

# MLN Connection



## Missouri League for Nursing

PO Box 104476 | 604 Dix Road | Jefferson City, Missouri 65110-4476  
573-635-5355 | Fax 573-635-7908 | [www.mlnmonursing.org](http://www.mlnmonursing.org)

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*Mission: "To support the delivery of quality health care by nurses and other health care providers through education, collaboration, and information."*

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### President's Message

*By Nancy Fredrich, BSN, RN, MLN President*

Summer is around the corner with tons of fun for everyone. MLN is moving right along, striving to support the delivery of quality health care by nurses and other health care providers through education, collaboration and information. I hope everyone is making themselves familiar with the options for education available through MLN. If you have a skill for organizing an educational offering to be presented online or by webinar, I challenge you to work with the MLN staff and allow the world to benefit from your expertise. There is so much untapped talent in our organization. Online courses and webinars may be more convenient. If you have not had an opportunity to visit the "Advancing Excellence" site displayed on the MLN web site it is chalked full of good information.

As the summer moves along, take some time to share your health care knowledge or experience. Remember, we can make a difference for better quality care, one person at a time. We have vast opportunities to change things for the better, and MLN is waiting to hear from you for ideas and programs. We can complain or we can offer education to change and translate that into our daily life behaviors. Each person's good hard-wired behaviors make a difference to those lives we touch. I challenge each of us to reach out, share with others what we have been blessed with in the realm of excellent, safe health care. Have fun making a difference only you can make!

Respectfully,  
Nancy Fredrich

## **The “LOAD AND GO” Clinical Approach Managing & Evaluating Clinical “ALL in ONE Day”**

*Presented by Janet Tompkins McMahon, MSN, RN*

**June 24, 2011  
Overland Park, KS**

For more information click on this link: <http://www.mlnmonursing.org/Nurse%20Educators>  
or call our office, 573-635-5355.

## **Midwest Leadership Institute for Nurse Educators/Deans & Directors**

**June 15-17, 2011  
Courtyard by Marriott  
Columbia, MO**

For more information click on this link: <http://www.mlnmonursing.org/Nurse%20Educators>  
or call our office, 573-635-5355.

### Webinars for CE Credit! NHAs That Means You Too!

Earn CE credit with MLN webinars! Train your entire staff at a reduced rate. In order for additional staff to receive CE credit, they ***MUST BE an Individual or Agency Member of the MLN***. The first registrant pays regular rate, then each additional person pays the reduced rate of \$30. All additional staff must be pre-registered in order to take advantage of this offer. Additional staff will be emailed a post-test after the webinar, which must be submitted to the MLN office within two days of the webinar to receive CE credit.

In order to receive CE credit, participation in the entire webinar is required. Webinar hours will NOT be prorated. Each registered participant requesting CE credit will be required to take and pass a post-test to receive CE credit. The test must be taken within 15 minutes after the webinar. The test is multiple-choice and you must receive at least 75% to pass. If you do not pass the test, the MLN office will email you regarding a retake. A CE certificate will be emailed to the registered participant within one week of passing the test and submitting the evaluation form. Visit [www.mlnmonursing.org](http://www.mlnmonursing.org) for more information and to register for webinars! *NHAs can earn up to 20 hours of CE through webinars every two years!*

September 13

Tuesday, 1 – 2 p.m.

#### **Pressure Ulcer Prevention Strategies According to CMS Regulations and National Guidelines**

*To describe aspects of pressure ulcer prevention strategies which are consistent with federal mandates (F314) and national guidelines.*

**National Speaker: Pamela Scarborough, PT, MS, CDE, CWS, FACCWS**, Director of Public Relations and Education, American Medical Technologies, Irvine, California

Approved for 1 contact hour for RNs and LPNs. Pending approval for 1 PC clock hour with MO Board of Nursing Home Administrators.

September 15

Thursday, 10 – 11 a.m.

**Pain: Self-Management Strategies for Pain**

*Teach your residents easy strategies for taking control of their pain.*

**Speaker: Deborah Kukal, PhD, ABPP**, Psychologist, St. John's Center for Pain Management, Springfield, Missouri  
Approved for 1 contact hour for RNs and LPNs. Pending approval for 1 PC clock hour with MO Board of Nursing Home Administrators.

September 21

Wednesday, 10 – 11 a.m.

**Technology: Using Social Media in Your World**

*Discuss the impact of social media in our society. Statistics, demographics, and awareness to use social media to improve your company and increase your return on investment will also be discussed. Social media is not just a fad!*

**Speaker: Matthew Cowell, MBA**, President, Ascend Business Strategies, Jefferson City, Missouri  
Approved for 1 contact hour for RNs and LPNs. Approved for 1 A clock hour with MO Board of Nursing Home Administrators.

