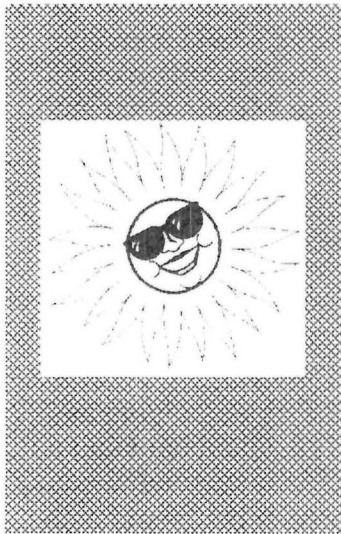


# RN NEWS

THE NEWSLETTER OF THE AMERICAN RADIOLOGICAL NURSES ASSOCIATION

AUGUST, 1999  
VOLUME 4  
NUMBER 3



SEE OUR  
LATEST FEATURE -

## RADIOLOGY NURSE HELPLINE

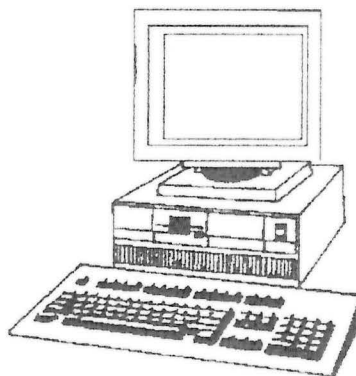
*THROW OUT A LINE* IF YOU HAVE A PROBLEM OR QUESTION THAT YOU WOULD LIKE TO ADDRESS TO AN OPEN FORUM. IT WILL BE PRINTED IN *RN News* AND YOU HAVE YOUR ARNA COLLEAGUES AS A CAPTIVE AUDIENCE!

email (OK, use snail mail if you wish) your issues, questions, problems or concerns to Helen O'Daly, Editor, *RN News*. See address on page 3.

## MESSAGE FROM THE PRESIDENT: UPDATE ON LEGS FOR LIFE PROGRAM

ATTENTION !! COMMUNITY VOLUNTEERING IS EXCITING. THERE IS A NATIONAL PUBLIC SCREENING FOR PVD BEING HELD SEPT 13 - 18, LEGS FOR LIFE, SPONSORED BY SCVIR AND ARNA ALONG WITH THE VASCULAR SOCIETY NURSES IS THE FIRST ATTEMPT TO MAKE THE PUBLIC AWARE OF THE PREVALENCE OF PVD. IN ADDITION SCVIR IS ATTEMPTING TO NAME THIS WEEK NATIONAL PVD THROUGH A CONGRESSIONAL RESOLUTION! MEDICAL COORDINATORS IN YOUR AREA WILL BE PUBLISHED IN *RN NEWS*, IMAGES AND THROUGH YOUR LOCAL CHAPTER PRESIDENTS. THIS IS ARNA'S OPPORTUNITY TO HELP OUR COMMUNITY, PHYSICIAN COLLEAGUES, AND TO MAKE A PUBLIC AWARENESS OF OUR ROLE IN MEDICINE. PLEASE BECOME ACTIVE IN THIS ENDEAVOR. ANY QUESTIONS, CALL OUR EXECUTIVE OFFICE IN CHICAGO 630-571-9072.

Maurita Schieding, R.N., C.R.N., President, ARNA



**website:** to see if your institution is participating in "Legs for Life", or to learn more about the program, go online to the website:  
<http://www.legsforlife.org/>

## what is "Legs for Life?" by Helen O'Daly

Legs For Life™ is a National Screening Program for PVD Leg Pain, a community health and public information program sponsored by SCVIR, the Society of Cardiovascular & Interventional Radiology and supported by the American College of Foot and Ankle Surgeons, American Radiological Nurses Association (ARNA) and the Society for Vascular Nursing (SVN). The program's mission is to improve the cardiovascular health of the community.

Legs For Life™ is funded by an educational grant from Abbott Laboratories and Boston Scientific/Vascular. It is a model built around highly successful programs already under way by SCVIR members.



this information  
was extracted from the  
website, left.

