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AMERICAN
RADIOLOGICAL
NURSES ASSOCIATION

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arna Vision

President's Message

Paulette Snoby, MPA, BSN, RN, CCRN
President

"Wear a smile and have friends, wear
a scowl and have wrinkles"

George Eliot

At the beginning of each New Year, nearly all journals, newspapers, and newsletters include advice on ways to improve yourself or your work habits. My response has historically been to quickly turn the page and get on to the more technical content with supportive research.



This year, I find myself spending more time on airplanes and lugging radiology journals aboard for those long flights. Recently, I happened upon a review of one of Mayo Clinic's research studies. This one I found worthwhile to pass the findings on to you.

Researchers found that there is an increased risk of death in personalities that favored pessimistic tendencies. The risk increases the more pessimistic the personality. In addition, the study found that as the individual becomes more optimistic, he/she acquired better health in multiple areas.

The study continues to suggest ways on how to become more optimistic:

1. Use **positive self talk** and avoid negative thoughts. Look for the positive in all situations.
2. Dwell on the **appealing characteristic** of your spouse or partner, who irritates you. Remember what was attractive in him/her when you first met.
3. Search for **positive, upbeat people** to spend your time with outside and inside of your workplace.
4. **Accept situations** you can't control and **deal positively** with those you can control.
5. Keep things in **perspective** and view difficulties as **temporary**. Remember your job is NOT your family. (my insertion)
6. Find **joy in your job**. There must be some elements that are personally satisfying to keep



- you coming back each day.
7. **Keep a journal.** Write down three positive things that happen to you each day.

(Mayo Clinic Women's HealthSource:
RT Image, December 12, 2005)

These suggestions are quite admirable and, if implemented, will probably improve both physical and mental health. Let me add my own suggestion:

- Find something that you are **passionate** about, whether it is an organization, a skill or talent, a volunteer opportunity, a creative muse, or a sport. Devote your energy and time into whatever you choose that makes you happy.

Not only will your attitude improve, but you will be able to deal with stressors in your life and on the job in healthier ways. Share your passion with family and friends who will be supportive and encouraged as well. An optimistic attitude is infectious!

George Eliot's, *Mary Ann Evans*, advice to smile definitely prevents those awful age lines is one of the best reasons of all! *Take care of you and have a healthy and happy 2006!!*

Radiology Nurses Day

The American Radiological Nurses Association (ARNA) will celebrate Radiology Nurses Day on April 11, 2006.

American Radiological Nurses Association Certification Preparation Course

**June 21-22, 2006
Las Vegas, NV**

Certification in any specialty nursing practice requires a high degree of expertise, knowledge, and competency. The advantages of achieving certification in your specialty are numerous, but preparing for the certification exam can be challenging. This 2-day Certification Preparation Course is intended to provide participants with information necessary to begin preparing for successful completion of the Certification Examination for Radiologic Nursing in Imaging, Interventional, and Therapeutic Environments.

This course will address the exam content outline in the following categories:

- I. Patient Care Considerations
 - A. Nursing Process
 - B. Pharmacologic Considerations
 - C. Education
- II. Imaging, Interventional, and Therapeutic Environments
- III. Safety Concerns
 - A. Emergency Preparedness
 - B. Adverse Reactions
 - C. Environmental
 - D. Radiation Safety
 - E. Laser Safety
- IV. Professional Issues
 - A. Standards
 - B. Patient's Rights
 - C. Legal Considerations
 - D. Quality Improvement/Case Management
 - E. Management
 - F. Research
 - G. Cultural Considerations

Costs

ARNA Member	\$199.00
Non-member	\$249.00

For more information about the certification preparation course and other sessions offered at ARNA's 25th Anniversary Convention, visit ARNA's Web site at www.arna.net or call (866) 486-2762 or (850) 474-7292.



