
The Washington State Nurses Association and the Seattle Storm are once again teaming up to jointly promote the nursing profession and WNBA basketball. Mark your calendar for this fun night of basketball and stay tuned for special ticket offers.

Visit www.wsna.org/storm for special ticket prices.
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– Spotlight Events –

WSNA Leadership Conference
September 24 – 25, 2012
Chelan, WA

J&J “Promise of Nursing” Gala
October 10, 2012
Seattle, WA

Nurse Legislative Day
February 13, 2013
Olympia, WA
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ARTICLE SUBMISSION DEADLINES
Spring .......................................................... February 15
Summer .......................................................... May 15
Fall ............................................................. August 15
Winter ......................................................... November 15

CONTRIBUTOR GUIDELINES
Article ideas and unsolicited manuscripts are welcome from WSNA members (300 word maximum). Please submit a typed copy and digital copy (Microsoft Word, or plain text) and include identified relevant photos, a biographical statement, your name, address and credentials. It is not the policy of WSNA to pay for articles or artwork.

ADVERTISING
Information on advertising rates may be obtained from WSNA members (300 word maximum). Please submit a typed copy and digital copy (Microsoft Word, or plain text) and include identified relevant photos, a biographical statement, your name, address and credentials. It is not the policy of WSNA to pay for articles or artwork.
The WSNA staff and elected and appointed leaders represent your interests in a wide variety of meetings, coalitions, conferences and work groups throughout the year, anticipating and responding to the issues the membership has identified as priorities. In addition to many meetings with legislators, regulators, policy makers, other health care and nursing organizations and unions, the following represents a partial listing of the many places and meetings where you were represented during the last three months.

- Alliance of Nurses for Health Environments (ANHE) Policy/Advocacy Committee
- American Cancer Society Cancer Action Network
- American Nurses Association (ANA) Board of Directors meeting
-ANA House of Delegates
-ANA Nursing Practice Network conference calls
-ANA Congress on Nursing Practice and Economics
-ANA Healthy Nurse Conference
-Asian Pacific Islander Americans for Civic Empowerment (APACE) Community Reception
-Children’s Alliance Voices For Children Awards Luncheon
-Council of Nurse Educators for Washington State (CNEWS)
-Collaborative on a Healthy Environment (CHE-WA)
-Department of Health Crisis Standards of Care Advisory Committee
-Department of Labor and Industries Safe Patient Handling Steering Committee
-Department of Labor and Industries rule-making on hazardous drug exposure
-Federal Basic Health Option legislative advisory committee
-Future of Health Care Conference including Planning Committee
-Health Care Access Coalition (to maintain access to medications)
-Health Care Without Harm
-Health Coalition for Children and Youth
-HealthPact Forum
-Healthy Washington Coalition to Healthy Washington Steering Committee
-Inland Empire Nurses Association Spring Gala
-Johnson and Johnson Promise of Nursing Steering Committee planning meeting
-King County Nurses Association Spring Meeting
-Mary Mahoney Professional Nurses Association Scholarship Luncheon
-National Federation of Nurses National Executive Board meetings & National Advisory Board meetings
-NFN Labor Academy
-Northwest Organization of Nurse Executives (NWONE) Nursing Education & Practice Commission
-Nursing Care Quality Assurance Commission Meetings (NCQAC)
-NCQAC Continuing Competency Subcommittee
-NCQAC Nursing Practice Advisory Group for Consistent Standards of Practice Subcommittee
-Nursing Students of Washington State (NSWS) Board meetings
-Oregon Nurses Association Convention
-Pierce County Health Careers Council
-Pierce County Nurses Association Annual Banquet Meeting
-Prevention Alliance
-Public Health Funding Roundtable
-Puget Sound Health Alliance and Consumer Engagement Team meetings
-Racial Equity Team
-Rebuilding Our Economic Future Coalition
-Toxic Free Legacy Coalition
-United Labor Lobby
-University of Washington School of Nursing Annual Soule Lecture and Nurses Recognition Dinner
-Washington Center for Nursing (WCN) Board Meetings
-Washington Regional Action Coalition Steering Committee
-Washington Chapter of Physicians for Social Responsibility
-Washington Health Foundation Board Meeting
-Washington Patient Safety Coalition Steering Committee
-Washington State Board of Community and Technical Colleges
-Washington State Labor Council Legislative Labor Caucus
-WSLC Political Committee
-WSLC COPE (Committee on Political Education) Endorsing Convention
-Washington State Public Health Association Board meeting
-Washington Toxics Coalition
-Wednesday Night Study Group Health Professions Lobby yearly retreat
-Within Reach Immunization Action Annual Meeting

**You Were Represented**

**Upcoming Events**

**A U G U S T**

6–7  AFL-CIO Convention — Wenatchee, WA
18  Nursing Students of Washington State (NSWS) Board Meeting — WSNA Office

**S E P T E M B E R**

7  Nurses Foundation (WSNF) Board of Trustees Meeting — WSNA Office
8  WSNA Board of Directors Meeting — WSNA Office
20  Creating a Culture of Safety Workshop — Seattle, WA
22–23  Cabinet on Economic and General Welfare — Chelan, WA
23  Statewide Local Unit Leadership Council — Chelan, WA
24–25  2012 WSNA Leadership Conference — Chelan, WA

**O C T O B E R**

1  Occupational and Environmental Health & Safety Committee Meeting — WSNA Office
3  Creating a Culture of Safety Workshop — Lacey, WA
4  Disaster and Emergency Preparedness Committee Meeting — WSNA Office
5  Washington Center for Nursing (WCN) Board of Directors Meeting — WCN Office
6  Professional Nursing and Health Care Council (PNHCC) Meeting — WSNF Office
10  Johnson and Johnson Promise of Nursing Gala — Seattle, WA
26  Finance and Executive Committee Meetings — WSNA Office

**SAVE THESE DATES**

**Nurse Legislative Day**
**February 11, 2013**

**Washington State Nurses Convention**
**May 1–3, 2013**
I am just getting back from the 2012 ANA House of Delegates Meeting in Washington D.C. What an experience. I have attended every ANA HOD since 1994, with only one miss when I had injured my back and could not fly to D.C. I must share with all of you that this House was most interesting. That word—interesting—kept circulating around and around with many people I talked to, both in our own delegation and with people from other state delegations.

Many of you should have received both of your copies of American Nurse Today and The American Nurse from ANA. In these magazines you can read an introduction to the issues at stake in the 2012 ANA House of Delegates. In a nutshell, we were asked to consider whether to set ANA on a course for transformation for the future or decide to stick with the status quo for yet another biennium.

How often can any one person say that they were part of history in the making? For the 500 nurses gathered at the HOD, it was our feeling that we were indeed setting a course for the future that would potentially impact millions of nurses in this country. Could we embrace a transformation process, develop plans, vote as a democratic group, and then support the outcome? Would we choose a safe and known status quo or a trajectory of change and growth that could lead to a healthier, more powerful ANA?

This was our charge for the 2012 ANA House of Delegates. As we all know, change is hard. You can run all the scenarios in your mind, but you never truly know how changes will play out in the future. Will there be unintended consequences? Will it really make things better or just different? I was feeling excited and scared, with these two feelings linked tightly together almost as one big emotion. I knew I was not the only one feeling the weight and responsibility of this moment, and I think that is a real testament to the passion and caring of our nurses gathered at the HOD.

During our WSNA delegate orientation in May and follow-up phone calls and meetings, Judy Huntington and I did our very best to educate our delegates about what they would face at the HOD with these proposed ANA bylaws changes and to provide the background on why there was a need for change. We discussed many of the proposals being offered, the reference materials, and the candidates for ANA officer and director positions. We also talked about strategies for how WSNA could make the most of our voice at the HOD and ensure that ANA and our organization were embarking on a path of mutual success.

We all entered the HOD knowing and understanding that change was needed by ANA at this House. We all took our responsibility seriously, knowing that we were representing you and all of our nurses here in Washington State. We brought your voices with us into all those meetings and tried to see things from all possible perspectives when we looked ahead at what the future could be. For me, the question looming over every decision was “Will this help ANA and WSNA be more effective in meeting the challenges of nurses and our profession of nursing?” You elected me and each member of our WSNA delegation to ask these types of questions and to stand for your interests.

I want to praise our WSNA delegates for accepting their responsibility to you and to our profession with such commitment and sincerity. This year was our largest delegation, with 43 WSNA nurses attending, making us the largest state delegation to attend. Some of our delegates have numerous HODs under their belts, but we also had 19 members experiencing the HOD for the first time. Wow! What an experience it must have been for this tumultuous HOD to be your first. Without exception, our delegates were focused, active and professional, truly serving as examples for other states and delegates. Their dedication is evident in the hard work and many hours spent during this HOD, often times behind the scenes in small work groups or coalition building.

I extend a big thank you to each one of our elected WSNA delegates and also to their families, many of who also came to D.C. in support (and also hopefully to have a little fun before and after). I also want to commend the many members of the WSNA staff who helped prepare us and supported our work in D.C. Lastly, another thank you to the thousands of nurses who had a conversation and shared their opinions with a delegate leading up to this HOD or who voted in our last election to select our WSNA delegates. While there were 43 of us in D.C., I know that our work was only made possible by the efforts of many, many people in the days, weeks and months leading up to HOD.

In this issue of The Washington Nurse, you will read more about our delegation and our experiences. You will also learn about what happened at the HOD and how this transformation for ANA will impact WSNA and our work in the future. In fact, our own bylaws will need to be revised in light of this HOD, so I hope you’ve all already marked your calendars for WSNA’s Biennial Washington State Nurses Convention from May 1-3, 2013. In addition to our general assembly meeting, we also have a full slate of exciting speakers and education sessions. You don’t
want to miss this event—not just for the learning and networking but because you will be participating in setting WSNA’s course for the future.

It seems that change is the theme of my communications to you this quarter.

This year is also an election year for our President, Governor and numerous statewide and local candidates in addition to initiatives and referendums. Our WSNA-PAC and the ANA-PAC work to give our WSNA members the best recommendations possible for candidates who will look out for nurses, our profession and our patients. It is so important to WSNA that you feel confident making an informed decision in this or any election. As a nurse, you have a trusted voice. By educating yourself, you can share that information and help others understand what’s at stake in these elections.

Once you are ready and armed with the best information, make sure you VOTE! If you did not receive a primary ballot, go to http://bit.ly/WSNAvote to ensure that you are registered and that your registration information is correct. There’s still time to update your information and ensure you get a ballot in the general election.

Your vote is the most powerful tool you have. As nurses, our votes and our voices in elections can mean the difference between a legislature that passes meaningful staffing legislation or not. Think about that: taking 15 minutes to fill out your ballot could help ensure that you get full, uninterrupted 15 minute rest breaks at work. Vote! We did as delegates at ANA and it made a difference. Make sure you take your opportunity to change Washington in this year’s state primary and general election.
43 WSNA DELEGATES ATTEND THE 2012 ANA HOUSE OF DElegates

Nearly 450 elected RN delegates to the American Nurses Association (ANA) biennial House of Delegates (HOD) convened June 13-16 at the Gaylord Hotel & Conference Center in National Harbor, MD just outside of Washington, DC. During the meetings, delegates made significant and transformational changes to the ANA structure and Bylaws, elected new officers and members to the ANA Board of Directors, the Congress on Nursing Practice and Economics, and the Nominations / Elections Committee. Delegates also passed several proposals designed to improve the nursing profession and address key issues important to nurses, including resolutions that called for ANAs championing optimal nurse staffing, ensuring the health and well-being of nurses who handle hazardous drugs, preventing workplace violence, and educating nurses about and promoting the benefits of energy conservation and renewable energy sources.

WSNA was well represented with 43 RN delegates and staff attending. The WSNA delegation, led by WSNA President Julia Weinberg and Executive Director Judy Huntington, included Sofia Aragon, Sally Baque, Julia Barcott, Sarah Bear, Lori Bethay, Joanna Boatman, Jan Bussert, Tim Davis, Travis Elmore, Melissa Goldberg, Martha Goodall, Tara Goode, Jennifer Graves, Sally Herman, Christine Himmelsbach, Susan E Jacobson, Susan M. Jacobson, Christina Jepperson, Louise Kaplan, Mara Kiev, Antwinett Owens Lee, Judi Lyons, Sonya Miller, Pamela Newsom, Jon Olson, Kathy Ormsby, Catherine Powers, Peggy Schmidt, Michele Slider, Muriel Softli, Debra Stevenson, Anita Stull, David Trevino, Judy Turner, John Tweedy, Michelle Van Pelt, Lynette Vehrs, Sally Watkins, Hanna Welander, Ann Whitley, and Dee Ann Wolf. Also attending from WSNA were Anne Piazza, WSNA Assistant Executive Director, and ANA second Vice President, Kim Armstrong.

The WSNA delegation included a wonderful mix of new and experienced delegates. You can be very proud of how they represented WSNA—they spoke up eloquently at the hearings and forums and in the HOD. They attended the caucuses and other working sessions until all hours of the day and night (some meetings and events started as early as 6 a.m. and delegates were often in meetings until 10 or 11 at night)! They engaged in lively discussions of the issues, carefully studied and debated the merits of the proposed bylaws and resolutions and interviewed candidates for ANA offices. It wasn’t entirely all work and no play—several members of the WSNA delegation enjoyed the ANA-PAC dinner cruise on the Potomac on Friday evening while others took the opportunity to explore the unique shops and restaurants in the area.
ANA House of Delegates  Seeds of Our Future

NURSE LOBBY DAY

More than twenty-five WSNA delegates arrived early to take part in the ANA Legislative briefing and lobby day on Capitol Hill on Wednesday June 13th. Following a briefing by the ANA Governmental Affairs staff, delegates boarded buses to Capitol Hill for meetings with legislative staff of several of Washington State’s Congressional Representatives. In the afternoon, our delegates met with Senator Maria Cantwell and also with Senator Patty Murray’s Legislative staff. WSNA nurses asked our policymakers to support the Registered Nurse Safe Staffing Act. (HR 876/S. 58) and also lobbied on other Federal legislative priorities, including funding for Title VIII Nursing Workforce Development Programs and support of the Home Health Care Planning Improvement Act (HR2267/S227), which allows APRNs to order home health services under Medicare.

HEALTHY NURSE CONFERENCE

On Thursday, ANA offered a special Healthy Nurse Conference: Nurses as Models of Wellness in Action. The purpose of the conference was to help nurses learn to integrate healthy habits into their personal and professional lives and become “Models of Wellness in Action” for patients, their families, and the larger community by focusing on the wellness of nurses. More than 380 nurses participated in the all-day conference which featured leading nurse experts and authors who addressed various “hot topics,” including stress management, fit living, sleep loss and fatigue, creating healthy work environments, and more.

NIGHTINGALE TRIBUTE

The ANA HOD opening session agenda on Friday, included a presentation of the Nightingale Tribute honoring nursing colleagues from each C/SNA who passed away since the 2010 HOD. The names of 19 of our WSNA nurses were added to the Nightingale Tribute Book which was placed at the front of the HOD and is permanently on display at ANA Headquarters Office.

ANA NATIONAL AWARDS

This year, 6 outstanding nurses were inducted into the ANA Hall of Fame, including: Rear Admiral Faye Glenn Abdellah; Josephine A. Dolan; Eleanor C. Lambertsen; Captain Mary Lee Mills; Margaret D. Sovie; and Russell E. Tranbarger. In addition to the Hall of Fame inductees, WSNA Past President, Joanna Boatman, was among 12 nurses receiving ANA national awards for outstanding contributions to the nursing profession. All 18 nurses were recognized at the HOD and at a special luncheon held in their honor on Saturday, June 16th. Joanna received the prestigious Shirley Titus Award (awarded for significant contributions to the economic and general welfare of registered nurses). Joanna was recognized as a labor pioneer and a champion of the staff nurse. During her tenure as WSNA President, Joanna Boatman, was among 12 nurses receiving ANA national awards for outstanding contributions to the nursing profession. All 18 nurses were recognized at the HOD and at a special luncheon held in their honor on Saturday, June 16th. Joanna received the prestigious Shirley Titus Award (awarded for significant contributions to the economic and general welfare of registered nurses). Joanna was recognized as a labor pioneer and a champion of the staff nurse. During her tenure as WSNA President, Joanna served twice as WSNA President and is a member of the WSNA Hall of fame and the WSNA Staff Nurse Leadership award is named for her.

See the Spring 2012 issue of the Washington Nurse for a photo of ANA Shirley Titus Award winner Joanna Boatman and more about her contributions during her 60 years of membership in ANA and WSNA.
ANA PRESIDENT KAREN DALEY RE-ELECTED

Karen Daley, PhD, MPH, RN, FAAN, a member of the Massachusetts Association of Registered Nurses (MARN), was re-elected as ANA's President. Joining Daley on the ANA Board are newly elected ANA officers (for two year terms): 1st Vice President, Cindy Balkstra (GA); 2nd Vice President, Jennifer Mensik (AZ); Secretary, Teresa Stone (OR); Treasurer, Teresa Haller (VA); and At-Large Board members (elected for four year terms): Directors-at-Large, Andrea Gregg (FL); Devon Denton (OK); and Faith Jones (WY); and Directors-at-Large, Staff Nurse: Linda Gurel (NJ); and Gayle Peterson (MARN). They will join continuing ANA Board members Directors-at-Large, Staff Nurse: Barbara Crane (NY) and Rose Marie Martin (OH) and Recent Graduate: Jennifer Davis (OH) whose terms run until 2014. Two additional director-at-large candidates who received the next highest vote tallies were appointed by the board to fill the director-at-large vacancies left by Balkstra and Mensik: Thomas Ray Coe, (FedNA) and Patricia Travis, (MD). WSNA President, Julia Weinberg, was narrowly defeated in her bid for election to the ANA Board, in the Director-at-Large, Staff Nurse position, losing by only 3 votes!

Delegates also elected members of the ANA Nominations/Elections Committee and the Congress on Nursing Practice and Economics. Judy Huntington, WSNA Executive Director, was elected to the Nominations/Elections Committee. Sally Watkins, WSNA Assistant Executive Director for Nursing Practice, Education and Research, will continue on the ANA Congress on Nursing Practice and Economics until it is retired in March 2013.

