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## PRESIDENT'S REPORT

By Mary Sousa, BSN, RN  
President, ARIN 2015-2016



My first three months have flown by as your president. So many events have occurred that I wanted to provide feedback to the membership of recent activities.

### ARIN National Convention Vancouver April 3rd-6th 2016

#### Are you ready? Is your Passport current?

ARIN will be holding our 35th annual convention in the beautiful city of Vancouver, British Columbia, Canada. This is an exceptionally beautiful location. Situated at the base of the North Shore Mountains to the east, and the Pacific Ocean to the west, dotted with seaplanes, sailing vessels and marine birds. The hotels and convention center are conveniently located nearby with an underground tunnel for travel during inclement weather. Vancouver's weather, much like that of the American Northwest, can change from sunny to quick showers very quickly. Having a light rain jacket or umbrella is recommended. ARIN will have commemorative umbrellas and cover-ups available on site. These will also be available for purchase online during the registration process.

Conference attendees will have an awesome opportunity to not only network and gain new radiology knowledge and skills, but also to take in the sights and the vibe of this great city. Vancouver is well known for its culinary delights, and you will not be disappointed. Attached is a frequently



asked questions information page on Vancouver with travel information and requirements. Don't delay. Get a head start now by requesting your time off and take advantage of Early Bird rates!

This is a great opportunity for our Canadian colleagues to take advantage of the convenience of attending a conference held locally—maybe even consider submitting an abstract for presentation.

### Royal Columbian Hospital

During our March convention site visit to Vancouver, the ARIN and AVIR teams had the opportunity to tour the Radiology department at Royal Columbian Hospital. Rob Sheridan (AVIR Past President), Dana Kanfoush (Corporate Liaison for AVIR), Bruce Boulter (ARIN ED) and I met the nursing staff, technologists and Chief Radiologist who were working at the time of our visit. Dana describes our visit and conversations with the Canadian staff in the article below. I think you will find it insightful.

Thank you to our corporate sponsor



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## Membership

Steady growth defines our organization for the first quarter of 2015. The challenge of maintaining a strong association requires ongoing adjustments. We recognize that fact and have responded accordingly, listening to the needs of our members. We have added multiple free educational opportunities as well as improved our communication and website structure. Partly due to these new changes our membership trend is on a healthy, steady increase with almost 100 new members joining each month during 2015 and improved retention rates. Our current total shows an increase of 11% just since November when the ARIN board elected to make a number of changes in the membership offering.

Members are the key to any organization and without them the organization is sure to fail. We routinely receive calls from radiology nurses asking, "Why should I join?" Radiology nurses benefit greatly from belonging to their professional nursing organization. Membership contributes to education and skill development, leading to increased confidence and professionalism, and is a great source for networking and sharing of information and experiences between members. It is also a place where one might find a mentor.

## Linking Chapters

In an effort to improve the communication at both a local level as well as at a national level, ARIN is piloting linking our Chapters to the ARIN national website. ARIN is also supporting the local chapters by helping those that may not have had the capabilities to create their own webpages, which in turn, will be linked to the ARIN national website.

This is a great opportunity for increased communication in both directions and to better inform all of our members across the country of upcoming events and activities. We are very excited about this pilot program and look forward to rolling it out to all of our active chapters. In the interim, if your chapter has something coming up, please let us know so we can get it posted on the national website. If you don't have a chapter near you, please contact Jim LaForge, Director of Membership, and he can assist in Chapter formation.

## Synergy-Fall Educational Event -November 5th-8th, 2015

Interventional Oncology is an important subspecialty within Radiology. As such, ARIN has partnered with the University of Miami and the Synergy Conference in Miami, Florida. ARIN will have a Registration Table, BOD members present, and some of our ARIN leaders will be presenting at this conference. ARIN members will receive a significant discount. Come and join your peers in Miami, November 5th – 8th for this great combination of education and location. You can warm up on the beautiful, sunny Miami beaches after a successful day of learning. An especially great time for all you snowbirds to get away from the cold for a few days and get some sun!

Take advantage of the ARIN discounts come learn and have fun in the sun.

We have great things on the horizon in the upcoming year. Don't hesitate to be a part of it.

*It's never been a better time to be a radiology nurse.*

*It's never been a better time to be an ARIN member.*



*Guest submission from AVIR*

## ROYAL COLUMBIAN HOSPITAL TOUR – VANCOUVER, BC

By Dana Kanfoush, Corporate Liaison for AVIR

If you've ever been involved in planning a big event, you know that a lot goes into making everything run smoothly. Our AVIR educational conference, held in conjunction with SIR and ARIN, is no different. Every year a contingent of representatives from each organization does a site visit to prepare for the following year's annual meeting. This year, Rob Sheridan (AVIR's past president), Mary Sousa (current ARIN president), Bruce Boulter (executive director for ARIN) and I traveled to Vancouver, British Columbia, Canada. In the midst of touring the city to find the location for our soiree and talking with hotel staff and convention center representatives to pick out rooms, we were fortunate to get to visit the IR department at Royal Columbian Hospital located in the suburbs of Vancouver. Cheryl Greenhalgh, an RT, had attended a prior AVIR/ARIN/SIR meeting and had an opportunity to meet Dave Douthett,

one of the AVIR board members. Dave connected me with Cheryl and we were able to schedule a time to visit their IR department. We were definitely curious to see how IR functions north of the border.

We took the Skytrain (Vancouver's metro train system) from downtown to the Sapperton stop in New Westminster and upon exiting, saw the hospital directly in front of us. Royal Columbian is a 450 bed acute care hospital which serves as one of the two main neuro IR departments in the province. Cheryl, Lars Huebner, the IR supervisor, and Juvena Burns, Site Coordinator for the Medical Imaging, were kind enough to welcome us to their hospital. We also met Laurie Strandell, the Patient Care Coordinator (who also manages inventory), Dr. Halkier (an IR doc), and several other staff members.

