

RNNEWS

The Newsletter of the American Radiological Nurses Association

Volume 2 Issue 2

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The Editor's Desk

Spring is finally in the air, and everyone is no doubt busy making plans for vacation, and looking forward to getting away from the monotony of the everyday grind.

When I was in Nursing School, my instructors told me to be sure to take vacations when I got into the real world, because I would really need them. I work with a wonderful group of Nurses who are very sharp and really know their jobs well, and who I would trust with my life, but when it is time for vacation, I'm very happy to be away from them and my job. I enjoy being with friends, relaxing, going to good restaurants and just having a wonderful time. After being away for two weeks, I have a brand new outlook about work.

As Sindy Benson mentioned in her most recent editor's letter in Images about stress relief, this is another way to help reduce stress in your life. Among daily stress relievers, vacation is tops on my list.

Speaking of the everyday grind, I'm happy to announce two new members of the newsletter staff. The first is Jackie Williams, RN, BSN. Jackie has been a Radiology Nurse for 13 years and works at St. Joseph's Mercy Hospital in Ann Arbor, Michigan. The other is Wendy Bommer, RN, BSN. Wendy has been a Radiology Nurse for two years and works at Children's Hospital Medical Center in Cincinnati, Ohio. Look for Wendy at the National Convention in Chicago. She is going to be one of the speakers this year.

Remember, I can be reached by e-mail at RSTEEL@ADVENTINC.COM, so instead of mailing something out, send it via e-mail. I get it quicker and I don't have to retype it! Information for the next newsletter should be to me by July 5, 1997.

Here's hoping that everyone has a great Memorial Day and 4th of July.

Bob Steel

Curriculum Update

Work is progressing on the Core Curriculum, and authors are working hard to complete their chapters! The editors have received 13 out of 20 chapters drafted in outline format. These chapters are currently being edited and polished in preparation for the peer review process. Our goal is to have all chapters written, reviewed and published, by August.

Watch for further updates in RNNews.

NOTICE

ARNA wishes to announce that the free, one year memberships provided by Bracco are no longer available.

Capital Update

The January 1997 Capital Update legislative newsletter for nurses proved to have some items of importance to our practice.

Items of interest include a Congressional proposal to improve children's access to health care. The funding for this would be obtained by increasing the Federal tax on cigarettes. The Senate also included a proposal to provide a tax credit for families purchasing health insurance for their children. This is known as S.13 the Children's Health Coverage Act of 1997, and is targeted at families who do not have access to coverage through their employment.

The ANA supports increased access to health care and will work with Congress to develop legislative initiatives which reflect nursing's health care agenda.

At the other end of the spectrum, Congress is attempting to find ways to limit spending in order to save Medicare. Clinton and Congress propose 116 million to 158 million dollars be cut over a 6-year time period. Along with budget cuts, hospitals would be allowed to establish their own health

care plans, which would generate a new source of income. Funding for preventative medicine would be increased, but reimbursement for more chronic conditions would be cut.

The National Coalition on Health care conducted a survey that showed 79% of the people believed "there is something seriously wrong with our health care system". Less than one half of the people had confidence in it and felt that the quality of medical care was not very good. The survey also showed that 4 out of 10 people were afraid of losing their insurance and could not afford to replace it.

Anyone interested in becoming a member of NSTAT (Nurses Strategic Action Team) should contact the Political and Grassroots Department at ANA (202) 651-7082. The ANA contact person is Amanda Wellman.

Budget Cuts

President Clinton's fiscal year 1998 proposed budget severely undercuts nursing education programs.

Funding for the Nurse Education Act, under the proposed budget would be reduced to just under \$8 million, an 88% cut from the \$65 million currently

appropriated for the NEA in fiscal year 1997.

AACN (American Association of Colleges of Nursing) President Carole Anderson stated that the net effect would be "to make an already challenging situation even more threatening."

AACN will mobilize its membership to urge Congress to reject the President's dangerously weak funding targets.