BYLAWS AMENDMENTS STREAMLINE GOVERNANCE AND ENHANCE POLICY DEVELOPMENT

National and state association leaders have been engaged in extensive dialogue since last November about how to streamline policy development processes, clarify ANA’s purposes and functions, simplify governance, and revise ANA’s current membership model, as well as how to better integrate state and national operations. The ANA delegates approved several measures that are part of this larger and continuing effort to position ANA and its constituent and state nurses associations (C/SNAs) to better serve members and the profession at large. Changes will go into effect at various times.

At a meeting held on May 19th, in preparation for the 2012 ANA HOD, WSNA Delegates carefully considered all of the proposed Bylaws changes and identified their preferred positions and priorities to support. Delegates were pleased that the majority of these priorities were accomplished.

Notably, most of the amendments were approved by more than a 90% vote. “I applaud the wisdom and leadership of the House,” said ANA President, Karen Daley. “The transformational changes approved by the House demonstrate the strong commitment of a broad coalition of leaders who came together with unity of purpose and a focus on serving members and the profession,” she said.

Among the significant changes approved by the HOD members:

Retire the House of Delegates, Congress on Nursing Practice and Economics, and the Constituent Assembly and replace them with a Membership Assembly and Professional Issues Panels

Comprised of representatives from ANA’s C/SNAs, its organizational affiliates, and the individual member division (IMD), the new Membership Assembly (MA) will serve as ANA’s governing and voting body. The MA will advise and direct the ANA Board of Directors on emerging environmental trends as well as determine policy and positions for the association. C/SNA and IMD representatives will also vote on any Bylaws changes, set Dues and Dues policy and elect the ANA Board. There will be 2 representatives from each C/SNA and the IMD. Voting will be weighted proportionately, based on an apportionment formula used in previously established HOD apportionment policy. The MA will meet annually as opposed
Before the House of Delegates even began, I was overwhelmed by all of the preparatory reading and materials that were sent to me. I felt confused about who ANA was and what exactly they did. How could my voice way up in Mt. Vernon, Washington make a difference and was it really necessary to do all of this work? Being a rule follower, though, and understanding that I was voted in as a representative of my district and the state, I dutifully read that material. I still didn’t get it. Bylaws? Amendments? Robert Rules of Order? Expert panel rather than a Congress on Nursing Practice & Economics? What in the world was a Constituency Assembly? How could all of that possibly matter to my job as a nurse educator and staff nurse?

I attended the orientation and listened to debate about the proposed bylaw changes that seemed to go on and on. As I listened and glanced through the written material, I began to get an idea that this really mattered to nursing at a national level and to nursing in the classroom and at the bedside. Having a strong national nursing organization, one that creates scope of practice documents, code of ethics documents, lobbies at a national level for nursing issues and nurses themselves is essential. An organization that represents us—you and me—as well as our patients by taking a position on issues and developing policy such as the affordable care act affects all of us. I felt like I was finally getting it, and I wanted to contribute.

Then, after all the preparation, I sat down in my first meeting. I was overwhelmed with the magnitude of the people in the room—the representation of nearly all of the states in America as well as other areas. As the meeting began, I was so grateful for the time I had spent reading the material and trying to make sense out if it, because I could clearly see that ANA matters, and that the decisions we would be making over the next few days would change the organization into one that is more nimble, fiscally responsible, and able to continue the great work that it does on our behalf. I understand now that ANA is a vibrant organization working solely for nurses and patient care. They represent me, a staff nurse and educator, at the national level. I left proud to have been a part of the ANA HOD and excited to increase my participation at the local, state, and hopefully someday, national level.
that ANA can quickly address the emerging needs of ANA members, prospective members, and the nursing profession. This change will go into effect in 2014.

**Update ANA’s language to better reflect the purposes and functions of the national association**

Delegates voted to approve new language in ANA’s governing bylaws that says the association will “advocate for workplace standards that foster safe patient care and support the profession.” This change, along with a modification to a reference about advancing the “welfare” of nurses, updates language to better reflect ANA’s current broad programmatic work related to workplace standards and the advancement of nurses’ interests.

Nurse delegates also considered changing ANA’s membership structure from the 1982-adopted federated model, in which C/SNAs are ANA’s “members” to a structure where individual nurses are the members. Delegates voted to refer this proposal back to the ANA board for additional consideration and information gathering. ANA has several pilot projects underway that will examine the effects of ANA direct membership on ANA and the C/SNAs, test model dues pricing and desired membership benefits, and how multi-state associations will work. Data from these projects will be used to help better inform our decisions. It is anticipated that the proposal will then be refined and brought to the Membership Assembly for consideration.

In reflecting on the HOD’s actions, Judy Huntington, WSNA Executive Director, observed: “All organizations must periodically change to grow and thrive, but no structure can guarantee success. Our challenge is to create an organization that is so relevant to the individual nurse that it will be unthinkable not to belong. I think we created an amazing coalition and accomplished a remarkable degree of compromise and consensus, yet much work remains. I am proud of ANA’s past and remain confident in its future.”

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**An article about the Bylaws, elections and more about the ANA House of Delegates and related meetings will be featured in the July/August issue of *The American Nurse* and on the ANA website at www.NursingWorld.org.**

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*Above: WSNA delegation with ANA President Karen Daley*
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Our speakers address a wide range of topics of critical importance to nurses throughout our state. The speakers listed will provide at least a 1.0 contact hour lecture on behalf of WSNA.

These lectures are provided at no cost to WSNA Districts, Local Units, or Schools of Nursing. Other organizations pay $250 in addition to the speaker’s travel and lodging expenses. Payment should be made to the Washington State Nursing Foundation. Speaker’s fees will support scholarships and mini-grants provided by the Washington State Nurses Foundation.

### Topics
- Health Reform and Implications for Nursing
- Continuing Competency Overview of new rules
- Compassion Fatigue
- Creating a Culture of Safety
- Running on Empty: Fatigue and its Implications for Patient and Nurse Safety
- Leadership, Political Advocacy, and Your Professional Association
- Political Advocacy: A Necessary Role for Nurses
- Preparing Violence in the Workplace
- Safe Staffing Law and How to be an Effective Committee Member
- Social Media: Is Your Job in Peril Over Your Next Facebook Posting?
- Stress Management in a Hurry

### Speakers

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<td>Senior Governmental Affairs Specialist — Washington State Nurses Association</td>
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For more information, contact Sally Watkins at swatkins@wsna.org.
ANA URGES RECOGNITION AND FUNDING FOR NURSES’ ESSENTIAL ROLE IN PATIENT CARE COORDINATION

The federal government, health care insurers, and other health care financing systems should acknowledge the central role of registered nurses (RNs) in providing effective care coordination services, which should be fully funded to continue improving health care quality and patient outcomes and reducing costs through more efficient use of resources, the American Nurses Association (ANA) recommends.

Nurses’ contributions to care coordination, a long-held core professional standard and competency for RNs, is integral to patient care quality, satisfaction, and the effective and efficient use of health care resources. In a new position statement, “Care Coordination and Registered Nurses’ Essential Role,” ANA contends care coordination must be defined, measured, and documented by health care financing systems to create direct financial and systemic incentives for this function. Currently, care coordination, which fills many gaps in patients’ care plans, is neither well-documented nor reimbursed as a distinct component of patient care.

Complementing the statement adopted June 11, ANA released a report, “The Value of Nursing Care Coordination,” highlighting numerous studies showing the positive impact of nurse-led and nurse-managed care coordination: improving patient outcomes, increasing health system efficiency, and lowering health care costs. For example, studies show that patient-centered care coordination reduces emergency department visits and hospital readmissions, lowers total annual Medicare costs, improves patient satisfaction and confidence to self-manage care, and increases safety for older adults during transitions between settings.

It is widely recognized that RNs have been leaders and innovators in designing and implementing successful team-based care coordination programs that improve patient care and reduce costs. Generally, care coordination involves ensuring that a patient’s needs and preferences for health services and information are communicated and delivered effectively among health care providers, functions, and settings over time.

The main aspects of care coordination involve:

- Development of a care plan and assistance in identifying care options, guided by the preferences and needs of patients and their families
- Management of care to maximize independence and quality of life
- Communication with the patient, family and support network, and providers, especially during transitions between care settings
- Advocacy of dignified care

Nurses can perform care coordination as part of a multi-disciplinary health care team or independently within their scope of nursing practice. The position statement also advocates expanding research to examine RNs’ evolving role and contributions to care coordination and more fully incorporating care coordination practices and theories into pre-licensure nursing education and continuing education.

ANNA WELCOMES NURSES ORGANIZATION IN MINNESOTA AS ITS NEWEST AFFILIATE

The Minnesota Organization of Registered Nurses (MNORN) has become the newest affiliate of the American Nurses Association (ANA) with the shared aim of supporting registered nurses in their work, advocacy, and professional development.

MNORN is the 52nd state or “constituent” nurses association to join with ANA, which represents the interests of the nation’s 3.1 million registered nurses through its network of affiliates and specialty nursing organizations.

MNORN was founded in 2011 and is dedicated to advancing the nursing profession through advocacy, leadership development, education, and mentorship. The ANA Board of Directors approved the affiliation agreement in March.

“This affiliation with ANA allows Minnesota nurses to be reconnected with nurses throughout the country, working together on the creation and dissemination of policies of importance to the nursing profession and the health of the people we serve. We are thrilled that MNORN is the 52nd affiliate of the ANA,” said MNORN President Jennifer Tucker, MA, RN, nursing faculty member at Anoka Ramsey Community College in Cambridge, Minnesota.

For comprehensive information on nurses’ role in care coordination and the value provided to patients and the health care system, visit www.nursingworld.org/care-coordination
ANA REAFFIRMS DEDICATION TO IMPROVING STAFFING FOR RNS AND THEIR PATIENTS

The elected delegates at the ANA HOD approved a measure to rededicate efforts to address nurse staffing problems. Representatives also approved resolutions to prevent nurses’ exposure to hazardous drugs and to urge employers to educate nurses who handle hazardous drugs about the risks of associated reproductive and developmental effects.

The nurse staffing resolution identifies short-staffing as a top concern for direct care nurses that negatively affects patient care and nurse job satisfaction. It notes that staffing decisions remain largely outside of nurses’ control, and that staffing plans lack enforcement mechanisms. The resolution requests ANA to “reaffirm its dedication” to advocating for a staffing process, directed by nurses, that is enforceable and that includes staffing principles, minimum nurse-to-patient ratios, data collection, and penalties for non-compliance in all health care settings where staffing is a challenge.

“Finding solutions to unsafe nurse staffing conditions is a top priority for ANA,” said ANA President Karen A. Daley, PhD, MPH, RN, FAAN. “It is not acceptable to put patients at risk because of inadequate staffing. Research shows that higher levels of nurse staffing result in better patient outcomes, so our job is to make sufficient staffing a reality nationwide.”

In March, ANA updated its Principles for Nurse Staffing, strengthening the focus on the work environment and broadening it to include all nursing practice settings. ANA’s Board of Directors also acknowledged the validity of minimum nurse-to-patient ratios set by law when combined with strategies that encompass facility and unit level considerations.

NATIONAL STUDENT NURSES ASSOCIATION CELEBRATES 60 YEARS OF ‘SPANING THE DISTANCE’

The National Student Nurses’ Association (NSNA) 60th Anniversary Convention and Alumni Reunion—Spanning the Distance: 60 Years of the Evolving Nurse—took place on April 11-15, 2012 at the David L. Lawrence Convention Center in Pittsburgh, Pennsylvania. Participants included 3,500 students, speakers, faculty members, consultants, and exhibitors. The Convention program included an abundance of focus sessions, faculty workshops, plenary sessions, an American Red Cross certification program, an NCLEX® mini-review course, the annual auction fundraiser, and a 5K Run/1K Walk. On Saturday, April 14, the 2012-2013 Board of Directors and Nominating & Elections Committee were voted into office.

MARY MAHONEY PROFESSIONAL NURSES ORGANIZATION AWARDS EIGHT SCHOLARSHIPS

The Mary Mahoney Professional Nurses Organization (MMPNO) recognized eight students at their annual Nursing Scholarship Reception on May 5th. Over 60 people were there to celebrate the scholarship awardees including many MMPNO members, other nursing organizations and family and friends. WSNA was proud to be a sponsor of the event and host a table at the luncheon.

The 2012 academic award winners were:

- **Awet Abbera**
  University of Washington (BSN)
- **Bereket Beyn**
  North Seattle Community College (ADN)
- **Mary Bulega**
  University of Washington – Tacoma (Master’s)
- **Mustapha Hydara**
  University of Washington (PhD)
- **Tricia Jenkins**
  Shoreline Community College (ADN)
- **Shaunece Jordan**
  Seattle University (BSN)
- **Samalie Nassazi**
  University of Washington – Tacoma (BSN)
- **Marie-Anne Sanon**
  University of Washington (PhD)

MMPNO’s historic mission is to provide financial aid and scholarships to students of African heritage who pursue studies leading to careers in professional nursing. For over 60 years, MMPNO has supported African American nursing students with funding and mentoring resources. MMPNO also provides members with opportunities for leadership, networking, support, professional development and volunteering.

For more information about MMPNO, visit www.marymahoney.org.
WSNA MEMBER SALLY BUDACK RECOGNIZED FOR ADVOCACY

Safeco Insurance has named Sally Budack a Community Hero for her work with Safe Streets Campaign in Tacoma, Washington. The organization will receive a $5,000 donation from Safeco on behalf of both Budack and Brown & Brown of Washington in Tacoma.

Each year, the Safeco Insurance® Agent Giving Program celebrates local heroes who make a positive difference through a focus on education, health and safety or civic engagement.

“Safeco is honored to recognize Sally Budack for her work with Safe Streets Campaign and for inspiring others to get involved,” said Brenda Mann Harrison, manager of the Agent Giving Program for Safeco. “We also applaud Brown & Brown of Washington for its commitment to the community.”

Safe Streets Campaign’s mission is simple: “Create safe neighborhoods.” It helps organize neighborhoods and communities for action, planting the seeds of grassroots community leadership and involving youth as part of the solution. Safe Streets also helps develop future leaders through after-school and community programs and brings community and strategic partners together to solve specific problems or maximize opportunities.

Budack has long been committed to improving her neighborhood in the Lincoln area of Tacoma, getting involved with Safe Streets Campaign in 2009. Today, she is one of the first neighborhood leaders to represent Safe Streets in a new partnership with the Pierce County Dispute Resolution Center, with a goal of increasing positive problem-solving in neighborhoods.

Safeco’s donation will help Safe Streets Campaign continue its record of success. In 2011, the organization trained 11,000 residents in 87 neighborhood block groups, and according to Pierce County statistics, crime has decreased 9% over the past three years in neighborhoods where Safe Street has organized those groups.

NEW PERSONAL HEALTH ADVOCATE PROGRAM FROM THE WASHINGTON HEALTH FOUNDATION

By Joe Furia, Washington Health Foundation

As a nurse, you spend every day giving to others; giving your time, your expertise and your energy. The Washington Health Foundation wants to give something back. Our Personal Health Advocate Service is designed to help nurses get the most out of their health benefits.

Our Personal Health Advocates can help you navigate the complex world of options and benefits. Whether that means offering advice on coverage, finding answers to medical billing questions or discovering available community health resources — our Personal Health Advocates are there for you. Our Personal Health Advocates will give you peace of mind by working with you to develop a custom plan to suit your individual needs. And if we can help ease your insurance burden, you can concentrate on what you do best — helping others!

We also recognize that many nurses are ‘independent workers’ (self-employed) and most independent workers do not have access to traditional ‘employer-provided’ health insurance benefits. Nor do they have the advantage of a Human Resources Department to help with insurance questions. Funded, in part, with a grant from the Attorney General’s Office, WHF just unveiled a new program that allows our Personal Health Advocates to offer their services to independent workers and those who have recently lost their jobs — at no additional cost!

But the reach of our Personal Health Advocates goes far beyond that. There are many other ways we can help current and former nurses. Whether you already have insurance or you’re still looking, we can help. For example: are you putting off retirement because you’re tied to your health care? We can help. Are you retired but find the transition complicated as you look for your own health insurance? We can help. Have you lost your job in this tough economy and you’re not sure what to do about health insurance? We can help.

Call one of our Personal Health Advocates today at 855-WA-HEALTH (1.855.924.3258). They will take the time to make sure all of your questions are answered and you have all the information you need to get the most out of your insurance benefits. It’s time the people who give so much get something in return. Here at the Washington Health Foundation, we treat nurses right!
Reflecting its commitment to serving the community, the University of Washington Tacoma (UWT) Nursing Program celebrated its 20-year anniversary with a public lecture and reception on May 17, 2012. Retired Washington National Guard Col. Margarethe Cammermeyer, PhD, RN, provided a keynote address titled the “Leadership Imperative.” The event was generously sponsored by Franciscan Health System; St. Joseph Medical Center Local Bargaining Unit, represented by the Washington State Nurses Association; Washington State Nurses Foundation; Pierce County Nurses Association; and the University of Washington Tacoma Arts & Lectures Fund.

Dr. Cammermeyer’s career in nursing and the military has been highlighted by numerous awards and honors, including the Bronze Star for Meritorious Service (Vietnam), Nurse of the Year by the Department of Veterans Affairs (1985), Woman of Power by the National Organization of Women, and the Honorary Human Rights Award by the American Nurses Association. In 1995, she was awarded the Hannah Solomon Award by the Jewish Women’s League and that same year was selected as the Distinguished Alumni from the University of Washington School of Nursing.

In 1989, after serving for 25 years in the military, during an interview for top secret clearance, Dr. Cammermeyer decided she could not lie when she was asked about her sexual orientation. Because of this, she was separated from the military, despite an exemplary military and civilian professional record. On that same day, June 11, 1992, her attorneys filed suit in Federal District Court in Seattle challenging the existing ban on homosexuals in the military and requesting her reinstatement. She was in and out of court many times during the ensuing 25 months.

Of course, because of her many awards, as a recognized specialist in neuroscience nursing and as the Chief Nurse of the WA National Guard, her story drew national attention. Her case directly contributed to the implementation of “Don’t Ask, Don’t Tell.” She continued to fight for equality and succeeded 17 years later when the Don’t Ask, Don’t Tell policy was repealed in 2011.