We learned that originally IR and CCL were in the same department, but then split into two separate departments. They now have two suites that are





used primarily for IR cases which include everything from ports to chronic dialysis catheters, CVC's, paracentesis, percutaneous drains, GJ tubes, fistulagrams, and neuro cases. They are the central hub of all complex work for the health authority.

They also have access to a "multipurpose" biplane room that is shared with the cardiac and neuro programs. On Mondays, Wednesdays, and Fridays, it is also used for EP studies that are covered by IR techs, cardio nurses, and CV techs (including a dedicated tech for documentation). On Tuesdays and Thursdays they work with a neurosurgeon in the lab doing complex intracranial interventions. Finally, they also cover a "multipurpose OR theatre" where IR techs work alongside OR or cardiac nurses where they do TAVI, CRTs, and a variety of vascular surgeries.

Outside the procedure rooms, they have a six stretcher hold bay that nurses use for pre (primarily check in) and post care (including the use of a hemostasis clamp if required). The nurses also manage four walk-in surgical daycare (SDC) patients for those people who require extended post care (which, depending on the cases, can be anywhere from 1-6 hrs) since they are not staffed to handle the entire post recovery. Finally, they are allotted one overnight hospital bed each day.

We were all impressed by the size of the rooms. They really had ample space to move around the fluoro bed and C-arm. They had a wide array of storage options from in-room cabinets to between room storage and carts with neuro-specific supplies. Although they are under similar cost-containment directives from the health authority, doctors' preference is still taken into account when determining which devices to order and use. Laurie currently handles inventory, but an aid has been hired to help out as well. Certain items, such as contrast, are obtained through central ordering.

Royal Columbian's main IR suites were built in 2004 but most of the equipment has been upgraded (whether software or actual equipment) many times over. They are a "show site" for Philips (although they do have Siemens and GE machines in other

departments). They do have expansion in the plans, but that building project looks like it is slated to 2022 where they will create an interventional "super floor" in a brand new section of the hospital.

Throughout our visit, we had some great discussions about the Canadian healthcare system overall. Each province has multiple health "authorities" that govern different personnel and divisions of the hospital. The techs and supervisors fall under the Vancouver Coastal Health Authority while the nurses are governed by a separate authority. Additionally, most Americans believe that the government is the only payer for healthcare, but this isn't the case. In fact, many Canadians have private insurance or use some other third party payer. Worker's compensation care is handled differently as well.

We were also curious whether nursing requirements would be similar or different compared with how we do things in the States. Similar to a lot of hospitals in the US, all cases, with the exception of some outpatient procedures (including epidural injections, facet joint injections, nerve root blocks, or sinograms) have a nurse involved. They also send patients to PACU or recovery area post procedures, especially for neuro-interventional cases that require coilings. The PACU will also hold arterial thrombolysis patients when TPA is infused.

Additionally, we were interested to find out that currently in British Columbia, RTR's are unregulated. However, the BC government has recently announced the formation of a regulatory college for RTR's (in conjunction with four other paramedical professions). This regulatory college should be implemented in the next 18 months and would be provincial in scope as opposed to federal.

We really enjoyed the opportunity to visit Royal Columbian Hospital and learn about the similarities and differences between the American and Canadian healthcare systems. Overall, they ran their IR department very similarly to how we do things in the States. And the best common denominator ... providing quality patient care is their top priority.

## SEE YOU AT THE FORUM!

By Kristy L. Reese, BSN, RN  
ARIN Secretary

According to Merriam-Webster, a forum is a meeting place or opportunity for discussing a subject or expressing ideas; in an ancient Roman city, a forum was a large public place that was used as the center of business. The Association for Radiologic and Imaging Nursing will debut ARIN Forums this summer. These forums will replace

the Listserver and will provide members with an opportunity for interactive discussion in an easy to find and follow format! The roll-out date is August 1st. Look for [the link](#) on the Home page of the ARIN website just under our logo! See you at The Forum!



## VANCOUVER VISITOR INFORMATION

Tourism Vancouver –the Greater Vancouver Convention and Visitors Bureau  
210–200 Burrard Street, Vancouver, BC V6C 3L6

[www.tourismvancouver.com](http://www.tourismvancouver.com)

### Convention Services Team:

Debbie Reynolds, Manager, Convention Services • (604) 631.2816  
[dreynolds@tourismvancouver.com](mailto:dreynolds@tourismvancouver.com)

Susan Graham, Manager, Convention Services • (604) 631.2805  
[sgraham@tourismvancouver.com](mailto:sgraham@tourismvancouver.com)

Carrie Leung, Manager, Convention Services • (604) 631.2867  
[cleung@tourismvancouver.com](mailto:cleung@tourismvancouver.com)

### Vancouver Fast Facts

<http://www.tourismvancouver.com/media/>

Join us in beautiful Vancouver, British Columbia, on Canada's West Coast! Nestled between the Pacific