Legislative Update

Wendy Hamlin, BSN, JD – Chair, Public Policy Committee

At this time there is a shortage of registered nurses that has forced hospitals to extend work shifts and mandate overtime. The projected shortage of registered nurses is expected to reach 400,000 by the year 2020. According to a study published in the July-August 2004 issue of *Health Affairs* the risk of making an error greatly increased when nurses worked shifts longer than 12 hours, when they worked significant overtime, or when they worked more than 40 hours per week. The likelihood of making an error was actually three times higher when a nurse worked a shift of 12.5 hours or more.

The shortage of nurses is the number one concern of nurses today. Legislation that would ensure adequate registered nurse staffing in healthcare facilities has been introduced into the house and senate. The legislation introduced to the senate is titled the "Registered Nurse Safe Staffing Act", S.71, in the House it is called the "Quality Nursing Care Act," H.R. 1372 but they have identical language and purpose, just different names.

The legislation would require that facilities develop and implement staffing systems that include the input of direct care Registered Nurses. It endorses a system that would ensure appropriate staffing levels by having the facility develop a staffing system that looks at:

- The number of patients and the level and intensity of care to be provided
- The number of admissions, discharges and transfers that each nurse must handle
- The work environment and available technology
- The level of preparation and experience of those providing care
- The staffing levels recommended by specialty nursing organizations
- Whether the Registered Nurse available to work in an area has first demonstrated adequate skills

The act contains "whistle-blower" protections for Registered Nurses. It is designed to protect those nurses that file complaints about or participate in investigation of staffing issues. It allows for the establishment of mechanisms for receiving and investigating complaints.

An important component of this act is that it would require public reporting of staffing information. It would mandate that facilities post the number of licensed and unlicensed staff that are providing direct patient care on each unit, for each shift and to specifically note the number of Registered Nurses. This information would be directly reported to the U.S. Department of Health and Human Services (HHS), who would then be required to post it on the internet.

This legislation is supported by the American Nurses Association (ANA). I encourage you to offer your support by contacting your state representative.

To Chapter Presidents:

A column for chapter reports is being added to *Vision*. We need your input in order to make this column a success. Please help us by submitting an update on what is happening in your chapter to Miriam Nicholson, ARNA Chapter column, 7794 Grow Drive, Pensacola, FL 32514-7072, fax (850) 484-8762, e-mail arna@puetzamc.com Thank you in advance for your contribution.

**American Radiological Nurses Association
(ARNA)**
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2006

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ARNA Mission Statement

The mission of the American Radiological Nurses Association is to foster the growth of radiology nurses who advance the standard of care.

President Presents Membership Information to UCH

Paulette Snoby, MPA, BSN, RN, CCRN
President

The University of Chicago Hospital's (UCH) Radiology Department is bustling with activity in South Chicago. The department is moving to a new Radiology Information System (RIS) after successful completion of a new PACS implementation. Current construction within the department will result in a new single-plane angiography suite and a new biplane room, increasing capacity to five rooms.

The expansion includes a cardiac imaging service because of the replacement upgrade of five CT scanners and changes in the MRI units. A new recovery area, with two negative pressure rooms and 11 bays, will open soon and requires hiring of more radiology nurses.

With the assistance of Information Systems, voice recognition will be used by the radiologist in 2006. The Radiology Department has an established teaching program with 25 residents and 6 fellows; the department participates in many clinical trials and medical research projects.

As impressive as all this may sound, the really exciting initiative underway is the plan formulated by UCH's radiology nurses with the department to expand and enhance radiology nursing services. With setting their goal to be "the best nursing unit at UCH," the 22-member nursing team and new manager will track and report its progress. This will be accomplished by using indicators for nursing quality, patient satisfaction, physician satisfaction and professionalism, efficient use of resources, and RN satisfaction and morale.

Some of the steps that will be necessary for success include the following:

- Recruit and retain superior RNs who can work as part of a team of professionals.
- Create a clinical ladder with certification as the pinnacle of excellence and requirement for salary bonuses.
- Support development opportunities for RNs who wish to gain expertise in management, quality improvement, radiology research, and pediatrics.
- Participate in the UCH and radiology performance improvement programs.
- Enhance the radiology RN role and its integration within radiology services to ensure as much teamwork as possible.
- Maintain competitive compensation that recognizes RN experience and expertise.
- Develop a comprehensive orientation program for RNs new to radiology.

