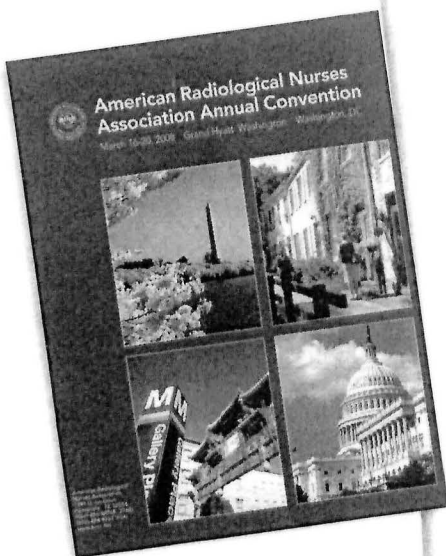




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AMERICAN
RADIOLOGICAL
NURSES ASSOCIATION

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arna

Vision

President's Message



Greetings Everyone,

We have just hosted our first Fall Symposium in Minneapolis. The Planning Committee worked diligently to prepare a diverse program that covered all areas of radiological nursing. We also hosted our fourth CRN prep course - always a popular and well-received course. It has been a busy and productive summer and fall for the Board of Directors. Sharon Lehman, MS, RN, President-Elect, and I had the pleasure of attending the Nursing Alliance Leadership Academy in Louisville, KY, August 21-22. It was a very informative and enriching program, and the networking opportunities were wonderful. Nineteen national nursing associations were represented, and we had the opportunity to meet and compare our association to theirs. We found some areas that ARNA can definitely improve upon. We also found some resources that the Nursing Alliance has that can help our current and future Board members fully understand the roles and responsibilities. It can be a daunting idea to think about running for a position on the Board, and we need to provide better orientation and expectation to members who are considering that road.

The Board is planning a January meeting to spend time with Glenn Tecker, a nationally recognized futurist and strategist, who led us in developing our Strategic Plan and helped us identify our BHAG or *Big Hairy Audacious Goal* for ARNA - to be the voice of radiology nursing. It is time to review the Strategic Plan and make sure we are guiding ARNA in the right direction and that we are fulfilling our mission. One way that we are succeeding is the development of the Evidence-Based Practice Committee. This group of your peers will work to put out timely, researched, clinical information to members. By accomplishing this through our Fast Facts and other educational guidelines, we will be recognized as truly being the voice of radiology nursing and the source for clinical information.

As the leaves are turning colors and preparing to fall, the days are becoming shorter, the air has that nip in it, the children are all back in school struggling to get mind and body committed once again to learning. So, too, must we stay committed to keeping ARNA moving forward toward fulfilling our mission: *To foster the growth of radiology nurses who advance the standard of care.* So bundle up and stay warm as winter fast approaches. Stay focused and committed to ensure ARNA lives up to its full potential. Make plans now to attend the annual convention March 15-20, 2008, in Washington, DC. It promises to be the biggest and best ever!

Sincerely,

Kathy Scheffer, MN, RN, CRN
President



Legislative Update

Wendy Hamlin, BSN, JD
Chair, Public Policy Committee

It has long been known that being a nurse means that at some point in your career you will suffer a musculoskeletal injury. It has only been in the last decade that attention to this ergonomic issue has come to the forefront.

Patient handling tasks are the main source of these injuries. These tasks include lifting, transferring, and repositioning patients. In the past, these tasks had always been done manually. They are also tasks that are done over and over, from one patient to the next throughout a nurses' career. Although any part of the body can be injured, the most common and most debilitating are the injuries that occur to the back and shoulders.

The current nursing shortage has made the situation even worse. There are fewer nurses available to help, forcing the nursing staff to attempt handling tasks with inadequate assistance. It is interesting to note that the Bureau of Labor Statistics lists registered nurses sixth in a list of at-risk occupations for strains and sprains while construction workers are listed as eighth!

Musculoskeletal injuries have a major impact on the health of the nursing force. Research shows that 52% of nurses complain of chronic back pain. Of those who have been injured, 38% of the injuries were severe enough to require leave from work. It has been estimated that 12% of nurses leave the profession annually because of back injuries.

Over the last decade, there has been an increasingly vocal movement at the state and federal levels regarding the issue of safe patient handling and the prevention of musculoskeletal injuries. In 2001, the U.S. Department of Labor, Occupational Safety & Health Administration (OSHA) developed a standard intended to protect workers from ergonomic injuries. The U.S. Department of Labor (2003) released *Guidelines for Nursing Homes: Ergonomics for the Prevention of Musculoskeletal Disorders*, which recommended that manual lifting of patients be eliminated if possible.