Ocean and the Coast Mountains, Vancouver is sassy, sophisticated and outdoorsy. Voted "Best City in the Americas" by Condé Nast Traveler Magazine (2004, 2005 and 2006, 2009, 2011, 2012, 2013), Vancouver is home to two million inhabitants who enjoy a mild climate, breathtaking scenery and a wealth of recreational activities. Enjoy all the very best of world class destinations: superlative shopping, exceptional dining, great entertainment, and galleries – all perched on nature's edge. Vancouver's temperate climate makes visiting the city a great idea year round. The weather is the mildest in Canada with daytime temperatures averaging 20° Celsius (70°Fahrenheit) in summer and or 2° Celsius (40° Fahrenheit) in winter. Spring comes early in Vancouver, with flowers generally in full bloom by early March. Late summer and autumn days tend to be warm and sunny, providing the perfect environment for outdoor dining, walking or sightseeing. The cosmopolitan city of Vancouver encompasses a mix of many ethnic groups. Out of this multiculturalism comes a remarkable culinary diversity, which, when combined with BC's extensive selection of local ingredients, is born a distinct regional flavour that is unmistakably Vancouver. Visitors will enjoy the freshest seafood, award winning local wines from our emergent wine industry and one of the best selections of Asian dining in the world. Vancouver has been described as one of

the most spectacularly situated cities on earth. The downtown core stands proudly on an ocean swept peninsula surrounded by beaches, sailboats, parks and wildlife. The downtown core is only one mile across at its widest point making it a perfect city for walking. Local site-seeing opportunities include everything from whale watching tours to kayaking along the city shores, mountain biking some of the best trails in the world, to a gondola ride up Grouse Mountain to visit the grizzly bears. Vancouver is also the gateway for further travel in the west coast. After your conference spend a few extra days in the area and explore the world renowned ski resort of Whistler, only a two hour drive away. The quaint city of Victoria on Vancouver Island is a picturesque two hour ferry journey to the west. Wine tours, exquisite dining and lakeside days await you in the Okanagan Valley, BC's internationally recognized wine region. Or, hop on a cruise ship from Vancouver harbour and sail up the BC coast to Alaska – a once in a lifetime experience that is not to be missed. Vancouver entices visitors with its beauty, captivates them with its cosmopolitan charm and draws them in with its profusion of unforgettable attractions. Put simply, it's one of the world's finest cities. Join us in Vancouver, you won't regret it.

### Transportation from the Vancouver International Airport to Downtown:

The Vancouver International Airport (YVR) is approximately 11 miles from downtown. An efficient airport transfer service called Canada Line transports delegates from the airport to all the downtown hotels at a cost of \$9.00 inbound and \$4.00 return during peak hours. On weekends the return would only be \$2.75 for a 2 zone ticket as it's non rush hour. Taxi fares are roughly \$26 to \$30 to the downtown core and private limousine service is \$55 one-way, plus gratuity. All of these services accept credit cards, and all amounts are quoted in Canadian dollars. For all the transfer options from the Airport to Downtown visit this website <http://www.yvr.ca/en/getting-to-from-yvr.aspx>

### Currency:

Bank debit or credit cards are the most convenient means of getting cash at the many 24-hour-access automated banking machines. All our taxis accept credit cards. Vancouver is striving to be the greenest city in the world by 2020 and 60% of our taxis are hybrid cars. As in the U.S. and Europe these machines accept cards with Plus, Interact and Cirrus symbols and there is one on almost every block in downtown Vancouver. Many Canadian businesses accept U.S. currency and travellers cheques. International currency exchanges are available at the airport and at all the banks in the city. Major credit cards (VISA, MasterCard, American Express), are generally accepted by Canadian businesses. The U.S. dollar is currently valued at \$1.09 Canadian and many cabs and restaurants will accept US cash on par. Exchange rates vary daily.



Passports, Visas, Medical Insurance: citizens and permanent residents require passport. Does your medical insurance cover you when you travel outside your country? Travelers are advised to stay informed of Canadian and U.S. passport regulations. [www.cic.gc.ca](http://www.cic.gc.ca). US Travelers can visit this website for American Citizens entering Canada - [http://canada.usembassy.gov/traveling\\_to\\_canada/entering-canada.html](http://canada.usembassy.gov/traveling_to_canada/entering-canada.html)

Requirements for International Visitors entering Canada: Persons visiting from countries other than the United States must have a valid passport and may require other documentation such as visas. Check with the nearest Canadian Consulate well in advance of travel. Foreign officials and transportation companies are vigilant concerning documentation for children crossing international borders. Generally, any individual younger than 18 years of age could be considered a child. Unless a child is accompanied by both legal parents, the following documentation should be carried by the child or the accompanying adult:

- a valid passport or proof of citizenship for the child.
- a legal document proving that the child has the permission of the lawful parent (s) or guardian(s) to

travel and includes contact phone information for the parent(s) or guardian(s). Such a document must be specific for each trip. A sample document is provided on the website listed here: <http://travel.gc.ca/travelling/children/consent-letter>

- the main website is:  
<http://www.pptc.gc.ca/support/faq.aspx?lang=eng&id=q1302>

Do you need Medical Insurance when you travel to Canada?: Visitors are not covered by Canadian health insurance. Check with your personal medical plan before leaving the U.S. or your home country to ensure you have adequate travelling insurance. It is advised that all people travelling outside their own country take out trip cancellation insurance, medical insurance and insurance to cover loss/damage to personal effects.

### **Tips on using Cell Phones – Get a data and long distance plan before leaving home**

Are you one of many of convention attendees traveling from the U.S. or internationally into Canada? Take Note: Roaming charges and data plan fees for cell phones (especially smart phones like the iPhone or the Android) and tablets like the iPad can be costly, with prices spiking as high as several dollars per minute. Before catching your flight to Canada, contact your local cell phone carrier to get information about special pricing plans for calls, text messaging and Internet usage outside your home country. If you use a smart phone, ask your carrier about certain settings such as “airplane mode” that may help you save money on usage.