Workshop Funds Awarded

The Western Institute of Nursing (WIN), in Portland, OR, has been awarded \$94,000 by the Division of Nursing, DHHS, to offer four nursing workshops in 1997. Pat Perry, RN, Ph.D., Chair of the Board of Governors, stated "since the health care system has changed from needs-driven to resource-driven focus, there is a greater demand for value and accountability. Nursing skill levels now include knowing how to pose questions to get needed clinical information and where to find the data. The preparation of nurses with these skills requires knowledgeable faculty."

Workshop information may be obtained by contacting the WIN offices at 1-(503) 494-0869.

AIDS Care

The ANAC (Association of Nurses in Aids Care) held its annual meeting in Chicago on October 31-November 3, 1996. Along with presentations and exhibits, newly elected leaders were installed. ANAC offers two publications to keep its members and subscribers informed—ANACdotes and the Journal of the Association of Nurses in Aids Care (JANAC).

Information on their organization can be obtained from:
11250 Roger Bacon Drive,
Suite 8
Reston, VA., 21090-5202
or by phone at
1-(800) 260-6780.

RNNEWS

RNNEWS is published quarterly to keep ARNA members better informed.

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National Conference

Linda Morgan, past ARNA President, at the request of President Laura (Ginger) Schultz, RN, BSN, was pleased to represent ARNA at the 16th National Conference of the American Society of PeriAnesthesia Nurses (ASPAN) in Denver, Colorado on March 16, 1997.

At the opening ceremonies, Linda was introduced along with representatives from the Association of Operating Room Nurses (AORN) and the American Association of Nurse Anesthetists (AANA). There were 1300 registered for the conference,—about the size of ARNA's membership!

ASPAN is an organization of approximately 11,000. It was a special thrill for her to attend this conference since one of the CO-Chairs of the conference planning committee is from her hospital.

The keynote address of the conference was given by Brian O'Malley, adventurer, award-winning photographer, author and nationally acclaimed lecturer. His topic, "Everest: The challenge in all of us", related to his

adventures as a member of a Mount Everest Expedition Team, and the comparison of that experience to the mountains we climb every day.

Peter Hanson, MD, was the featured speaker of the afternoon. His presentation was "The Joy of Stress" and dealt with coping with change in the workplace. Dr. Hanson has authored books titled "Joy of Stress" and "Stress for Success".

Attending this conference provided opportunities to gather information about ASPAN's certification process, core curriculum, national conference planning, scholarships, foundation, research, etc. Linda even met an ASPAN member who was serving on their certification board, but is now working in Radiology!! She commented that she was amazed at the similarities between working in a Post Anesthesia Care Unit and working in Radiology.

ARNA Update

Lynn Reid RN, BSN, educational program/designee will represent ARNA at the opening ceremony for the 17th annual congress of the National Association of Orthopedic Nurses (NAON) on May 18th in Philadelphia, PA.

JoAnn Stubblebine RN, ADN, President-elect of ARNA will attend the "Third Annual Interventional Radiology; A Review for Technologists and Nurses" program, to be held at the San Francisco Airport Hilton on May 9-10th.

Ginger Schultz RN, BSN, President of ARNA, Lynn Reid RN, BSN, of ARNA's executive council, and Betty Rohr will be inspecting facilities April 19-20th with SCVIR, AVIR colleagues for the 1998 spring program in San Francisco, California.

The first planning meeting for the development of the certification test criteria will be held May 3-4th in New York, NY. Patty Merrick RN, BSN, Past ARNA president and current chair of the Certification committee will discuss qualifications and criteria for testing with her selected committee members and Professional Testing Corporation Vice President of Development, Bettie S. Jackson, RN, EdD, FAAN.

Cass Cooney RN, BSN, MSN, Board member for ARNA, will represent our membership in NOLF (National Organization Liaison Forum), at the American Nurses Association in Washington DC, April 7th. The ANA Committee has invited representatives to review

the ANA Standards of Clinical Nursing Practice (1991).

Maurita Schieding, RN, Chairperson-Education Committee, attended the NEMICE Convention at the World Trade Center in Boston on April 11, 1997. This convention exhibits many items of interest for education program planners. Maurita was very excited to represent ARNA and hopes to reap information benefits that will enable the Committee to improve our educational offerings.

