

North Texas AMSN – CHAPTER 205: NEWSLETTER

Mission: Enhance the knowledge, skills and professionalism of Medical, Surgical and Adult Health nurses in all practice settings

Vision: The Medical, Surgical and Adult Health nurse is a valued health care professional and a vital part of the health care continuum committed to leadership, quality care and advocacy for patients, their families and the community in which they live and work.

President's Message

Keep the Fire Burning!

As we place the spark to light the fire for our day-to-day tasks, we set our goals and get a running start to complete them all. Do we ever look back to see if our fires need a little stirring? Medical-Surgical Nurses are very focused. We want to "Cure the World" with our touches. When do we **STOP, LOOK and LISTEN** to our patients, our families, or our co-workers to assess their need of a personal stirring to keep their fires burning? Nothing is more frustrating than to complete everything on our lists.... only to find out: **FIRE HAS GONE OUT!** Take a minute, check your fires.... They might need your personal attention!!!

"Raise the Bar." Be a Medical Surgical Nurse! *Joyce*



Chapter Recognition ...



"Heart Failure Management in the 21st Century" was AMSN's February's educational activity. Baylor University Medical Center's **Mae Centeno, MS, RN, CCRN, CCNS, APRN, BC**, was the featured presenter and it was a smash hit. Stimulating and eye-opening with greater understanding of heart failure signs and symptoms, its' upcoming management trends and more. The educational topic was very relevant to a medical-surgical nurse's applied practice. Mae has achieved much national attention recently having received the Excellence in Caring Practices

Award and the Excellent Clinical Nurse Specialist awards from AACN (American Association of Critical Care Nurses), the Cherokee inspired Comfort Award, and the NurseWeek Nursing Excellence Award in the Critical Care category. **There was great membership turnout! Hats off the 20+ nursing students who also attended from as far away as Grayson County Community College to as near as UTA-Arlington, TWU and Baylor's School of Nursing.**

- ▶ On Feb. 25th, AMSN-205 members **Miriam Kessler & Joyce Winbush** (Medical City-Dallas), and **Barbara Warren** (BUMC) volunteered at the 2006 Special Olympics Basketball Tournament's Health Stations in Allen, TX. They were pro's at band aids and Cold Packs, but their cheerleader abilities sure needed rehab! Just kidding...

Adult Health Hint....



- ▶ **OSTEOPOROSIS** (total diagnosed in U.S.)
8 million women
2 million men
- ▶ **BREAST CANCER** (new cases annually)
211,200 women
1,700 men
- ▶ **DEPRESSION** (diagnosed annually)
12.4 million women
6.4 million men
- ▶ **EATING DISORDERS** (total diagnosed in U.S.)
4.5 to 14.4 million women
500,000 to 1.6 million men

Health statistics courtesy of Baylor Health Magazine / March 2006, pg. 10.

Cartoon courtesy of The Saturday Evening Post Vol. 278, No.1, Jan/Feb 2006, pg. 100.

Dinner Providedwith CEs!

- ▶ May 25th 1730-1830 "21st Century Surgery: Bloodless Transfusions" @ Lawry's, Prime Rib 14655 Dallas Parkway Dallas, Texas 75254
- ▶ August 24th 1730-1830 "Mystery Theater: Medical Ethics" Location: TBA
- ▶ Nov. 9th 1730-1830 Location: TBA

Med-Surg Review Courses.....

- ▶ The AACN Institute for Credentialing Innovation offers seminars, review manuals, and self-assessment practice tests to assist applicants in preparing for professional certification exams and obtaining continuing education contact hours. Even if you are not planning to pursue certification this year, the Institute's review courses are excellent review and refresher programs, offering 10 to 40 continuing education hours apiece. For info, log onto <http://www.nursingworld.org/ancc/certification/revseminars.html>
- ▶ **Presbyterian Hospital, Dallas, Texas [THR Pavilion, Classroom A]** is sponsoring the **Medical-Surgical Nursing Certification Exam Preparation Course (CE 17.0) on March 23 & 24, 2006 and September 21 & 22, 2006**. **Paula Gillman, MSN, APRN, CNS, A/GNP, BC** is the nationally recognized presenter. To register log onto <http://www.nursingworld.org/ancc/certification/revseminars.html>

Volunteerism... Finding the Perfect Fit

AMSN's Mission addresses '...advocacy for patients, their families and the community in which they live and work.' North Texas AMSN, Chapter 205 challenges YOU to 'Find the Perfect Fit'

With over 8000 volunteer jobs at more than 1800 nonprofit agencies, the Volunteer Center has the ideal volunteer opportunity for YOU!

For an updated listing of current volunteer opportunities and special events, log onto: www.volunteernorthtexas.org/VolunteerCenter/Volunteers/Volunteer+E-News.htm

To search for special events or volunteer opportunities by specific date, log onto www.volunteernorthtexas.org/VolunteerCenter/Administrative/Events+Calendar.htm

► Crisis Intervention (Collin County)

Time: evenings & weekends

The Turning Point provides counseling, education and advocacy for those impacted by sexual assault or sexual abuse. They're looking for volunteers to help with crisis intervention and advocacy for their clients. They also need volunteers to accompany victims to the hospital.

Volunteers Needed: unlimited. Minimum age to volunteer is 18.

Location: confidential location in Plano

Contact Info: Corinne Cammarata @ 972-985-0951 or ccammarata@rcccc.org

Web site: www.rcccc.org

► Translators (Collin County)

Time: flexible

Senior Adult Services works to improve the lives of seniors and caregivers facing the challenges of aging. Help case managers by interpreting for non-English speaking clients. Translators that speak Korean, Vietnamese, Farsi and Spanish are needed.