Below are links to some popular carriers’ international coverage plans:

- Verizon Wireless • AT&T • Sprint • T-Mobile • Boost Mobile
- Virgin Mobile

### **12 Reasons to Come to Vancouver:**

- The Vancouver Convention Centre is the AIPC 2 time winner for World’s Best Convention Centre
- Vancouver is one of the most beautiful cities in the world, bordered by mountains and ocean.
- Vancouver was the city chosen to host of the 2010 Olympic and Paralympic Winter Games.
- Regularly ranked “the most livable city in the world and the only city in North America to make it to the top 5.
- Blessed with a sheltered marine climate that is mild year-round.
- “The most accessible city in the world” for travelers with disabilities.
- One of the only cities in the world where you can ski, golf and sail all in the same day.
- Home to the 1,000-acre Stanley Park, one of the world’s finest urban parks.
- Just 1 ½ hours from Whistler/Blackcomb—North America’s top rated ski destination.
- A cultural crossroads that is located midway between Western Europe and the Asia Pacific region.
- A food-lover’s dream with more restaurants, a wider selection of ethnic cuisine and better prices than any comparably sized city in the world.
- The launching point for excursions to wild Alaska, enchanting Victoria, BC’s Okanagan wine country, and the stunning Canadian Rockies.



# CERTIFIED RADIOLOGY NURSE (CRN®) NEWS: INTRODUCING THE ROLE OF THE RADIOLOGIC NURSING CERTIFICATION BOARD (RNCB®)

Harriet R. McClung  
Executive Director for RNCB

The Radiologic Nursing Certification Board (RNCB®) is a volunteer, non-profit organization whose mission is to develop and administer a certification program in radiologic nursing to candidates who meet the specified eligibility criteria. The RNCB® meets its mission by providing the Certified Radiology Nurse (CRN®) certification through examination and recertification by examination or recognition of continuing education credits.

The foundation of RNCB's mission is the belief that radiology nursing certification benefits the public interest by promoting current practice standards in the specialty of radiology nursing. This belief is based on the tenet that credentialed professionals have shown that they possess the knowledge, skills, and abilities required for the attainment of their specialty certification. Credentials, therefore, are indicators of radiology nurses' capacity to practice according to the profession's standards, enabling the public to make informed decisions regarding the selection and use of the professional services of radiology nurses.

The CRN® certification program is accredited by the Accreditation Board for Specialty Nursing Certification, Inc (ABSNC). What does ABSNC accreditation mean for those interested in becoming a CRN® certified or those already certified? It means that a nationally recognized accrediting body has determined that the CRN® credential is based on a valid and reliable testing process and that the structures in place to administer the examination meet, and even exceed, the standards of the certification industry from a legal, regulatory and association management prospective.

## Next CRN® Exam

The next CRN® exam will be administered October 17, 2015. Applications to sit for the exam are due at the RNCB® National Office by August 1, 2015; late applications are accepted through August 14 with an additional late fee.

The CRN Exam will be administered in May and October 2016, the exact dates are not yet set, but will be posted on the website, [www.certifiedradiologynurse.org](http://www.certifiedradiologynurse.org) when the dates have been confirmed.

## Want to know more?

Visit [www.certifiedradiologynurse.org](http://www.certifiedradiologynurse.org) for information on frequently asked questions, download the Guidelines for Certification & Recertification and CRN® Certification/Recertification application, and find the future test dates and locations, and other information. Want to speak to someone about it? Call the RNCB® National Office at 855-871-6681 and ask to speak to Leslie Wyrosdick or Harriet McClung.

## Recent certifications and recertifications

Certification is one of the most important decisions a nurse can make. Certified nurses are recognized by their peers and employers for having achieved a standard of competency in the nursing specialty. The Radiologic Nursing Certification Board, Inc. (RNCB®) would like to congratulate the following nurses who passed the Radiology Nurse Certification exam on May 16, 2015 and met the requirements to obtain the Certified Radiology Nurse (CRN®) credential.

Kim Badeau	Apopka, FL
Patricia Baker	Lake Oswego, OR
Karen Black	Reisterstown, MD
Leonarda Capponi	Plainview, NY
Linda Carter	Salinas, CA
Robin Coyne	Cincinnati, OH
Jennifer Culross	Lee's Summit, MO
Kristine DeJong	Gastonia, NC
Suzanne Dizon	Burbank, CA
Debera Elg	Yuma, AZ
Jamie Elkins,	Lutz, FL
Brandy Flanagan	Burke, VA
Vivienne Ganter-Ritz	Easton, MD
Mark Gradolph	Fayetteville, GA
Anthony Gromek	Glenshaw, PA
Ann Guadalquivier	Cedar Park, TX
Jori Hake	Tumwater, WA
Becky Johnson,	Puyallup, WA
Pamela Kennedy	Trappe, MD
Mary Mahoney	Oxford, MD
Donna Margiotta	Plainview, NY
Charlotte Martin	Dallas, NC
Rosanne O'Malley	Port Richey, FL
Lori Oross	Abingdon, MD
Jennifer Pedretti	Highlands Ranch, CO
Amanda Price	Pittsboro, NC
Jennifer Read-Payne	Clifton, CO
LaGaryion Reed	Katy, TX
Piera Robson	New York, NY
Melvin Rojas	Pearland, TX
Skyla Sandness	Evanston, WY
Simone Sa Songui	Chatham, NJ
Lynne Spadinger	San Diego, CA
Deborah Stucker	Olympia, WA
Carrie Syfert	Fort Mill, SC
Rosemary Tanner	Berrien Springs, MS
Evelyn P. Wempe	Hialeah, FL
Allison Westmoreland	Walkertown, NC
Jessica Williams	Walterboro, SC
Marcia Wilson	Salem, OR
Kimberly Woodcock	Guyton, GA

A total of 48 nurses took the May 16, 2015 Certified Radiology Nurses (CRN®) Exam with a total of 41 passing. This is a pass rate of 85.41 %. MARCH CERTIFICATION NOTICE UPDTATE: James Becker, Orlando, Florida, was inadvertently omitted from the list of those who passed the March 4, 2015, Exam.

