

Professionally S P E A K I N G

THE OFFICIAL PUBLICATION OF THE MID-OHIO DISTRICT NURSES ASSOCIATION

The Mid-Ohio District Nurses Association

Presents

Nursing Expo & Job Fair '09 For Nurses, By Nurses

Who: Registered Nurses, Licensed Practical Nurses, Nursing Students

What: FREE Nursing Continuing Education (1 contact hour); 50 Employer Exhibits, Refreshments, and Door Prizes

When: Thursday, April 2nd, 2009 from 2-6 PM
Exhibits Open: 2:00-4:30 PM
CE Session: 4:30-6:00 PM

Where: Buckeye Hall of Fame Café
1421 Olentangy River Rd. Columbus
FREE Parking

4:30-6:00 PM "Your Ohio Nurse Practice Act: Highlights and Changes"***

Speaker: R. Wynne Simpkins, MS, RN
1.0 contact hour will be awarded

***This program fulfills the Board of Nursing requirement for one hour of Law and Rules Continuing Nursing Education, Category A



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PROFESSIONALLY SPEAKING

The mission of *Professionally Speaking* is to inform the members of the Mid-Ohio District Nurses Association about the work and events of the District; to motivate members to take an active stance on nursing issues; and to reflect the professional goals of our district, state and national nurses organizations.

Information reported or advertised in *Professionally Speaking* does not necessarily imply endorsement by the Association.

For advertising information call (614) 326-1630 or FAX (614) 326-1633.

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Letters to the Editor are welcome. The editorial staff reserves the right to edit article submissions for clarity and length. Deadlines falling on a holiday or weekend will be extended to the next business day. The deadlines for submissions are 5 PM:

JAN/FEB	issue - November 20
MAR/APR	issue - January 20
MAY/JUN	issue - March 20
JUL/AUG	issue - May 20
SEP/OCT	issue - July 20
NOV/DEC	issue - September 20

Subscriptions are free to members as a benefit of membership. Non-member registered nurses may obtain a subscription for \$18 per year.

You may contact MODNA by e-mail: modna@sbcglobal.net or visit the MODNA webpage at: www.modna.org

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President's MESSAGE

I am very pleased to welcome Logan County ONA members to MODNA. Hi Point Tecumseh District, which was comprised of Logan and Clark Counties, had been struggling over the past few years. In October, the ONA Board of Directors announced that Logan County members would join MODNA and Clark County members would join District 10.



Debbie Freece, MODNA Executive Director, Gary Seigerst, and I are planning to meet with Logan County members in January to personally welcome you to our district. We look forward to your involvement in MODNA and hope you will attend our CE programs, run for elected offices, join our committees, and attend the 2009 ONA convention as MODNA delegates. MODNA is now comprised of 8 counties and it is important that we hear from members across the district. Please read "Professional Speaking" and contact the MODNA office with your questions/concerns. Other districts are also combining. Defiance-Williams will join Northwest Ohio (NONA), Erie-Huron will join Lorain, and Eastern Valley will join Washington County.

In other news, Debbie, Kathleen Morris and I traveled to Pittsburgh to attend the *Women's Health & the Environment: New Science; New Solutions* conference. Sponsored by the Heinz Endowments and the Magee-Womens Hospital of the University of Pittsburgh Medical Center (UPMC), this conference addressed environmental issues affecting women's health. Expert speakers presented current research on air and water pollution, food safety, and personal care products. What an eye-opening day! I was amazed at the amount of pollution produced by diesel engines. Children, adult bus riders, and those in vehicles near diesel engines are regularly exposed to fumes and pollutants. The good news is that filters are available to attach to diesel engines that will greatly diminish these pollutants. The bad news is that these filters are infrequently used. Speakers from UPMC discussed environmental changes made in their hospitals to improve patient and staff safety. Every aspect of the new Children's Hospital of Pittsburgh – facility maintenance, housekeeping, food service, and waste management- is employing new techniques to provide a "green" environment.

The overall goal of this conference was to empower women to make better decisions about their health and lifestyle. We are very fortunate to have Kathleen Morris, ONA staff and MODNA program coordinator, as an expert in environmental health and a valuable resource. I also encourage you to check out some of the following websites: www.womenforahealthyenvironment.org; www.catf.us/goto/dieselhealth; www.ewg.org/signup.