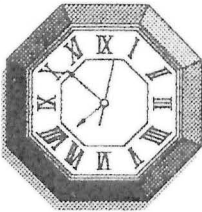
## PREPARING FOR THE CRN EXAM

### The CRN Exam: I Have No Time

by Kathleen A. Gross, BS, BSN, RN, C, CRN

Did you miss the registration deadline for the August CRN Examination? You say you have no time. This sounds so familiar!

Time is described in the literature as "a common denominator and the scarcest resource" (Appelbaum & Rohrs, 1981, p. ix). It is cherished and respected. Most people never seem to have enough time to meet the demands of every day life. Songwriters of all generations have given us music with lyrics about time. Billy Joel wrote "I get no traction 'cause I'm running on ice, It's taking twice as long..."



Undoubtedly, however, it is how many people feel in the hurried world in which we exist. We are, according to the experts, so concerned about time because we know it is unreplaceable and it influences our productivity. Cultural biases can influence our use of time. Having a sense of lacking enough time can be a significant source of stress and can work against the individual's productivity. It takes skill to develop a harmonious balance between all the demands of the various roles we play!

Stress in limited amounts, on the other hand, can be quite useful. Physical stress can develop stronger bones, as when we exercise. Stress can also motivate individuals to action in certain circumstances. Improving our time management techniques can help control the stress caused by the feeling of lack of time. Although we cannot control time, our behaviors and responses can be changed. Analyze how you spend your time. Eliminate all the unnecessary things that consume so much of your time. Then, think of ways you can use that time.

None of us can do what the songwriter Jim Crook wrote in the lyrics "If I could save time in a bottle and dreams could make wishes come true" but with increased effort we can learn to manage time to our advantage. Make the most of your time. Reorganize, set aside time to plan for and take the CRN Examination.

Isn't it time?

Reference: Appelbaum, S. H., & Rohrs, W. F. (1981). Time management for healthcare professionals. Maryland: Aspen Publishers, Inc.

-Letter from Ted Malenock to Maurita Schieding, ARNA President

Dear Ms. Schieding:

On behalf of the entire Malenock family, I would like to extend our sincere gratitude and appreciation for the founding of "The Helen Malenock Memorial" fund. We are honored for the recognition and effort shown by the board in light of Helen's recent passing.

Please extend a heartfelt thank you to the entire Board. Your thoughts and prayers have been very comforting during this difficult time. I'm sure that Helen would be very please receiving this acknowledgement of her commitment and dedication to the radiology profession.

Sincerely,

Ted Malenock

*Helen Malenock was a dedicated RN for 35 years who spent more than 20 years in the field of Radiology Nursing. She served ARNA at the local level, being the founding member of the Ohio Chapter, and, notably, as President from 1989 to 1995. On the national level, Helen was a Board Member in 1993 and Secretary in 1996 and also served on the Fundraising Committee and as Historian. She passed away on January 31, 1999.*

To obtain an application or check on the testing schedule, contact the  
Professional Testing Corporation  
1350 Broadway - 17th Floor  
New York, NY 10018  
(212) 356-0660

### FROM THE EDITOR'S DESK

THE FOLLOWING LETTER WAS SENT TO ME BY A NURSE WHO IS VERY CONCERNED ABOUT THE CHANGES TAKING PLACE IN RADIOLOGY. IN THE INTEREST OF MAINTAINING PRIVACY, PLEASE SEND RESPONSES TO ME AND I WILL FORWARD THEM TO THE AUTHOR OF THIS LETTER.

HELEN O'DALY

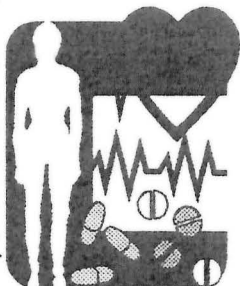
I am sure many of you are aware of the popular consulting and downsizing firms now working their way through hospitals. Their intent is to show the hospital how to work more efficiently with fewer staff. They eliminate the support staff because "the technologist can do it all" from answering phones to film room management to scheduling patients. NO overtime is acceptable. Breaks? Only needed bathroom stops please!

At our hospital we are receiving a gracious slaughter. Our department flexes up and down daily, as I'm sure yours does. One minute is busy the next slow. But slow does not mean no work for the nurse. Just because there are no angios doesn't mean we aren't calling the patients who had procedures the day or night before or the patient who is coming in tomorrow. We must also deal with phone calls from outside clinics, doctors, and others who need to schedule pediatric patients or patients with particular problems. The day is busy and full for all of us regardless of the angio or sedation schedule!