Leadership Change

The official journal of the AACN (American Association of Colleges of Nursing), has announced the appointment of Eleanor J Sullivan, Ph.D., RN, FAAN, as the next editor.

Dr. Sullivan, an acknowledged leader in nursing education and health care policymaking, will begin her new position on January 1, 1998.

With her varied background as a nurse, a nurse educator, and an accomplished writer, she will bring keen insights into the full spectrum of academic, clinical, and policymaking arenas.

Salary Survey

Doctorally-prepared professors in nursing schools in the nation's universities and four-year colleges show an increase in salary of 4.4% over one year ago. AACN president Carole Anderson, Ph.D., RN, FAAN, cautions, "although we welcome even the modest salary increase... key concerns remain."

Health planners look to nursing to bear expanded responsibility in delivering primary and preventive care. Schools of nursing need talented educators and currently must compete with the private-sector whose salaries are often more attractive.

Dr. Anderson further states, "in light of the mounting fiscal constraints in higher education,...our ability to accomplish this task will be eroded."

Teens and Diabetes

Exploring personal illness models may contribute to a better understanding of teens' responses to living with diabetes, according to a study "Personal Illness Models of Diabetes: Preadolescents and

Adolescents", published in the *Diabetes Educator* (March/April 1997), the official journal of the American Association of Diabetes Educators. These models may also provide a better understanding of teens' illness-related behavior and determine their ability to successfully self-manage their diabetes.

Personal illness models

"although we welcome even the modest salary increase... key concerns remain."

are cognitive representations of an individual's illness which include knowledge and beliefs about the illness as well as emotional responses to illness experiences. The study involved interviews with 60 teens with diabetes, asking them a series of questions on their feelings about diabetes. Both preadolescent and adolescent participants expressed common themes, including an understanding that their disease would last a lifetime and that they were hopeful for a cure. Teens also fear the long-term complications associated with diabetes, such as

blindness and amputation.

Study participants also expressed a desire for assistance from healthcare professionals in achieving effective blood sugar control. "As these young people strive toward independence and disease self-management, an understanding of how they view their illness may be helpful in individualizing education and interven-

tions," stated the authors. Diabetes educators are multidisciplinary health professionals who do just that for patients and their families – provide individualized education on the skills necessary to live a healthy life with diabetes. To obtain the name of a local diabetes educator, call 1-(800) TEAMUP4.

The American Association of Diabetes Educators is a multidisciplinary organization of more than 10,000 members dedicated to promoting quality diabetes education for persons with diabetes and the professional development of its members.

Research Information

The monograph, entitled "Educational Preparation for Psychiatric-Mental Health Nursing Practice", is now available from the national office of The Society for Education and Research in Psychiatric-Mental Health Nursing (SERPN), for \$9.50 per copy (postage and handling included). This 66 page softbound monograph addresses educational issues related

to the preparation of undergraduate and graduate level nurses in the specialty of psychiatric-mental health nursing.

According to Melva Jo Hendrix, President of the Society, "faculty will find the monograph an invaluable aid in their teaching and curriculum planning."

To receive a copy please write to SERPN 437 Twin Bay Drive, Pensacola, FL 32534 or by phone at 1-(904) 474-9024.

Accreditation Recognition

The Council on accreditation of Nurse Anesthesia Educational Programs (COA) recently received the highest recognition of five years from the US Department of Education as a national accrediting agency. The Council on Accreditation is under the corporate structure of the American Association of Nurse Anesthetists (AANA).

Director Betty Horton stated, "throughout our history, the nurse anesthesia profession has been known for its highly respected educational system and its strong commitment to quality education." This is also the ninth consecutive time that the COA received the maximum of five-year recognition as a national accrediting agency—something that few accrediting agencies can boast. "We are proud of our organization's ongoing ability to meet the rigorous requirements of the federal government," said Horton.

Helpful Hint

Here's a tip for easing the pain of an injection: press your thumb where

the shot will be given until you feel resistance and hold it for ten seconds. Researchers found that 48 patients who got the pressure treatment before a shot felt less pain than 45 others who did not.

