

North Texas AMSN – CHAPTER 205: NEWSLETTER

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

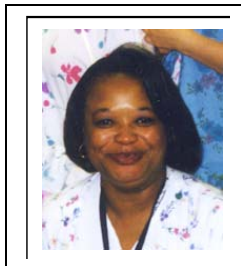
Vision: The Medical, Surgical and Adult Health nurse is a valued health care professional and a vital part of the health care continuum committed to leadership, quality care and advocacy for patients, their families and the community in which they live and work.

President's Message

It's summertime!

As the skies turn to long hot summer days, our THIRST for NURSING EXCELLENCE should be like a sponge. Nurses, be on the ready! Be the BEST at seeking out the lifesaving water of evidence-based practices. As summer relaxes the mind, MS nurses throw on the cool, calm relaxing attire that comes with bright skies and long sunsets. Absorb ALL that our nursing profession offers. Find your summer wardrobe. Are you precepting a new GN? Teaching a review course? Did you enroll in 'Spanish for Healthcare Professionals' course? Pick up a long tall glass of life. Fill it to capacity with your favorite nursing juice. Grab the sunscreen, a big hat and stretch out on your favorite lounge chair and enjoy being 'thee' NURSE!

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



Chapter Recognition ...



"21st Century Bloodless Medicine & Surgery" was NTAMSN's 3rd quarter educational activity. The featured speaker was **Joe Thomas, RN, BSN**, Advisory Board Member of **Hemoconcepts**, faculty at the **Bloodless Medicine and Surgery Institute** in Eatontown, NJ and Director, Western Region Blood Management, Cleveland Clinic Health System. **It was a smash hit! Standing room only!** Attendees now regard blood as a natural resource that has decreasing availability and in increasing demand! **Did YOU know that Medicare does NOT reimburse until 3 units of blood received in any calendar year?** We want to thank our sponsor, **Ortho BioTech**, for investing in advancing nurses' knowledge and **Lawry's, The Prime Rib Place** for superb food and elegant surroundings. Want to see photos from this event, or view Joe's PDF presentation? Visit our website: www.ntmedsurgnurse.org

- ▶ **WE are PROUD PARENTS of a dedicated chapter website! Check us out!** Visit www.ntmedsurgnurse.org. We wish to acknowledge our webmaster, **Greg Peterson (www.greg@networks.com)**, whose expertise has been and continues to be invaluable. We are in our infancy; however, our G & D will be website to uphold!

Evidence-Based Factoids....

KNOW THE FACTORS THAT AFFECT INR

- ▶ **Raise INR and Raise Risk of Bleeding**
 - Alcohol
 - Amiodorone
 - Cimetidine
 - Clofibrate
 - Cotrimoxazole
 - Erythromycin
 - Fluconazole
 - Fluoroquinolones
 - Isoniazid (600mg daily)
 - Metronidazole
 - Miconazole
 - Omeprazole
 - Phenylbutazone
 - Piroxicam
 - Propafenone
 - Propranolol
 - Sulfipyrazone
 - Anabolic Steroids
- ▶ **Lower INR and Raise Risk of Thrombosis**
 - Avocado (large amounts)
 - Barbiturates
 - Carbamazepine
 - Enteral Feeds & foods high in Vitamin K
 - Nafcillin
 - Rifampin
 - Sucralfate

Adapted from *The Seventh ACCP Conference on Antithrombotic and Thrombolytic Therapy: Evidence-based Guidelines*, Chest, J. Hirsh, et al., 2004.

Dinner Provided ...with CEs!

- ▶ **August 24th 1800-1900** "Medical Ethics Mystery Theater – Crucial Conversations"
Location: Medical Center of Plano 1600 Coit Road Plano, TX 75075 Bldg. I [2nd Floor] Classroom 1 & 2
- ▶ **Nov. 9th 1800-1900** "Bariatrics: Is it the Panacea?" **Location: TBA**

CMSRN Review Courses....

- ▶ **North Texas, AMSN – Chapter 205 is sponsoring the 2-day CMSRN Medical-Surgical Certification Exam Review Course (CE 15.5) on August 3 & 4, 2005 @ Baylor University Medical Center's Center for Nursing Education & Research located at 3801 Main St., 2nd floor. Theresa Posani, PhD(c), RN, CNS, CS, CMSRN, CCNS, CCRN, CAN is the nationally recognized presenter. Make checks payable to AMSN NoTx-Chapter 205 & mail completed registration to AMSN, North Texas-Chapter 205 @ P.O. Box 515682 Dallas, TX 75251. Download registration from our website: www.ntmedsurgnurse.org**
- ▶ **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>**

Legislature Report. URGENT

Safe Care... Safe Passage

ANA Calls on Policymakers to act on Nurse Staffing Legislation

MAKE YOUR VOICE HEARD!