The trend is to eliminate RN's in the Radiology department. "The only thing we need a nurse for is conscious sedation." Can you believe that?!? The hospital has decided to place the experienced Radiology nursing staff out of the department to any floor to help with baths, trays, etc. We don't and can't take patients to ease the load of the overworked, understaffed floor nurses. We have to be available for the department IF there is a need. If and when we are needed, stat or otherwise, the technologist will beep. Technologists are delegating nursing care, deciding when and where the nurse is needed. Technologists are assuming the care of patients during invasive procedures such as biopsies and thoracenteses. Patient safety costs and money is the bottom line. Morale is at an all time low.

I used to love my work. I truly cannot believe this is happening. The patients are being left with technologists to assess, educate, and monitor their outcomes. We need help and now!

I am writing to seek help and answers.



### ATTENTION!

On June 12, 1999 the ARNA Board moved to *revoke* the **Mo-Kan Chapter** Charter with the option to rescind **IF** by September 1, 1999 someone will step forward to accept responsibility and leadership for the chapter. Please contact the ARNA office at 630-571-9072 immediately or by **September 1, 1999**

-submitted by Kathleen A. Gross

### American College of Radiology's Iodinated Contrast Manual

Anyone who is interested in purchasing the above resource can do so:

by mail:

ACR

P. O. Box 2348

Marrifield, VA, 22116

by phone: 1-800-227-7762 (ask for Connie)

Price:

\$37.50 for non-members of the ACR

\$15 for ACR members

-thanks to Kate Little for this tidbit!

### ARNA OFFICE HAS NEW ADDRESS!

Please note the new address for the purpose of conducting business with ARNA:

820 Jorie Blvd.

Oak Brook, IL 60523

The numbers for telephone, fax and e-mail remain the same.

submitted by Betty Rohr  
Executive Secretary



## RN NEWS

**RN NEWS IS  
PUBLISHED  
QUARTERLY TO KEEP  
ARNA MEMBERS  
BETTER INFORMED**

Send submissions and comments to:  
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Cincinnati, Ohio

Julie McNay RNC, BS  
Cincinnati, Ohio



## committee update

### Legislative Awareness Committee:

#### Capitol Update

The **Patient Safety Act** (S 966) was reintroduced in the Senate on May 6 and in the House (HR 1288) in March. At a press conference held at the Capitol on May 12 Senator Harry Reid and Rep. Maurice Hinchley both expressed their support for this legislation to pass the 106th Congress. This legislation was originally introduced in the 104th Congress and drafted by the ANA.

ANA is urging nurses to contact their congressmen to support both versions of this bill.

#### Needlestick and Sharp Injury Prevention Bill -

Legislation to prevent needlesticks is currently being drafted. Representatives from labor, health care networks, medical manufacturers and ANA are working together on this issue.

The federal legislation, to be modeled after California's state law, would require employers to utilize needleless systems and put other engineering controls in place.

- Sign an online petition to Congress to help support the "Patient's Bill of Rights" and also reform in managed care. Go to ANA's website <http://www.nursingworld.org> then scroll down until you find the link under "Other News".

**Medicaid Nursing Incentive Act** - Bills were introduced in both the house (HR 1514) and the Senate (S 863) to provide direct Medicaid reimbursement for all nurse practitioners and clinical nurse specialists who provide services they are legally authorized to perform whether or not they are under the direct supervision of a physician. ANA is requesting that nurses contact their congressmen to support both of these bills.

## chapter news

The New Jersey Chapter will hold its annual business meeting and educational program on Saturday, September 25, 1999 at CentraState Medical Center. Topics to be covered: Sentinel Node Biopsy; dysphagia evaluations (otherwise known in the Radiology vernacular as "gagograms"); and "Prix Fixe vs. a la Carte" - how to decide which procedures to order in which sequence for optimum results. Watch your mail or contact a Board Member for details

## ARNA MEMBERSHIP DRIVE



*Recruit New Members  
and Get a Chance to Win:*

1 - 2 MEMBERS - an ARNA pin

3 - 5 MEMBERS - 1 year  
ARNA paid membership

6 or more MEMBERS - free  
registration for a national meeting  
of your choice  
(within a 2 year time frame)

**GOAL: 2000 MEMBERS  
BY THE YEAR 2000!**

## chapter news

The Houston Texas, Chapter of ARNA is announcing educational opportunities, below. All take place at the VA Medical Center, 2C350. Time: 6:00 PM, with refreshments.