## Recertification

The Radiologic Nursing Certification Board, Inc. (RNCB®) works hard to maintain the standard of excellence among nurses who have made the commitment to set themselves apart as Certified Radiology Nurses by maintaining certification. The RNCB would like to congratulate the following 71 nurses who met the stringent standards to maintain their certification May 2015.

Marlene Amoruso	Oakland, NJ
Cynthia Anderson	Burleson, TX
Marlyn Beard	San Francisco, CA
Seana Blazey	Phoenix, AZ
Tamara Brown	Hesperia, CA
Kerri Brown	Studio City, CA
Eileen Canfield	Hesperia, CA
Sara Capalbo	Chicago, IL
Jane Cartwright	Largo, FL
Deborah Chapman	Arlee, MT
Petra Clark	Milton, MA
Dianne Comardelle	Livingston, TX
Barbara DeGiovanni	Norfolk, VA
Michele DeVito	Dumont, NJ
Angeline Ennis	Springfield, MO
Fredde Foster	Mill Valley, CA
John Foster	Chandler, AZ
Lynette Furnal	Carlsbad, CA
Beth Hackett	Kensington, CT
Mary Hawkins	Ozark, MO
Debbie Hupp	Pueblo, CO
Nilda Jimenez	Durham, NC
Susan Karpinski	Carlstadt, NJ
Jennifer Keesee	Fremont, CA
Allyson Kornahrens	E. Islip, NY
Maryanne Looney	Coos Bay, OR
Jennifer Lovey	Howel, NJ
Martha Manning	Dunstable, MA
Angela Mayberry	Raymore, MO
Greg Mitchell	Springfield, MO
Brenda Mize	Columbia, MO
Lorraine Nelson	Oakland, CA
Anna Nothdurft	West Hollywood, CA
Gary Oravsky, Jr.	Lawrenceville, NJ

Kristen Perrin	Salem, OR
Valerie Pooler	Valencia, CA
Tricia Remacle	Virginia Beach, VA
Christine Roy	Breezy Point, MN
Jennifer Russell	Palatine, IL
Sandy Sharpe	Waukesha, WI
Terry Sherman	Bellingham, WA
Donna Sterling	La Mesa, CA
Rebecca Turner	Graham, WA
Leona Vallandingham	Scottsdale, AZ
Tom Allen	Carrboro, NC
Deborah Coleman-Thomas	Beaumont, TX
Kevin Cox	Richmond, VA
Carmela DiRosa	Brick, NJ
William Fitch	Beachwood, OH
Susan Glasheen	Playa Vista, CA
Ronald Gore	Pasadena, CA
Jacqueline Harrison	Charlotte, NC
Ho Sook Jung	Palisades Park, NJ
Sharon Kim	Northridge, CA
Cindy Lee	Playa Del Ray, CA
Rose Lopez	Cortlandt Manor, NY
Deborah Mallozzi	Forked River, NJ
Judith Mangin	Monroe, NY
Beth Martinez	Jupiter, FL
Catrina Mitchell	Los Angeles, CA
David Nobles	North Bend, WA
Jean Pulte	Highland Park, IL
Tania Ranasinghe	Los Angeles, CA
Ivan Rodriguez	Miami, FL
Dinnah SanPedro	Sacramento, CA
Kristen Schmidt	Grand Junction, CO
Kathleen Shane	Durham, NC
Michael Storer	Springfield, MO
Elizabeth Swift	Danville, CA
Patience Sydnor	Gore, VA
Deborah Szulewski	Shohola, PA

A total of 110 nurses with the CRN® credential were due for recertification in May 2015. There were 71 nurses who renewed their certification and 39 that did not submit for recertification via continuing education credit. The recertification rate for this period was 71.81%.



## UPCOMING WEBINARS

Cathy Brown, BSCN, RN, CRN

As part of your membership benefits, ARIN provides free webinars that have been approved for continuing education credits (CEC) through the Georgia Nurses' Association (GNA). Members have the option of viewing the webinars, live or watching archived webinars through the link on the ARIN member website, with the CEC's available for two years.

On Monday, August 3, 2015 there will be an overview of IVC filters presented by Jennifer Karp BSN, RN. After participating in this webinar, participants will gain a better understanding of pre, intra and post op care of patients undergoing IVC filter insertion.

Pierre Robson MSN, CNS, NP, AOCNS, ANP-BC, OCN, CRN will be presenting on current knowledge and nursing consideration after peritoneovenous shunt placement in September.

Please watch your email account for details of the upcoming webinars or visit the ARIN homepage at [arinursing.org](http://arinursing.org), under the heading "education" any time for details.



# BUILDING A RESILIENT RADIOLOGY NURSE

By Greg Laukhuf ND, RN, CRN, RN-BC, NE-BC



## Amid Challenges- Nurses can thrive.

*David Fruedberg (2015)*

The profession of a Radiology nurse on the frontlines, is getting more demanding and the complexity of patients that come through our departments is increasing. A search of the nursing literature reveals reams of articles on stress relief, self-care and being in the moment. With a national average of six nurses for every physician, nursing is the heart and soul of the American health care system. Yet studies report more than 40 percent of hospital nurses suffer from the physical, emotional, or mental exhaustion associated with burnout (Sieg, 2015). This is the direct result of unmanaged stress and a component of the negative perception held by nurses regarding nursing and the workplace environment.

