual course and the credit hours awarded for that course.

As faculty entered the moving stage, they utilized technology in a variety of ways. Classes were delivered, such as Blackboard®. This allowed the use of web pages, tegrity videos, podcasts, wikis, and discussion board. To support an ongoing personal connection throughout the program, faculty developed complete web pages in each nursing course. Students were asked to include a picture and information about themselves and coursework. For example, in the transcultural nursing course, students were asked to include experience they had working with patients from cultures different from their own. This teaching strategy also supported a way for peer networking, advocated by Nelson (2007). In addition to providing lecture material, tegrity videos, and podcasts were incorporated to provide information to students about assignments, syllabi, and grading rubrics. Tegrity is a program that allows students to view, listen, or take notes at anytime or anywhere they have internet access. Wikis allowed opportunities for group work with faculty. For example, asynchronously submitted boards were used to exchange ideas and comments about various topics. This supported peer interaction and networking. Additionally, discussion boards were used to incorporate poster presentations on-line.

Currently, faculty believe they are still in the moving stage. As faculty reflect on the first semester of the program change, they note an increase in interest in the program by prospective students as well as leaders/managers of area health care facilities. Additionally, the nurses in their communities have utilized the support of the University instructional technology department to view on-line videos regarding various topics related to Blackboard®. In addition, many students view a video demonstrating submission of assignments. As students' knowledge level with technology increased, they found the continuous availability of these tutorials is valuable to success of students.

Faculty have learned much throughout the program change. Spending more time in the unfreezing stage for planning. This would include planning for faculty development, course development, and marketing. Secondly, they recognized that for online classes much more time is required for grading and providing feedback to students. To facilitate the on-line process for students, faculty communicate frequently about policies, course work, evaluation of students' work, and networking. Faculty have attended conferences and networking opportunities to gain knowledge about the change in technology and pedagogy required for web-based classes. The essentials of baccalaureate education for professional nursing practice. Washington, D.C.: Author.


Cardiovascular diseases (CVD) remain the leading cause of death in the nation and the state of Kentucky. Kentucky ranks sixth in the nation for the number of deaths due to heart disease (Kentucky Department for Public Health, 2009). The US Department of Health and Human Services document, Healthy People (2020), described the importance of identifying preventable threats to health in order to increase the length and quality of our lives. The profession of nursing has long been associated with the sacrifice of personal health. Research indicates that nursing students experience higher levels of stress than non nursing students and some report stress severe enough to induce anxiety and depression (Beck & Srivastava, 1991; Shiver & Scott-Stiles, 2000). A service learning project was developed in partnership with the Gateway Cardiovascular Coalition as a strategy developed from evidence based practice which provides additional support to nursing students as they learn to provide care for others (Stark, Manning-Walsh & Vliem, 2005).

In recognition of how poor cardiovascular health severely impacts Eastern Kentucky residents, a service learning project was implemented by third semester Associate Degree Nursing Students and sophomore level Baccalaureate Nursing Students. The screening service learning project was conducted at the Center for Health Education and Research (CHER) campus and the Clay Center campus of Morehead State University. One hundred percent of participants received education on the importance of cardiovascular health, the effect of sodium, of blood pressure, and the importance of exercise.

Findings from the screening: total of 109 screenings were provided to 79 females and 30 males; 64 of 79 females returned for follow up (81%); 11 of 79 females received referrals (14%). Of the 11 receiving referrals 2 started medication (18%), 4 were normal at follow up (36%), and five did not return (45%). As students provided the screenings they became interested in their own blood pressure readings and 100% participated in the screening process. There is evidence that as students practice and encourage self-care among peers, health habits are likely to improve. Additionally it serves as further support as they learn to provide care for others. This service learning project impacted participants thus impacting the future of nursing and the many patients who will be served.

References

Community Cardiovascular Care: A Service Learning Project Designed to Reduce Risk for Cardiovascular Disease

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10:00 – 10:15am BREAK
10:15 – 11:30AM COMMUNICATION: Delivering information to patients & families
11:30am – 12:15pm LUNCH
12:15pm – 1:30pm LEGAL/KBN: The Nurse Practice Act & the Kentucky Board of Nursing
1:30pm – 1:45pm BREAK
1:45pm – 3:00pm RESUMES & INTERVIEWS
3:00pm – 3:15pm PROGRAM EVALUATIONS

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UofL School of Nursing Partners with University Hospital and Jewish Hospital & St. Mary’s HealthCare to Develop Acute Care Nurse Practitioner Program

LOUISVILLE, KY—In an effort to meet the growing local demand for acute care nurse practitioners (ACNP)s in the hospital setting, the University of Louisville School of Nursing will add the acute care NP major to its list of master’s level programs. University of Louisville Hospital (ULH) and Jewish Hospital & St. Mary’s HealthCare (JHSMH) are helping in the initial funding to hire faculty that will develop the curriculum and teach the courses beginning in Fall 2012.