**Thursday, Aug. 19, 1999, Brain Tumor Surgery:** The Role of MRI Imaging. Faculty: Dr. Raymond Sawaya M.D., Chairman of Neurosurgery, M. D. Anderson Cancer Center.

**Thursday, Sept. 16, 1999, Ultrasound Biopsy.** Faculty: Dr. Bruno Fornage M.D., Chief of Ultrasound, M. D. Anderson Cancer Center.

**Thursday, Oct. 21, 1999, Mammography: Pathology.** Faculty: Debra Steinway, R.T. (R)(M), Mammography Technologist, M. D. Anderson Cancer Center.

RSVP: Marilyn Holland, President

Estellita Mansukhani-Education Program Coordinator

(713) 794-4114/795-0690/792-0890 W

e-mail: [rmansu3130@aol.com](mailto:rmansu3130@aol.com)

Fax: (713) 866-4386

**RADIOLOGY NURSE HELPLINE**  
**PLEASE CONSIDER SHARING YOUR KNOWLEDGE AND EXPERIENCES**  
**WITH YOUR COLLEAGUES**

"I am looking for information on echocardiograms using agitated saline solution. We have contacted the Montana Board of Nursing regarding this exam and it is currently under investigation. We are wondering, in other institutions, who injects agitated saline, physicians, nurses or radiology techs?

Thank you,

Lois Tufton" (tufton@cybernet1.com)

"Our interventionalists have informed us that we will begin doing TIPS procedures. HELP! I would be grateful for any protocols that anyone would be willing to share. I have been told that we will not be using CO2.

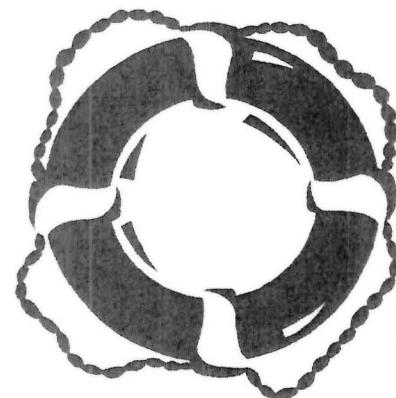
Thanks,

Janet Dillon RN" (jandillon@webtv.net)

Premedication for high risk patients receiving contrast - Mary Cramsey of Allentown, Pennsylvania is requesting feedback from those in the know about how this is handled at various sites: specifically who gives the meds, how is it documented, how is a Radiologist involved? Please contact heronline at u6119@gateway.net

"What is the policy for other Radiology Departments for contrast injection through central lines or catheters, either via hand injection or power injectors, whether mediports, hickmans, triple lumens, etc. I am interested in procedures for both MRI and CT injections."

Gail Riener (415) 498-7552 e-mail address: REINER\_G@SHS.STANFORD.EDU



**RSNA**

IN CASE YOU HAVE NOT RECEIVED YOUR REGISTRATION MATERIALS FOR THE ANNUAL MEETING IN CHICAGO, YOU SHOULD CALL THE ARNA EXECUTIVE OFFICES TO REQUEST THEM. THE PHONE NUMBER IS (630) 571-9072. THE MEETING THIS YEAR WILL TAKE PLACE FROM NOVEMBER 28 TO 30, 1999.

SOMETHING NEW - ARNA WILL NOW BE ABLE TO HONOR CREDIT CARDS FOR ON-SITE REGISTRATION AND FOR THE PURCHASE OF ITEMS! THIS SHOULD MAKE THINGS EASIER AND SAFER (NO NEED TO CARRY LARGE AMOUNTS OF CASH).

**NOTICE:**

**THE DEADLINE FOR SUBMITTING INFORMATION FOR THE NEXT ISSUE OF RN NEWS IS**

**OCTOBER 11, 1999**

**SEND ALL SUBMISSIONS TO HELEN O'DALY, EDITOR - SEE P. 3 FOR ADDRESSES**