I must elaborate on one key element of the plan: to provide professional growth opportunities within the specialty, whether it is advanced practice or basic radiology nursing. When Ed Smith, Executive Director, Radiology, invited me to attend two nursing staff meetings to talk about ARNA, I didn't need to be asked twice! I was pleased to explain how ARNA can help UCH's Radiology Department in many ways through the following:

- Annual Convention with courses in basic and advanced radiology topics and technologies
- Two-day certification prep course held prior to the annual convention or onsite at your hospital
- CRN testing program and recertification by submission of contact hours
- *Core Curriculum* with its guiding policies and procedures
- New Basic Radiology Nursing Orientation Course
- Advanced Practice Special Interest Group
- Management Special Interest Group
- Pediatric Special Interest Group
- Gerontological Special Interest Group
- ARNA's newsletter, *Vision*
- ARNA's peer-reviewed *Journal of Radiology Nursing*
- New interactive Web site with members-only section, job opportunities, and chat room
- Network of experienced radiology nursing professionals

As a result of the many opportunities and benefits of ARNA membership, I am happy to say that the Radiology Department decided to cover the cost of membership fees for all radiology nurses and their manager. This included the five newly hired nurses who joined the department at the end of November. The Radiology Department will continue to support and encourage radiology nurses to pursue certification and attend ARNA's annual convention. There will be some future discussions concerning ARNA's onsite certification review course and ARNA's basic orientation program for new radiology nurses and ICU/ER/PACU nurses who cover after-hour emergencies.

Members in the News

René Jackson, MS, BSN, RN, co-written a book released in January about breast cancer and mammography. *The Death of Mammography: How Our Best Defense Against Breast Cancer is Being Driven to Extinction*. René is a radiology nurse at Charlotte Regional Medical Center, Punta Gorda, FL. For more information about her book, visit www.rjacksonrn.com

Kathleen Anduze, RN, CRN, has been a radiology nurse for seven years and recently was promoted to Central Surgical Coordinator at DRA Imaging, Poughkeepsie, NY. She is able to present in service classes along with the Interventional Radiologists to area physicians in an effort to promote awareness in the IR field. Kathleen says this new position is challenging and rewarding to be able to educate patients about cutting edge procedures.

Do You Know About Substance Abuse and Older Adults?

While persons over 65 make up only 14% of the population, they are prescribed more than 30% of all prescription drugs and non-medical use of prescription drugs is increasing in persons over 60. Approximately 11% of women over the age of 59 misuse psychoactive drugs. An older adult who suddenly discontinues consuming more than 10 ounces of alcohol a day for a week or more is likely to experience more symptoms of withdrawal in greater duration than younger persons.

Learn more about substance abuse and older adults by visiting www.GeroNurseOnline.org and select "Substance Abuse" from the Geriatric Topic menu.

Call for Manuscripts

The *Journal of Radiology Nursing (JRN)* is looking for manuscripts on the following topics:

- ❖ Nursing Leadership
- ❖ New Procedures
- ❖ Research Studies
- ❖ JCAHO Requirements
- ❖ HIPPA
- ❖ Orientation and Competency for Radiology Nursing
- ❖ Patient Satisfaction
- ❖ Moderate Sedation
- ❖ Radiation Safety
- ❖ Magnetic Resonance Imaging
- ❖ Management of Lines
- ❖ Drug Eluting Stents
- ❖ Multidisciplinary Approach to Team Building in Interventional Radiology
- ❖ PI Efforts
- ❖ Infection Control Policies
- ❖ Budget and Financial Strategies
- ❖ Patient Safety Issues
- ❖ Role of the PA and ARNP in Interventional Radiology
- ❖ Patient Teaching Techniques in Interventional Radiology

For assistance in developing an idea or writing a manuscript, contact Kathleen Gross, MSN, RN,BC, CRN, at 7794 Grow Drive, Pensacola, FL 32514, (866) 486-ARNA (2762), fax (850) 484-8762, or e-mail rgross@comcast.net We're eager to hear from you!