She was reinstated in the National Guard in June of 1994 and resumed her previous position and Chief Nurse. Dr. Cammermeyer told her story in her book, Serving in Silence, published in 1994. In March 1997, after 31 years of dedicated service to America, she retired with full military privileges. Since then, she has been an activist, a political candidate for Congress, hosted an internet radio talk show, and now serves as a Whidbey General Hospital Commissioner and member of the Defense Advisory Council of Women in the Services. She is a nationally sought activist, a political candidate for Congress, and continues to challenge the status quo and promote civil and human rights throughout the world.

During the lecture, Dr. Cammermeyer inspired the audience to have moral courage and integrity. Challenging policies using expert knowledge and persevering are characteristics of leaders. “Caring brings us into nursing and we have a responsibility to be advocates. You may not know if you did the right thing until you look back,” she stated.

Local dignitaries attended the event, including retired State Representative Laurie Jinkins, and Dawn Morrell, former State Representative and UWT Nursing Alumni. Many UW Tacoma alumni attended the event, including members of the first MN class and recipients of alumni awards.

Over the past 20 years, UWT has produced 1,400 graduates from the program’s Bachelor of Science in Nursing, Master of Nursing, and Bachelor of Arts in Health Care Leadership programs. Next year, a new doctoral degree in educational leadership with an option in nursing education begins. The programs illustrate the benefit of having an urban-serving university in the region. An integral part of the UWT’s mission, beyond expanding access to college degrees, is addressing needs, problems and challenges facing the communities that surround us.
WSNA Applauds Supreme Court’s Decision to Uphold Health Care Reform

WSNA and ANA have both expressed strong approval of the Supreme Court’s decision to uphold all major provisions of the Affordable Care Act (ACA). With many reforms already having a positive impact in Washington, WSNA has pledged to continue work already under way to increase access to quality, affordable, appropriate care.

As frontline health care providers, registered nurses are acutely aware of the consequences when people do not have access or cannot afford quality health care. Our health care system has been plagued by rising health care costs, increasing numbers of uninsured and underinsured individuals, and growing disparities in health care access. With the passage of health care reform came the promise that we would fix our broken health care system, lower costs, and improve health outcomes.

There are currently over one million people in Washington without health insurance who will benefit from programs already in development. A state health insurance exchange will allow many of these individuals to purchase affordable insurance and the ACA also includes provisions to expand Medicaid. WSNA is committed to ensuring that the exchange and Medicaid expansion move forward so that Washington can continue to increase access to health care.

Many nurses are already seeing the positive effects of the law such as increased coverage for young adults and better access to preventive care. Increasing access to coverage will only continue to provide more benefits and better outcomes to individuals and our state as a whole. As reform moves towards full implementation in 2014, there is likely to be an increase coverage and access to health care for many. This will increase demand on our health care system, and it is critical that we have an adequate supply of qualified registered nurses moving forward. In particular, there will be a high demand for ARNPs to help fill the primary care gap that currently exists and will continue to grow with health care reform.

WSNA, along with the American Nurses Association, has consistently supported and advocated for a system that guarantees every single person in this country has access to quality care in a timely fashion by the most appropriate health care provider at an affordable cost. Since passage of the Affordable Care Act, WSNA has worked with local, state and national partners to represent the nursing profession and ensure that nurses’ voices are included in planning and implementation of reform. Now is the time for nurses to be involved in planning for the future of our health care system and the future of our profession.

Take the riddle out of health insurance

The non-profit Washington Health Foundation can show you how. Call a Personal Health Advocate today at 855-WA-HEALTH (855-924-3258)
Announcing the premier nursing event of 2013.

May 1-3, 2013

Join us at Tulalip Resort for the most important three days of 2013.

FEATURING
Nationally-recognized Speakers
Nursing Sim Lab • Poster Sessions
A year’s required continuing education in one event

LOCATION
Tulalip Resort
Shopping • Spa • Restaurants • Casino • Nightlife • Golf / Skiing

THIS EVENT IS FOR
All Nurses
Staff Nurses • Advanced Practice • Educators • Managers
Community Health • WSNA Members & Non-Members • Students

For details, go to: RNconvention.com
Call for Nominations, Resolutions and Bylaws and WSNA Awards

The 2013 WSNA Biennial Convention and General Assembly will be held May 1-3, 2013, at the Tulalip Resort and Conference Center, located at 10200 Quil Ceda Boulevard, Tulalip, WA 98271. The WSNA General Assembly business session, Keynotes and WSNA Recognition Awards events will be held on Thursday, May 2nd, and additional Continuing Education sessions will be held on Friday, May 3rd. The Nursing Students of Washington State (NSWS) Annual Convention will be held May 3-4, 2013 at the same location.

Nominations for WSNA Elected Offices

The WSNA and Economic & General Welfare Nominations / Search Committees are seeking nominations for elected offices. Elections will occur by mail ballot following the close of the WSNA General Assembly on May 2, 2013. Each candidate for office must complete a Consent to Serve form and a short, written Candidate statement. All members are eligible for office, however, candidates for the Cabinet on Economic & General Welfare, the Economic & General Welfare Nominating/Search Committee, delegates and alternates to the 2015 NFN National Federation Assembly and the NFN Board of Directors position shall hold current membership in WSNA, be represented for collective bargaining by WSNA, and meet the Bylaws definition of staff nurse. Deadline for receipt of nominations at WSNA Headquarters is November 2, 2012.

Although members may declare their own candidacy by submitting a Consent to Serve form to the WSNA Secretary no later than sixty (60) days prior to the first meeting of the General Assembly (March 1, 2013) or by being nominated from the floor at the General Assembly (May 2, 2013), this will be too late for printing in the Winter Issue of The Washington Nurse. The names of candidates, regardless of method of nomination, will appear on the mailed election ballot, and write-in candidates are allowed. Completed Consent to Serve forms are to be mailed to: Washington State Nurses Association, 575 Andover Park West, Suite 101, Seattle WA 98188.

The following offices are open to candidates, and all offices are two-year terms:

**Board of Directors**
11 members
- President (1)
- Vice President (1)
- Secretary/Treasurer (1)
- Directors At-Large (3)
- Directors At-Large Staff Nurse (2)
- Chair of the Cabinet on Economic & General Welfare (1)
- Chair of the Legislative & Health Policy Council (1)
- Chair of the Professional Nursing & Health Care Council (1)

**Economic & General Welfare Nominating / Search Committee**
3 members (All elected. Candidate receiving highest number of votes serves as Chair.)

**Legislative & Health Policy Council**
7 members (4 to be elected / 3 to be appointed.)
- Chair (1)
- Members (3)

**Professional Nursing & Health Care Council**
11 members (7 to be elected / 4 appointed.)
- Chair (1)
- Members (6)

**ANA Membership Assembly**
2 (Two) members to be elected to serve as the WSNA Representatives to the 2014 and 2015 ANA Membership Assembly.

Note: In 2012, ANA changed its governing body from a House of Delegates to a Membership Assembly made up of 2 representatives from each constituent/state association, with a weighted vote based on the ANA C/SNA membership apportionment policy.

**NFN National Federation Assembly**
6 (Six) members to be elected as WSNA Delegates to the 2015 NFN National Federation Assembly.

**NFN Executive Board**
1 (One) member to be elected to a four-year term (2013-2017) as a Director on the National Executive Board (NEB) of the National Federation of Nurses.

For more information or to request a Consent to Serve form, contact Barbara Bergeron at 206.775.7979, ext. 3024, by e-mail at bbergeron@wsna.org, or go to www.wsna.org.
Proposed Amendments to WSNA Bylaws

Deadline for receipt of proposed amendments to the WSNA Bylaws at WSNA Headquarters is November 2, 2012. Following the receipt of proposed amendments, the WSNA Bylaws / Resolutions Committee will meet to review proposed amendments. The committee’s recommendations will be submitted to the WSNA Board of Directors for approval. The Board-approved changes will be printed in the Winter issue of The Washington Nurse, posted on the WSNA website, and will be submitted to the 2013 WSNA General Assembly for consideration at the WSNA Convention to be held May 1-3, 2013 at the Tulalip Resort and Conference Center. The proposed bylaws amendments will be presented, debated and perfected at the General Assembly meeting and will be sent to the membership for adoption by mailed ballot.

Proposed Non-Emergency Resolutions

Deadline for receipt of proposed non-emergency resolutions at WSNA Headquarters is November 2, 2012. The WSNA Bylaws/Resolutions Committee will meet following the deadline to consider any proposed non-emergency resolutions that may go before the WSNA General Assembly May 1-3, 2013. Any individual member or constituent group of WSNA may submit proposed resolutions. The resolutions form must be completed, including the cost impact. To receive a copy of the Procedural Guidelines and/or Resolutions Form, call WSNA at 206.575.7979.

Nominations for Awards

The WSNA Awards Committee and the Professional Nursing and Health Care Council are seeking outstanding WSNA members as nominees for the 2013 WSNA Recognition Awards. Nominations must be received at WSNA no later than January 18, 2013. The awardees will be notified in March 2013. The awards, given every two years, will be presented at a special awards reception at the 2013 WSNA Convention on May 2, 2012.

Nominations must be accompanied with a narrative from the nominator, listing the nominee’s credentials and achievements, and a copy of the nominee’s Curriculum Vitae / Resume. The criteria for the awards are as follows:

WSNA AWARDS —

WSNA Honorary Recognition Award
Honorary Recognition may be conferred at any convention on persons who have rendered distinguished service or valuable assistance to the nursing profession, the name or names having been recommended by the Board of Directors. Honorary Recognition shall not be conferred on more than two persons at any convention.

Nurse Candidate
1. A WSNA member who has actively contributed by having:
   a. held elected state, district or local unit office
   b. served as appointed chairholder at the state, district, or local unit level
2. Has made significant contributions to:
   a. the state or district association, or local unit
   b. the professional practice of nursing
3. Has been a consumer advocate and/or interpreted the role of nursing to consumers

Lay Candidate
Has demonstrated interest in professional nursing by:
1. contributing in a concrete way to its growth and development
2. promoting better understanding of professional nursing in the community

Marguerite Cobb Public Health / Community Health Nurse Award
This award recognizes the outstanding professional contributions of one public health or community health nurse and calls this achievement to the attention of members of the profession as well as the general public.

1. Must be a current WSNA member or have been a WSNA member during the years of service for which this award is given
2. Must have made a significant contribution to the field of public or community health nursing
3. Must have expertise in professional and technical performance
4. Must have shown leadership in the field of public or community health nursing
5. Must have participated in the Washington State Nurses Association
Joanna Boatman Staff Nurse Leadership Award
The Joanna Boatman Staff Nurse Leadership Award was established in 1995 in recognition of Joanna Boatman’s significant contributions to the advancement of staff nurses and her achievements in the economic and general welfare area of nursing in the state of Washington.
1. Must have a Washington State RN License
2. Must have been a WSNA Member for at least one year
3. Must currently be employed as a staff nurse
4. Must have made a significant contribution to the advancement of staff nurses or in the Economic and General Welfare area of nursing (contributions may be at the local or state level)

ANA Honorary Membership Pin
The American Nurses Association Honorary Membership Pin is presented to a Washington State Nurses Association member or members in recognition of outstanding leadership, as well as participation in and contributions to the purposes of WSNA and ANA.
1. Must hold current WSNA membership
2. Must have held elective state, national or district office
3. Must have served as an appointed chairperson of a state, district or national committee
4. Must have demonstrated outstanding leadership that contributed to the purposes of the WSNA, District, or ANA

Best Practice Award
Presented to an individual, recognizing best practice in the daily care of patients / clients.
1. Must be a current WSNA member
2. Must have identified a problem or issue and utilized strategies to solve the problem
3. Nominee must have utilized resources (i.e. people, literature, equipment) to solve the problem

Nurse Leadership and Management Award
Presented to an individual, recognizing excellence in nursing leadership and management.
1. Must be a current WSNA member
2. Must facilitate excellence in clinical practice, and promote the professional development of nurses
3. Must demonstrate progressive leadership and management practice
4. Must foster a care environment that promotes creativity and enhances quality of care for clients and/or communities

Nurse Educator Award
Presented to an individual, recognizing excellence in nursing education.
1. Must be a current WSNA member
2. Must demonstrate excellence in nursing education
3. Must promote the professional education of nursing students and/or nurses
4. Must foster an educational environment that promotes learning

Ethics and Human Rights Award
Presented to an individual, recognizing excellence in ethics and human rights.
1. Must be a current WSNA member
2. Must have demonstrated exceptional activities supporting major ethical and human rights issues in Washington State
3. Must have worked within the community to influence the community and must also have support from the people in the community

Nurse Researcher Award
Presented to an individual or a group, recognizing excellence in nursing research that addresses practice issues. The awardee(s) may be asked to present the research in a poster or presentation at the WSNA Convention, and/or to write a brief summary of the work for The Washington Nurse.
1. Nominee must be a current WSNA member (if the nominee is a group or team, at least one member of the group must be a WSNA member)
2. Research conducted by the nominee must have taken place in a practice setting and must have direct practice implications
3. Nominee must have demonstrated sound research procedures including the protection of human subjects
Elections are under way and it is a critical time for nurses to get involved! With both our President and Governor up for election this year as well as many State Legislators, there is too much at stake for nurses to be on the sidelines. Just because the votes aren’t counted until November, doesn’t mean you can’t use your voice now.

As a nurse, you have a trusted voice that can be a powerful tool in advocating for the issues that matter you and your patients. Being involved in a campaign means that you have an opportunity to influence this election beyond just your own vote. Not only will you help elect the right candidates, but you’re also building a relationship with the campaign that will benefit you and the nursing profession once your candidate is elected.

This year, we also have an exciting opportunity add nurses to our Legislature and support our current nurse legislators. Having nurses’ voices in the halls of the Capitol has been critical in getting legislation like safe staffing and safe lifting passed. Passing the three priority bills in WSNA’s Campaign for Patient Safety will be no different. We need nurse legislators...
WSNA members present candidate Mary McNaughton (center) with a check from the WSNA-PAC at her campaign kick-off event.

who can champion our bills on minimum staffing standards, limits to mandatory overtime, and safe meal and rest breaks. You don’t have to live in their districts to donate or help out with their campaigns.

In addition to continuing the fight for safe staffing, we are still battling with an ongoing budget deficit that has slashed funding for the health safety net including public health and key programs like Maternity Support Services, Apple Health for Kids and the Basic Health Plan. If our Legislature can’t develop a plan to generate more revenue, we will face these grim budget cuts again. We are also undergoing historic changes in our health care system that will require the best of nurses and our elected leaders to deliver the promise of increased access to quality, affordable care.

More than ever, nurses need to be politically engaged and active in deciding who will represent us on the local, state and national level. Now is the time to plant those seeds. Getting involved not only helps the campaigns and candidates you work for, but also makes you a stronger leader for the challenges ahead.

ATTEND A WSNA TRAINING OR VOLUNTEER EVENT WSNA will be hosting training and volunteer events throughout the state this summer to prepare you to work on a campaign. These events are a great way to get started in a fun environment with your fellow nurses. We’ll give you coaching and hands-on learning so you’re prepared to help out a campaign in your area.

VOLUNTEER ON A CAMPAIGN Volunteering on a campaign is one of the fastest ways to have your voice heard on important issues. When you work for a candidate, they get to know you and value your input. That relationship can be invaluable when key nursing issues arise in Olympia. Volunteering can be a lot more fun and have an even bigger impact if you organize a few friends to join you.

DONATE TO THE WSNA-PAC WSNA-PAC prides itself on using its limited resources efficiently and wisely to assist candidates who have demonstrated strong support for WSNA’s legislative issues and those who are prominent leaders on health care issues.

No WSNA dues monies are used to support candidates, so every single WSNA-PAC contribution to candidates and campaigns is funded by personal donations from WSNA nurses. By donating to the WSNA-PAC, you maximize the power that Washington nurses have together. Visit www.wsna.org/PAC to learn more about donating.

1 For more information about how to get involved, contact Richard Burton, WSNA Political Action Coordinator at rburton@wsna.org or 206.575.7979, Ext. 3019

WSNA-PAC Endorsements Since its inception, the Washington State Nurses Association-Political Action Committee (WSNA-PAC) has worked to ensure the nursing profession speaks as a unified voice in the election process, and continues to provide us with an influential presence in Olympia by assisting candidates who have demonstrated strong support for WSNA’s legislative priorities.

WSNA-PAC is the nonpartisan political action committee of the WSNA. Established in 1972, WSNA-PAC was one of the first state nurses’ PACs in the country.

Each election cycle, WSNA-PAC volunteers evaluate and endorse candidates based on their support of key nursing and health care issues such as safe breaks, nurse staffing, & funding for key programs such as nursing education, public health and the Basic Health Plan.

WSNA-PAC is committed to its mission as a non-partisan organization representing the interests of nurses concerned with promoting quality patient care through the political process. No WSNA dues monies are used to support candidates and contributions to the WSNA-PAC are voluntary.

Find WSNA-PAC Endorsements online at www.wsna.org/PAC

ATTEND A WSNA TRAINING OR VOLUNTEER EVENT

VOLUNTEER ON A CAMPAIGN

DONATE TO THE WSNA-PAC
Legislative Affairs  Featured Candidates  •  Member Activists

**Dawn Morrell, RN**  
Running for 25th District House Position 1

Dawn Morrell was first elected to the Washington State House of Representatives in 2002 and served until 2010 when she lost by less than 40 votes. Now we have a chance to get her reelected! As a State Representative, Dawn fought passionately for patients and nurses serving as Vice Chair of the House Health Care Committee and House Majority Caucus Vice-Chair Democratic Caucus. She is an influential and respected voice in the Olympia, and will be a key ally in WSNA’s fight for safe staffing.

As a member of the current nurse staffing committee at her hospital, Dawn testified in Olympia supporting the nurse staffing legislation to hold hospitals accountable in providing safe RN staffing. Her testimony as a staff nurse was instrumental in the passage of the law to protect nurses from mandatory overtime in 2002 and her leadership as a Representative was instrumental in passing staffing legislation in 2008.

