

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

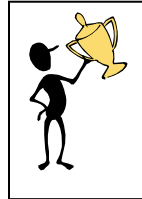
Hello, AMSN-205!

The lives we meet each day are never counted in the sum of our Medical-Surgical careers. The patients, families, co-workers and friends come and go quickly, like gentle whispers in the wind. Some leave their fingerprints in our minds and hearts, others never a single touch. We tend to create barriers to our true selves and our hearts behind a pasted smile or a quick murmur as we rush around doing a hundred tasks. Medical, Surgical and Adult Health Nurses touch lives and hearts daily in their road to greatness. Our patients fill us with compassion, love, trust and kindness as they smile, cry and reconstruct lives changed forever with our gentle touch. Take a second, slow down, draw in a deep cleansing breath and let our patients touch fill our lives and hearts as we give so much of ourselves to the profession that makes our hearts sing and soar amongst the clouds.

Joyce



Chapter Recognition...



- Congratulations to the 800 new CMSRNs! For a complete listing go to AMSN's national website: www.medsurgnurse.org
- AMSN nurses recently participated in a Health Fair at Salem Baptist Church in South Dallas. North Texas Chapter 205 members Tammy Shaw, RN and Renee Furey, CMSRN were the nursing professionals who presented heart health tips, explained CV risk factors, offered heart healthy nutrition tips and BP screening. Seeking to promote personal health awareness in attendees, a 2-sided memory card (business card size) was developed & initiated for this & future health fair attendees. (See below.)



Division of Academy of Medical-Surgical Nurses, Chapter 205

Date: _____ BP: _____
 Date: _____ BP: _____
 Date: _____ BP: _____
 Date: _____ BP: _____
 Date: _____ BP: _____

How you can help control your blood pressure:
 Increase exercise, increase fruits and vegetables in diet
 Decrease salt, caffeine and alcohol intake

Who is at risk?
 Overweight or obese people
Males
 Women over age 55
Diabetics
 People who have a family history

Foods to eat less of:
 Frozen foods, Fast foods, Fried meats
 Sausage, Bacon, Egg Yolks, Cream Sauces
 Donuts, Biscuits, Croissants, Ice Cream, Butter

Ideal Blood Pressure Range:
 < 120/80

- AMSN 205 and BUMC were well represented by Lette Smith & Barbara Warren. Lette is our chapter VP and Barbara, our Publicity Chair. Both presented well-received posters at the 14th Annual AMSN Convention in Las Vegas. Lette's poster was titled, "Nurse Revalidation with a Touch of Aloha!" and Barbara's poster was, "Dilemma: To Delegate or Not". *AMSN is currently requesting poster abstracts* for next year's national convention. Location? Philadelphia, Pa.

Go to www.medsurgnurse.org for deadlines & guidelines.

Free CE for members! Mark your calendar!

- February 23rd 1730-1830 @ BUMC – CNER (Lot 21)
"Heart Failure Management in the 21st Century"
 - May 25th 1730-1830 Location to be announced
 - August 24th 1730-1830 " "
 - Nov. 9th 1730-1830 " "

New Committee Chair ...

► Secretary: Jeanne Seitz, RN, CMSRN

Jeanne is originally from Wisconsin, but came to Texas to work at St. Paul in 1978 and for just over 27 years, she has been nursing at UTSW University Hospital-St Paul on a Med-Surg unit specializing in dialysis, diabetes, and cystic fibrosis. Active on unit based Practice Council; Jeanne also educates staff members in peritoneal dialysis. Happily married since 1979, she has 7 children (3 still at home, 1 in college, 1 in grad school, 2 in the work force) loves to sew, read, and visit art museums, but especially loves to sing in the St Luke Catholic Church choir. Her best vacation would be to travel through Europe with her husband, Steve, and see Rome, Venice, Florence, Assisi, and Vienna. If I know Jeanne, she will WALK to as many art museums possible!

New Interactive Sites....Speak with us!

- **ASK THE LABORATORY GUY !** Did you ever want to know why we discard the 1st urine of a 24-hour & mark that as the start time? Send us your questions for the Lab Guy!
- **DO NURSES HAVE HUMOR ?** What funny thing happened to you at work today? Submit your funny bone moment, joke, cartoon, puzzle, et al.
- **LET YOUR VOICE BE HEARD !** One voice with others can make a difference in ALL our lives. Take a stand and inform your state and federal legislators !
- **CAN AMSN VOLUNTEERS ASSIST YOU ?** Does your community event need more manpower? Contact us, today!

To communicate on these or share questions, info, clarifications, etc. log on to our website: www.notxamsn@lonestarhealth.com

Legislature Report..... URGENT

ALERT: Make Your Opinion Known Regarding Medicaid Cuts!

Make your voice heard BEFORE February 1

- ▶ The Academy of Medical Surgical Nurses urges you to contact your member of the House of Representatives to make your opinion known regarding the Medicaid cuts contained in the budget reconciliation bill. The bill was passed by the U.S. Senate on December 21, 2005 (S. 1932), and will be voted on in the House on February 1st. It contains \$5.6 billion in gross Medicaid cuts over five years, and \$22.6 billion over ten. The majority of these cuts will affect Medicaid beneficiaries who will be faced with dramatically higher out-of-pocket expenses, new co-payments, premiums and deductibles over ten years.
- ▶ The Congressional Budget Office states that of the \$10 billion retained, **80% will result from Medicaid beneficiaries forgoing needed care.** The agreement also contains \$6.1 billion in benefit reductions over ten years, and an additional \$6.4 billion in reduced payments for long term care.
- ▶ **AMSN urges you to:**
 1. Contact your Representative **TODAY!** Your Representative can be reached by phone using the U.S Capitol Switchboard at 202-224-3121.
 2. Visit the American Nurses Association Government Affairs website, <http://www.nursingworld.org/gova/>, or the National League for Nursing Public Policy Action Center, <http://capwiz.com/nln/home/>, to learn how to contact your Representative.

**Final action on this bill is expected to occur February 1
Make Your Voice Heard TODAY!**

Spotlight.....FREE WEBCAST



- ▶ Creating a culture of safety in hospitals has been 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.
- ▶ **Join us for a FREE Webcast** Wed., Feb. 8, 2006, 11:00 am -12:00 pm ET on the Internet. Pre-register for this **FREE event**, by logging onto: www.vital-smarts.com
- ▶ For more information: Call 1-800-449-5989
- ▶ **Panelists:** Joseph Grenny, President, Vital Smarts and Martie Moore, Senior VP of Patient Services, Maine General
- ▶ The Web cast will feature new data from leading healthcare institutions that further demonstrates evidence that skilled communication is the answer to solving some of healthcare's most crucial patient safety problems. The Silence Kills study results, unveiled a year ago by Vital Smarts, The American Association of Critical-care Nurses, and top-ranking healthcare officials including JCAHO President Dennis O'Leary, demonstrated people's ability to hold Crucial Conversations-emotionally and politically risky discussions-is key to creating a culture of safety and also relates to significant gains in quality of care, productivity, and staff turnover.

Healthcare leaders at institutions like Sharp HealthCare, Spectrum Health System, University of Colorado Hospital, and others have used Crucial Conversations to drive safety, quality, and work environment improvements. Additionally, statistically significant results show the Crucial Conversations program at Maine General Health has helped rapidly increase the frequency of employees speaking up about vital clinical and team issues-some areas saw more than 150 percent improvement. From the operating rooms to the boardrooms of some of the largest and most prestigious healthcare systems in the US, learn how being skilled in crucial conversations and creating cultures of safety can literally save lives.