On a final note, Women for Economic and Leadership Development (WELD) recognized Debbie Freece in the "Twelve Women You Should Know" calendar. The calendar showcases twelve accomplished women in Central Ohio who are making a difference by being role models and leaders in Ohio businesses and professional communities. Debbie was recognized for her leadership in MODNA and in the nursing profession and her community commitment. Congratulations, Debbie.

Sally W. Morgan, President

Former surgeon general says “sick care” isn’t adequate

By Eileen Ryan

Health care issues may have taken a back seat to the economy in the presidential race, but they were at the forefront of an Oct. 8 luncheon hosted by the Columbus Metropolitan Club and local health officials.

Former U.S. Surgeon General Dr. Jocelyn Elders spoke to 286 club members and guests on “The Politics of Public Health: What will the new administration’s challenges be?”

Elders was the 15th surgeon general, serving from the September 1993 to December 1994 during President Bill Clinton’s first term in office. She was the first black woman to hold post and only the second woman to do so. The Arkansas native currently serves as distinguished professor of public health at the University of Arkansas School of Public Health and a distinguished professor at the Clinton School of Public Policy.

“This is the right issue at the right time,” said Ohio Rep. Joyce Beatty as she introduced Elders.

Unfortunately, the health care goals that politicians discuss for 2020 haven’t changed since 1990, Elders said.

“I’m not sure we moved very much,” she said. “This administration is going to find a huge unfinished agenda.”

Elders spoke of the importance of health care, as opposed to the country’s current practice of “sick care.”

The country has the best “sick care” system in the world, she said, and we spend the most money: \$2.2 trillion.

“You would think we’d have the best health,” she said.

Elders said she can’t emphasize enough the importance of education providing health care by preventing the need for sick care. It will be a key component of pulling the country out of its health care crisis, she said.

“You can’t keep an ignorant society healthy,” she said.

Leaders should foster individual responsibility, but the public can’t be responsible when it doesn’t know how, she said.

Both health and physical education should be priorities in K-12 curricula, she said. If efforts had been invested in that education earlier, she said, we wouldn’t now face the task of treating an epidemic of childhood obesity and diabetes.

Sex education is important, too, she said. Not talking about it won’t make it go away and won’t prevent teenagers from having sex, she said.

“We want them to be able to engage in sex responsibly,” she said. We’ve got to be honest with our children.

“What we need to be worrying about is how to prevent unplanned, unwanted pregnancies,” she said.

Elders also spoke about access to health care. “We’re the richest country in the world, and doesn’t offer health care to all people,” she said, adding that there are 45 million uninsured Americans.

Poverty is clearly a factor in health, she said. Disparities in access to health care occur with a number of “isms”, she said: racism, sexism, classism, and homophobia.

The infant mortality rate among black infants is 2.5 times that of white infants, she said.

“I really feel that we need to have comprehensive or universal access health care for all people,” said Elders. In addition to providing more access to health care, that would reduce the administration costs by combining all the different programs such as Medicare and Medicaid, she said.

The next administration will need to develop strategies for not only education and access, but also strategies for prevention, political and leadership, in order to address American’s health care crisis, she said.

Columbus Health Commissioner Teresa Long, one of the co-hosts of the event, said Elders “has both a clear vision and an understanding of the politics of health and health care.”

The event, meant to bring a focus to health care, was planned before the economic crisis became the dominant issue on Americans’ minds, Long said. Even with those financial concerns, there is a crisis in health care that must be addressed as well, she said.

One-third of children will develop diabetes, she said, and “that’s going to collapse the sick care system.”

For the first time, her 12-year-old daughter’s life expectancy is less than hers, a fact she called “horrifying.”

The public needs to understand the issues and come to a collective will to change them, said Long. We should have a sense of urgency to do something to be healthier, and we can do it, she said.

“We all should be out there lobbying for health care,” Elders said.

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Sally Morgan, APRN, BC, president, and Debbie Freece MS, RN, CNS, Executive Director of MODNA attended this meeting, and represented the Mid-Ohio District Nurses Association at the event.

Magnet Connects Us All The Colors of Excellence

Where: Ross Auditorium
When: June 5, 2008 from 11 am.-11 pm.
Who: All staff are invited to attend

The magnet steering committee of The Ohio State Medical Center planned an all day event to educate all levels of staff on the 14 Forces of Magnet. Each member took a force and created a poster about it. To further enhance the learning of each force and make it fun, people had various games that accelerated their force. There also was a cakewalk that was an overview of all 14 forces – if you were able to answer the question about the particular force you landed on – you got a cupcake. There was lots of great food, hourly prizes were drawn and the grand prize was a Cannon digital camera which was won by Karen Hawkins.