Dawn has been a critical care nurse for 20 years, and currently works at Good Samaritan Hospital in Puyallup. Previous to that, she worked as a childbirth educator for 15 years. A longtime member of WSNA, she has served as a local unit leader, a member of the WSNA-PAC Board and was elected to the WSNA Legislative and Health Policy Council in 1999.

As a staff nurse, Dawn knows firsthand the issues important to nurses in the delivery of safe and quality patient care. She has been a champion on issues such as nurse staffing, safe patient handling, uninterrupted meal and rest breaks in Olympia.

**WSNA Activist Members Engage in Candidate Interviews**

As the 2012 election season starts to heat up, WSNA members have stepped up to meet with and evaluate candidates. Since April 18, WSNA has conducted over 30 different candidate interviews or key candidate evaluative meetings, and 38 different WSNA members have participated. From Vancouver to Mount Vernon, and from Shelton to Spokane, WSNA’s political program has traveled the state to meet with legislative and congressional candidates, and our members have been there, helping to inform candidates about the day-to-day realities of nursing and helping to evaluate them as to whether they deserve WSNA’s endorsement. Our members are our strength, and the more politicians get to know our members, the more able our members are to keep them informed, and to hold them accountable for their decisions.

Participating in candidate interviews is a great way for WSNA members to educate candidates for office about the most pressing health issues for our patients and our communities. You only need to bring your interest and expertise as a nurse; WSNA staff are there to help you and the candidate make the most of your interview. It takes commitment and heart, and so here’s a big thank you to the following members for helping to build the voice and power of all of WSNA.

**Special Recognition & Thanks**

- MARTY AVEY
- SALLY BAQUE
- GENOVEVA “EVA” BELL
- CHRIS BIRCHEM
- ANNA BOWMAN
- PATRICIA BRADLEY
- CLARE BROOKS
- KAREN BROZOVICH
- WENDY CADY
- JOAN CALEY
- BILL DANFORTH
- ED DOLLE
- SUSAN FLAGLER
- NANCY FUGATE WOODS
- MELISSA GOLDBERG
- ELLA GUILFORD
- LOUANNE HAUSMAN
- JONI HENSLEY
- VIVIAN HILL
- SUE JACOBSON
- DEBBY JAMES
- ARLOWEN JORDAN RAYGOR
- LOUISE KAPLAN
- KATHLEEN LANGE
- ELSEE LARSEN
- AMANDA Mackey
- FRANKIE MANNING
- KRIS MAZURKIEWICZ
- MARY MENTELE
- PAM NEWSOME
- TASHINA NUNEZ
- BRONWEN O’NEILL
- MADELEINE ORMOND
- JEANX RINEHART
- PEGGY SCHMIDT
- CHRISTY SCHUMPERT
- SANDRA SHOVLAIN
- PEGGY SLIDER
- SHANNON SPENCE
- HEATHER STEPHEN-SELBY
- ANITA STULL
- FRED STULL
- TERRY SURRATT
- SHERYL THULINE
- MARCIE TURPIN
- LYNNETTE VEHRS
- RACHAEL WARREN
- JULIA WEINBERG
- NANCY WILDER
- BOBBI WOODWARD
- VICKI WORNATH
- CECILIA YOUNG
- LIBBY ZADRA

If you would like to be involved in other WSNA 2012 electoral activities, please contact Richard Burton, WSNA Political Action Coordinator: RBurton@wsna.org; 206.718.4377
Tami Green showed her commitment, support and leadership for nurses in 2006 with her leadership in passing Safe Patient Handling Legislation, the best law on safe lifting in the nation. She was the prime sponsor of our bills on safe staffing and prohibition of mandatory overtime in 2012.

Tami has proudly served as a registered nurse for the past thirty years. Since living in Washington, she has worked at the Western State Hospital and the Child Study and Treatment Center, caring for Washington’s most severely mentally ill adults and children, and Good Samaritan Behavioral Healthcare in Puyallup. Currently, she is employed in St. Joseph Medical Center (Tacoma).

She currently serves on the Commerce & Labor, Health Care & Wellness, Audit Review & Oversight, Human Services, and Rules committees. She has been a key supporter of our uninterrupted rest and meal breaks legislation and has been an outspoken leader on previous issues like mandatory overtime.

Raised in an active-duty military family, Tami understands the importance of commitment, community and service. She brings her extensive experience as a mother, grandmother, nurse, and community activist to the State Legislature to address such vital issues as health care, public schools, and family wage jobs.

A nurse, veteran, former small business owner, mother of five daughters, and now grandmother, Mary McNaughton has dedicated her life to healthy families and communities. As an Oncology and Surgical nurse at Swedish Edmonds Hospital since 2002, Mary provides advanced care for her patients from pre-surgery prep to chemotherapy treatments. In addition to direct patient care, Mary has led the way for hospital reforms that improve conditions for nurses and ensure quality care for patients.

Mary has also become a strong advocate for decreasing toxins in our air, food and water after taking an environmental health class at UW-Bothell taught by Karen Bowman, MN, RN, COHN-S, WSNA’s Occupational & Environmental Health Specialist. She has supported the efforts of the Take Back Your Meds coalition (which includes WSNA) working to create a statewide program for the safe return and disposal of left-over medicines.

As a staff nurse and WSNA member, Mary knows why issues like safe staffing, meal and rest breaks, and nurse fatigue are so important to the safety of our patients. Mary knows why a strong health safety net and funding for public health are so critical to the future of this state. Adding her voice to the legislature will be an important step forward in WSNA’s Campaign for Patient Safety.
Legislative Affairs  Featured Candidates

Bob Ferguson
Running for State Attorney General

Many of us may wonder what an attorney general does and why it matters to nurses and our patients. In short, the attorney general is the chief legal officer for this state. Bob Ferguson describes it as running the strongest public law firm in the country. The Attorney General manages this ‘large law firm’ of nearly 600 attorneys and a similar sized support staff in enforcing and defending state law and providing counsel to state agencies. The Attorney General is also the people’s lawyer, representing those who cannot afford a high-priced attorney.

Bob Ferguson is a lawyer, King County Councilmember, and fourth generation Washingtonian. He has demonstrated commitment to keeping our communities safe and healthy, reform government, protect our environment, and provide care for our veterans.

“I am keenly interested in health care issues. On the King County Council, I have been a leader in supporting and preserving these Public Health Centers. For example, in 2008, the Executive proposed cutting a Public Health Center. I led the effort at the County to restore funding for that Public Health Center and it remains open to this day. My opponent, on the other hand, proposed a budget amendment that would have made cuts to public health of $3.2 million. These draconian cuts would have impacted the County’s ability to provide critical public health services. I pledged to remove Washington State from the lawsuit against the national health care reform. My opponent supported that lawsuit.

As the son of a public school teacher and a Boeing employee, I bring middle class values and independence to the office of Attorney General. As Attorney General, I will be a strong advocate for collective bargaining. I will defend the law and speak out against any attacks on collective bargaining, working to prevent what happened in Wisconsin from happening here. On issues related to health care and collective bargaining, I will have an open door policy to the Washington State Nurses Association.”

—Bob Ferguson

Dennis Dellwo
Running for 6th District House Position 2

Attorney Dennis Dellwo has a long and successful career in law and community service. A current Plan Commission Member for the City of Spokane, Dennis served under two Governors for the Eastern Washington Growth Management Hearings Board for 12 years. He was elected seven times to the State Legislature in Spokane, serving from 1983 through 1996. Among his accomplishments, he chaired both the Health Care and the Banking/Insurance Committees, served on the powerful Ways and Means Committee, and was a ranking member of the Law and Justice Committee.

As a State Representative in the 1990s, Dennis helped author groundbreaking health care reform legislation in Washington State, which brought coverage to thousands of families who had none before. He also worked to make it illegal for insurers to discriminate on the basis of age, race, or gender. He is especially proud of legislation that required insurers to pay for mammograms for Washington women.

Dennis cites his wife—Lynnette Vehrs, an active WSNA member currently serving on the Legislative and Health Policy Council—as a trusted advisor on issues related to nursing and health care. As an instructor at Washington State University College of Nursing, Lynette provides expertise on both patient care and nursing workforce training.
Q & A WITH JAY INSLEE, CANDIDATE FOR GOVERNOR

Why did you first get involved in politics?
Trudi and I were living in Selah, a small town in the Yakima Valley, and our three boys were in school. The town had tried several times to pass a bond to build a new high school, but had been unsuccessful. We were on the verge of having to double-shift the students, so Trudi and I got involved in the eighth effort to pass the bond. This time we succeeded. But then we learned the Legislature was looking at cutting funding for education so I was motivated to run for the Legislature, and had the privilege of serving two terms as State Representative for the 14th Legislative District.

As a Congressman you had to spend a lot of time in D.C. What did you miss about Washington State when you were gone?
I actually spent half my time here at home so really didn't have a chance to miss anything. I came back almost every weekend and was home every opportunity I could be here. I really love Washington State, and being away from the people and places I love most was just never an option for me.

You’ve lived on both the east and west side of the state, and you’re a fifth generation Washingtonian. How do you think these experiences have affected your perspective on Washington and how will they make you a better Governor?
Yes, I grew up in the Puget Sound area. My dad was a biology teacher at Sealth and Garfield high schools in Seattle. My mom was a clerk at Sears & Roebuck. Trudi and I moved over to Selah after I finished law school and we lived there for nearly 20 years in a 100-year-old farmhouse.

I think this gives me a very unique perspective on our state. I’ve represented both urban and rural communities. I’ve driven bulldozers, grown alfalfa and prosecuted drunk drivers. I understand the economies on both sides of the state and I have ideas on how to help those economies grow. There is incredible potential for our farmers to grow the next generation of biofuels, for example. And challenges on issues like health care, where access to doctors is often limited for those on Medicare and Medicaid.

If we want our state to fulfill its full economic potential, having a governor who can harness that potential from all corners of the state is essential, and I believe I can do just that.

As Governor, you are likely to oversee a time of rapid change and possibly uncertainty in our health care system. What role do you see for yourself and for nurses as national health care reform plays out in Washington?
Health care should be affordable and accessible for everyone, and there should be no delay in reaching that goal. I supported the ACA—reforms that Rob McKenna has been trying to overturn—which has already kept millions of young Americans from losing coverage, ensured health care for children with pre-existing conditions, and protected many others from double-digit premium increases.

As we move forward (and at the time of this interview, the health care ruling is still pending), nurses will continue to play a critical role in determining our health care policies and the implementation of those policies. We currently have a sick care system and I intend to move us towards a health care system. This means those working on the frontlines – like our nurses – will help me and other policy makers understand what best helps patients get the treatment they need, prevent illness and injury, and save money with efficiencies and safety measures in our hospitals and clinics.

Continued
I intend to continue my open-door policy and will work with all stakeholders to ultimately base state policy on the best evidence presented to us. I look forward to the results of the Health Care Authority’s Exchange comments and recommendations on our state’s exchange, which will be used to guide implementation.

Washington is projected to have a shortage of 24,000 registered nurses in 2020. How would you increase the supply of registered nurses in Washington?

This is an issue of both recruitment and retention.

We need to do a better job of training more nurses. An important aspect of my jobs plan focuses on workforce development and ensuring that we’re graduating students in high-demand fields. That’s one reason I support increasing designated nursing enrollment slots in two- and four- year programs.

But we also have to do a better job of retaining nurses. Statistics show that almost half of all new nurses will leave their nursing job after their first year. That tells me we have serious workplace problems that need to be addressed, for the health of our patients and for the sake of the nurses they rely upon to get better.

Would you support legislation that would establish statewide nurse staffing minimums in Washington? Why?

Yes. The evidence is clear: more nurses with more manageable workloads unequivocally means better outcomes. And from a budgetary point of view, those improved outcomes mean major cost-savings.

Collective bargaining has been under attack across the country and, in particular, the rights of public employees. Unions have been on the forefront of advocating for patient safety measures and giving nurses a voice in their workplaces. Many nurses, such as those at public hospitals, public health departments, school nurses, and university-affiliated hospitals are also public employees. What is your position on the rights of workers to collectively bargain?

As long as I’m governor, we will not allow the virus of Wisconsin into Washington State. I strongly believe in workers’ rights to organize and collectively bargain, and I have worked to protect those rights throughout my career. In order to protect our workers, our middle class and our jobs, we need to support our workers and protect their right to organize and to join unions. The nurses of WSNA also work to ensure quality care for our patients and provide valuable insight into how to make our health care system work better for everyone.

Public health and public health nurses play a central role in keeping our communities healthy and safe including disease prevention and disaster preparedness. How would you ensure that we invest in this critical health infrastructure?

Economic growth in Washington is one of my top priorities. The disappearance of preventative programs in public health is a threat to the state’s economic vitality. Because of budget shortfalls, some local health departments have stopped providing vital preventative programs such as Maternity Support Services, Nurse Family Partnership, and Immunizations. These programs save the state millions of dollars by preventing avoidable disease and chronic illness. Public health nurses play a critical role in many of these efforts, such as providing immunizations for pertussis. I am deeply troubled by the recent pertussis epidemic in Washington and the preventable deaths that have occurred as a result.

There is clearly a need to reinvest in our health safety net. I look forward to working with the public health community in restoring and maintaining prevention-based programs. I’m committed to moving our state towards a preventative-based health care system, similar to the system King County implemented that resulted in savings of $61 million.

Advanced registered nurse practitioners (ARNPs) play a critical role in ensuring access to specialty and primary care. Would you support efforts to require reimbursing ARNPs the same amount as physicians for the same service?

Yes, ARNPs deserve fair and equal reimbursement for the services they provide to patients. This is especially true as we move towards a system based on patient outcomes instead of the current fee-for-service system and as we work to improve access to care for people in underserved communities.

What advice do you have for people who want to get more involved in politics or have a bigger voice in state policies and laws?

The most important thing is to remember that your elected officials work for you. They want to hear from you. I’ve always made it a priority to talk with constituents who visit and to read the messages that come in to my office. The stories people share give me ideas and they give me motivation.

Getting involved can be as simple as writing a letter to your representatives and senator or leaving a message at their office. Find local organizations to volunteer with—it’s usually easier and more fun to get involved when you’re part of a group. Participate in a lobby day or visit the Capitol one day to watch a hearing on a bill that you’re interested in. Our democracy only works when people play an active part in it—when you don’t like how something is working, help your elected officials fix it.
Each election cycle, ANA-PAC endorses candidates who have demonstrated strong support for nursing and healthcare issues. Federal candidates under consideration for endorsement are judged using concrete endorsement criteria, which is set forth by the ANA-PAC Board.

For the Presidential election, a special Presidential Endorsement Task Force is selected from the ANA-PAC to work with ANA Government Affairs staff on evaluating candidates for President. The process includes examining the voting records of viable candidates, drafting a questionnaire to gauge support for ANA’s core policy issues, conducting candidate interviews, and polling state nursing associations and the membership of ANA.

To assess member support of each candidate, ANA held a Virtual Voting Booth from April 9, 2012 through April 23, 2012. Members were allowed to vote only once and could indicate a first and second choice candidate. Barack Obama was the clear favorite among ANA members, with 69% or respondents choosing him as their top candidate. The Presidential Endorsement Taskforce then forwards their recommendation on to the ANA-PAC and ANA Board for ratification.

In choosing endorsements for Senate and House of Representatives, ANA assesses WSNA’s support of the candidate and gathers information on the campaign by communicating with WSNA, conducting candidate interviews, distributing ANA’s candidate questionnaire to non-incumbents, assessing incumbent’s legislative records on ANA’s priority issues, reviewing campaign polling and fundraising information, and tracking races in trade publications and newspapers. All ANA-PAC candidate endorsements are approved by WSNA.

For more information about ANA-PAC endorsements, please visit www.rnaction.org/election_center.

PRESIDENT
Barack Obama

SENATE & HOUSE OF REPRESENTATIVE
Visit www.wsna.org/Political-Action/Vote/ for the most up-to-date and complete list of congressional endorsements

Budget Finalized After Two Special Sessions
A weary legislature recovering from two special sessions in 2011 faced serious challenges going into the 2012 legislative session last January. Since 2009, legislative sessions have focused on how to close state budget shortfalls resulting in $10 billion in cuts to vital health, human services, and higher education. The list of cuts and eliminations to programs grows every year.

At the close of the regular session, Senate Republicans were able to recruit three Senate Democrats (Senators Jim Kastama of the 25th Legislative District, Rodney Tom of the 48th Legislative District, and Tim Sheldon of the 35th Legislative District) to force an alternative budget that proposed more cuts to health, human services, and higher education by a slim one vote margin. A conservative agenda held budget negotiations hostage with the aim to erode state government and diminish state employee pensions, virtually eliminate state funding for family planning services, advance charter schools and other ‘reforms’.

Because of the Legislature’s inability to create a budget by the end of regular session, the Governor declared a special session that began on March 12th. With severe partisan and ideological divisions, the Legislature had a long way to go before reaching a compromise. The Governor declared a second special session when the legislature failed to enact a budget by midnight, April 11th, the end of the 30-day first special session. The Legislature did not take a break, and worked early into the morning of April 12th until they could pass a budget and ‘reform’ bills.

Thanks to the advocacy of our members, all of WSNA’s budget priorities avoided cuts in the final budget bill, ESHB 2127. The Legislature was also able to generate new revenue by taxing “roll your own cigarettes,” effectively closing a loophole in cigarette taxation, and closing the bank first mortgage loophole.

For a full report on the final budget, visit www.wsna.org/Political-Action/2012-Session-Summary
# Be prepared for the unexpected.

Get a WSNA Emergency Preparedness Kit.