“Although the UofL School of Nursing has a strong history in offering master’s nurse practitioner majors in primary care, the need for hospital acute care NPs is crucial with so many patients who are acutely ill with complex diseases and conditions,” said Marcia Hern, EdD, CNS, RN, dean, UofL School of Nursing. “Working as a full partner with physicians, NPs are a valuable asset in health care.”

“Our physician colleagues are asking for these positions,” said Cheryl Fugatte, chief nursing officer, JHSMH. “Acute care nurse practitioners are desperately needed and I thank Marcia Hern for coming to the table to see how we could partner together to make this program possible.”

“Nurse practitioners are now an integral part of our acute care surgical teams, from trauma to general surgery and surgical specialties. Nurse practitioners greatly improve the quality of health care, facilitating better communication with patients and families, rapid response to patient needs, and coordinating post-hospital care,” said Kelly McMasters, MD, PhD, chair, UofL School of Medicine Department of Surgery.

According to University of Louisville Hospital Chief Nursing Officer Mary Jane Adams, there are too few local advanced practice registered nurses trained in acute care. Many are primary care NPs who have received acute care training in the hospital setting or critical area. Acute nurse practitioners are essential for a level I trauma center at ULH and complicated cardiac thoracic surgeries at JHSMH, she said.

“We wanted to partner with UofL in order to have a pipeline to train nurses interested in an advanced degree, and then recruit them to meet a need in the hospital. Many of our nurses are eager to advance their careers with this major,” Adams said.

Jodie Hignite, MSN, APRN, ACNP, was recently hired to begin developing the curriculum for the program. She will serve as the track coordinator for the new major. Hignite also works as an acute care nurse practitioner for the Department of Pediatrics in the Division of Pediatric Critical Care at Kosair Children’s Hospital, and she agrees with Adams.

“It is very important for advanced practice registered nurses to work the clinical portion of their program in the area where they want to specialize. Otherwise, it can be a very difficult transition with a significant learning curve if nurses seeking advanced degrees focus their clinical effort outside a hospital, then decide to pursue work in acute care,” Hignite said.

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   b. Most of the time
   c. Some of the time
   d. Seldom
   e. Never

2. If you read the Kentucky Nurse, do you read the entire publication?
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   c. KNA Calendar of Events
   d. District News
   e. Cabinet News
   f. Committee News
   g. KNF News
   h. KNA Members on the Move
   i. Home Study/Continuing Education Offerings
   j. Focus on Diversity
   k. KBN/Practice Corner
   l. Advance Practice
   m. Workplace Advocacy
   n. Accent on Research & DataBits
   o. Student Spotlight
   p. News From ANA

4. Which sections in the Kentucky Nurse do you find least helpful? (Circle All That Apply)
   a. President’s Pen
   b. Welcome New Members
   c. KNA Calendar of Events
   d. District News
   e. Cabinet News
   f. Committee News
   g. KNF News
   h. KNA Members on the Move
   i. Home Study/Continuing Education Offerings
   j. Focus on Diversity
   k. KBN/Practice Corner
   l. Advance Practice
   m. Workplace Advocacy
   n. Accent on Research & DataBits
   o. Student Spotlight
   p. News From ANA

5. Have you been able to use content from the Kentucky Nurse in your practice setting or educational program?
   a. Yes
   b. No

6. What could we do to improve the Kentucky Nurse?

7. Additional Comments:

Demographics

8. Are you a KNA member?
   a. Yes
   b. No

9. What is your age (in years)?

10. What is your highest degree:
   a. Doctorate in Nursing
   b. Doctorate in Related Field
   c. Masters in Nursing
   d. Masters in Related Field
   e. Baccalaureate in Nursing
   f. Baccalaureate in Related Field
   g. Associate in Nursing
   h. Other (please specify)

11. How many years have you been in nursing practice?

12. What is your employment status:
   a. Full-time in Nursing
   b. Part-time in Nursing
   c. Not Practicing in Nursing
   d. Retired
   e. Nursing Student (Pre-Licensure)

13. Primary Area of Practice
   a. Private Practice
   b. Hospital
   c. Nursing Home
   d. School of Nursing
   e. Free Standing Clinics
   f. Community/Home/Public Health
   g. School Nurse
   h. Occupational Health Nurse
   i. Office Nurse (Physician/Dentist)
   j. Other (please specify) ____________________

Thank you!
Send to KNA Editorial Board, 200 Whittington Parkway, Louisville, KY 40222-4900.