The event was well attended by over 800 people.



Mary Wilson and Jeanette Simon greet Magnet Fair participants



Cheri McHolan distributes the prizes to attendees



Ferly Powers, SICU, and Becky Jones, MICU



Michele Rinkes visits her colleagues posters



Paula Anderson's "cakewalk" describes the 14 Magnet Forces



Vera Cabell and poster "Magnet Overview"



Karen Mitchell's poster details the Professional Models of Care



Shirley McCoy and Jamie LaSavage, 4 Ross

Mid-Ohio District Nurses Association (MODNA)

Position Available:

Executive Director

The MODNA Executive Director functions under the general supervision of the association. The Executive Director develops and maintains appropriate budgetary procedures; manages the MODNA office and oversees MOD employed staff; maintains communication with and provides assistance to the chairpersons of all standing committees; develops and maintains relationships with other associations, higher education, community, various levels of government and others to further the best interests of professional nursing; attends all board meetings and prepares annual/interim reports to the Board of Directors; and serves as editor of "Professionally Speaking".

This part-time position offers job flexibility and health care benefits and will be available mid-May 2009. Candidates must be an RN licensed in Ohio, Master's degree preferred, with demonstrated experience in administration and management. Interested individuals should contact Sally Morgan through the MODNA office at 614-326-1630 or send resumes to MODNA, 1520 Old Henderson Road, Suite 100, Columbus Ohio, 43220.

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For more information on the nursing program at Capital, visit nursing.capital.edu or call (614) 236-6703.

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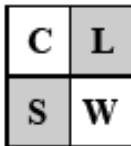
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CALL FOR NOMINATIONS

AN OPPORTUNITY AWAITS...

The MOD Nominating Committee invites you to submit your name as a candidate for one of the following leadership positions in the Mid-Ohio District Nurses Association. This is an opportunity to serve your profession and have an impact on its future, to participate in decisions related to nursing and health care, to learn the inner workings of the professional organization at the district and state levels, and to influence the image of nursing.

Terms of office are for two years – September 5, 2009 — August 2011.

2nd VICE PRESIDENT

A member of the Executive Committee of the Board of Directors; accepts delegated responsibilities from the committee in relation to personal interest and needs of the Association; in the absence of the President and 1st Vice President, shall assume duties of the President.

SECRETARY

Records and reports on Board meetings and Annual Dinner.

BOARD OF DIRECTORS *(4 to be elected)*

Members meet monthly beginning in September to transact business of the Association in accordance with its mission and purposes; act as liaisons to standing committees; initiate action on a variety of professional issues of personal/professional interest; communicate action and direct recommendations for action to MOD committees and ONA Board of Directors when needed.

NOMINATING COMMITTEE (2 to be elected)

Members prepare a slate of candidates for election which is then submitted to the MOD Board and general membership for completion; facilitate the mail ballot voting by membership; determine election results; and notify membership of results.

MOD DELEGATES to ONA CONVENTION

(Need approximately 100 Delegates and 100 Alternates)

State level participation as a MOD Delegate provides the opportunity for members to learn and practice assertiveness, lobbying, networking, political savvy and influence. It requires a desire and determination to participate in decisions affecting the Association, nursing as a profession and health care in general.

As President, Sally Morgan will head the MOD Delegation.

Those Delegates who are elected will be reimbursed a percentage of the registration fee for each House of Delegates session they attend. MOD-sponsored CE program meetings prior to Convention will provide members with an orientation to the Delegate process and issues. Caucuses during Convention will be used for the members to discuss and develop their positions on the issues before voting. Even if you can't commit to being a Delegate, members who plan to attend ANY part of Convention should consent to being an ALTERNATE. That will permit us to seat you at Convention, if needed, and to reimburse you for those sessions. **The 2009 ONA Convention will be held in Independence, Ohio, October 15-18, 2009.**

Yes, I consent to serve if elected to...