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## Standard Kit $34.99

- 8 Datrex Emergency Drinking Water Pouches
- 1 Datrex packet of 9 food bars
- 1 Thermal Blanket - 84” x 52”
- 2 Air-activated 12-hour body / hand warmers
- 1 Hooded Poncho
- 3 Trash Bags
- 2 12-hour light sticks
- 2 zip baggies
- 1 flashlight with 2 D cell batteries
- 1 Whistle
- 1 deck playing cards
- 1 pair leather palm gloves
- 1 sling bag
- 1 hygiene pack (1 tissue packet, 3 moist towelettes, 1 biohazard wate bag, 1 n-95 dust mask, 2 sanitary napkins, 1 zip baggie)
- 1 first aid pack (3 2” x 2 gauge pads, 1 5” x 9” abdominal pad, 10 plastic strip bandages, 1 roll Kendall tape, 3 antiseptic towelettes, 2 antibiotic ointments, 1 pair vinyl gloves, 3 alcohol wipes)

## First Responder Kit $49.99

- 16 Datrex Emergency Drinking Water Pouches
- 1 Datrex packet of 18 food bars
- 1 Thermal Blanket - 84” x 52”
- 2 Air-activated 12-hour body / hand warmers
- 1 Hooded Poncho
- 3 Trash Bags
- 2 12-hour light sticks
- 2 zip baggies
- 1 flashlight with 2 D cell batteries
- 1 AM/FM radio
- 1 Whistle
- 1 deck playing cards
- 1 pair leather palm gloves
- 1 sling bag
- 1 hygiene pack (1 tissue packet, 3 moist towelettes, 1 biohazard wate bag, 1 n-95 dust mask, 2 sanitary napkins, 1 zip baggie)
- 1 first aid pack (3 2” x 2 gauge pads, 1 5” x 9” abdominal pad, 10 plastic strip bandages, 1 roll Kendall tape, 3 antiseptic towelettes, 2 antibiotic ointments, 1 pair vinyl gloves, 3 alcohol wipes)

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Be prepared for the unexpected.

- hurricane
- blizzard
- earthquake
- flood
- terrorist attack
- tornado
- volcano
- natural disaster

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Place your order by mail, phone or fax:

**Washington State Nurses Association**  •  **575 Andover Park West, Suite 101**  •  **Seattle, WA 98188**

206.575.9797 phone  •  206.575.1908 fax  •  wsna@wsna.org  •  www.wsna.org
Raising Our Collective Voice...

Right: Terri Gartman, UWMC Local Unit Co-Chair speaks from the heart at a rally held April 3, 2012. The rally was the turning point in difficult contract negotiations. Significant proposed "take-aways" were overcome, and the contract was approved by an overwhelming majority of UWMC nurses.

Above: NFN President Barbara Crane was in Washington State for a number of events, including the UWMC rally and a Unity Dinner at Kittitas Valley Community Hospital

Labor Relations Report Card

The current economic environment continues to make negotiations challenging for collective bargaining units throughout the state. WSNA negotiation teams, nurse representatives and attorneys have worked hard to achieve fair contracts, with continued positive results.

By participating in the collective bargaining process, WSNA members are standing together and continuing to demand strong contract language, that holds employers accountable.

We are proud of our successes and will continue to hold the line, fighting for fair and equitable contracts that promote the interests and welfare of WSNA-represented nurses.

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<td><strong>Tacoma General Hospital</strong></td>
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<td>• Definition of full-time nurse changed to 36 hours per week or 72 hours per pay period</td>
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<td>• Call back relief; if working call back after 11pm a nurse may request relief from working the following day</td>
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<td><strong>University of Washington Medical Center</strong></td>
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<td>• One dollar per hour premium for BSN or higher nursing degree</td>
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<td>• A &quot;me too&quot; clause for any raises attained by Harborview RNs through the contract cycle, including positive changes to Annual Steps</td>
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<td><strong>Good Samaritan Hospital</strong></td>
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<td>• Improved rest between shifts; language now includes mandatory staff meetings</td>
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<td>• Effective 4/2013, Steps 11, 13, 15, 17, 19, 21, 23, 24, 26, 27, 29 filled in and nurses will receive raises on these anniversary dates</td>
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<td>• Much-improved call back protection</td>
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<td>2nd Year</td>
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<td>• All nurses now eligible for $500 continuing education money</td>
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<td>• Definition of full-time nurse changed to 36 hours per week or 72 hours per pay period</td>
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Another Successful and Inspiring National Labor Academy

Nurses from around the country gathered for the National Federation of Nurses third annual National Labor Academy, which took place in Chicago, May 4 – 6, 2012. As always, NFN Academy themes were designed to address the most current, critical and relevant issues for nurses everywhere. This year’s theme, “Sharpening Our Political and Collective Bargaining Focus,” brought members together to share strategies about how we can successfully fight anti-worker legislation in each state as well as ensure that nurses are properly represented in our work to improve workplace conditions and quality care for our patients.

The academy was launched by keynote speaker, Yetta Kurland, a prominent civil rights attorney who shared the alarming and riveting story of how St. Vincent’s Hospital in Manhattan, the oldest hospital in New York City, which treated the survivors of Titanic and survivors of 9/11, was closed in order to build luxury condos. An accidental advocate, she underscored how, through simple actions and collaboration, we all have the power to successfully create healthier, more just communities.

Nurses were also inspired by the Blue Eyed Nurse, the story of a courageous nurse who brought collective bargaining rights to nurses in Montana. Recognizing how this victory has forever changed the lives of nurses in the state, the Montana Nurses Association and NFN presented Mary Munger with an award for her fearless advocacy on behalf of nurses and our patients.

Over the two days, participants had the opportunity to attend educational sessions on a variety of topics including:

- Boots on the Ground: Building Solidarity Through Kick-Ass Grievances
- Frame or Be Framed: How Labor’s Opponents Shape Public Perception
- In Defense of Nurses: The Value of Legal Collaboration
- Accidental Advocacy & Circles of Influence: Our Voices/Our Stories
- The Not So Friendly Labor Laws
- Creating a Culture of Safety, Fairness and Respect
- SB-5 How Ohio Turned the Law Upside Down from the Ground Up
- Parliamentary Procedure: Robert’s Rules of (Dis)Order
- New Data and Analysis of Malpractice Claims

The second day matched the energy of the first. We were joined by Tim Burga, president of the Ohio AFL-CIO, who was instrumental in repealing Senate Bill 5 in Ohio, legislation that would have stripped workers of their rights to collectively bargain. The state AFL-CIO worked closely in partnership with NFN member, the Ohio Nurses Association (ONA), in securing this feat, and came to the Academy to celebrate the win and share their strategies for organizing from the ground up.

Sunday’s keynote address was presented by Paul Booth, executive assistant to the president of the international union, AFSCME. Paul enumerated current political challenges contributing to the state of the 21st Century Labor Movement and to the American middle class with a call to action in the 2012 elections and legislative process throughout the country.

WSNA’s own Anne Tan Piazza, Assistant Executive Director of Government Affairs and Operations, shared details of our statewide Campaign for Patient Safety, emphasizing that safe care starts with safe staffing. NFN is mobilizing their members to take a stand as never before in advocating for practical legislative solutions to resolve the staffing crisis.

No NFN Labor Academy would be complete without an inspirational call to action from our friend and mentor, Stuart Acuff, Utility Workers Union of America’s chief of staff and assistant to the president. He brought everyone to their feet in celebration of what labor has accomplished for America’s middle class, and he left us challenged and mobilized with renewed inspiration for our continued fight to bring economic and social justice for our patients, our community, our profession, and our brothers and sisters in the labor movement.

† These presentations or materials are available online at www.nfn.org/archives/2542.
TEAM MEETING!

2012 Leadership Conference
Agenda & Registration
**SUNDAY, SEPT 23**

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</thead>
<tbody>
<tr>
<td>12:00PM - 1:00PM</td>
<td>Early Registration</td>
<td>Stehekin Foyer</td>
</tr>
<tr>
<td>1:00PM - 5:00PM</td>
<td>Fall Local Unit Council Meeting</td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td>5:00PM - 6:00PM</td>
<td>Local Unit Council Networking Reception</td>
<td>Stehekin Ballroom</td>
</tr>
</tbody>
</table>

**MONDAY, SEPT 24**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30AM - 8:15AM</td>
<td>Breakfast</td>
<td>Centennial Ballroom</td>
</tr>
<tr>
<td>8:15AM - 9:00AM</td>
<td>Welcome and Introductions</td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td>9:00AM - 10:30AM</td>
<td><strong>Keynote Address</strong></td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td></td>
<td>Nurse Power! Harnessing the power, the passion, and the pride of nursing</td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td>10:30AM - 10:45AM</td>
<td>Break</td>
<td>Centennial Ballroom</td>
</tr>
<tr>
<td>10:45AM - 11:45AM</td>
<td>Your Union: Our History and Our Future</td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td></td>
<td>Barbara Frye, BSN, RN, WSNA Senior Labor Consultant</td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td></td>
<td>Christine Himmelsbach, MN, RN, WSNA Assistant Executive Director of Labor Relations</td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td>11:45AM - 1:00PM</td>
<td>Lunch</td>
<td>Centennial Ballroom</td>
</tr>
<tr>
<td>1:00PM - 2:30PM</td>
<td>Education Sessions</td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td>A</td>
<td>Hitting a Home Run With Your Local Unit</td>
<td>Stehekin A</td>
</tr>
<tr>
<td></td>
<td>Jan Bussert, BSN, RN, WSNA Nurse Organizer</td>
<td>Stehekin A</td>
</tr>
<tr>
<td></td>
<td>Tara Goode, BA, BSN, RN, WSNA Nurse Organizer</td>
<td>Stehekin A</td>
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<tr>
<td></td>
<td>Mara Kieval, BSN, RN, WSNA Nurse Representative</td>
<td>Stehekin A</td>
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<tr>
<td>B</td>
<td>Presenting and Messaging to the Crowd!</td>
<td>Stehekin B</td>
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<tr>
<td></td>
<td>Anne Tan Piazza, WSNA Asst. Executive Director of Governmental Affairs &amp; Operations</td>
<td>Stehekin B</td>
</tr>
<tr>
<td></td>
<td>Lillie Cridland, WSNA Communications Specialist</td>
<td>Stehekin B</td>
</tr>
<tr>
<td>C</td>
<td>Practice Makes Perfect: Winning Grievances</td>
<td>East/West Room</td>
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<tr>
<td></td>
<td>Pat McClure, RN, WSNA Nurse Representative</td>
<td>East/West Room</td>
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<tr>
<td></td>
<td>Hanna Welander, BSN, RN, WSNA Nurse Representative</td>
<td>East/West Room</td>
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<tr>
<td>D</td>
<td>Coach Training for Local Unit Officers</td>
<td>River Room</td>
</tr>
<tr>
<td></td>
<td>Terri Williams, RN, WSNA Nurse Representative</td>
<td>River Room</td>
</tr>
<tr>
<td></td>
<td>Ed Zercher, BSN, RN, WSNA Nurse Representative</td>
<td>River Room</td>
</tr>
<tr>
<td>2:30PM - 3:00PM</td>
<td>Break</td>
<td>Centennial Ballroom</td>
</tr>
<tr>
<td>3:00PM - 3:45PM</td>
<td>Our Position in the National Team</td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td></td>
<td>Barbara Crane, RN, President, National Federation of Nurses</td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td>3:45PM - 4:15PM</td>
<td>Group Photo</td>
<td>TBA</td>
</tr>
<tr>
<td>4:15PM - 6:00PM</td>
<td>Free Time</td>
<td>TBA</td>
</tr>
<tr>
<td>6:00PM - 7:00PM</td>
<td>Welcome Reception</td>
<td>Terrace</td>
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<tr>
<td>7:00PM - 9:00PM</td>
<td>Awards Banquet</td>
<td>Stehekin Ballroom</td>
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<td></td>
<td>Cabinet on E&amp;GW Awards Banquet</td>
<td>Stehekin Ballroom</td>
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<tr>
<td></td>
<td>Our Teams are All-Stars!</td>
<td>Stehekin Ballroom</td>
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</table>

**TUESDAY, SEPT 25**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30AM - 8:30AM</td>
<td>Breakfast</td>
<td>Centennial Ballroom</td>
</tr>
<tr>
<td>8:30AM - 9:15AM</td>
<td>Labor Movement, Leading the Way</td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td>9:15AM - 9:45AM</td>
<td>Labor Council and Partnerships—Winning the Game!</td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td></td>
<td>Lynne Dodson, Secretary / Treasurer, Washington State Labor Council</td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td>9:45AM - 10:30AM</td>
<td>Break / Check Out</td>
<td>Centennial Ballroom</td>
</tr>
<tr>
<td>10:30AM - 11:30AM</td>
<td>Campaign for Patient Safety</td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td></td>
<td>Anne Tan Piazza, WSNA Asst. Executive Director of Governmental Affairs &amp; Operations</td>
<td>Stehekin Ballroom</td>
</tr>
<tr>
<td>11:30AM - 12:00PM</td>
<td>Our Future is Ours</td>
<td>Stehekin Ballroom</td>
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</tbody>
</table>
Join us at Campbell’s Resort, on the shores of Lake Chelan.

As summer draws to a close, join nurses from around the state at Campbell’s Resort, situated on the waterfront, right in the heart of the city of Chelan.

Chelan and the surrounding area are home to a water park, four golf courses, and numerous wineries. The small downtown area, just steps from the resort, features shops, cafes and bars, and a riverfront park.

Get more information about things to do in the area, driving directions, and more at [www.wsna.org/leadership](http://www.wsna.org/leadership).

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2012 Leadership Conference Registration

<table>
<thead>
<tr>
<th>First Name</th>
<th>Address</th>
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</thead>
<tbody>
<tr>
<td>Informal First Name</td>
<td>City</td>
</tr>
<tr>
<td>Last Name</td>
<td>(Non-work) Email Address</td>
</tr>
<tr>
<td>Credentials (RN, MN, BSN, etc)</td>
<td>Phone</td>
</tr>
</tbody>
</table>

**LOCATION**

**Campbell’s Resort**

104 W Woodin Ave, Chelan, WA 98816

Chelan is located near the center of Washington State, just 180 miles east of Seattle and 160 miles west of Spokane. Major airline service is available from Wenatchee, 36 miles to the south.

**ACCOMMODATIONS**

To make room reservations, contact Campbell’s at 800.553.8225 or 509.682.2561, and reference registration group code: **WSNA**.

Rooms can also be reserved through the Campbell’s website at [www.campbellsresort.com](http://www.campbellsresort.com).

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**FEES**

Attendance fee $300

<table>
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<tr>
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<th>awards banquet guests</th>
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</thead>
<tbody>
<tr>
<td></td>
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<td><strong>Total amount due</strong></td>
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</tbody>
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**EDUCATION SESSION**

Select one:

- [ ] A Hitting a Home Run with Your Local Unit
- [ ] B Presenting and Messaging to the Crowd!
- [ ] C Practice Makes Perfect: Winning Grievances
- [ ] D Coach Training for Local Unit Officers

**SPECIAL DIETARY Needs**

(Optional)

- [ ] Vegetarian
- [ ] Vegan
- [ ] Gluten-free

**PAYMENT**

- [ ] Check / Money Order payable to WSNA
- [ ] Visa / MasterCard

Card Number ________________________ - ________________________ - ________________________ - ________________________

Exp Date / ________________________

Cardholder Name

Cardholder Signature

**Local Unit Funds**

Local Unit

Signature of Local Unit Chair
Become a better labor leader.
Get informed and updated on key issues facing the nursing profession and the labor movement.

NURSE POWER!
Donna Cardillo
Donna Cardillo, RN, is fiercely passionate about nursing and has made a career helping nurses reach their full potential. She writes for Nursing Spectrum and NurseWeek magazines and provides career advice online at nurse.com. She is an “expert” blogger at DoctorOz.com—the first and only nurse in that role—and has authored three books: Your First Year as a Nurse, The ULTIMATE Career Guide for Nurses, and a Daybook for Beginning Nurses. Donna has been referred to as the Ann Landers and the Dr. Phil of the nursing profession.

YOUR UNION: OUR HISTORY AND OUR FUTURE
Barbara Frye
A Registered Nurse for over 35 years, Barbara Frye has been active in the state nurses’ associations in Oregon and Washington for decades. She has served as a Local Unit Chairperson in three Local Units and has held numerous other elected positions. Barbara has made considerable contributions to WSNA as a member and on staff, eventually serving as the Director of Labor Relations. In this role, she saw WSNA’s membership more than double; helped form two national unions for registered nurses; and spent hundreds of hours on the picket lines advocating for nurses and patients.

Christine Himmelsbach
Christine Himmelsbach has been a nurse for 16 years, specializing in critical care, emergency and surgical practice areas. In addition, she has extensive experience in leadership, management and director roles. She joined WSNA staff 5 years ago and currently occupies the role of Assistant Executive Director of Labor Relations.

OUR POSITION ON THE NATIONAL TEAM
Barbara Crane
Barbara Crane has been a member of the New York State Nurses Association for 33 years. She has been President or delegate of her Local Bargaining Unit at St. Johns and St. Catherine’s Hospitals for over 25 years. She has participated in NYSNA’s Delegate Assembly both as a Member and as President, and has served as Vice President of the New York State AFL-CIO, as well as serving on the NYSNA Board of Directors. Barbara currently occupies a seat on the ANA Board of Directors, and is President of the National Federation of Nurses.

LABOR MOVEMENT, LEADING THE WAY
Stewart Acuff
Stewart Acuff is the Chief of Staff and Assistant to the President of the Utility Workers Union of America (UWUA). Previously, he was Director of Organizing for the AFL-CIO. A community and union organizer for 25 years, he has written and spoken extensively, and has been published in the Atlanta Constitution, Labor Research Review, In These Times, The Nation, Foreign Policy and Focus Magazine, Labor Studies Journal, New Labor Forum, as well as several newspapers.

LABOR COUNCIL & PARTNERSHIPS — WINNING THE GAME!
Lynne Dodson
Lynne Dodson is Secretary-Treasurer of the Washington State Labor Council. Lynne is the first woman to be elected as an executive officer in the history of the Council, which was formed in 1957. Previously, Lynne was a professor of psychology at Seattle Central Community College; President of AFT Local T789; First Vice President of AFT Washington; and an Executive Board Member of the Martin Luther King, Jr. County Labor Council.

EDUCATION SESSIONS
HITTING A HOME RUN WITH YOUR LOCAL UNIT
Jan Busseret
Jan Busseret has been a nurse since 1969, practicing in Psych, Long Term Care, PACU, Critical Care, Cardiac Rehab, and Ambulatory Care. She has served as the Treasurer of the American Nurses Association, and is a past President of WSNA. She has been the President of her District Nurses Association, and Local Unit Co-Chair. She joined the WSNA staff in 2006, taking on the role of Nurse Organizer.