Indiana Wesleyan University provides education options for Kentucky nurses. Earn your degree in-class at one of our four Kentucky Education Centers, or choose the flexibility of complete online degree programs. The setting may change, but IWU’s commitment to providing quality education is constant.

Change your life.
Change the world.
Can One Nurse, a Dream, and Two Cans of Green Beans Make a Difference?

It was during a recent District 10 Kentucky Nurses Association (KNA) meeting at St. Claire Regional (SCR) Medical Center that current KNA President Mattie Burton, discussed service to others. Nurses, now more than ever, are needed to heed the call of service not only the patients in hospitals and clinics, but to reach even farther into the community to extend service to those in need. Those attending the meeting were bouncing ideas off of one another about community service when one nurse, Lula Pecco, an RN at SCR for twenty-five years, stated she had a life-long dream of starting a soup kitchen in Morehead. Living in the heart of Appalachia, she had first hand knowledge of the poor and the hungry.

Lula’s dream was to start a soup kitchen to feed the hungry. Something about the way she said it and the manner in which she spoke, made all of those in attendance take notice. Her entire face lit up just talking about serving the poor. Lula had never attended a KNA meeting and she had been wondering why she was attending this one? Lula’s nurse manager had asked her to attend in her place since she was going to be late. Accidents of this magnitude don’t just happen…

Once Lula shared her thoughts and ideas with district members, Mattie outlined steps that would help Lula get started. Lula’s family had a building that she could use to get started. Mattie provided a networking plan that would assist Lula in garnering the support she would need to begin, maintain and sustain such a worthwhile venture. The entire department of nursing wanted to support Lula’s dream, which in reality would only further the mission of St. Claire Regional, “To Proclaim God’s goodness through a healing ministry to the people of Eastern Kentucky.”

Lula’s dream came true on September 16, 2011 in Rowan County. At first she, her family, church and hospital volunteers, were serving around 30 people per day. It quickly grew to 70 per day and is now over a 120 each day. One of the most touching stories shared by Lula was a story about a young man who had been coming to eat at the soup kitchen. He told Lula he had been out of work for a while. He shared with Lula, he would have been hungry had it not been for eating at the soup kitchen. He was so grateful that she opened the kitchen and was taking upon herself to feed the hungry. Jobless and looking for employment, he handed her 2 cans of green beans and asked if he could donate them to help feed others.

Nurses have always been a shining example of compassion and servitude throughout history. One nurse’s dream to feed the poor in conjunction with a hospital’s mission to serve the people of Northeastern Kentucky is proving that caring and service to others is alive and well in Morehead, Kentucky.

On October 31st the hospital hosted a benefit fund raiser to the theme of MASH: “Help Fight the War Against Hunger.” The event raised nearly $3,000 dollars to support the Community Soup Kitchen. MASH themed look-alikes were in full costume, such as Radar, Hot Lips, Father Mulcahy, Klinger and Hawkeye! Every hospital department participated in some way to support this worthy cause.

May God Bless everyone during this season of giving we are approaching.
Welcome New Members

The Kentucky Nurses Association welcomes the following new and/or reinstated members since the October/November/December 2011 issue of the KENTUCKY NURSE.

District #1
- Laura G. Flamini
- Claire M. Gaffney
- Simon Hanes
- Karen Lynne Morrow
- Beverly Kay Valentine
- Beverly J. Zanewicz
- Ellen Hahn
- Jennifer Marie Kelley
- Barbara R. Kitchen
- Felicia McAllister
- Roger H. McBride
- Jennifer Denise Murphy
- Evelyn M. Parrish
- Lynn C. Parsons
- Patricia “Dee Dee” Pennington

District #2
- Sharon Brock
- Norma J. Christman
- Ellen Hahn
- Jennifer Marie Kelley
- Barbara R. Kitchen
- Felicia McAllister
- Roger H. McBride

District #3
- Jackeline Dianne Miles
- Patti Rhodes
- William D. Thomas
- Karen Marie Wigger

District #4
- Rebecca L. Bell
- Adam W. Ogle

District #5
- Kimberly Elaine Bradley

District #7
- Vickie Shoumake
- Nicole D. Swindle

District #8
- Carole Nadine Mattingly
- (Reinstated by Carol Murch)

District #9
- Tammy Jean Bertram
- Ruth Yvonne Walker

District #10
- Kathy Lynn Blair
- Jessica Jo Blakenship
- Linda M. Conyers

District #11
- Lori L. Legaspi
- Abby Notsowrthy
- Cagney Anna Skipworth
- Kevin P. Weaver

REGISTER TODAY!