- ▶ **The latest published study in the Journal of Health Affairs provides new evidence that a large majority of hospitals are faced with staffing issues.** These staffing woes are important to Medical Surgical nurses because it highlights the public belief that patients *'die without adequate nursing care'*. This is a statement echoed by **Barbara Blakeney, MS, RN, President of the American Nurses Association (ANA)**. *"It is the latest study in a growing body of evidence that clearly demonstrates that nurses make the critical, cost-effective difference in providing safe, high-quality patient care."*
- ▶ **The ANA published its own report, "Nurses Staffing and Patient Outcomes in the Inpatient Hospital Setting, released in May 2000.** It looked at hospital and Medicare data in nine states in five categories of adverse outcomes: length of stay, hospital-acquired pneumonia, post operative infection, bed sores and hospital-acquired urinary tract infections. All five measures were markedly lower with higher levels of RN involvement in actual patient care, especially M/S nursing units. *"Inappropriate staffing is the number one concern of nurses today,"* Blakeney stated. *"Adequate nurse staffing is critical to the delivery of quality patient care because it allows nurses time for appropriate assessment of patients and their needs and initiation of suitable interventions."*
- ▶ ***"...Until we as a nation invest in and value nursing care, the nursing shortage will continue because practicing nurses will continue to leave the workplace due to burnout or retirement, and we will fail to attract and educate sufficient numbers of new nurses to fill the need."***
Barbara Blakeney

Support your local legislature! Support all avenues of nursing. Let your opinion count to an investment in the future of nursing.

- ▶ **Released January 10, 2006 ANA**
Recopied for AMSN Chapter Legislature Information

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

Medication Errors: IU versus IV

Problem: A nurse sent a request to the pharmacy for "the IV form of vitamin E" because her patient wasn't taking oral medications. Before the pharmacist could respond, the nurse called to ask if she should just draw the fluid out of the capsule. When told that administering the drug IV would be inappropriate, the nurse asked why the drug had been prescribed as either IV or PO, reading the order to the pharmacist: "Vitamin E 200 IV PO daily." The order actually called for 200 IU, not IV.

Recommendation: "IU" is an abbreviation that's led to errors. That's why it's included in the Joint Commission on Accreditation of Healthcare Organization's (JCAHO's) "DO NOT USE" list associated with the National Patient Safety Goals. You can't deny that a handwritten IU can look like IV; you can only question why U or IU is still allowed as a designation for units or international units. It's unlikely that anyone will write out "international units," but "units" is a perfectly acceptable substitute.

Source: [Institute for Safe Medication Practices, ISMP MedicationSafetyAlert!](#), Vol. 11, Issue 9, May 4, 2006.



A Valued Employee... Defined

► **Precepting is a gift of self to another.** It is a commitment to share, a timeless tradition of nurses nurturing nurses (N3)! Preceptors should have the ability to take the newest nurse, 'the diamond in the rough', and go beyond teaching them the ropes to helping them discover their self-identity and confidence to deliver outstanding patient care. Outstanding patient care that is safe to him or herself AND the patients entrusted to their care (SAFE CARE and SAFE PASSAGE). Preceptors can teach independence, pride, and professionalism under a variety of conditions, always maintaining sensitivity to cultural diversity within the team and with patients. Preceptors, by their power and leadership, can create a nurturing environment in which nurses can grow and thrive... *rather than*... a feeding frenzy of 'sharks eating their young'! A nurtured nurse will continue to contribute the positives learned through her learning experiences to the next generation...with professional excellence!

► Preceptor Checklist:

- Do I introduce new employees to other hospital staff and physicians so they feel welcomed?
- Do I model the best practices?
- Do I search for evidence and stimulate the new nurse/employee to question practice?
- Do I guide the new nurse/student to look up standards, policies and procedures?
- Do I stimulate critical thinking by asking questions about what is happening to the patient rather than telling the new nurse/student?
- Do I ask the new nurse/student to differentiate care priorities and outline what should happen next, or do I just tell them what to do?
- Do I help new GN's practice how to handle difficult situations, or do I just tell them how to do it?
- Do I welcome the experienced nurse by validating competencies during orientation in a way that demonstrates how glad I am that the nurse joined my team?



Contact Us ...

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► CE ► Educational Topics

Whenever your email or mailing address changes, NOTIFY US....

Adult Health Hint....

► HELP ME!

A lady called 911 on her cell phone to report that her car has been broken into. She is hysterical as she explains her situation to the dispatcher.

"They've stolen the stereo, the steering wheel, the brake pedal...even the accelerator!", she cried.

The dispatcher said, "Stay calm. An officer is on the way."

A few minutes later, the officer radioed in, "Disregard. She got into the back seat by mistake."



Evidence-Based Resources....

- **"Vital Signs"**, Courtesy of the Joanna Briggs Institute for Evidence Based Nursing and Midwifery (www.joannabriggs.edu.au) from *Best Practice, Evidence Based Practice Information Sheets for Health Professionals*. Vol. 3, Issue 3, pg. 1-6, 1999. ISSN 1329-187.

- Joanna Briggs Institute for Evidence Based Nursing and Midwifery (www.joannabriggs.edu.au)

Chapter 205-Development....

- **Chapter 205 has established and maintains excellence within the guiding principles for fundraising. Between incredibly loyal friends and new sponsors, and adhering to fiscally reporting practices, Chapter 205 is it's 3rd year debt-free.** North Texas AMSN, Chapter 205 needs and welcomes your support. *Since North Texas AMSN, Chapter 205 is a non-profit organization, your gift, whatever the size, is tax deductible to the IRS.*
- **Methods of giving can be in the form of** cash gifts, usually by check made payable to:
North Texas AMSN-Chapter 205
PO BOX 515682 Dallas, Texas 75251
ATTN: Treasurer, Greta Pardue
- **Other methods of giving include** Tributes/Memorial Gifts, Planned Giving Charitable Annuities and Trusts, Property, Insurance Policies, Life Estates, etc.