Tara Goode
Previously a firefighter / EMT, Tara Goode has been a registered nurse for more than a decade. At UW Medical Center, she was a Local Unit rep, served twice on her local unit’s negotiating team, and was on the Health and Safety Committee. She has been on staff at WSNA as a Nurse Organizer since 2008.

Mara Kievai
Mara Kievai was a labor and delivery nurse before getting involved in grassroots political organizing, leading to a career in labor organizing. On staff at WSNA as a Nurse Organizer for three years, she loves the opportunity her career affords her to empowering nurses—natural patient advocates—to advocate for their profession and their practice.

PRESENTING AND MESSAGING TO THE CROWD!
Anne Tan Piazza
Anne Tan Piazza joined the Washington State Nurses Association in 1997. She is the Assistant Executive Director of Governmental Affairs and Operations. Her passion for health policy and political activism has led WSNA to the forefront in legislative efforts addressing key nursing and patient safety priorities.

Lillie Cridland
Lillie Cridland joined WSNA in 2008 as the Communications Specialist. She is responsible for creating a variety of communications materials in support of quality patient care, nurse safety, and the advancement of the nursing profession. Her prior experience includes public affairs consulting, local and presidential political campaigns, and voter education efforts.

PRACTICE MAKES PERFECT: WINNING GRIEVANCES
Pat McClure
In 1979, Pat McClure organized the nurses at the VA Hospital in Vancouver with the Teamsters. A nurse since 1972, she was a critical care nurse, and she worked for two years as a manager at Bess Kaiser Hospital in Portland, Oregon. She has been a WSNA Nurse Representative for fourteen years.

Hanna Welander
Hanna Welander began her career as a registered nurse in 1996, and has served as Local Unit chair for Seattle / King County Public Health. She has been on staff as a WSNA Nurse Representative for eight years.

COACH TRAINING FOR LOCAL UNIT OFFICERS
Terri Williams
Terri Williams has been a registered nurse for seven years. At Virginia Mason Hospital, she was an oncology nurse specializing in end-of-life care and geriatrics. She served as Local Unit Rep there, and was Co-Chair of the staffing committee. She joined WSNA staff as a Nurse Representative in the summer of 2011.

Ed Zercher
Ed Zercher has been a registered nurse for 20 years, specializing for 17 of them in intensive care. He was a guest speaker at the 2011 PNWN Labor Academy, and served as a delegate at the 2010 ANA House of Delegates. He has been on staff as a WSNA Nurse Representative for the last three years.
Make Your Voice Heard at Upcoming Rules Writing Forums

The Washington State Nursing Care Quality Assurance Commission is beginning the rules writing process on several important rules topics. All forums are open to the public. Nurses are encouraged to attend or submit comments recommending how these rules should be written. Two meetings have occurred for the ARNP rules and a third is in the works. One upcoming meeting with multiple satellite locations will deal with rules for retired nurses.

If you are unable to attend the rules writing workshops you may send in written comments to nursing@doh.wa.gov. Suggestions received from the workshops will be summarized on the commission’s website over the next several months at www.doh.wa.gov/LicensesPermitsandCertificates/NursingCommission/RulesinProgress.aspx

For additional information...  
Ms. Terry J. West  
Deputy Executive Director  
Nursing Care Quality Assurance Commission  
360.236.4712  
www.doh.wa.gov/LicensesPermitsandCertificates/NursingCommission.aspx

Workshop: Rules for Retired Nurses

August 13th, 2012

The concept of a new licensure category for “retired nurse” has been accepted by the Nursing Care Quality Assurance Commission; therefore, they will be moving forward to write rules defining “retired,” identifying continuing competency requirements, and determining the licensure fee for this new category.

Locations

(Occurring at all locations simultaneously by videoconference)

Department of Health
Town Center 2
111 Israel Road SE
Tumwater, WA 98504
Room 158

Department of Health
Public Health Laboratories
1610 NE 150th Street
Shoreline, 98155-9701
Room S4

Department of Health
16201 East Indiana Avenue
Spokane Valley, WA 99216
Room 112

Schedule

9:00 – 9:45 am Initial licensure for graduates of international schools of nursing – Amend WAC 246-840-045

9:45 – 10:30 am SHB 2056 Assisted Living – amend WAC 246-840-920(5) Definitions to include assisted living facilities

10:30 – 10:45 am Break

10:45 – 11:30 am EHB 2186 Licensed Midwives – amend WAC 246-840-705 (3) and (4) to include Licensed Midwives under medical regimen

11:30 – 12:30 pm Lunch

12:30 – 1:15 pm Sexual misconduct rules – amend WAC 246-840-740

1:15 – 2:00 pm ESHB 2314 Long Term Care Workers – amend WAC 246-840 through 910, 920, 930, 940, 950, 960 and 970 – amend to add home care aides

2:00 – 2:45 pm ESHB 2473 Medication Assistant Endorsement – amend WAC 246-841-586 to add new endorsement to nursing assistant certified

2:45 – 3:00 pm Break

3:00 – 3:45 pm ESSB 6237 Medical Assistant – amend WAC 246-840-010(21) and WAC 246-840-840(3) – add “clinic”

3:45 – 5 pm Write new rule on retired active status
Anytime, Anywhere.

Get Your Required Continuing Education contact hours online, when and where it suits you.

**CURRENTLY AVAILABLE COURSES**
- Continuing Competency
- Grassroots Political and Legislative Action
- Guidelines for the Registered Nurse in Giving, Accepting, or Rejecting an Assignment
- Nurse Practice Act and ARNPs
- Protecting Nurses as a Valuable Resource: Washington State’s Safe Patient Handling Law
- Quality of Care, Nurses’ Work Schedules, and Fatigue
- Safe Staffing
- Violence in the Workplace
- Washington State Nurse Practice Act for RN’s
- And more on the way!

**MEMBER BENEFIT**
Free!

**CURRENTLY AVAILABLE COURSES**
- Take courses at a time and location convenient to you
- Start, stop, and re-start your reading where you left off if you cannot complete the course in one sitting
- Upon passing a course, print your CNE contact hour certificate immediately
- Keep an automatic record of the courses you have completed WSNA online CNE for up to seven years

[www.wsna.org/cne](http://www.wsna.org/cne)

The Washington State Nurses Association Continuing Education Provider Program (OH-231, 9-1-2012) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.
Washington Nurses Advocate for Environmental Health in 2012
By Karen Bowman, MN, RN, COHN-S, WSNA Environmental Specialist

As many of you are aware, WSNA is one of a handful of constituent nursing associations in the country that is dedicated to connecting nurses back to their environmental health roots and having nurses play a significant role in environmental health education, policy and advocacy. Over the years the Association has developed rich partnerships with local and national environmental health advocacy organizations and State and Federal Agencies to pass landmark legislation protecting vulnerable populations and our environment from exposures to persistent, bioaccumulative toxic chemicals. Our main work has been in collaboration with the Toxic Free Legacy Coalition as a long standing steering committee member along with Washington Toxics Coalition (WTC), Washington Physicians for Social Responsibility (WPSR), Earth Ministry and Planned Parenthood. Many Washington nurses have participated in numerous events around the state and have flown to Washington, D.C. to advocate for protecting children’s health and protecting the environment. We are deeply thankful for your time and thoughtful consideration of these issues.

Body burden studies conducted by Health Care Without Harm (HCWH) in collaboration with the American Nurses Association (ANA) and Physicians for Social Responsibly (PSR) (2009) are consistent with the 2009 body burden studies performed by the Center of Disease Control (CDC) demonstrating that toxic chemicals are winding up in the worst places; our bodies, human breast milk and—more concerning—our children. These toxic chemicals (Phthalates, Bisphenol A, Chlorinated Tris, heavy metals, medications and many more), are found in our homes, work sites and communities and are linked to learning disabilities, neurobehavioral disorders, reproductive problems, asthma, obesity, cardiac disease, hormone disruption and a host of other diseases including cancers.

As the environmental health specialist for WSNA, I am very encouraged by the work we have done to educate nurses, patients and citizens on what they can do to advocate for a healthier and more sustainable lifestyle. Here are some of the highlights of the past legislative session:

EHB 2821 or the Toxic Free Kids Act of 2012 died early in the session but was resurrected by supporting legislators so many times we lost count. It unfortunately died in Special Session merely because time just ran out. The bill had two main components; banning the toxic chemicals formaldehyde, antimony, Bisphenol A and the Chlorinated Tris flame retardants (TCEP and TDCPP) from certain children’s products containing foam like nursing pillows, changing pads and car seats, and; setting up a manufacturer-initiated alternatives assessment if their children’s products contained any of the chemicals on the Department of Ecology’s list of “chemicals of concern” for children. We had support from health providers,

These studies are excellent resources to identify routes of exposure to toxic chemicals:

- Body Burden: The Pollution of Newborns

- Hazardous Chemicals in Health Care: A Snapshot of Chemicals in Doctors and Nurses
  www.psr.org/assets/pdfs/hazardous-chemicals-in-health-care.pdf

- CDC National Report on Human Exposures to Environmental Chemicals
  www.cdc.gov/exposureresults
parents, faith based organizations, the Washington Environmental Council as a legislative priority, the two major firefighting organizations in Washington State and dozens more but the opposition resorted to deceptive scare tactics that gutted and eventually defeated the bill, despite the fact that none of these chemicals are essential to fire safety and it is possible to have fire safe products without toxic chemicals. Alternatives to these flame retardants include using safer materials, chemicals, and design methods.

Much was learned advocating for this bill. Next steps are to encourage the Department of Ecology to include Chlorinated Tris (TDCPP) on the list of chemicals of concern for children. We know that Tris flame retardants are bad for the environment and for us. Yet, it’s found everywhere—in consumer products, in the water, and in our bodies.

Creating a safe and convenient way to dispose of unwanted medications through legislation has been a legislative priority for Washington nurses for over 4 years now and unfortunately the 2012 Take Back Your Meds Senate bill 5234 was denied a vote in the Senate to carry it over into the Special Session. The proposed legislation would have required drug manufacturers selling medicines in Washington to provide and finance a secure take back and disposal program for leftover or expired medicines from residents at a cost of roughly 2 cents per prescription to drug manufacturers. Our environment suffers the consequences. Studies in Washington State and across the nation find pharmaceuticals contaminating rivers, streams and our drinking water. Children, the elderly and even pets are harmed every year from expired and unused medications. “In Washington State alone, about one-third of prescription and over-the-counter drugs sold or 33 million containers are left unused, many finding their way into the mouths of children. There’s been an alarming increase in accidental poisonings and teen drug abuse in the last decade—every fifteen minutes a child under 4 will overdose on drugs found at home. Annually, the state spends $31.7 million to hospitalize and treat children for unintentional poisonings from medicines; cover emergency room costs for kids who accidentally ingested medications; and expenses for children who have overdosed.” This is so unfortunate, given that the same PhRMA lobbyists and pharmaceutical companies that have worked out a very equitable program in Canada, removing hundreds of thousands of pounds of unwanted pharmaceuticals, worked so hard at undermining this bill.

I should mention the “Take Back Your Meds” Coalition’s efforts were recognized by the Washington State Public Health Association with a 2012 Health Champions Award in the category of preventing use of alcohol/tobacco/other drugs.

The Safe Chemicals Act of 2012 is a federal bill sponsored by Senator Lautenberg that will reform the old and outdated Toxic Substances Control Act of 1976, which grandfathered in over 60,000 chemicals. Consequently, we know very little regarding health effects of these chemicals on humans, animals and the environment. As mentioned prior, there have been staggering increases in chronic diseases and cancers. Many of the chemicals in commerce are known carcinogens, hormone disruptors and obesogens, and cause neurobehavioral disorders, reproductive impairment, learning disabilities, cardiac and respiratory disease and more. Senators Cantwell and Murray have recently co-sponsored the bill and it is supported by numerous health care providers and associations including WSNA, ANA, PSR and more. It’s critical we pass this legislation to prevent further harm to vulnerable populations and our environment. Europe has long had a reformed chemical policy titled REACH that has a process to register and evaluate the health hazards associated with chemicals prior to release. If we do not update our very much out-of-date chemical polices, the U. S. could potentially become the world’s dumping ground for toxic chemicals no one else wants.

OCCUPATIONAL HEALTH

The Hazardous Drug Rule passed in 2011 aims to implement rules that are consistent with and do not exceed provisions in the National Institute for Occupational Safety and Health’s (NIOSH) 2004 Alert on preventing occupational exposures to antineoplastic and other hazardous drugs in health care settings, as updated in 2010.1 WSNA has been working with other stakeholders and the Department of Occupational Safety and Health (DOSH) to develop a Charter Advisory Committee to review and approve model programs to implement in the workplace setting to protect your health. Exposures to hazardous chemicals have been linked to skin disorders, respiratory problems, reproductive issues, spontaneous abortions and cancers. Like the Bloodborne Pathogens standard WAC 296-823-100, the Hazardous Drugs

1 2012 TBYM release_Senate Bill Fails to Reach Vote_2 16 12
WAC 296-62-500 aims to reduce exposures through educations, implementation of control measures, and new policy and procedures. We will continue to update you during the ongoing process.

One other issue, though not a new exposure to the workplace, is surgical plume. Surgical plume is typically seen in the operating room where surgical cautery blades or lasers are used to cut or cautereize the skin resulting in a soot plume of burnt human flesh. Surgical plume is a caustic substance and when you look at the body burden studies above you understand that our bodies are unwilling repositories of the hazardous chemicals and heavy metals that escape in the plume of burnt human tissue. And according to OSHA, “The research is limited on transmission of disease through surgical smoke, but the potential for generating infectious viral fragments, particularly during treatment of venereal warts, may exist. Researchers have suggested that the smoke may act as a vector for cancerous cells which may be inhaled by the surgical team and other exposed individuals.”

There are control measures that already exist such as engineering controls like vacuum systems that easily attach onto the blade or laser. Personal protective equipment like N-95 respirators are the least effective protective control measure and should be used in conjunction with engineering control measures, not as a sole control measure.

Florence Nightingale’s theory stresses the healing properties of the physical environment (fresh air, light, warmth, pure food and cleanliness). Nursing puts patients in the “best conditions” for nature to act upon them. I pose the question, “How can patients recover from chronic disease when our air, food and water are contaminated?”

Environmental health is a part of every nurse’s practice. It is essential that we advocate for protecting our environment and human health. Aside from the fact that it is our professional obligation to do so, working in environmental health advocacy is rewarding; you meet wonderfully passionate people who love nurses, you have great fun, and you help raise nursing practice to where it should be—as a leader in improving the health of the nation.

The Nursing Commission regulates according to the laws and rules for nursing practice. The purpose of the Nursing Commission, or RCW 18.79.010, states:

It is the purpose of the nursing care quality assurance commission to regulate the competency and quality of professional health care providers under its jurisdiction by establishing, monitoring, and enforcing qualifications for licensing, consistent standards of practice, continuing competency mechanisms, and discipline. Rules, policies, and procedures developed by the commission must promote the delivery of quality health care to the residents of the state of Washington.

The disciplinary process starts with a complaint. Anyone can submit a complaint, but the Nursing Commission does not investigate all complaints. The complaint must be related to the practice of nursing and rise above a ‘threshold’ determined by the Nursing Commission to have concerns about the safety of people. If the complaint does not meet the threshold, it is closed. If the complaint is opened to investigation, an investigator is assigned. The investigator begins with a plan to gather evidence. Remember, a person is innocent until proven guilty. The Nursing Commission bears the responsibility to collect the evidence necessary to take all actions. The investigator, acting as a representative of the Nursing Commission, must decide if they are going to contact the nurse. If the investigator decides that contact with the nurse will interfere with the investigation, they wait to contact the nurse for a statement. The investigator sends the nurse a letter explaining that the Nursing Commission received a complaint about them. The letter explains the right to representation by an attorney. The letter also explains the process for the nurse to submit a written statement to tell their version of the complaint.

Once the investigator completes the investigation, the evidence is forwarded to a Reviewing Commission Member. The Reviewing Commission Member studies the evidence. The Reviewing Commission Member then presents the evidence to a panel of three commission members. The panel decides if the evidence supports informal or formal action or if the complaint should be closed.

If the panel decides to proceed with formal action, an attorney for the State of Washington develops and sends a Statement of Charges to the nurse. If the panel decides to proceed with informal action, the attorney sends a Statement of Allegations to the nurse. If the panel decides the evidence does not support action, the complaint is closed—no action taken.

The nurse then must decide if they want to “have their day in court” with a “jury of their peers.” The day in court is a hearing. This is a formal hearing, and if the nurse wants to be represented by an attorney, the attorney represents the nurse. An assistant attorney general represents the state and presents the evidence to a panel of three different Nursing Commission members. The Nursing Commission members determine if the evidence supports action on the license or if the case is closed. If there is action, a health law judge writes the order. The order includes the action taken and the terms and conditions that must be satisfied. With a Statement of Charges, the Nursing Commission can place the nurse’s license on probation, suspend the license, revoke the license or permanently revoke the license. If there is an informal process, the Nursing Commission serves a Stipulation to Informal Discipline that also includes terms and conditions that must be met to fully reinstate the license. The Nursing Commission defined the terms, conditions, time periods and fines that may be used in their Sanctioning Standards. The Nursing Commission uses the Sanctioning Standards to assure there are consistent actions taken with similar cases.

The nurse may agree with the Nursing Commission and enter an Agree Order. The nurse may disagree and appeal. Before the hearing, the nurse may work with the reviewing commission member and enter a settlement.

Less than three percent of nurses in Washington receive any discipline from the Nursing Commission. With the sanctioning standards, the Nursing Commission truly lives their belief in rehabilitating the nurse. The most frequent orders include education, supervision, written reports, and evaluation of competency and safety.

The Nursing Commission also adopted an Early Remediation program. If the Nursing Commission receives a complaint and there is no evidence of patient harm—but there are concerns with the nurse’s practice—the Nursing Commission may recommend the nurse enter the Early Remediation Program. The nurse, their employer and the Nursing Commission enter an agreement that the nurse will complete coursework, supervision and competency evaluation. This is very helpful for all involved and there is no record of action on the nurse’s license.