Optimizing Outcomes—March 8-10, 2012

2012 Conference
Fairmont Chicago

The Kentucky Nurses Association welcomes the following new and/or reinstated members:

January, February, March 2012

KENTUCKY NURSES ASSOCIATION
CALENDAR OF EVENTS

2012

July 2012
4 Fourth of July Holiday – KNA Office is Closed

August 2012
13 Materials Due for the October/November/December 2012 Issue of Kentucky Nurse

September 2012
3 Labor Day Holiday – KNA Office is Closed

October 2012
24 5:00 PM KNA Board of Directors Pre-Convention Board Meeting, Holiday Inn Hurstbourne, 1325 South Hurstbourne Parkway, Louisville, KY 40222
25-26 KNA Convention 2012, Holiday Inn Hurstbourne, 1325 South Hurstbourne Parkway, Louisville, KY 40222

November 2012
12 Materials Due for the January/February/March 2013 Issue of Kentucky Nurse
22-23 Thanksgiving Day Holiday – KNA Office is Closed

December 2012
17-31 Christmas Holiday – KNA Office Closed

*All members are invited to attend KNA Quarterly Board of Directors meetings (please call KNA first to assure seating, meeting location, time and date)

NURSING FACULTY: Midway College, a four-year liberal arts college founded in 1847, seeks applications to fill faculty positions in the Associate Degree Nursing Program.

Two full-time, 12 month faculty positions located at our Midway campus. MSN degree is required, teaching experience preferred. Minimum two years Med/Surg experience required.

Direct inquiries to Dr. Barbara Kitchen at (859) 846-5335 or e-mail bkitchen@midway.edu.

Review of applications will begin immediately and continue until the positions are filled. Send a letter of application, curriculum vitae, unofficial transcripts and names, addresses and phone numbers of at least three references to

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Visit Midway College at www.midway.edu.

NUTRITION FACULTY: The College’s Title IX Coordinator, Anne Cockley, Director of Human Resources, 11 Pinkerton Hall, 512 E. Stephens St, Midway, KY 40347, 859.846.5488.

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NOTICE OF NON-DISCRIMINATION

Midway College does not discriminate on the basis of sex, race, color, age, national or ethnic origin, marital status, disability, or handicap in its educational policies, admissions policies, scholarship and loan programs, athletic and other College-sponsored programs or in its employment practices. In conformity with Title IX of the Education Amendments of 1972, 20 U.S.C. § 1681 and its implementing regulation at C.F.R. Part 300, it is also the policy of Midway College not to discriminate on the basis of sex in its educational programs, activities or employment practices. The admission of women only in the Traditional Day Program is in conformity with a provision of the Act. For additional information, contact the College’s Title IX Coordinator, Anne Cockley, Director of Human Resources, 11 Pinkerton Hall, 512 E. Stephens St, Midway, KY 40347, 859.846.5488.

Visit Midway College at www.midway.edu.
“NURSING: LIGHT OF HOPE”
by Scott Gilbertson
Folio Studio, Louisville, Kentucky

Photo submitted by the Kentucky Nurses Association, July 2005 to the Citizens Stamp Advisory Committee requesting that a first class stamp be issued honoring the nursing profession. (Request Pending)

Package of 5 Note Cards with Envelopes - 5 for $6.50

I would like to order “Nursing: Light of Hope” Note Cards

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Make check payable to and send order to: Kentucky Nurses Association, 200 Whittington Parkway, Suite 101, Louisville, KY 40222-4900 or fax order with credit card payment information to (502) 637-8236. For more information, please call (502) 637-2546 ext. 10 or (800) 348-5411.

Name: _______________________________________ Phone:  _____________________
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*Express Delivery will be charged at cost and will be charged to a credit card after the shipment is sent.

When disaster strikes, who will respond?