September 28

Wednesday, 10 – 11 a.m.

**Exploring the Most Frequently Cited Deficiencies**

*Explore several of the most frequently cited federal deficiencies on the list and highlight common themes. The goal is to provide skilled nursing facilities with information that may assist them to maintain compliance with federal regulations.*

**Speakers: Alex Lewis, MSW**, Facility Surveyor III, and **Kathy Sluyter, RN**, Facility Advisory Nurse III, Missouri Department of Health and Senior Services  
Approved for 1 contact hour for RNs and LPNs. Pending approval for 1 A clock hour with the Board of Nursing Home Administrators.

October 13

Thursday, 1 – 2 p.m.

**Creating Culture Change for People Living with Dementia: A Different Perspective**

*Using Dr. Tom Kitwood's "Six Needs of People with Dementia", you will discover a concept that renders a new way of thinking to diminish difficult behavior and create more enriching and meaningful connections for this population of elders living in long term care settings or in their own homes.*

**Speaker: Zoe Dearing, BME, MT**, Professional Education Coordinator, Alzheimer's Association, St. Louis, Missouri  
Approved for 1 contact hour for RNs and LPNs. Pending approval for 1 PC clock hour with MO Board of Nursing Home Administrators.

October 18

Tuesday, 10 – 11 a.m.

**Infection Control Considerations for Wounds**

*To discuss recommendations for cleansing wounds. Content will also include descriptions of infection and critical colonization, in addition to a detailed review of dressing change guidelines.*

**National Speaker: Pamela Scarborough, PT, MS, CDE, CWS, FACCWS**, Director of Public Relations and Education, American Medical Technologies, Irvine, California  
Approved for 1 contact hour for RNs and LPNs. Pending approval for 1 PC clock hour with MO Board of Nursing Home Administrators.

October 27

Thursday, 1 – 2 p.m.

**Stress, Your Brain, and What You Can Do About It**

*Stress, kids, jobs, life, every new birthday—it all impacts your brain as well as your body. Discover how to nourish your brain and protect it from damage as you live your busy, demanding life.*

**Speaker: Deborah Kukal, PhD, ABPP**, Psychologist, St. John's Center for Pain Management, Springfield, Missouri  
Approved for 1 contact hour for RNs and LPNs. Pending approval for 1 A clock hour with MO Board of Nursing Home Administrators.

November 2

Wednesday, 1 – 2 p.m.

**Bloodborne Pathogens**

*To provide guidance on complying with OSHA's Bloodborne Pathogen Program. Topics covered will include the development of an exposure control plan, universal precautions, Hepatitis B vaccination, and training.*

**Speaker: Daniel Stark, MS, CIH**, Program Manager, Missouri On-Site Safety and Health Consultation Program, Missouri Department of Labor and Industrial Relations

Approved for 1 contact hour for RNs and LPNs. Approved for 1 PC clock hour with MO Board of Nursing Home Administrators.

November 9

Wednesday, 2 – 3 p.m.

### **Diabetes and Wound Care**

*To provide information on how diabetes negatively impacts all types of wounds regardless of the etiology.*

**National Speaker: Pamela Scarborough, PT, MS, CDE, CWS, FACCWS**, Director of Public Relations and Education, American Medical Technologies, Irvine, California

Approved for 1 contact hour for RNs and LPNs. Pending approval for 1 PC clock hour with MO Board of Nursing Home Administrators.

November 15

Tuesday, 1 – 2:30 p.m.

### **Pressure Ulcer Assessment and Treatment According to the CMS Regulations and the National Guidelines**

*To review the pressure ulcer assessment and appropriate correlating documentation. In addition, there will be content on pressure ulcer treatments and monitoring.*

**National Speaker: Pamela Scarborough, PT, MS, CDE, CWS, FACCWS**, Director of Public Relations and Education, American Medical Technologies, Irvine, California

Approved for 1.5 contact hours for RNs and LPNs. Pending approval for 1.5 PC clock hours with MO Board of Nursing Home Administrators.

Webinar Fees:

Member-\$95

Nonmember-\$115



**MeLearNing** is our learning management system to offer you **ONLINE CONTINUING EDUCATION COURSES**. The following courses will meet the CE needs of health care professionals: nursing home administrators, RN's, LPN's, and many more! Nursing home administrators can earn up to 20 hours of CE through online courses in two years.