In the study, nurses who gave the shots also provided the pre-injection pressure, but researcher Roberta Erickson, associate professor of nursing at Oregon Health Sciences University School of Nursing, says that self-administered pressure would likely do as well. The technique works for the same reason that rubbing your elbow helps if you've hit it: gently stimulating large sensory fibers helps inhibit smaller pain fibers in the same area triggered by a sharp stimulus.

Originally published in Health News.

Chapter News

Philadelphia Chapter

Even though spring is in the air, your board wants you to keep fall in mind. The Philadelphia Chapter of ARNA is hosting a Fall Conference on Nov. 18, 1997 from 6 PM to 9 PM

at St. Mary's Hospital in Langhorne, Pa. Topics for the conference will be listed at a later time. Continuing education credits are in application. For further information please contact Paula Loafs, RN or Jim Gentile at (215) 750-5183. They hope to have a large attendance at the program.

Carolinas Chapter

The Carolinas Chapter of ARNA held its spring educational/business meeting on March 22 & 23 in Greenville, SC. The meeting was attended by Nurses from both North and South Carolina which make up the membership of the chapter.

Topics discussed at the meeting were, ARNA, presented by JoAnn Stubblebine, RN (ARNA president-elect), IVC Filters, presented by Rick Lawdahl, MD, Sterile/Clean Procedures in Radiology, presented by Jane Lankford RN, BSN CNOR, Interventional Radiology of the Liver and Biliary Tree, presented by Marcus Fields, MD, A Closer Look at Contrast Reaction, presented by Melissa Holbrook, RN, BSN. (Melissa has also

authored and had this topic published in Images), Health Law Update and the Radiology Nurse, presented by Sandra Miller, RN, MSN, JD.

We hope you had a great turnout for the meeting and that the nurses who attended could bring back new information to their colleagues who could not attend.

Tulip Festival

Yes, it's Tulip festival in Holland, Michigan that is. You will be able to see these beautiful spring flowers in all their glory if you attend the third annual conference in Grand Rapids. The conference is to be held on May 17, 1997 at the Crowne Plaza in Grand Rapids, MI.

Topics for the Spring meeting are Non-Surgical Intervention for Cerebral Aneurysms, Spectroscopy-MRI a chemical analysis of the brain, CT/Angiography 3-D reconstruction abdominal aneurysms and Experimental imaging modes in diagnostic mammography.

If you would like to attend, and need more information, contact

GLRNA

2626 Forest Grove,
Wyoming, MI 49509.

While you're there, don't forget to smell the flowers!

Chapter News

Continued

Spring Conference

The Northwest Chapter of ARNA is having their Spring Conference on May 17, 1997 at the Oregon Health Sciences University in

Portland, OR.

The conference is from 8:00am to 4:00pm with continental breakfast and lunch provided.

Topics to be covered are:

Update in Perinatal Diagnosis and Genetics of Breast Cancer presented by Gerald Prescott, DMD, FACMG, Carotid Stenting presented by Todd Kuether, MD Resident, Psychosocial Needs of Children presented by

Sandra Westfall, CCLS Coordinator Child Life Therapy Department OHSU, Better X-ray Interpretation presented by Kathy Scheffer, RN Radiology Nursing Clinical Coordinator and Here's Looking at You: Taking Care of the Caregiver presented by Barbara Glidwell, RN, MBS.

For more information regarding the conference or places to stay,

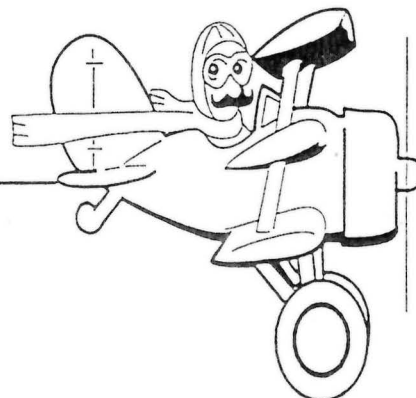
please contact

Linda Kitchen
(evenings) at

1-(503) 635-8027.

NWARNA hopes to see many of you there.

Happy Nurse's Day
(May 6, 1997)



arna

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