The Kentucky Department for Public Health is seeking nurses to register and train as Medical Reserve Corps (MRC) volunteers. When events such as ice storms, flooding or pandemics occur in Kentucky, our citizens need nurses to provide compassionate care. Register to volunteer and receive training from your local MRC program today. By doing so, you can be prepared to serve your community, family and neighbors when they need it most.

To learn more, go online at https://khelps.chfs.ky.gov or contact your local health department.

Division of Continuing Education & Development

The following programs are made possible by partner-ships with health care agencies, professional organizations and other academic institutions. For more details about the listed programs and information about Online Programs offered, refer to the web site www.ced.eku.edu after January 20, 2012 or contact, Denise Humphreys at alice.humphreys@eku.edu or 859.622.2143.

February 23
February 24
Meeting the Challenges to Improve Cardiovascular Outcomes
In Collaboration with Eastern KY AHEC and Baptist Regional Medical Center
Corbin, KY
2.25 ANCC
2.7 KBN
7.5 ANCC
6.7 KBN

March 1-3
(W/E 1)
Faith Community Nursing
“Empowering Others Through Faith & Wellness”
In Collaboration with Ephraim McDowell Health Services
Gicher Building, Danville, KY
36.25 ANCC
45.0 KBN

April 12-14
(W/E 2)
Faith Community Nursing
“Empowering Others Through Faith & Wellness”
In Collaboration with Ephraim McDowell Health Services
Maywood Lodge, Crab Orchard, KY
Must attend both weekends, partial credit will not be awarded.

March 30
An Invitation to the 17th Annual Medical/Surgical Symposium:
Nurses Applying Evidence: Making a Difference
In Collaboration with Central Baptist Hospital
Lexington, KY
5.75 ANCC
6.9 KBN

April 3
Common Orthopedic Injuries Encountered in Primary Care
In Collaboration with EKU's Faculty Development Nursing Program
EKU Campus, Perkins Building, Quads A & B
Morning or Afternoon Session (Please specify)
5.0 ANCC
6.0 KBN

April 27
Education and Practice:
Using Tried and New Technologies to Demonstrate Competence in Tomorrow's Nursing Leaders
In Collaboration with Central KY Staff Development Group
Via ITV @ EKU Campus, Richmond, Corbin, Danville, Hazard, Manchester, Somerset. (Must specify location)
5.5 ANCC
6.6 KBN

Eastern Kentucky University, The Division of Continuing Education and Development, is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's COA.
KENTUCKY NURSES ASSOCIATION
MEMBERSHIP APPLICATION FORM
How Did You Hear About KNA?  
❑ Mrs. ❑ Ms. ❑ Miss ❑ Mr.

Last Name: ____________________________
First Name: ____________________________
Middle Name: ____________________________
Maiden Name: ____________________________
Nick Name: ____________________________
State of Licensure: ____________________________
RN Licensure Number: ____________________________
Home E-Mail: ____________________________
Home Phone: ____________________________
Work E-Mail: ____________________________
Work Phone: ____________________________
City/State/Zip Code: ____________________________
Employer: ____________________________
Employer Address: ____________________________
Employer City/State/Zip Code: ____________________________
Pre-Licensure Program: ____________________________
Graduation Month & Year: ____________________________
All Credentials: ____________________________
Living with a Chronically Ill Family Member: ____________________________
Impaired registered nurse with substance use disorder: ____________________________
Impaired registered nurse with other disorder: ____________________________
Laid-off/unemployed as nurse due to disability: ____________________________
Not actively employed in nursing: ____________________________
Other: ____________________________
Pre-Licensure Program: ____________________________
Graduation Month & Year: ____________________________
All Credentials: ____________________________
Living with a Chronically Ill Family Member: ____________________________
Impaired registered nurse with substance use disorder: ____________________________
Impaired registered nurse with other disorder: ____________________________
Laid-off/unemployed as nurse due to disability: ____________________________
Other: ____________________________

I. MEMBERSHIP CATEGORIES
(choose one)

❑ FULL MEMBER (Select One)
  __________________________________________
  Full Membership/Full Time Employment
  Monthly—$12.63—Withdrawal from your checking account. (Enclose check for 1st month payment. Signature is required below.* See monthly bank draft section)
  Annual—$72.75—Enclose check

❑ ASSOCIATE MEMBER
  __________________________________________
  (Receive Full Benefits) (Select One)
  1) RN enrolled in at least half time study as defined in KNA policies* School
  2) Graduate of prelicensure program within one year of graduation
  3) Registered nurse not employed
  Monthly—$24.75—Withdrawal from your checking account. (Enclose check for 1st month payment. Signature is required below.* See monthly bank draft section)
  Annual—$145.50—Enclose check