_____ 2nd Vice President _____ Board of Directors _____ Delegate

_____ Secretary _____ Nominations Committee _____ Alternate

My Area of Practice is:

_____ Administration _____ Consultant _____ Education _____ Other

_____ Practice _____ Research _____ Retired

Name _____

Address _____ City _____ Zip _____

Phone
(h) _____ (w) _____ (cell) _____

E-mail _____

Signature: _____

Return consent form by April 20, 2009, to: Mid-Ohio District Nurses Association, 1520 Old Henderson Rd., Suite 100, Columbus, OH 43220

FRANKLY SPEAKING

CANDIDATES' NIGHT A HUGE SUCCESS

What happens when you have 14 candidates for elective office address issues presented by 60 Registered Nurses and nursing students - high energy, divergent views on issues, and voters making decisions on who best represents their philosophy on those issues. Our Legislative Candidates' Night 2008 was held September 23 at the University Plaza Hotel and Conference Center to a standing room only crowd of interested nurses. All RN's and nursing students wore "1 in 50" badges indicating that 1 in 50 registered voters is an RN. Candidates were very curious about the "1 in 50" badges and their significance to their campaigns.

Following an appetizer "meet and greet" reception, candidates participated in a panel discussion of the issues. President Sally Morgan welcomed members, guests and nursing students from our 5 area schools and colleges of nursing. Special thanks to Sharon Parker of Capital University, School of Nursing and Brenda Sewell of Mt. Carmel, College of Nursing for offering this as a learning experience for their students.

Barbara Nash, President, Ohio Nurses Association shared ONA's health care policy agenda, highlighting the critical issues including: mental health parity related to health insurance, mandatory overtime and safe staffing issues, and nursing shortage strategies. She thanked Rep. Jim Hughes for his sponsorship of HB 346: Safe Nurse Staffing Bill. This bill was successfully passed in both the House and Senate and signed into law by Governor Strickland on August 12, 2008. In addition to this briefing, each candidate had been interviewed for potential endorsement by ONA legislative liaisons using these issues for discussion.

Moderator and Legislative Chair, Joyce Cox posed member generated questions to the candidates. The candidates responded to questions from the audience about a myriad of issues. The candidates engaged in a lively discourse with each other including dialog within a political party and with their opponents.

Candidates participating were: Jan Lanier, RN, (D), Ohio House District 2; Kris Jordan, Ohio House District 2 (R); Marian Harris, (D) Ohio House District 19 Brad Lewis, (R) Ohio House District 19; Nancy Garland, (D) Ohio House District 20, Jim McGregor (R), Ohio House District 20; John Carney, (D) Ohio House District 22; Keith Goldhardt (D), Ohio House District 23; Cheryl Grossman (R), Ohio House District 23; Timothy Rankin (R), Ohio House District 24; Carlton Weddington, (D), Ohio House District 27; Danielle Blue, (D), Ohio Senate District 16; Jim Hughes (R), Ohio Senate District 16; and Karen Gillmoor, (R), Ohio Senate District 26.

Thank you to our Corporate Sponsor: Ohio HealthCare Federal Credit Union and event sponsors: the law firm of Cloppert, Latanick, Sauter & Washburn; and the Ohio State University College of Nursing for their support of our program. Many thanks to members of our Board of Directors and Legislation Committee for serving as candidate hosts.



Joyce Cox, Legislation Committee Chairperson, moderates the Candidate Panel



Candidates Night participants hear candidates address their issues and concerns



Rep. Jim McGregor, House District 20, Mary Anne Bentivegna and Kay Ball



President Sally Morgan and Jan Lanier, RN, candidate for Ohio House District 2



Jean Southworth hosts Tim Rankin, candidate for Ohio House District 24

Campaigning for Jan Lanier 10-1-08



Dorothy Fiorino, Tracy Ruegg, Jan, Karen Barr, Carole Shaw, Norma Selders

EXPERT IN NURSING CARE AWARD

The Mid-Ohio District Board of Directors is pleased to announce that nominations are now being taken for the **Expert in Nursing Care Award**. Created by the Informational Task Force that designed the RN Awareness Campaign, this award recognizes outstanding Registered Nurses. Take time to nominate yourself, a colleague, or a friend who truly makes a difference!

CRITERIA:

- Registered Nurse
- Member of the American, Ohio, or Mid-Ohio District Nurses Association and/or specialty nursing organization
- Live, work or volunteer within MODNA boundaries
(*Delaware, Fairfield, Fayette, Franklin, Madison, Pickaway and Union Counties*)
- Provides direct nursing care as an employee or volunteer

NOMINATION:

A **letter of nomination** should be submitted and **should include:**

- Name, address and telephone number of nominator
- Name, address, telephone number, area of nursing practice, and location of nominee
- Membership(s) in nursing organizations
- Identification of how the nominee demonstrates extraordinary nursing care in ordinary settings
- Highlight how the nominee is an “unsung hero,” bringing heart into his/her practice
- Identification of ways in which the nominee manifests the five values of an **Expert in Nursing Care** in his/her practice:

Compassion.....as an advocate for patients, families and communities

Competence.....demonstrating professionalism through knowledge and service

Conscience.....to face tough decisions with integrity

Confidence.....to solve problems as they arise

Commitment.....to be an expert in nursing care.