New Members

The American Radiological Nurses Association would like to acknowledge the following new members:

Cynthia L. Anderson Burleson, TX	Kelli J. Forsythe Groveport, OH	Valerie Hunter Chicago, IL	Janice Nancett Modesto, CA	Virginia L. Smith Charlotte, NC
Thomas Beckman Tinley Park, IL	Leslie K. Fowlkes Rancho Santa Margarita, CA	Beverly Jackson Harvey, IL	Denise M. Newman Elk Mound, WI	Gina Spinelli Livingston, NJ
Lori Bernard Higganum, CT	Lynette M. Furnal Carlsbad, CA	Margaret E. Jacoby Fair Oaks, CA	Heidi M. Nordh Jenner, CA	Jean St. John Newark, DE
Diane Berona Worthington, OH	Chris Gamble Powell, OH	Gillian Johnson Fremont, CA	Barbara Palinchik Hallandale Beach, FL	Elizabeth Summor Dallas, TX
Regina Blackwell South Orange, NJ	Sharon Gardner Chicago, IL	Robbin Jones Memphis, TN	Bonnie Parish Brown Deer, WI	Nicole M. Suttera Walworth, NY
Linda Burns Livingston, NJ	Peggy Gilbertsen Chicago, IL	Linda Juenke Fredericksburg, TX	Julie M. Parrott Mt Pleasant, SC	Gwendolyn Sykes Chicago, IL
Denise M. Campbell Wilmington, NC	Charlotte Godwin Parkville, MD	Katya K. Khalsa Santa Fe, NM	Marilyn L. Patterson Port Angeles, WA	Rachelle M. Taylo Pleasant View, TN
Teresa M. Carlsen Tampa, FL	Renee Graham Philadelphia, PA	Young H. Kim Renton, WA	Laurie A. Potter Reno, NV	Donna Tennesen Killeen, TX
Janet Carter Collierville, TN	Amelia Gregory Chicago, IL	Allyson Kornahrens East Islip, NY	Donna Prescott Nashville, TN	Patricia H. Tillman Harvey, LA
Linda J. Carter Chicago, IL	Marilyn R. Guigar Alpena, MI	Lorraine Krueger San Antonio, TX	Raynette Pucik-Maisura New Lenox, IL	Sherida R. Trotter Richton Park, IL
Roberta Christopherson Apache Junction, AZ	Coleen Gurkas Kearny, NJ	Felicia Lewis Chicago, IL	Elaine Rawls Mount Pleasant, SC	Bill Weber Ypsilanti, MI
Linda Churchill Peachtree City, GA	Kathleen Gustavson Milton, FL	Vickie M. Mackie Whitehall, PA	Cheryl Rose Doylestown, PA	Marie Wilson Whiting, IN
Bernadine Clark-Dunn Harvey, IL	Anita C. Guthmann Allen, TX	Ester Magid Staten Island, NY	Katie Rush Ridge, NY	Latoria S. Woods Chicago, IL
Kim Coleman Chicago Ridge, IL	Billie Joy Harms The Colony, TX	Cynthia Marsden Northridge, CA	Jaime Schmitz Gahanna, OH	Kris Zygorowicz Huntley, IL
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Christian L. Cottingham Green Bay, WI	Carolyn Harris Cockeysville, MD	Debra Mayes Memphis, TN	Julie A. Scott Pasadena, TX	
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Nanette Elfante Livingston, NJ	Angenita Howard Chicago, IL	Linda K. Morgan Champaign, IL	Joyce Sinclair Lancaster, TX	
Grace Eunae Hong Chicago, IL	Sherry B. Hughes Huron, TN	Tammy Moynihan Johns Island, SC	Margaret Smith Tecumseh, MI	

Certification Examination Dates

Application Deadline
August 31, 2006

Examination
October 7, 2006

JRN Table of Contents Available by E-mail

Receive the table of contents of the *Journal of Radiology Nursing* by e-mail on the day of online publication of the journal. To receive the table of contents by e-mail, go to the JRN Web site at www.radiologynursing.org. Choose "Free Email Table of Contents." Type in your e-mail address in the box and click the subscribe button. You will receive an e-mail to confirm that you have been added to the mailing list.