❑ SPECIAL MEMBER (select one)
  __________________________________________
  (KNA reserves the right to verify enrollment)
  1) Registered nurse who is retired and not actively employed in nursing
  2) Registered nurse who is currently unemployed as nurse due to disability
  3) Impaired registered nurse with limited membership
  Monthly—$12.63—Withdrawal from your checking account (Enclose check for 1st month payment. Signature is required below.* See monthly bank draft section)
  Annual—$72.75—Enclose check

*Signature for Bank Draft Authorization

II. PAYMENT OPTIONS
(Amount Includes ANA/KNA/District Membership)

FULL MEMBER
  __________________________________________
  Monthly—$24.75—Withdrawal from your checking account. (Enclose check for 1st month payment. Signature is required below.* See monthly bank draft section)
  Annual—$291.00—Enclose check or pay by credit card

ASSOCIATE MEMBER
  __________________________________________
  Monthly—$6.56—Withdrawal from your checking account (Enclose check for 1st month payment. Signature is required below.* See monthly bank draft section)
  Annual—$145.50—Enclose check

SPECIAL MEMBER
  __________________________________________
  Monthly—$6.56—Withdrawal from your checking account (Enclose check for 1st month payment. Signature is required below.* See monthly bank draft section)
  Annual—$72.75—Enclose check

MONTHLY BANK DRAFT
In order to provide for convenient monthly payments to American Nurses Association, Inc (ANA), this is to authorize ANA to withdraw 1/12 of my annual dues from my checking account on the 15th of each month; ANA is authorized to change the amount by giving the undersigned thirty (30) days written notice; the undersigned may cancel this authorization upon written receipt by the 15th of each month

❑ YES
❑ NO

__________  __________
Authorized Signature

Make Checks Payable to:
AMERICAN NURSES ASSOCIATION

MAIL CHECK AND APPLICATION TO:
KENTUCKY NURSES ASSOCIATION
200 Whittington Parkway, Suite 101
Louisville, KY 40222-4900
Tel: (502) 637-2546 or 800-348-5411
Fax: (502) 637-8236

TO PAY USING A BANK CARD

Visa / Mastercard

Card Expiration Date

Signature

Kentucky Nurse • Page 13

January, February, March 2012

Smell the roses...
Find the perfect nursing job where you can work smarter, not harder on nursingALD.com

Orlando: March 17 & 18
Nashville: April 14 & 15
St. Louis: April 28 & 29
Indianapolis: June 2 & 3

2011 Director of Nursing
Sandra Tappey
Wolfe County Health and Rehabilitation Center, Campton

2011 Administrative Nurse
Jennifer Mitchell
Masonic Home of Shelbyville

2011 Nurse – RN
Stephanie Jones
Rockcastle Regional Hospital and Respiratory Care Center, Mt. Vernon

2011 Nurse – LPN
Rachel Honeycutt
Knott County Health and Rehabilitation Center, Hindman

For information on long-term care career opportunities contact KAHCF at 502-425-5000

The Kentucky Association of Health Care Facilities Congratulates our 2011 Nursing Award Winners
The Human Touch

Copyright 1980
Limited Edition Prints by
Marjorie Glazer Bender

Limited Edition Hall Color Print
(Total 44 x 11.25 x 0.50) $250.00
Signed (9 x 11) $100.00

Ten Cards @ $30.00

FOR MAIL OR FAX ORDERS
I would like to order an art print of “The Human Touch” 9

Signature _____________________________________

PAYMENT:
Visa/MasterCard/Discover:____________________________ Expiration Date: ______________________________________

City: ______________________________________________________ State___________ Zip Code:  ______________________

Make check payable to and send order to: Kentucky Nurses Association, 200 Whittington Parkway, Suite 101, Louisville, KY 40222-4900

KY Residents Add 6% Tax $  ________________

Program Costs  $  ________________

TOTAL COSTS $  ________________

Note: All orders will be sent express unless otherwise specified.

Mail, Fax, or E-mail Order to: Kentucky Nurses Association
200 Whittington Parkway, Suite 101, Louisville, KY 40222-4900
Fax: 502-637-8236
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Professional Nursing in Kentucky * Yesterday * Today Tomorrow


Gratitude is expressed to Donors whose names will appear in the book’s list of Contributors. Their gifts have enabled us to offer this limited edition hard-back coffee-table type book at Below Publication Cost for Advance Purchase Orders.