The disciplinary process is complex and usually lengthy. The Nursing Commission must protect the patients we serve in their most vulnerable conditions—and most nurses are trustworthy.

Facts about Nutrition & Surgery

- Malnourished patients undergoing surgery for gastrointestinal cancer have more than 10-fold increased morbidity.
- Assessment for unintentional weight loss, change in dietary intake, and gastrointestinal symptoms can indicate that a patient may be at nutritional risk.
- Albumin levels less than 3.0 are associated with higher post-op complication rates: 25% with levels 2.5 to 2.9 and 50% 2.0 to 2.4.
- Surgery patients suffer from immune suppression which increases infection rates. A meta-analysis looking at 3,104 patients across 28 randomized control trials on elective surgeries demonstrated that use of "arginine-supplemented diets" was associated with a 41% reduction in risk of infectious complications. Seven studies of pre-operative use showed a 43% reduction in risk.

Learn more about the Strong for Surgery initiative and find out how you can get involved.

WWW.BECERTAIN.ORG/STRONG.FO             R.SURGERY

References


King County Nurses Association held its 109th Annual Meeting & Spring Banquet May 10 at the Shilshole Bay Beach Club; by all accounts, it was a huge success!

**Shining Star awards** were presented to three outstanding nurses:

**Wayne Quinn**  
*Outstanding community service as a nurse*  
Wayne is a miracle worker when it comes to serving the traditionally underserved. He plied his nursing trade for seven years at King County Jail, and for 23 years on the streets with Health Care for the Homeless Network. Recently retired due to health concerns, Wayne was a pioneer in working with the challenging homeless population in King County. According to coworkers, he had a gift for engaging the hard-to-reach client and never came to work without his sense of humor. Congratulations, Wayne!

**Kathy Lewis**  
*Excellence in nursing practice*  
Sometimes known as the “foot care guru,” Kathy worked in healthcare for the federal government for 44 years, including 10 years of outreach to veterans, providing foot care. In 1997, she began taking student nurses and volunteers from the Veterans Administration to Pike Place Senior Center, where they provided foot care. In 1997, she began taking student nurses and volunteers from the Veterans Administration to Pike Place Senior Center, where they provided foot care. Since retiring, Kathy continues to volunteer at Pike Place and teach university students about foot care. Kathy had a gift for providing her clients, many of whom were homeless, with needed referrals. Congratulations, Kathy!

**Emily Andrews**  
*Excellence in nursing practice*  
Emily may be young, but she’s already made a difference at Seattle Children’s Hospital. Admired by her peers for providing safe and consistent nursing care, Emily has been staff nurse in critical care for the past five years. According to her nominator, Emily “critically thinks through problems and situations and uses the resources available to her. She is deeply committed to family-centered care.”

**2012 KCNA Scholarship Awards**  
The 2012 KCNA scholarship recipients received their awards at the Annual Meeting as well. This year, KCNA awarded 12 scholarships of $2,500 each to the following deserving nursing students:

- **Amina Adhami**  
  *University of Washington*
- **Janet Baker**  
  *Shoreline Community College*
- **Lapio Choe**  
  *Seattle University*
- **Christopher Diangco**  
  *University of Washington*
- **Pamella Guntrum**  
  *University of Washington*
- **Eunjin Hong**  
  *Seattle University*
- **Elmira Jangi**  
  *University of Washington*
- **Elmira Jangi**  
  *University of Washington*
- **Chao-Yin Li**  
  *University of Washington*
- **Lise Pettigrew**  
  *UW-Bothell*
- **Austin Richmond**  
  *Seattle University*
- **Nicole Sisson**  
  *Seattle Central Community College*
- **Charisse Timbol**  
  *University of Washington*

Congratulations, all!
Inland Empire Nurses Association
DISTRICT 4

My fellow colleagues and IENA members:

It is hard to believe how quickly 2012 is passing by! Many of us may have recently enjoyed family graduations from high school and college, and perhaps a relaxing summer vacation as well. I hope everyone can take some time to enjoy the summer.

Education and Gala Update

Our annual Spring Continuing Education Workshop and Dinner was held March 6, 2012, at Fort Mukogawa. The program topic was Alternative Care with a Focus on Biotherapy and Music Therapy. Sharon Mendez, RN, Wound Care Specialist at Holy Family Hospital, presented an incredibly interesting lecture, followed by Catherine Drum Scherer, MA Certified Music Thanatologist, introducing many attendees to a musical/clinical modality uniting music and medicine in end of life care. Both speakers graciously requested that their honorariums be donated to charitable organizations of their choice. The event was very well attended and evaluation feedback was excellent. Additionally, we received numerous suggestions for future CNE activities and are busy planning for 2013. Thank you to those nurses who attended the CNE offering and for giving us their invaluable input.

The Spring Gala was held on May 8, 2012, at the Red Lion Hotel at the Park and was also well attended. It was a pleasure to present the annual awards and scholarships, and to recognize nursing excellence in the Inland Empire. We had such a diverse group of award and scholarship recipients this year. Awards presented were to Diana Blott, RN, Excellence in Nursing Practice and to Janet Katz, PhD, RN for Excellence in Research. With 14 scholarship applications to review, the committee had a very difficult time selecting just three recipients from so many qualified applicants. Congratulations to Katrina Harris, Todd Demars, and Awet Berhe who were each presented with a $1,000 scholarship. Tracey Whybrow, WSU Communications Consultant and Instructor, gave an outstanding and humorous presentation on Healthy Communications in the Health Care Environment. She was right on point and the presentation was well received. Again, evaluation feedback was excellent.

Annual Legislative Reception

Mark your calendars now for October 23, 2012, 5:30 PM, for the Annual IENA Legislative Reception. Take advantage of this great opportunity to hear from our Representatives and candidates on issues affecting healthcare in our communities. It is also a great opportunity to let them hear from us!

If you would like to be notified of upcoming events please contact IENA at iena@aimcomm.net.

Have a wonderful and safe summer!
Louanne E. Hausmann, RN, ADN, BSN, MA
IENA President

WSNA News

Spring was exceptionally busy for your District 4 Board of Directors, especially those who serve on WSNA Councils and Committees. I know that I have managed to rack up frequent flyer miles going to Seattle for the Professional Nursing and Healthcare Council and the CEARP Committee. However, I must tell you that the professional networking opportunities and education I have been privileged to receive far outweigh the trip through TSA and airport waiting times. The networking and professional growth received is off the charts for me personally.

News from WSNA has been exciting. With the ANA suspension of the New York State Nurses Association for dual unionism, WSNA is now the largest ANA-affiliated state nurses association in the country! With our Washington nurses recently attending the ANA House of Delegates, WSNA and IENA (who had several attendees) were given a real opportunity to affect the future of professional nursing in the United States.

District 4 is the second largest Professional Nursing Association in WSNA, and we have such a dynamic membership. We must take advantage of the opportunity to shape the future of professional nursing in Washington State, and at the same time continue to lead the way in nursing excellence. I am so proud to be a small part of this organization.
## New Members

**WHATCOM COUNTY**

- Andersen, Haylee
- Bell, Sunni
- Bird, Melissa
- Bolerjack, Byrum
- Canlas, Blesilda
- Corr, John
- Curtis, Jaime
- Dykstra, Melanie
- George Taha, Cynthia
- Gill, Sonya
- Howe, Kathy
- Kirkland, Lorraine
- Landry, Carisa
- Mantyka, Kristie
- Nielsen, Lindsay
- Smith, Kristina
- Sniffen, Sabrina
- Suddaby, Amber
- Travenshek, Jana
- Vandelft, Georgene
- Walia, Annie

**KING COUNTY**

- Aalami, Parisa
- Albertus, Jana
- Allen, Cindy
- Andersen, Braden
- Appel, Jill
- Araya, Ronald
- Archer, Hallie
- Austin, Julia
- Bailey, Lindsey
- Ball, Jeremy
- Bermudez, Maria
- Bhpornrivvat, Nalin
- Birdsong, Rebecca
- Blacketer, Patricia
- Brown, Rachel
- Bussard, Erin
- Campbell, Betty
- Cann, Jennifer
- Caraan, Cheryl
- Cartel, Cara
- Cerovac, Nicholas
- Christensen, Deborah
- Cohen, Michelle
- Collins, Margo
- Compton, Jennifer
- Copeland, Rachell
- Corteza, Mihaela
- Cruz, Margarita
- Cullinan, Jay
- Cutter, Alyssa
- De Leon, Jennifer
- Derhaag, Kassie
- Detrick, Meghan
- Diaz, Stephanie
- Dickerman, Barbara
- Donnell, Teresa
- Ehlers, Andrew
- Elder, Jessica
- Ellis, Jill
- Faught, Caitlin
- Fisk, Ashley
- Fox, Yvonne
- Franco-Malone, Jason
- Gardner, Susan
- Geiger, Karen
- Gilosa-Deangelis, Patricia
- Gordon, Kim-Terry
- Green, Michelle
- Groves, Kerry
- Harris, Ashley
- Henne, Debra
- Hensler, Scot
- Hicks, James
- Higman, Joan
- Holoman, Robyn
- Hughes, Brooke
- Hughes, Dorothy
- Ikegwuoha, Benita
- Ivieck, Kristy
- Jewell-Bolanos, Shelly
- Johnson, Alison
- Johnson, Angela
- Johnson, Marisa
- Johnston, Jenny
- Jones, Shawn
- Joyce, Kerry
- Kenny, Vienna
- Kim, Bokyong
- Kim, Grace
- Krancus, Anne
- Lange, Carol
- Lee, Cassandra
- Lee, Kimberly
- Livingston, Darcie
- Lombardi, Eileen
- Lopez-Angeles, Ruth
- Lowe, John
- Luke, Stephanie
- Lundie, Tara
- Main, Laura
- Manning, Keren
- Maruyama, Meredith
- Mathis, Kathleen
- Matt, Laura
- Mcdaniel, Mason
- Mcdonnell, Margaret
- Moore, Anna
- Morris, Marci
- Mowbray
- Murphy, April
- Nguyen, Lynda
- Page, Rachel
- Parilla, Myles
- Patrick, Amy
- Pieper, Barbara
- Pirie, Dawn
- Prewitt, Darren
- Quinn, Brigitte
- Radford, Julie
- Rafer, Michael
- Raj, Sabrina
- Rayfield, Elizabeth
- Richards Shamseldin, Carrie
- Riley, Kathryn
- Robinson, Gayle
- Rokstad, Courtney
- Rorke, Danielle
- Rushton, Alicia
- Safar, Ahmed
- Sander, Robert
- Sciborski, Tiffany
- Spears, Candace
- Spengler, Cynthia
- Spohnholtz, Mary
- Steinke, Jennifer
- Sullivan, Jean
- Swanson, Paul
- Thomas, Austin
- Thompson, Frances Elaine
- Thompson, Veneta
- Trainor, Stacy
- Tuncil, Mary
- Tyner, Lynn
- Valdez, Myla Jennifer
- Vander Weil, Lora
- Viscon, Anthony
- Wang, Melinda
- Whitley, Jennifer
- Wiederhold, Cynthis
- Will, Deborah
- Wilson, Rie
- Witecki, Sarah
- Wolf, Nora
- Yoder, Colleen

**PIERCE COUNTY**

- Bates, Katie
- Batjargal, Battsetseg
- Bushnell, Annette
- Christman, Kimberly
- Clausen, Angela
- Clausen, Christina
- Collins, Sheila
- Coyle, Sherri
- Crouch, Misty
- Cutberth, Diana
- Daniels, Mark
- Elliott, Morgan
- Fabian, Jayne
- Flores, Nicole
- Fraser, Kathryn
- Garcia, Monica
- Garrison, Justin
- Haire, Donna
- Hanneman, Brandi
- Hein, Nancy
- Hills, Courtney
- Huang, So-Min
- Janko, Melissa
- Johnson, Rebecca
- Keller, Nicholas
- Kelley, Angela
- Kelstrup, Joanna
- Kent, Anne
- Kert, Alison
- Koffur, Daniel
- Kuchinsky, Brandi
- LeClaire, Melissa
- Lesovaya, Guzaliya
- Lunde, Malysa
- Lynch, Tina
- Maltbie, Kimberly
- McCarty, Angela
- Mendenhall, Jessica
- Moen, Erika
- Mollett, Amber
- Munford, Tara
- Niuguna, Hannah
- Perry, Dorothy
- Rader, Trudy
- Ripp, Sarah
- Rose, Maureen
- Salas, Karol
- Saville, Duncan
- Schankel, Erin
- Sherman, Sarah
- Simonetti, Matthew
- Stavkovy, Nataliya
- Sullivan, Stephen
- Tremper, Jordan
- Van Gundy, Robin
- Van Hout, Gretchen
- Walsh, Nathanael
- Walsh, Julia
- Westfall, Janine
- Windibank, Marsha
- Yates, Sarah
- Yohn, Christine

**SPOKANE / ADAMS / LINCOLN / PEND OREILLE**

- Amick, Denia
- Bartelme, Laura
- Bennett, Ingrid
- Betzendorfer, Renee
- Bowman, Savannah
- Byers, Slade
- Carroll, Jessica
- Daniels, Colleen
- Denison, Norah
- Folkerson, Megan
- Gilmore, Sharon
- Ingle, Stacy
- Kimmins, Stephanie
- Lyons, Shannon
- Mackey, Joseph
- McDonald, Kevin
- Miller, Gina
- Myers, Coya
- Poteshman, Neila
- Reed, Kara
- Schlepp, Julie
- Shaw, Thelma
- Sivanish, Dorothy
- Sokoloff, Elyse
- Tracy, Jennifer
- Tranfo, Charles
- Van Buskirk, Brittany
- Watts, Sari-Marais
- Webb, Alta
- White, Felisha
- Willhaus, Janet
- Willhite, Aaron
- Wolfer, Natalya
- Yrigollen, Tiffany
- Zipse, Kyle

**YAKIMA / NORTH YAKIMA**

- Aganda, Khimson
- Bush, Richard
- Cleaver, Preston
- Guier, Tisha
- Twiss, Julie
- Villanueva, Esther

**CHELAN / DOUGLAS / GRANT**

- Bell, Courtney
- Cervantes, Anjelica
- Collings, Amy
- Hedahl, Janice
- Lachapelle, Susan
- Mayfield, Ashley
- Meyers, Stacy
- Mitchell, Liubou
- Moser, Sandy
- Rudin, Stephanie
- Severson, Channing
- Smart, Brianna
- Tremlin, Cheryl

**GRAY'S HARBOR**

- Bradford, Sarah
- Lynch, Judy
- Patrick, Sara
- Todd, Monica
MEMBERSHIP INFORMATION & EMPLOYMENT STATUS CHANGES

It is the responsibility of each nurse to notify the Washington State Nurses Association of any change in work status which may include, but is not limited to: name, address, phone number, FTE increase or decrease, leave of absence, medical leave, maternity leave, leaving or joining a bargaining unit. This change must be done in writing either by using a Change of Information Card or sending an email to wsna@wsna.org.

The Cabinet on Economic and General Welfare (CE&GW) policy states: When a nurse is on an unpaid leave of absence, the dues are adjusted to the Reduced Membership Category during the unpaid Leave of Absence period. The accumulated dues payment is to begin within 90 days of return to work. The nurse will have up to twelve months to complete payment of these dues. It is the responsibility of the nurse to notify WSNA of this change in work status.

New Members

SNOHOMISH
Linari, Ruth

WAHIAKUM / COWLITZ
Hinze, Jacki

CLARK / SKAMANIA
Burton, Susan
Dice, Lindsey
Flanagan, Margaret
Kapmar, Liliya
Lee, Melissa
Mirly, Brandy
Ricamara, Jazir
Spellmeyer, Elizabeth
Test, Tanell

BENTON / FRANKLIN
Adair, Marja
Bethje, Karina
Bjornn, Joshua
Campbell, Caitlin
Engeberg, Kristina
Phillips, Jennifer
Rose, Matthew
Schreiner, Heather
Searl, Nicole

SKAGIT / ISLAND / SAN JUAN
Barnum, April
Bernick, Lacey
Blazich, Leanora
Bolanos, Rayna
Cann, Krissa
Degn, Nicole
Echelbarger, Laura
Eisenberg, Maria
Falardeau, Sherer
Franz, Alyona
Gambs, Carolyn
Hall, Janie
Hobbs, Marsha
Jepperson, Christina
Klemm, Brandon
Martin, David
Melillo, Kelly
Prestmo, Deborah
Sereda, Jennifer
Strauss, Robin
Wendorf, Deanna
Wilburn, Kirstina
Young, Jennifer

KITSAP COUNTY
Dyer, Amber

KITTITAS COUNTY
Jensen, Rhonda
Jones, Janet
Whalen, Marta

ALL OTHER COUNTIES
Clash, Tomiko
Doornink, Christi

Membership Update

By Patrick McGraw

Are you starting a new job as a registered nurse in a non-collective bargaining unit position? Don’t forget to take your WSNA membership with you!

WSNA is a professional association serving registered nurses in all regions of the state. Participation in WSNA as a union member is vital to the strength of a bargaining unit. As a nurse working outside of a WSNA bargaining unit, supporting WSNA as your professional association is a great way to keep the benefits of membership at a reduced dues rate.

As a professional member of WSNA, you retain access to exclusive benefit programs. WSNA members may obtain professional liability insurance through the Nurses Service Organization (NSO). Members also have special pricing on accident and cancer policies with AFLAC, and much more. Further information on the benefits programs available to WSNA members may be found on the WSNA Web site at www.wsna.org/Membership/Benefits.

Did you know that WSNA is also your link to participation in the American Nurses Association? Your dues not only provide a way for you to be involved at the state level, but also to be a part of ANA, your national nursing association.

How can you stay involved? When you start in a new position that is not in a collective bargaining unit, make sure to submit a membership application or a change of information card. The application can be found as a pdf file by clicking on the Become A Member link on the home page of the WSNA Web site. The change of information card may be downloaded from the membership page of the WSNA Web site at www.wsna.org/Membership/.