A component of stress management is resilience. Resilience is the capacity to accurately perceive and respond to stressful situations. It is not limited to crisis conditions, but is present in our daily work habits. In today's healthcare characterized by uncertainty, transition, and reorganization, the capacity for resilience is crucial for a radiology nurse to thrive in her profession.

The American Psychological Association (APA) offers suggestions to help nurture and maintain resilience. They include nurturing relationships, accepting circumstances beyond control, observing a long-term perspective, maintaining a positive outlook, and envisioning one's wishes (Sieg, 2015). These elements can be established and refined with the practice of mindfulness.

Mindfulness is attention focused on the present. Mindfulness is a powerful concept long endorsed by the Holistic Nurses Association (Olmstead and Sanchez, 2015). The only place we can think, decide, or act is at this precise moment. We can enhance our mindfulness with common techniques recorded in the literature (e.g. deep breathing, meditation, and movement) and by perfecting specific habits.

Sieg (2015) outlines elements of mindfulness and specific habits that are part of resilient nurse's routine. Perfecting these behaviors in your daily work can help you to "thrive amid the challenges".

### 1. **Beginner's mind** is approaching situations with childlike curiosity.

This is contrary to the adult outlook filled with assumptions based on expertise and experience. As nurses, how many times have you said, "I know that." As soon as we think this; we stop paying attention.

Our minds wander, thinking about our many tasks we are juggling. Achieving beginner's mind keeps us grounded in the moment, open to possibilities.

**Habit:** Approach your next patient encounter or meeting with fresh eyes and open ears. Use an "I don't know" mindset and notice new possibilities that appear.

2. **Letting go** is a releasing of controlling the outcome. Mindfulness is awareness of your thoughts, feelings, and sensations and letting them go. When we let go of our emotional baggage we carry, (e.g. resentments, disappointments, judgments, impatience, guilt, and worries), we make ourselves present and create space for new possibilities. As health care providers, our constant exposure to pain and suffering creates negative feelings, leading to helplessness. It's emotionally healthy to let go.

**Habit:** Reflect on a thought or feeling you are harboring. With each inhalation, say "let" to yourself, and with each exhalation, say "go." Each time you exhale, visualize the word, image, or feeling you are letting go of float away.

3. **Compassion** is the desire to relieve suffering by expressing a fundamental kindness. Compassion is the reason many of us chose nursing as our profession, but when bombarded with noncompliant patients, irate physicians, unrealistic family members, and bullying colleagues, we forget. Compassion starts with self-kindness and spreads to others.

**Habit:** When you are feeling overwhelmed, take a five-minute compassion break and ask yourself, "What do I need most right now? Lunch? A walk outside? Help?" Be kind to yourself and make sure you meet your need.

4. **Gratitude** is seeing and appreciating the blessings that surround us. What we choose to focus on expands in our field of vision. When we focus on disappointment, we see limitations and when we focus on gratitude, we see opportunities. Happiness is linked with gratefulness. Many of us take, having a job, good health, and possessing the expertise to make a difference in patients' lives, for granted.

**Habit:** Start and end the workday with three items you are grateful for.

5. **Authenticity** is being true to yourself. It is an inner honesty regarding who you are. Authenticity allows you to live an honest, and engaged life. Authentic people feel better and avoid self-destructive habits. They are purposeful in their choices and goal achievement. Authenticity allows a connection to work, relationships, and yourself.

**Habit:** When someone asks you a question, consider how you would respond if you were completely honest. You will soon realize how often we stretch or leave out the truth about thoughts or feelings.

6. **Commitment** is the dedication to do things even when you don't want to. We live to our fullest potential when we fully commit. It allows us to leave behind our excuses, such as "I don't have time for this" or "I'll start later."

**Habit:** Acknowledge your excuses for not committing and replace them with a new mantra. Examples can include: Bring it on! Or I commit, no matter what!

Additional resources are available for your journey. Fruedberg (2015) on the website <http://www.humanmedia.org/nurses/> presents interviews from stressed nurses and provides inspiring stories of how proactive nurses use self-care techniques to help them manage and transcend work stress. Originally presented on NPR, it is an uplifting experience.

Resilience in radiology is a necessity. Radiology Nurses have to be confident while strong in mind, body, and spirit. Mindfulness is the keystone. As Florence Nightingale observed, "The most important practical lesson that can be given to nurses is to teach them what to observe."

With the elements and habits listed, each nurse can observe their selves and through mindfulness; start the path to resilience.

### Reference

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## ARIN NOMINATIONS 2016

Piera Robson MSN, CNS, NP, AOCNS, ANP-BC, OCN, CRN

The application for the 2016 nomination cycle has been posted! Please apply to become a member of the ARIN Board of Directors in 2016. ARIN becomes a stronger organization when qualified candidates join our dedicated team of leaders. Leadership offers an excellent opportunity to grow professionally as well as to develop a deeper understanding of national nursing opportunities.

Open positions for nominations include:

President-Elect

Treasurer

Director of Leadership

Director of Education (interim position, 2 year term)

Two (2) Leadership Development Committee members

Nominations are solicited, reviewed, and approved by the Leadership Development Committee and reviewed by the Board of Directors. The qualifications for candidacy include possessing an active RN nursing license as well as being an active member of ARIN for a minimum of one (1) year preceding nomination. Please note that paid travel is required if elected to a position on the Board of Directors but not if elected for a Leadership Development Committee Member position. Following the election, Officers and Leadership Development Committee members will begin their term at the Annual ARIN Convention in April 2016.

For more information about the awards and to apply, click here: [Nomination Details and Online Submission](#) (ARIN login Required)

Deadline of August 1, 2015.