The American Nurses Association (ANA) began a campaign titled *Handle With Care* in 2003. This campaign focus is to promote the issue of safe patient handling and the prevention of musculoskeletal injuries among nurses. ANA reports that five states have enacted safe patient handling legislation: NY, OH, RI, TX, and WA. Eleven more states have introduced legislation that attempts to address safe patient handling: CA, CT, FL, MD, MA, MI, MN, NV, NJ, NY, and VT.

There have been major developments and improvements in patient handling equipment. This equipment has eliminated much of the manual labor associated with patient lifting. It is not only safer for the nurse but is also safer for the patient since it provides a more secure process. It is important for nurses to protect themselves from injury. Please write your state legislators to encourage the enactment of safe patient handling legislation.

References

American Nurses Association (ANA). (2003). *Ergonomics/handle with care*. Retrieved from <http://www.nursingworld.org/MainMenuCategories/OccupationalandEnvironmental/occupationalhealth/handlewithcare.aspx>

U.S. Department of Labor, Occupational Safety & Health Administration (OSHA). (2003). *Guidelines for nursing homes: Ergonomics for the prevention of musculoskeletal disorders*. Retrieved from http://www.osha.gov/ergonomics/guidelines/nursinghome/final_nh_guidelines.html

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(866) 486-2762 or (850) 474-7292.



The Joint Commission Expands Pilot Testing for Standards Development

The Joint Commission has recently expanded the pilot testing of its WikiHealthCare™ application to include a collaborative approach to developing accreditation and certification standards. Please visit the site and take advantage of the opportunity to provide input at the very beginning stages of standards development. Participants can engage in discussions about emerging issues pertaining to different types of service settings, help determine how standards might be applied to address those issues, and suggest performance requirements that should be used to measure compliance with standards. The Joint Commission will use this collective input when developing accreditation or certification standards.

During the pilot testing of the site, the first standards issues to be considered are

- the transfer of health information,
- pharmacist review of protocols for contrast agents in radiology, and
- how healthcare services can be provided using the concepts of clinical microsystems and patient-centered care.

Several additional issues to be added include surgical site infections, MRI and imaging safety, and intellectual and developmental disabilities.

This free, Internet-based collaborative forum can be accessed through a link on The Joint Commission's home page, or directly at <http://wikihealthcare.jointcommission.org>. The site was publicly launched in June and there are now more than 2,000 registered users. Please take a moment to visit the site and make comments related to the issues.

Note that although WikiHealthCare™ is sponsored by The Joint Commission, the content developed on the site is non-proprietary, open source information. Participation within this collaborative forum has no impact upon an organizations' accreditation status as all users participate as individuals, not as representatives of an organization.

Members in the News

- ◆ Have you recently changed jobs or received a promotion?
- ◆ Have you received an award related to your professional responsibilities?
- ◆ Have you written an article, a chapter in a book, or an entire book that has been published recently?
- ◆ Have you received an academic honor or award?
- ◆ Are you serving in an elected or appointed position in a professional or a governmental organization?
- ◆ Are you serving in on the Board of Directors for a health-related community agency?
- ◆ Have you made a presentation at a professional conference or meeting?
- ◆ Have you recently traveled to another country to teach or learn more about your specialty?

If you can answer "yes" to any of these questions, please tell us about it. We would like to include it in our "Members in the News" column. Send your announcements to: Miriam Nicholson, Members in the News, 7794 Grow Drive, Pensacola, FL 32514-7072, fax (850) 484-8762, e-mail arna@puetzamc.com

American Radiological Nurses Association (ARNA)

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2007-2008

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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.



Chapter News

Grand Canyon State Chapter

Deborah Kirkpatrick, BSN, RN, CRN
Chapter Past President

Deborah Thomas, BS, RN, CRN
Chapter Secretary

The Grand Canyon State Chapter (GCSC) is *radiating excellence* about its accomplishments for 2007. In April, the GCSC held its 2nd annual Radiology Nurses Day Celebration in Yuma, AZ. We honored our founding President with a scholarship established in her name: The Carolyn Bennett CRN Scholarship Award. This award was presented to Michelle Tomlinson, BSN, RN, CRN, (she passed!) for her commitment to certification in the exciting profession of radiology nursing. We also recognized Debbi Kirkpatrick, BSN, RN, CRN, as Arizona's first Radiology Nurse of the Year! Check out the slide-show montages from the day at our new website address: AZRADIOLOGYRN.NET

As the heat turned up for the Arizona summer, so did the activity for the 75 members of GCSC. New members of the Board of Directors were announced and introduced at our August general meeting and educational session. The Board also met for a planning and strategy session for the coming year.