The new dues rates for non-collective bargaining unit members, effective as of January 1, 2012, can be found on the membership application for nurses not represented by WSNA for collective bargaining.

If you would like to have a membership application or change of information card sent to you by mail, please feel free to contact the membership department of WSNA. The membership department may be reached by phone by calling 206.575.7979, by fax at 206.838.3099 or by email at membership@wsna.org.
**June E. Hendrix**

On March 17, 2012 June E. Hendrix passed away at the age of 96, at home, in the company of her family. She had been a long time Yakima resident and a graduate of the old Yakima High School. Her parents, Mae and John Lasher, had lived in Yakima since about 1900 and she lived in the house her father built, off and on, since 1928.       

June was an only child who dreamed of being a mother. She thrilled in her children, Anna Mae Grant nee Clark, Patrick Clark, John Hendrix, David Hendrix and Willie Hendrix. Not satisfied with that, she became a foster mother to over 50 orphan children pending adoption. She would be named a Seattle Mother of the Year in 1960.  

The other dream of June was to become a nurse. In 1966 at the age of 50 she received her Associate Degree in Nursing. In 1982 she obtained her B.S. in Nursing at City University. She would cap her nursing career when she became the Director of Nursing at the Yakima Valley School, where she would become mother to many seriously disabled children. She also considered herself more of a mother to her staff than an administrator. Most people knew her best as “mom”. She loved her work, her coworkers and those under her care; she retired after 20 years.  

June was politically active with the Washington State Nurses Association and the League for Women’s Voters. She thoroughly enjoyed various crafts including basket weaving, knitting, painting, sculpture, and yarn spinning. She belonged to and hosted several crafts clubs.  

June is predeceased by her husbands, Bud Clark and Prince Hendrix, as well as her son John Hendrix.

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**Colonel Janice Mano Lehman**

1963 - 2012  

Colonel Janice Mano Lehman passed away peacefully at home on March 11, 2012 after a valiant nine year battle with lung cancer. In spite of her diagnosis, Janice dedicated her life serving in the United States Army Nurse Corps. Her final duty was Chief, Department of Nursing at Madigan Army Medical Center, Joint Base Lewis-McChord. She was beloved by all and lived for family, friends and Soldiers.  

Born Nov. 22, 1963, Janice was the 5th child of Tosh and Tomi Mano of Seattle, WA. She is survived by her parents of Seattle; her husband of 15 years, COL Robert J. Lehman of Olympia; siblings, Karen Mano Little of Belfair (James), Jim Mano of Issaquah (James), Kathy Mano Leonard of Olympia (Mike), and Rick Mano of Sammamish (Lillie), and eight adoring nieces and nephews Brendan, Jamie, Jalen, Audrey, Garrett, Shea, Nathan and Matthew. She is also survived by Jim and Danielle Lehman, and sister-in law Elizabeth Matthews, all of Gainesville, FL.  

Janice grew up in the Earlington neighborhood of Seattle where she attended Earlington Elementary, Dimmitt Middle School and Renton High School, class of 1982. She attended Washington State University where she was a member of the Alpha Omicron Pi Sorority. Janice received an Army ROTC Scholarship and studied at the Intercollegiate Center for Nursing Education in Spokane, graduating with a Bachelor of Science in Nursing from WSU. She was commissioned in the US Army in 1986. In 1999 Janice received her Masters degree in Nursing from George Mason University in Fairfax, VA. She is also a graduate of the US Army Command and General Staff College.  

Janice received numerous military awards and recognition over 25 years and was recently awarded the Legion of Merit for leadership and performance in the Army Nurse Corps. Janice most enjoyed travelling, sailing, kayaking, razor clamming and being with family and friends.  

A Colonel Janice Mano Lehman Memorial Scholarship Fund has been established to benefit aspiring nursing students who demonstrate the passion to lead and serve their country. Contributions can be made at any Wells Fargo Bank or mailed to: Wells Fargo Bank, 1500 Black Lake Blvd SW. Olympia, WA 98502.

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**Thelma Pegues**

1921 - 2012  

Thelma Pauline Pegues, MN, RN, was born May 13, 1921 in Hattiesburg, Mississippi to Reverend Eugene Jacobs and Louvenia Putman Jacobs.  

Thelma started her career at Harborview, continued at St. Francis Cabrini Hospital, and after 17 years she retired as a Med / Surg Nurse Instructor from Seattle Central Community College. She leaves four children: Linda Pegues Leverett, Cheryl, Harvey, and Rodger Pegues, four grandchildren, and one granddaughter.  

Throughout her lifetime, Thelma was a trailblazer, an advocate and a mentor. Her commitment to civil rights and nursing have often overlapped and intertwined, most notably in her work on the inclusion of ethnic and racial minority content in nursing curriculum.  

Thelma entered Dillard University in New Orleans to pursue a course of study with plans of becoming a physician. At Dillard, she earned a Bachelor of Arts degree in Pre-Medicine. However, her education was interrupted and redirected with her relocation to Seattle, Washington.
Thelma attended the University of Washington School of Nursing, completing her Baccalaureate Degree in Nursing Science in 1955 and a Master’s Degree in Nursing in 1969. In 2001 she was given Minority Student Recognition by the University of Washington which honors students who experienced, confronted, and broke racial barriers which enabled future minorities to attend schools of higher learning.

Her leadership abilities and willingness to serve are evidenced by her appointment to leadership positions in organizations such as WSNA, AARP, Delta Sigma Theta, an International Public Service Organization, the Mary Mahoney Professional Nurses’ Organization and other groups. Thelma joined WSNA in 1956 and was an active participating member for many years, serving two terms as Chairperson of the Minority Affairs Committee and on the WSNA Board of Directors.

Thelma was a leader and an activist in the Mary Mahoney Professional Nurses Organization. A member for more than 60 years, she held almost every office, including President, Secretary, Treasurer, Scholarship Chairperson, Chairperson of the MMPN Endowment Fund and presenter of numerous outstanding workshops. She was still actively involved in MMPNO at the time of her passing.

During the Civil Rights movement of the 1960s and into 1970s, Thelma actively engaged in advocacy for change and was on the forefront in making these changes in nursing education and in the workplace. Thelma was one of the first African American nurses to secure employment at Harborview Hospital as a staff nurse working on pediatric, gynecology, and the GU nursing floors. She was later appointed the Supervisor of In-Service Education in 1960-1970. Thelma left Harborview to become an educator in the Seattle Community College system in 1970.

The Community College system promised innovative changes in education and reassured the African American community that minority educators and faculty would be hired to bring about equality and social justice, and to have a faculty representative of the local population.

Thelma was the first African American nursing faculty member to be appointed to teach nursing at the Seattle Community College campus. As a nursing educator and activist, she distinguished herself in her 16 years of employment there by serving on special committees and seeing that all minority voices in the community were heard and honored.

In addition to advocating for the profession, nursing students, patients and others, one of Thelma’s greatest contributions was the inclusion of and increase in ethnic and racial minority content in the nursing curriculum. This opened a new chapter in nursing direct patient care for minorities. Thelma’s publications also provided an awareness and knowledge of the care of the African American patient. Her most widely known articles include the instructional guide ‘Hair, Scalp and Skin Care of Black Hospitalized Patients’ published in 1978 and ‘The Physical and Psychological Assessment of the Black Patient’ in 1979.

Thelma will be remembered by her students and colleagues for going that extra mile to assist students who initially failed the Washington Board of Nursing Examination required to practice nursing. Thelma took it upon herself to tutor these students until they successfully passed the examination and could become effective, proficient registered nurses who would go out and serve their patients with competency and compassion.

With her distinguished and commendable service, she was featured in a biographical sketch in the book “African American Nurses in Seattle: The Struggle for Opportunities and Success”. Thelma received many honors including the March of Dimes Nurse of the Year award, the Legend of Nursing award, and was inducted into the WSNA Hall of Fame in 2010.

The family requests in lieu of flowers donation can be made to Mary Mahoney Professional Nurses Endowment Fund.
Continuing Education Calendar

AUGUST 2012

Wound Management (Winter/Spring Course); University of Washington School of Nursing; August 15 - October 18, 2012; Fee: $3,795; Contact Hours: 130.0; Contact: www.uwcne.org/secure/display3.asp?SKU=12140-C

Exploring Reiki in Nursing Practice at 8 AM-10:15 AM and Reiki I in Nursing Practice at 10:45-4:15 PM; Soar With the Eagles, 28203 - 22nd Ave. S. Federal Way, WA 98003; August 18, 2012, 28203 22nd Ave. S., Federal Way, WA; Contact Hours: 2.0 and 4.0; Fee: $35 and $85; Information and registration: http://reikitrainingfornurses.com

Wound Management Fundamentals Course—Summer 2012, A Certificate Program for Healthcare Professionals; August 20—September 22, 2012; Fee: $595; Contact Hours: 30; Contact: www.uwcne.org/secure/display3.asp?SKU=12181-SP

Venipuncture Techniques; Seattle STD/ HIV Prevention Training Center; Seattle, WA; August 21, 2012; Fee: $150; Contact: www.seattlestdhivptc.org

SEPTEMBER 2012

Touching Hearts: The Art & Science of Labor Support for Nurses; Patti Ramos Family Education Center; September 8, 2012; Fee: $125; Contact Hours: 6.0; Contact: wyzwomn2011@gmail.com

Medical-Surgical Review and Update—Online—Autumn 2012; University of Washington Continuing Nursing Education; September 10—November 19, 2012; Fee: $695; Contact Hours: 50; Contact: www.uwcne.org/secure/display3.asp?SKU=12134-B-SP

STD Update for Clinicians with Optional Clinical Practicum; Seattle STD/ HIV Prevention Training Center; Tacoma, WA; September 19, 2012; Fee: $50; Contact Hours: 7.3; Contact: www.seattlestdhivptc.org

Exploring Reiki in Nursing Practice at 8 AM-10:15 AM and Reiki I in Nursing Practice at 10:45-4:15 PM; Soar With the Eagles, 28203 - 22nd Ave. S. Federal Way, WA 98003; October 15, 2012, 28203 22nd Ave. S., Federal Way, WA; Contact Hours: 2.0 and 4.0; Fee: $35 and $85; Information and registration: http://reikitrainingfornurses.com

OCTOBER 2012

Advanced Practice in Primary and Acute Care; Pacific Northwest 35th Annual National Conference; October 4—6, 2012; Fee & Contact Hours: Please see website for details. Contact: www.uwcne.org/secure/display3.asp?SKU=12130-C

Exploring Reiki in Nursing Practice at 8 AM-10:15 AM and Reiki I in Nursing Practice at 10:45-4:15 PM; Soar With the Eagles, 28203 - 22nd Ave. S. Federal Way, WA 98003; October 15, 2012, 28203 22nd Ave. S., Federal Way, WA; Contact Hours: 2.0 and 4.0; Fee: $35 and $85; Information and registration: http://reikitrainingfornurses.com

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INDEPENDENT SELF STUDY COURSES

AIDS: Essential Information for the Health Care Professional; Contact Hours: 7.0; Fees: $55

Dementia - Dementia in Older Adults; Contact Hours: 7.5; Fee: $195

Depression - IMPACT: Online Training for Depression Care Management; Contact Hours: 17.5; Fee: $50

Domestic Violence - Domestic Violence Recognizing and Responding to Victims; Contact Hours: 2.0; Fee: $20

Ethics - Ethics as a Compass: A Model for Dealing with Complex Issues in Patient Care; Contact Hours: 7.7; Fees: $195

Ethics Related to Nursing Practice; Contact Hours: 9; Fees: $200

Everyday Encounters: Communication Skills for Successful Triage; Contact Hours: 1.4

Foot Care for the Older Adult; Rainier Medical Education Programs; Contact Hours: 6.5; Contact: www.RainerMedEd.com

Geriatric Health - Geriatric Health Promotion Lecture Series; Contact Hours: 78 Fee: $460; 1.5 Fee: $30

Grand Rounds - UW Nursing Grand Rounds; Contact Hour $10 per; Free to view

Health Assessment and Documentation; Contact Hours: 20; Fees: $150

Hepatitis - Hepatitis Case Studies; Contact Hours: 5

High Cholesterol Pt. 1: Western Medicine; Contact Hours: 7; Fee: $50; Contact: www.healthcmi.com

High Cholesterol Pt. 2: Chinese Medicine Theory; Contact Hours: 4; Fee: $50; Contact: www.healthcmi.com

High Cholesterol Pt. 3: Chinese Medicine Dietetics; Fee: $50; Contact Hours: 12; Contact: www.healthcmi.com

HIV - HIV/AIDS Education Implications for Nurses; Contact Hours: 7.0; Fee: $95

HIV - Routine HIV Screening; Contact Hours: 1.5; Fee: $10; Contact: www.healthcmi.com

Legal Issues & Trends in Telephone Triage; Contact Hours: 1.2

Legal Issues in Nursing; Contact Hours: 4.0; Fees: $120

Legal Risks of Remote Triage; Contact Hours: 1.0

Managing Type 2 Diabetes; Contact Hours: 1.5; Contact: www.nphealthcarefoundation.org

Management of Persistent Pain; Contact Hours: 1.8; Fee: No Fee; Contact: www.nphealthcarefoundation.org

Medical Spanish for Hospital Nurses; Contact Hours: 25

Medical Spanish for Office Nurses; Contact Hours: 25

Medical Spanish for NPs, Physicians and PAs - Course A; Contact Hours: 25

Medical Spanish for NPs, Physicians and PAs - Course B; Contact Hours: 25

New Telehealth Technology: Legal Risks & Call Center Benefits; Contact Hours: 1.2

OTC Advisor: Advancing Patient Self-Care; Contact Hours: 17.0; Contact: www.nphealthcarefoundation.org

Pain - The Challenge of Pain-2010; Contact Hours: 14; Fee: $245

The Pain Management Dilemma; Contact Hours: 1.5; Contact: www.nphealthcarefoundation.org

Pharmacology - Clinical Pharmacology Series; Contact Hours: 7 – 8.0; Fee: $195 / 175*

Pharmacology - Adult/Geriatric Drug Therapy: Contact Hours: 7 – 8.0; Fee: $195 / 175*

Pharmacology - Neurocysticercotic Drug Therapy: Contact Hours: 7 – 8.0; Fee: $195 / 175*

Pharmacology - Women’s Health Drug Therapy; Contact Hours: 7 – 8.0; Fee: $195 / 175*

Pharmacology - Prescribing Scheduled Drugs; Contact Hours: 10; Fee: $195

RN Refresher Course; Fees; Theory: $500; Health Assessment and Skills Review: $500; Clinical Placement for Preceptors Clinical Experience: $400

Telephone Triage Trivia; Contact Hours: 1.0

Wound Academy - Course 1 (Wound Assessment & Preparation for Healing); Fee: $40; Contact Hours: 4.3

Wound Academy - Course 2 (Lower Extremities and Pressure for Ulcers); Fee: $60; Contact Hours: 6.8

Wound Academy - Course 3 (Dressing Selection & Infection); Tuition: Fee: $30; Contact Hours: 2.5

Wound Assessment and Documentation; Fee: $60; Contact Hours: 2.0

Wound & Ostomy; Fee: $60; Contact Hours: 2.0

CONTENTS

This volunteer opportunity provides a valuable and needed service to nurses in Washington State. Your careful evaluation of applications will help assure that educational activities meet the standards set by ANCC for continuing nursing education.

Functions of the Committee are to review and approve continuing nursing education activities, covering a range of topics, for approval of contact hours from a variety of applicants including hospitals, community colleges, universities and commercial entities.

Criteria for appointment to the committee include: a masters degree in nursing; previous experience in successfully planning continuing nursing education offerings (i.e., writing behavioral objectives, developing evaluations, designing content) for adult learners; member of WSNA; time to review about two applications a month; and the ability to attend two Continuing Education Approval & Recognition Program Committee meetings, and to participate in two 1.5-hour teleconferences each year.

Approved CEARP applicants are encouraged to apply given your expertise in completing our applications.

To learn more, contact Hlike Faber at 206.575.7979, ext. 3005, or send email to hfaber@wsna.org.

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Intercollegiate College of Nursing
Washington State University College of Nursing
Professional Development
2917 W. Fort George Wright Dr.
Spokane, WA 99224
509.324.7321 or 800.281.2589
www.icne.wsu.edu

CEARP Committee Seeks Additional Members

The Washington Nurse | Summer 2012 | 51
November 7, 2012
8:30 am – 4:30 pm

All WSNA approved CEARP Provider Units are invited to get an update on the ANCC-COA Criteria and to discuss ways to address the issues you face day to day to implement these criteria.

Contact hours will be awarded for successful completion of this activity which requires attendance at the entire event and submission of a completed evaluation form.

The Washington State Nurses Association Continuing Nursing Education Provider Program (OH-231, 9/1/2012) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center’s Commission on accreditation.

WHEN: November 7, 2012
8:30 am registration
9:00 am to 4:30 pm program

WHERE: Southcenter Doubletree
16500 Southcenter Parkway
Tukwila, WA 98188
206-575-8220

WHO: All approved provider unit staff
New potential provider applicants welcome.
Space is limited.

COST: $125 Early Registration before Sept 1st
$150 Registration on or after Sept 1st

LODGING: Overnight accommodations are available at Southcenter Doubletree or the Marriot Towne Place Suites located nearby.

Fees at Marriott Towne Place Suites are discounted for WSNA events. Notify Reservation Desk at 1-253-796-6000 or email Lisa Stoll at lstoll@innventures.com.

I will attend: □ By Webinar □ In Person

First Name _____________________________________________

Last Name & Credentials __________________________________

Name of Provider Unit ________________________________________

Names & Credentials of Additional Attendees from Provider Unit
________________________________________________________________________________________
________________________________________________________________________________________

Address __________________________________________________________

City __________________________ State _____ Zip__________

Email ______________________________________________________

Phone number ________________________________

Return this form to:
WSNA
Attn: Irene Mueller
575 Andover Park West, Suite 101
Seattle, WA 98188
(206) 575-1908 fax • (206) 575-7979, ext. 0 phone
imueller@wsna.org

Total Fees
$125 Early Registration (before Sept 1st)
$150 Registration (on or after Sept 1st)

$ ___________
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