Direct questions to Director of Leadership, Piera Robson.  
[Piera.robson@arinursing.org](mailto:Piera.robson@arinursing.org)

## IMAGING REVIEW COURSE NEWS

Bruce Boulter, Executive Director

The IRC team has been very busy this year. Not only has the master faculty been teaching courses from coast to coast, but performed a couple of "all-nighters" in our virtual broadcast to Saudi Arabia as was outlined in the last Vision.

The really exciting news is that after many months of hard work and long hours, the IRC team has developed a revised version of the; imaging review course. This was first launched at the Tacoma, WA class in May and after a few tweaks, presented again in Murrieta, CA. Many modules have been updated with the most up to date information, and the layout was changed to bring it in line with the other recently updated curriculum from ARIN.

The new coursework and manual have been received extremely well. As we move forward this year, we look to many more classes already scheduled for the fall. Again the team will be busy on both coasts, and in between with courses scheduled for Morristown, NJ; San Francisco, CA; Minneapolis, MN; and Nashville, TN. These courses are scheduled in September and October. Look to the website for more details.

A big thank you to Kathy Scheffer, Ellen Arslan, Kristina Hoerl, and Pauline Lentowski for all of their hard work in bringing this updated course to print. We look forward to many more courses scheduled in the months ahead. If your hospital or chapter is interested in hosting an imaging review course, please contact Bruce Boulter at [bruce.boulter@arinursing.org](mailto:bruce.boulter@arinursing.org) for more information.

## EDITORIAL: 35 YEARS OF RADIOLOGY NURSING: PART 1

By Sharon Lehmann, MS, APRN, CNS

In 2016 ARIN will celebrate 35 years as an organization. How fitting it is that we are having our celebration in Vancouver, British Columbia, Canada, as we expand our Interventional Membership. The one thing that is important for attendees to remember when they are making plans to attend the meeting: do not forget that you will need to have a passport.

Charlotte Godwin, one the founding members and our first president had a vision. She felt it was time for radiology nurses to become organized, so that standards and protocols could be developed and shared, as more radiology departments employed nurses. In November, 1981 the first organized meeting was held in Chicago, Illinois and 35 Radiology Nurses joined together and formed the American Radiology Nurses Association. The charter focus for this young organization encompassed four categories: accountable, resourceful, nurturing and advocate.

Charlotte loved radiology nursing and was an advocate of the need for nurses in the radiology department. Charlotte was credited for introducing the use of sterile technique into the radiology department. She worked extremely hard to promote the profession and was a strong advocate to have nurses more involved in procedures and patient care.

Charlotte retired in 1987, after overseeing the introduction of MRI into the radiology department. Charlotte spent her career at Johns Hopkins Hospital, Baltimore, MD. Charlotte was the historian for ARNA for the first 20 years. Her records were meticulous and because of this radiology nursing will always have a place in the history books.

In the next issue of Vision...revisiting ARNA/ARIN's rich history.



## ARIN CALL FOR APPLICANTS: AWARDS AND SCHOLARSHIPS

Piera Robson MSN, CNS, NP, AOCNS, ANP-BC, OCN, CRN

The ARIN Board of Directors and Leadership Development Committee are pleased to announce the call for candidates for many exciting awards and scholarships. We at ARIN know that our organization is comprised of impressive and deserving nurses who embody ARIN's core values of professionalism, advocacy, leadership, and responsiveness to technological advances. It is our hope that the candidates selected for these scholarships and awards will benefit from the different offerings.

### The available scholarships and awards are as follows:

ARIN's Radiology Nurse of the Year recognizes a nursing professional who exhibits outstanding radiology nursing practice in many facets including leadership, mentorship and ongoing professional development. This recipient will be recognized at the ARIN Annual Convention, in the newsletter, and on the ARIN website. In addition he/she will be awarded a plaque, a one-year complimentary ARIN membership, an ARIN pin, and a letter of recognition for his/her professional portfolio.

The Charlotte Godwin Award commemorates ARIN's first president and lifetime member, Charlotte Godwin. This award defrays the cost of attending our annual ARIN conference, which in 2016, is in Vancouver, British Columbia. Attendance at a national conference allows one to continue to expand his/her knowledge in radiological and imaging nursing as well as connect with peers from both the national and international community.

The Helen Malenock Award provides a one-year membership to ARIN in hopes that the membership assists a nursing professional in enhancing his or her career in radiology and imaging nursing.

The Dorothy Budnek Memorial Scholarship is an academic scholarship that pays tribute to Dot Budnek, a visionary radiology nurse who recognized the importance of a nurse's presence and expertise in the imaging environment. This scholarship provides financial assistance for continued nurse education and career advancement.

The CRN Exam Scholarship provides the recipient with a complimentary registration for the exam. This award speaks to ARIN's commitment to nursing certification in the radiology field.

The Chapter's Award honors the chapter that best promotes the goals of ARIN through member relationships, community activities, and promotion of community health issues.

Awards applications will be distributed in September, 2015 with decision by December 31, 2015. We look forward to reviewing candidates for the 2016 Awards and Scholarships. Please refer to the chart below for eligibility requirements and consider applying!