Radiation Safety was the continuing education seminar topic presented at Banner Good Samaritan Hospital in Phoenix October 20, 2007. Check out the website (AZRADIOLOGYRN.NET) for details.

We are dedicated to enhancing the careers of members and the lives of patients.

Don't see your chapter news here?

That's easy to fix.

Contact Delma Armstrong, *Vision* Newsletter Editor, at delma_armstrong@med.unc.edu or the ARNA National Office, arna@puetzamc.org. I will even do the writing for you if you put me in touch with the folks who know what is going on.

Hartford Institute Content Moving to a New Website

Evidence-based clinical content on the care of older adults, developed by the Hartford Institute for Geriatric Nursing at NYU, will now be found on a new website, ConsultGeriRN.org

ConsultGeriRN.org is your resource for information on the care of older adults. You will find the following information:

- Evidence-based geriatric content, by topic, symptoms, and specialty nursing practice
- The *Try This* assessment tools series
- Hospital competencies
- Opportunities to acquire continuing education and much more!

New features coming soon!

ConsultGeriRN.org is the geriatric clinical nursing website of the Hartford Institute for Geriatric Nursing, New York University College of Nursing. ConsultGeriRN.org is an evidence-based online resource for nurses in clinical and educational settings. ConsultGeriRN.org is funded in part by a grant from The Atlantic Philanthropies (USA), Inc., to support work with specialty nursing associations.

The Hartford Institute for Geriatric Nursing: Making Geriatric Best Practice Standard Practice www.hartfordign.org

Radiology Nursing Certification

Certification is one of the most important career decisions a nurse can make. As a certified nurse, you will enjoy recognition from peers and employers for having achieved a standard of competency in this nursing specialty. You will join certified colleagues by having validated your professional abilities according to a recognized level of competency, and you will have the personal satisfaction of being acknowledged for your commitment to the specialty of radiology nursing. Initial certification is achieved by qualifying for eligibility to sit for the certification exam and achieving a passing score on the exam.

At the time you apply to sit for the certification exam, you must

1. Currently hold an active RN license or international licensure equivalent. A photocopy of your current license must be submitted with your application.

AND

2. Have practiced as a licensed registered nurse a minimum of 2,000 hours in radiology nursing within the past three years.*

* Eligibility requirement #2 may be met if you are engaged in direct patient care or direct clinical management, supervision, education, or direction of other persons to achieve or help achieve patient/client goals for the stated number of hours.

Candidates must have obtained 30 contact hours of continuing education applicable to nursing care of radiology patients within the last two years. A minimum of 15 of the 30 contact hours must be specifically related to radiological nursing. Documentation of continuing education must be submitted.

For a copy of the certification guidelines, contact the RNCB at (866) 486-2762, (850) 484-8762, or rncb@puetzamc.com

2008 Certification Examination Dates

Application Deadline

January 10, 2008

March 10, 2008

August 18, 2008

Late Fee Period

January 11-25, 2008

March 11-25, 2008

August 19-September 1

Examination

March 20, 2008 (at the ARNA Convention ONLY)

Space is limited to 100

May 3, 2008

October 2008

ARNA's New Website

Have you had a chance to log into the Member section of the new ARNA website? Please take a few moments to do so and make sure all of your home/work information, credentials, and e-mail address are current.

To update your information, go to www.arna.net and log in. You will need your e-mail address on file with the ARNA National Office and your member number unless you have changed your password previously. Once you are logged in, click on My Profile, then Edit/Update Your Profile. Make sure all of your information in this area is current. There is also a Public Profile tab on this page – you may edit this with the information you want to show in the Member Directory.

If you have any questions please contact the ARNA National Office at (866) 486-2762, (850) 474-7292, or e-mail arna@puetzamc.com



In the News...

American Cancer Society MRI Screening Guidelines

The new guideline is published in a recent issue of the *ACS journal, CA: A Cancer Journal for Clinicians*. It recommends MRI screening in addition to mammograms for women who meet at least one of the following conditions:

- They have a BRCA1 or BRCA2 mutation.
- They have a first-degree relative (parent, sibling, child) with a BRCA1 or BRCA2 mutation, even if they have yet to be tested themselves.
- Their lifetime risk of breast cancer has been scored at 20-25% or greater, based on one of several accepted risk assessment tools that look at family history and other factors.
- They had radiation to the chest between the ages of 10 and 30.
- They have Li-Fraumeni syndrome, Cowden syndrome, or Bannayan-Riley-Ruvalcaba syndrome or may have one of these syndromes based on a history in a first-degree relative.