The Editors have collected pictures, documents, articles, and stories of nurses, schools, hospitals, and health agencies to tell the story of Professional Nursing in Kentucky from 1906 to the present.

Home Study Courses Offered by the Kentucky Nurses Association

Home Study Courses include a written booklet, fun activities, and an open-book post-test for CE credit. The test, regular grading, and CE Credit are included in the course price. Tests are hand graded by Susanne Hall Johnson with individual feedback on your test. Course must be completed and returned within 3 months of receipt to receive credit.

Assessment of the Families at Risk: High Risk Parenting (AFR) (3) Reviews family assessment and strategies for helping families when child or parent is at medical risk. (6 contact hours) $59.00

Management by Objectives for Nurses (MON) (9) Use the management by objectives technique in your nursing practice to manage a project, group, or professional growth. (6 contact hours) $48.00

Marketing Nursing at the Bedside (MN) (9) Increasing the image, respect, and reputation of the nurse, your unit, and your agency by marketing yourself as a nurse directly to the patient, family, client, physician or management. (6 contact hours) $48.00

Audiotape Courses

Audiotape courses are taught by Suzanne Hall Johnson and include a booklet with fun activities and audiotapes. The post-test and CE credit are optional for the audiotape courses. Select just the course, or the course plus the test / credit below. Tests are hand graded by Susanne Hall Johnson with individual feedback on your test.

Increasing Nurses’ Time in Direct Care (DIR) (2) (6 contact hours, 3 tapes and booklet) $85.00, (a Additional $19 for optional test/credit)

FACULTY

Suzanne Hall Johnson, MN, RNC, CNS is the Director of Hall Johnson Consulting and the Editor of Nurse Author & Editor. She is a Clinical Nurse Specialist, UCLA graduate with honors, and a Distinguished Alumni from Duke University. (Copyright 2003 Suzanne Hall Johnson)

To order, please check the box in front of the Home Study or Audiotape Course(s) you want to purchase, complete the information below, and return with your check, money order or credit card information to:

Kentucky Nurses Association
200 Whittington Parkway, Suite 101, Louisville, KY 40222-4900
FAX: 502-637-8236

KNA Centennial Video Lest We Forget Kentucky’s POW Nurses

This 45-minute video documentary is a KNA Centennial Program Planning Committee project and was premiered and applauded at the KNA 2005 Convention. “During the celebration of 100 years of nursing in Kentucky—Not To Remember The Four Army Nurses From Kentucky Who Were Japanese prisoners for 33 months in World War II, would be a tragedy. Their story is inspirational and it is hoped that it will be shown widespread in all districts and in schools throughout Kentucky.”

POW NURSES

Earleen Allen Frances, Bardwell
Mary Jo Oberst, Owensboro
Sallie Phillips Durrett, Louisville
Edith Shacklefett, Cedarflat

Video Price: $25.00 Each
DVD Price: $25.00 Each

Name ________________________________
Address ________________________________
City ____________________________________
State, Zip Code __________________________
Phone ________________________________
Visa / MasterCard / Discover *
Credit Card # __________________________
Expiration __________________________
Signature _____________________________

(Required)

Kentucky Nurses Association
200 Whittington Parkway, Suite 101, Louisville, KY 40222-4900
Phone: (502) 637-2546 Fax: (502) 637-8236

* I wrote this poem to describe the painting, “The Human Touch” by Suzanne Hall Johnson, 12” x 16” on canvas which was the title of Marge’s first art exhibit honoring nurses and others, she published a Distinguished Alumni from Duke University, Nurse Specialist, UCLA graduate with honors, and Editor of Nurse Author & Editor. She is a Clinical Nurse Specialist, UCLA graduate with honors, and a Distinguished Alumni from Duke University. (Copyright 2003 Suzanne Hall Johnson)

The other woman offers her hand
She needs support and strength
Her stature is small
Her breath is quick
Her spirit is high
Her step is heavy
She looks at her face
She is a young woman at the beginning of her life,
She looks at her face
She walks at her pace
She needs support and strength
Her step is heavy
She is already an expert in caring.