### Eligibility requirements:

#### Chapter Award:

- The chapter must be officially chartered by the ARIN Board of Directors
- The chapter must be in compliance with all chapter obligations, and in good standing with the ARIN National Office. Chapter obligations include, but are not limited to, annual report, financial report, and updated copy of bylaws all submitted to the National Office
- Chapter Award Application with supporting documentation

#### Individual awards:

	Years as active member	Application	Current nursing license	Other
CRN Exam Scholarship Award	2	x	x	Must meet requirements to sit for the exam
Radiology Nurse of the Year Award	3	x	x	<ul style="list-style-type: none"> <li>• Currently practicing in radiologic or imaging environment</li> <li>• Resume</li> <li>• Two letters of recommendation</li> </ul>
Dorothy Budnek Memorial Scholarship	3	x	x	<ul style="list-style-type: none"> <li>• Enrolled in an approved academic program</li> <li>• Statement of purpose</li> <li>• Two letters of recommendation</li> <li>• Transcript demonstrating GPA &gt;2.5</li> </ul>
Helen Malenock Award	0	x	x	<ul style="list-style-type: none"> <li>• Currently practicing in radiologic or imaging environment</li> </ul>
Charlotte Godwin Scholarship	3	x	x	

# NEW MEMBERS

## FEBRUARY TO JUNE, 2015

First Name	Last Name	Home City	Home Location
Anne Marie	Seller	Camillus	New York
Rachel	Holland	Brooklyn	New York
Lesia	Raines	Yukon	Oklahoma
Yolanda	Tijerina	Edinburg	Texas
Elizabeth	Secord	Laredo	Texas
Rachel	Hanes	Chapin	South Carolina
Ngozi	Ude	Katy	Texas
Carol	Asker	Fort Lauderdale	Florida
Emily	Williamson	Lanexa	Virginia
Jason	Daniel	Rocky Face	Georgia
Courtney	Held	Ankeny	Iowa
Margaret	Korzewski	Rancho Cordova	California
Rita	Mansfield	Forest Hill	Maryland
Nannette	Blankenship	Florence	Kentucky
Connie	Kader	Laguna Niguel	California
Alex	Valencia	Lake Forest	California
Dana	Katz-Schwartz	Simsbury	Connecticut
Meg	Krake	Fitchburg	Wisconsin
Regan	Arias		Wisconsin
Dustin	Sontag	Germantown	Wisconsin
Dan	Josefy	Bakersfield	California
Elisa	Hoefelman	San Antonio	Texas
Robert	Rusignolo	Freeport	New York
Jennie	Buckley	Los Angeles	California
Carol Marie	Scott	Oldsmar	Florida
Nicole	Mauceri	Montville	New Jersey
Donald	Sartin	Galveston	Texas
Joanna	Cary	San Diego	California
Tennille	Onyx	Portland	Oregon
Jamie	Boles	Charlotte	North Carolina
Roberta	Hoeb	Lakeville	Massachusetts
Melissa	Gauthier	Hampstead	Maryland
Loretta	Robirds	Gaston	South Carolina
Lisa	Gazarek	Aldie	Virginia
Norman	Lacsamana	Pace	Florida
Tiffany	French	Grass Valley	California
Kerri	Goodwin	Santa Clarita	California
Katherine	Bieneman	Burlington	Wisconsin
Susan	Petsche	Chino Valley	Arizona
Mary Ann	Jimerson		Alabama
Stephanie	Perry	Clarkston	Michigan
Christine	Jarrell	jackson	South Carolina
Angela	Salentiny	Crookston	Minnesota
Carla	Fazio	Miami	Florida
Amy	Byrne	West Chester	Pennsylvania

First Name	Last Name	Home City	Home Location
Ana	Echenique MD	Coral Gables	Florida
Cornata	Bennett		Staten Island
Karen	Underwood	Fremont	California
Tracey	O'Fee	Philadelphia	Pennsylvania
Jennifer	Tripolone	Marrickville	Australia
Lisa	Kiss	Leland	North Carolina
Kathy	Berkshire	Ralston	Nebraska
Tracy	Holzheimer	Califon	New Jersey
Minerva	Vazquez	Chula Vista	California
Diana	DiSalvatore	Los Angeles	California
Molly	Schaffer	Augusta	Georgia
Richard	Sigler	Allison Park	Pennsylvania
Connie	Flores	Kirkland	Washington
Sonia	Villanueva	Bergenfield	New Jersey
Alice	Lirette	East Palo Alto	California
Molly	Ellertson	Kenosha	Wisconsin
Mark	Hammons	Minford	Ohio
Ann	Hamby	Hampstead	Maryland
Robert	Shadduck	Lewiston	Idaho
Shannon	Malloy-craig	pitman	New Jersey
Kelly	Kinney	Kings Mountain	North Carolina
Katie	Kull	Glassboro	New Jersey
Tony	Felizmena	Brookfield	Wisconsin
Amanda	Ring	Portland	Oregon
Michele	Bhe	Las Vegas	Nevada
Dee	Carbaugh	Fawn Grove	Pennsylvania
Maricel	Kim	Sugar Land	Texas
Michelle	Pace	York	Pennsylvania
Cynthia	Dismukes	Plant City	Florida
Kathleen	Deptula	Beacon Falls	Connecticut
Carlene	Brennan	Milwaukee	Wisconsin
Rachel	Sears	Butler	Wisconsin
Heidi	Houghton	Houston	Texas
Jessie	Ramirez	Humble	Texas
Joyce	Fowler	Pittsburgh	Pennsylvania
Toni	Horan	Lutz	Florida
Alycia	Boudreau	lutz	Florida
Lisa	Fisher	The Woodlands	Texas
Robin	Gibson	Midland	Michigan
Tina	Strazza	Wilton	Connecticut
Chelsie	Hatfield	Sharon	Vermont
Kandi	Kidd	Katy	Texas
Kristie	Pfaff	Rochester	New York
Julie	Johnson	Olympia	Washington



## TAKE ADVANTAGE OF THE ARIN BACK TO SCHOOL SPECIAL

Purchase the Toolkit at a 10% savings from August 1 through September 30.  
A great way to obtain these outstanding resource tools.