More to Be Learned for Other High-Risk Situations

For some women, however, it is not known whether MRI screening is beneficial, even though they have conditions that do give them a higher-than-average risk of breast cancer. The guideline says there still is not enough evidence to recommend for or against MRI screening in women who

- have a 15-20% lifetime risk of breast cancer, based on one of several accepted risk assessment tools that look at family history and other factors.
- have lobular carcinoma in situ (LCIS) or atypical lobular hyperplasia (ALH).
- have atypical ductal hyperplasia (ADH).
- have very dense breasts or unevenly dense breasts (when viewed on a mammogram).
- have already had breast cancer, including ductal carcinoma in situ (DCIS).

Screening MRIs are not recommended for women with a lifetime risk of breast cancer below 15%.

Reference

American Cancer Society. (2007). *ACS advises MRIs for some at high risk of breast cancer: Get scans along with mammograms, not instead of them*. Retrieved March 28, 2007, from http://www.cancer.org/docroot/NWS/content/NWS_1_1x_Society_Advises_MRIs_for_Some_Women_at_High_Risk_of_Breast_Cancer.asp

New Members of the American Radiological Nurses Association

ARNA would like to acknowledge the following new members:

Rainie Doolin New Lenox, IL	Valerie L. Reha Bellevue, PA	Wendella Rose-Facey Brooklyn, NY	Lu Ann M. Shaffer Houston, TX	Kathleen Soeldner Ocean City, NJ
Kelli Dutton Oklahoma City, OK	Cathy Rennau Oak Park, IL	Julie A. Rosenberg Seattle, WA	Asha N. Shaw Canyon Country, CA	Kris M. St. Onge Scotts Valley, CA
Joyce L. Pratt Vienna, OH	Julia A. Rismiller Dayton, OH	Connie Roth Mesa, AZ	Natalie J. Simmons Missoula, MT	April L. Stanke Yelm, WA
Kristen Quinn Prairie Village, KS	Nancy J. Robertson Florence, MA	Betty Jean Sabol Broomall, PA	Gerald F. Smelko Durham, NC	Karen L. Stine Ottawa, KS
Terri J. Ranson Ripley, WV	Rose Mary Rogers Middle Village, NY	Dawn K. Scasserra Westwood, NJ	Debra L. Smith Lyndonville, VT	Paula Stortz Hudson, NC
Vicki A. Reedus Napa, CA	Mike Ronning Cathedral City, CA	Carmen V. Schatzman Cincinnati, OH	Beverly E. Snyder Columbia, MD	Thelma Stribling Augusta, GA

New Members *(Continued from page 6)*

Kenneth A. Struck Orchard Park, NY	Fern Wilcox Shoreview, MN	Meredith D. Bodine Arlington, VA	Vickie Cox Casper, WY	Jennifer A. Gegwein-Byrne Sarasota, FL
Lynda M. Strzempek Catawissa, PA	Carol J. Willis Waterford, MI	Lynn Borba Merced, CA	Monica Cullman Wadesville, IN	Sharon K. Helmerich Wilmington, DE
Christina M. Stump Lauderhill, FL	Barbara Wizniuk Woodridge, IL	Steve M. Bourassa Zephyrhills, FL	Dennis O. D'Aloia-Velez Plainsboro, NJ	Barbara Holman Dover, DE
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April L. Valdez Richland, WA	Jamie Young Candler, NC	Mercedes Carlin Mt. Kisco, NY	Rita K. Edwards Little Egg Harbor, NJ	Kathleen A. Johnson St. Louis Park, MN
Leona J. Vallandingham Scottsdale, AZ	Anne Zaky Orchard Park, NY	Kathleen Carter- Faulhammer Cleveland, OH	Biana Elberg Brooklyn, NY	Rosalynn Jones West Point, MS
JoAnne VanHooren Coquitlam, VC, Canada	Debra Ziolkowski Frankfort, IL	Cheri Cavanagh Omaha, NE	Angela M. Ellsworth Newport, ME	George S. Karakey, III Salem, OR
Robyn L. Vaughan New York, NY	Deidra M. Anderson Charleston, SC	Etelvina Chihani Sugar Land, TX	Patricia A. Fiore Rochester, NY	Kate Khamayzer New Brunswick, NJ
Kimberly Venohr Williamsville, NY	Janice M. Anderson Carmichael, CA	Margie Cistone Weutown, PA	Cynthia A. Friedrich Suffolk, VA	Janet L. Knostman Dayton, OH
Jennifer Vidal-Taylor Pembroke Pines, FL	Tonia L. Anderson Katy, TX	Jeff C. Clarke Durham, NC	Natalie A. Garcia Lenoir City, TN	Julie B. Lanier Asheboro, NC
Holly N. Wadsworth Morgantown, WV	Carole L. Aspinall Voorhees, NJ	Yvonne Coles Auburn, KY	Alan Gold Boston, MA	Cathleen Lapchak Drifton, PA
Andrea M. Warner York, PA	Brenda G. Bailey Arlington, TX	William Connolly Roslyn Heights, NY	Liz Grainger Clearwater, FL	Diane Lauer Keene, NH
Cindy L. Weiss Hibbing, MN	Jennifer Bardell Owing Mills, MD	Billie R. Cory Medford, OR	April L. Greenlee Clear Spring, MD	Janet K. Lee Ann Arbor, MI
Christine R. Wieseler Bellevue, WA	Keith Barnes Columbus, MS		Catherine A. Harris Miami, FL	Glen W. Leif Franklinton, NC