*NK Fast Forward Statesmen*

A would-be poem to describe the painting, “The Human Touch” by Suzanne Hall Johnson, 12” x 16” on canvas which was the title of Marge’s first art exhibit honoring nurses and others, she published a Distinguished Alumni from Duke University, Nurse Specialist, UCLA graduate with honors, and Editor of Nurse Author & Editor. She is a Clinical Nurse Specialist, UCLA graduate with honors, and a Distinguished Alumni from Duke University. (Copyright 2003 Suzanne Hall Johnson)

Visa / MasterCard / Discover
Credit Card # __________________________
Expiration __________________________
Signature _____________________________

(Required)

Kentucky Nurses Association
200 Whittington Parkway, Suite 101
 Louisville, KY 40222-4900
Phone: (502) 637-2546 Fax: (502) 637-8236

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Expiration __________________________
Signature _____________________________

(Required)

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 Louisville, KY 40222-4900
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**CLEARANCE SALE CHECKOUT**

**QUANTITIES ARE LIMITED**

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<thead>
<tr>
<th>KNA Golf Shirt (Short Sleeve)—</th>
<th>REDUCED TO $8 EACH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Color:</td>
<td></td>
</tr>
<tr>
<td>Red</td>
<td>Navy Blue</td>
</tr>
<tr>
<td>_____ Small (6)</td>
<td>_____ Small (11)</td>
</tr>
<tr>
<td>_____ Medium (8)</td>
<td>_____ Medium (10)</td>
</tr>
<tr>
<td>_____ Large (5)</td>
<td>_____ Large (6)</td>
</tr>
<tr>
<td>_____ X-large (2)</td>
<td>_____ X-Large (1)</td>
</tr>
<tr>
<td>_____ 2X-Large (2)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>KNA Microfleece Sleeveless Vest—</th>
<th>REDUCED TO $10.00 EACH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Color:</td>
<td></td>
</tr>
<tr>
<td>Red</td>
<td>Royal Blue</td>
</tr>
<tr>
<td>_____ Medium (3)</td>
<td>_____ Large (3)</td>
</tr>
<tr>
<td>_____ Large (2)</td>
<td></td>
</tr>
</tbody>
</table>

| KNA Purple Back Pack (87)        | $4.00 each           |
| KNA Going Green Bag (150)        | $4.00 each           |
| KNA Pedrometer (37)              | $3.00 each           |
| KNA Gripper Bottle (37)          | $3.00 each           |
| KNA Post-it-Note Cube (100)      | $3.00 each           |
| KNA Black Travel Bag (10)        | $3.00 each           |
| Centennial Medallion (28)        | $4.00 each           |
| Book Mark (175)                  | $1.00 each           |
| Last We Forget VHS (2)           | $5.00 each           |

**Subtotal**

**Shipping & Handling**

**6% Kentucky Sales Tax**

**GRAND TOTAL DUE**

**Payment Type:**  
- [ ] Cash  
- [ ] Check  
- [ ] Credit Card

**Name:** ________________________________

**Address:** ________________________________

**City, State, Zip Code:** ________________________________

**Phone:** ________________________________

**Visa / MasterCard / Discover:**

**Expiration Date:** ________________________________

Signature (Required for Credit Card Orders):

______________________________________________

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- Home Care
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  - MSN Adult/Gerontology/Primary Care Track
  - Must hold national certification as an Adult or Gerontology Nurse Practitioner; DNP or PhD degree required
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**Contact:**

Please send cover letter, CV and three professional references to:

Dr. Paula Travis, Chair, School of Nursing
Spalding University, 845 S. Third Street
Louisville, KY  40203  • ptravis01@spalding.edu

Screening of candidates will begin immediately and the positions will remain open until filled.

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**Spalding Internships for Students:**

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- [ ] Inpatient Rehabilitation Hospitals
- [ ] Transitional and Subacute Care
- [ ] Assisted Living
- [ ] Contract Therapy Services
- [ ] Home Care
- [ ] Hospice

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under the Faculty/Staff Job Openings Tab for complete job description and additional information

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Traci, RN graduate

*n upon licensure
**2010 rates published by the Kentucky Board of Nursing

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The Florence Campus’s diploma and associate degree programs are approved by the Kentucky Board of Nursing (KBN). The Tri-County Campus’s diploma and associate degree programs are approved by the Ohio Board of Nursing (OBN). Beckfield College is a member of the National League of Nursing (NLN) and accredited by the Accrediting Council of Independent Colleges and Schools (ACICS).

BSN
(Bachelor of Science in Nursing)

LNC
(Legal Nurse Consulting Certificate for RNs)

RN
(Registered Nurse*/
Associate Degree of Nursing)

LPN to RN Bridge
(LP to
Registered Nurse*)

LPN
(Licensed Practical Nurse*)

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