ARNA Chapter Reports

Golden Gate Chapter

The Golden Gate Chapter of ARNA is proud to report that it is now planning its fourth annual Radiology Fall Symposium to be held in October 2006 at the Veterans Administration in Palo Alto, CA. It has been an unbelievably satisfying experience to plan the course and learn from leading experts in radiology at these educational symposiums. It truly is a great way to promote the most current practice standards in the field.

Charlene Fong, BSN, RN
President

Grand Canyon State Chapter

Our chapter is very new, but with a membership of 60 we are off to a good start. The main focus, next to membership, has been to provide quality education. We have accomplished that by providing a quarterly education meeting. The subjects have included Current Treatments for Peripheral Vascular Disease, Uterine Artery Embolization, Vascular Access Device Selection, What's new and Soon to be Available, and MRI Contrast Agents and Serum Calcium Interference. We have been successful in obtaining a sponsor for each meeting to provide a meal to go with the program. Our new project is to develop a Web site for our chapter. Looking forward to a good showing of Arizona Radiology Nurses at our 25th anniversary celebration in June.

Carolyn Bennett, BSN, RN, CRN
President

Recruitment materials (a table top display, membership brochures, and copies of *Vision*) are available for your next meeting, conference, or continuing education activity. Contact the National Office at least 6 weeks before the date needed to arrange for shipment of these display materials.



ARNA's Redesigned Web Site

Have you visited ARNA's Web site lately? www.arna.net The Web site has been redesigned to be a user friendly resource for ARNA members and others interested in radiology nursing. Some of the features of the new site are as follows:

- **Members Only Section:** This section allows you to update your personal contact information as well as provides a member directory for ARNA members. Your login to access the members only section is the e-mail you have on file at the National Office. Your password is your member number. If you do not have an e-mail on file or you need your membership number, contact the National Office at (866) 486-2762 or arna@puetzamc.com
- **Dedicated Chapters Page:** Chapters are encouraged to post information about upcoming meetings and programs on the Chapters page and on the Calendar of Events. We also encourage you to take pictures of your programs and forward them, with some information about the program, to Harriet McClung, hmcclung@puetzamc.com, to be posted on the site.
- **E-Commerce:** The new Web site offers online membership renewal, the ability to join online, convention registration, and online purchase of ARNA materials and publications.
- **Employment Listings:** The Career & Networking page of the Web site provides a list of employment opportunities. If your institution is looking to post a position, we encourage you to share the information about the ARNA Web site. A form with the information for posting an employment position is available on the Career & Networking page.

These are a few of the exciting changes to the ARNA Web site. Visit the site often as continued enhancements are planned for the site.

Call for Newsletter Editor

ARNA is seeking an Editor for its newsletter, *Vision*. Articles in *Vision* provide information about the organization, including, but not limited to, committee, convention, certification, and membership information as well as brief articles in the areas of education, research, and patient care.

The newsletter Editor will plan, direct, and evaluate material and editorial content of the newsletter. Administrative support will be provided by the ARNA National Office staff.

Qualified applicants will have strong organizational skills and demonstrated writing and editing abilities. He/she will also have clinical expertise in radiological nursing and will be aware of the issues and trends of the nursing profession.

Individuals interested in applying for this position should contact the ARNA National Office.

Call for Editor, ARNA National Office, 7794 Grow Drive, Pensacola, FL 32514, Toll free (888) 486-ARNA (2762), Fax (850) 484-8762, E-mail ARNA@puetzamc.com