DEADLINE: **Send nomination letter by March 20, 2009 to:**

Expert in Nursing Care Award
Mid-Ohio District Nurses Association
1520 Old Henderson Rd., Suite 100
Columbus, OH 43220

AWARD: Commemorative Plaque
Presentation of the award will be made at the MODNA Annual Dinner Meeting celebrating National Nurses Week, May 7, 2009.

Infectious Disease Detectives: Columbus Public Health on the Front Lines

Speakers: *Mysheika Lemaile-Williams,
MD, MPH. Medical Director
Deborah A. Coleman RN, MS.
Chief Nursing Officer*

Did you ever wonder who tracks down the source of infectious diseases in your community? Hear it from the people who provide this service every day and learn about outbreaks of MRSA, E Coli, Crypto, Shigella and what is currently on the radar screen.

Date: *Tuesday, January 27, 2009*

Time: *6:00 p.m.-8:00 p.m.*

Location: *Columbus Public Health
240 Parsons Ave.
Columbus, Ohio 43215*

Free parking can be accessed from Parsons Ave. on ground level above the parking garage. The main entrance is located on the same level as parking.

*Go to
<http://www.publichealth.columbus.gov/>
to find driving directions.*

Agenda: *6:00 p.m. Registration
6:30 p.m. Business Meeting
7:00 p.m. Program
8:30 p.m. Evaluation and
closing*

An application for 1.5 contact hours of continuing nursing education credit will be submitted to the Ohio Nurses Association.

This program is free as a benefit of membership.

Register by calling (614) 326-1630 or email
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The Importance of Adult Immunization

Speaker: *Kathy Papp RN, MSN
Director of Wellness Services, LifeCare Alliance*

Routine childhood immunization for the prevention of vaccine preventable diseases has been a major triumph of twentieth century public health efforts. That is not the case with adult immunization. Adult immunization is often overlooked and the lack of immunization can lead to serious health problems. Many adults are not even aware that they still need immunizations.

The morbidity and mortality related to vaccine preventable diseases is evidence of the scope of the problem. Each year thousands of individuals die in the United States from disease that could have been prevented or reduced in severity by immunization. Influenza and pneumonia together account for thousands of death each year.

Date: *Tuesday, February 24, 2009*

Time: *6:30 p.m.-8:15 p.m.*

Location: *Ohio Nurses Association
4000 E. Main St.
Columbus, Ohio 43235*

Agenda: *6:00 p.m. Registration
6:30 p.m. Business Meeting
7:00 p.m. Program
8:15 p.m. Evaluation and
Closing*

An application for 1.25 contact hours of continuing nursing education credit will be submitted to the Ohio Nurses Association.

This program is free as a benefit of membership.

Register by calling (614) 326-1630 or email
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CALENDAR OF EVENTS

JANUARY

21	Finance Committee	5:00 PM	MODNA
27	MODNA Progam Meeting "Emerging Infections"	6-8:30 PM	Columbus Health Dept.
17	Legislation Committee	5:00 PM	MODNA

FEBRUARY

10	Board Meeting	5:00 PM	MODNA
24	MODNA Progam Meeting "Adult Immunizations"	6-8:30 PM	MODNA

MARCH

25	Nurses Day at the Statehouse	8-3 PM	Statehouse Atrium
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NEW MEMBERS

Kelley Nicole Allen; Rebecca Allman; Jennifer Brunelle; Kathy Burns; Elizabeth Canacal;
Kaci Chappo; Johnna Cochran; Nicole Damron; Patricia Dinneen; Katharine Fissora;
Kari Ann Grindstaff; Kristi Hammond; Holly Jane Hartshorne; Karen Hughes;
Laura Kimple; Karen Konrad; Adam Longberry; Warren MacPherson; Jamie Peck;
Carolyn Puckett; Laura Quinter; Joann Rinella; Amanda Stieg; Andrea Sweeney;
Randi Winenger; Michelle Yanni

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