Volunteers Needed: 6 Minimum age to volunteer is 18.

Location: varies

Contact Info: Frankie Wilford at 972-242-4464 or

frankie.wilford@senioradultservices.org

Web site: www.senioradultservices.org

► Driving Trolleys (Dallas County)

Time: days, evenings & weekends

McKinney Avenue Transit Authority needs trolley motormen to drive trolleys.

Shifts are flexible and training is provided.

Volunteers Needed: 10 Minimum age to volunteer is 18.

Location: 3153 Oak Grove Avenue Trolley Barn in Dallas, 75204

Contact Info: John Landrum or Nancy Bannister at 214-855-0006 x.3 or

trolleygirltwo@yahoo.com

Web site: www.mata.org

If you'd rather talk with someone in greater detail about your interests, call the Volunteer Center at 214-826-6767 x.299 or toll-free at 1-866-797-8268 x.299 for more information.

Silence Kills... pdf file



► AMSN North Texas is proud to make available to its membership this Web cast presentation. (Click on file below.)

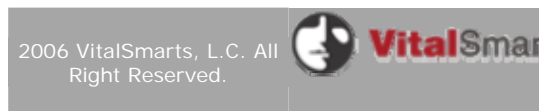


HANDOUT
Anniversary of Silence

Make a difference by supporting, not resisting, process changes that will promote SAFE CARE-SAFE PASSAGE in your facility.

► Creating a culture of safety in hospitals is a topic of great interest and debate in the healthcare industry. **With 195,000 people dying each year in hospitals because of medical mistakes and only about 10% of healthcare professionals speaking up when they have concerns, it is imperative that hospitals create cultures of safety by increasing the frequency and skill of their communication.**

► The **free Web cast** of Feb. 8th, 2006 featured new data from leading healthcare institutions that further demonstrated evidence that skilled communication is 'thee' answer to solving some of healthcare's most crucial patient safety problems. **Creating a culture of safety can be related to significant gains in quality of care, productivity, and staff turnover.**



www.vitalsmarts.com

Communicate your Volunteerism commitment to NTXAMSN@lonestarhealth.com
Attention of Joyce Winbush & Jeanie Seitz

A Valued Employee... Defined

► You're a valued employee. You're a LEADER!

1. **INTEGRITY:** *Take the harder right over the easier wrong.*
2. **DUTY:** *Do what you're supposed to do, when you're supposed to do it.*
3. **PASSION:** *Be passionate about what you do, or do what you're passionate about.*
4. **IMPECCABILITY:** *If it is worth doing, it is worth doing right.*
5. **TEAMWORK:** *There is no 'I' in TEAM.*
6. **SELFLESS SERVICE:** *Give back.*
7. **PLANNING:** *Fail to plan, plan to fail.*
8. **LOYALTY:** *Up, down, and across your organization.*
9. **PERSEVERANCE:** *It's not the size of the dog in the fight; it's the size of the fight in the dog.*
10. **FLEXIBILITY:** *The person with the most varied responses wins.*

To learn more about these Leadership Principles, read Kelly Perdue's book, "TAKE COMMAND: 10 Leadership Principles I learned in the Military and Put to Work for Donald Trump".

► **Record and report patient vitamin and mineral supplements!** To ensure safety, some supplements should be discontinued well in advance of surgery.

1. During admission assessments, ask patients if they take any vitamin or mineral supplements.
2. Alert physicians to all vitamin and mineral supplements your patients are taking. For example:
 - Garlic, ginkgo and ginseng could promote unwanted bleeding
 - Kava and valerian could have sedative effects



Contact Us ...

www.NTXAMSN@lonestarhealth.com

- **Newsletter:** Barbara Warren www.BarbarWa@Baylorhealth.edu
 - Send Ideas ► Corrections ► Feedback ► Advertisement
- **Marketing:** Robbie Hays www.Robbie.Hays@hcahealthcare.com
- **Community Service:** Jeanne Seitz www.sseitzAverizon.net
 - Volunteer Opportunities ► Service Opportunities
- **Membership:** Greta Pardue www.Greta.Pardue@lonestarhealth.com
- **Education:** Sharon Woodruff www.Shaorn.Woodruff@lonestarhealth.com
 - CE ► Educational Topics

If your email or mailing address has changed, notify us....

All About YOU...

► As hospitals continue to emphasize and encourage customer-friendly initiatives, employees discover an atmosphere conducive to quality care and pleasurable surroundings. Surprise, surprise! The most powerful tools are consistently identified as:

- 1) Doing the common courtesies
- 2) Being attentive
- 3) Being friendly

Are you part of the service solution or part of the service problem in your healthcare arena?

1. Do YOU greet others with a smile? Why not?
2. Do YOU dress professionally or appropriately for the work environment? Why not?
3. Do YOU help visitors or family members find their destination in the hospital? Why not?
4. Do YOU offer comfort measures to family members or visitors when they are in need? Why not?
5. Do YOU acknowledge a physician in the nurses' station or offer if you can be of assistance? Why not?
6. Do YOU criticize individuals or other departments? Why?



Why is certification important?

Send your reply, with your name, credentials, contact information, photo (if you have one), your name and location of your facility to:

Question of the Quarter

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P.O. BOX 515682, DALLAS, TEXAS 75251
ATTN: Barbara Warren
or reply through our website www.NTXAMSN@lonestarhealth.com

All submissions are subject to editing.