New Members *(Continued from page 7)*

Francia Lindog Missouri City, TX	Karen D. Perrin Sarasota, FL	Margie G. Stickles Parkton, MD	Nicole A. Aenchbacher Augusta, GA	Barbara Bullock North Aurora, IL
Laurie Lippke Baldwinsville, NY	Debra Pollick Bailey, CO	Lydia Stockman New Brunswick, NJ	Martha L. Alejandro-Bird Wolcott, CT	Trent Burns Maple Grove, MN
Kathy H. Lloyd Atlanta, GA	Heidi Preisendanz Wilmington, DE	Kathy E. Stumpfifg Bend, OR	Nazmin M. Ameer Miramar, FL	Susan S. Buteas Fanwood, NJ
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Marie Masuga Grand Rapids, MI	Michelle R. Rabelo Lutz, FL	Marion Taylor Columbus, MS	Bret Bare Lincoln, NE	Ruthanne Carey Levittown, NY
Nansy Matusiak Buffalo, NY	Evangeline H. Ramas Richmond, TX	Joyce A. Thompson Ukiah, AR	Irene L. Bartonico Houston, TX	Sharon A. Cartwright Sicklerville, NJ
Jayson McKinnon Fort Worth, TX	Wendy Rawls Chicago, IL	James J. Tilley Dallas, TX	Johanne Baza Orange Park, FL	Dolores Castro Ventura, CA
Chaweewan McNulty Hummelstown, PA	Jeanette L. Risley Elmwood Park, IL	Raymond Troche San Antonio, TX	Mary Leslie Becker Orland Park, IL	Pamela Charbel Vandalia, OH
Susan A. Mild Doylestown, OH	Laura J. Ronald Doylestown, PA	Cynthia I. Utley Placerville, CA	Norma Blair Kankakee, IL	Patricia L. Clark Gainesville, VA
Pamela K. Miller Trussville, AL	Kathy Savage Rochester, NY	Maria Stella T. Valencia Burtonsville, MD	Frances W. Bonnaville Gloucester, VA	Yolanda Claud Gulf Breeze, FL
Jeanette M. Mills Atlanta, GA	Nicole J. Scorsome South Burlington, VT	Gloria D. Wanner Myrtle Beach, SC	Joyce E. Boothe Amarillo, TX	Valerie Coffey-Carlson Forest Hills, NY
Jim Molnar Brookfield, WI	Mary R. Sichko Seattle, WA	Kim Whaley Coral Springs, FL	Carl Bricker Delaware, OH	Shelly Cohen Mullica Hill, NJ
Valarie L. Morton Fredericksburg, VA	Joyce Silvano Peabody, MA	Martha A. Whitmore Saco, ME	Teresa Brimmell Woodbury, MN	Sheila Craig Six Mile, SC
Alice B. Mouton Kennebunkport, ME	Steven J. Smith Parchment, MI	Marcia M. Wilson Salem, OR	Dorothy Brisbane Pittsburgh, PA	Barbara Davis Lubbock, TX
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Rebecca J. Myers Fremont, OH	Kathleen E. Snyder San Diego, CA	Mary Ann Abico Albany, NY	Deborah Brown Allentown, PA	
Erica Parlante Charleston, SC	Cheryl D. Stewart Caledonia, MS	Elizabeth O. Adeyinka Brooklyn, NY	Barbara Bull Winchester, TN	