- ☞ Abuse and Neglect (1.5 PC clock/contact hours)
- ☞ Communication and the Health Care Team (1 A clock/contact hour)
- ☞ Critical Thinking (2 A clock/contact hours)
- ☞ Culture Change: Making a Difference (1 PC clock/contact hour)
- ☞ Delegation in Nursing Practice (1 contact hour)
- ☞ Delegation for Health Care Professionals (1 A clock/contact hour)
- ☞ Diabetes Overview: Putting It All Together (1 PC clock/contact hour)
- ☞ Ethics in Health Care Settings: Everyday Principles (2 A clock/contact hours)
- ☞ Geriatric Emergencies (1 PC clock/contact hour)
- ☞ Infection Control: Cover It All (1 PC clock/contact hour)
- ☞ Medication Errors (1 A clock/contact hour)
- ☞ Medications Used in the Treatment of Diabetes (1 PC clock/contact hour)
- ☞ Professional Demeanor (2 A clock/contact hours)
- ☞ Promoting Better Health Through Prevention and Control of Diabetes (3 PC clock/contact hours)
- ☞ Restraints Reconsidered (1 PC clock/contact hour)
- ☞ The Basics of Diabetes (1 PC clock/contact hour)

*(Additional courses will be added throughout the year.)*

**Please note:** The 3-hour diabetes course, Promoting Better Health Through Prevention and Control of Diabetes is comprised of the three, one hour diabetes courses listed above (The Basics of Diabetes, Medications Used in the Treatment of Diabetes, and Diabetes Overview: Putting It All Together). You cannot receive CE hours for the 3-hour diabetes course AND any of the 1-hour diabetes courses. You may either register for the 1-hour courses individually or the 3-hour course (which includes all three 1-hour courses).

To register for an online course(s), simply call the MLN office at 573-635-5355 between 8:30 a.m. and 4:30 p.m. An MLN staff member will register you by assigning you a username (your email address) and password. You must have a username and password to access your course(s). The member rate for online courses is **\$30** per credit hour and nonmember rate is **\$50** per credit hour. Payment can be made via Discover, MasterCard, or Visa.

Once you are registered, an MLN staff member will email you the link to login to *MeLearn*ing so you can access your course(s). Detailed instructions are included in the courses but will also be included in the email for your convenience should you want to print them as a guide while taking the course(s).

In order to receive CE credit, you must receive a passing score of 75% or higher on the quiz. Once you have passed the quiz AND submitted the evaluation, you will have access to print your CE certificate at any time.

We are striving to make this process as easy as possible and look forward to being able to offer you convenient online education. Your feedback is welcome. Feel free to contact Nichole Brink at [nichole@mlnmonursing.org](mailto:nichole@mlnmonursing.org) or by phone, 573-635-5355, with any questions.

#### REGISTERED NURSE:

The Missouri League for Nursing, Inc., is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

MONA Provider Approval #113-VI

## 2011 Convention Wrap-Up

Over 120 health care professionals attended the 58<sup>th</sup> Annual Convention, "Magic in Health Care: Find the Magic in You." The conference was held April 13-15, 2011, at Tan-Tar-A Resort, Osage Beach, MO. The opening keynote session, "It is About Time: Eliminate Procrastination, Ignite Motivation, and Get Things Done," was presented by Vincent Harris, Professional Motivation and Inspirational Keynote Speaker.

Other general sessions included "Ethical Issues in Health Care," presented by Maggie Stone, PhD, MPH, MSW, BA; "Communication With the Subconscious Side of Our Minds", presented by Brain Powers; and "Minding Your P's and Q's for Success," presented by Novella Perrin, PhD.

A variety of breakout sessions were also offered. Topics included: architectural planning, MDS, behavior disorders, depression in the older adult, motivation, COPD, and life safety codes.

Make plans to attend the 2012 Annual Convention, April 11-13, Tan-Tar-A, Osage Beach, MO.

## Thanks to Our Sponsors for Making the 58<sup>th</sup> Annual Convention a Success

Alexian Brothers Sherbrooke Village  
BKD, LLC  
Lenoir Woods  
Loch Haven  
Lutheran Senior Services  
Missouri Department of Health and Senior Services  
Missouri Nursing Home Insurance Trust  
National League for Nursing  
Perniciaro Senior Care Consultants  
Preferred Hospice  
Russell Architects  
Specialized Wound Management  
Truman Medical Center

## Scholarships Awarded at MLN Convention

By Senda Guertzgen, MSN, RN, Scholarship & Awards Committee

The MLN Scholarship Committee is pleased to announce that three nursing students were selected to receive monetary awards. Two students received awards from the MLN and one student received an award from the Missouri Organization for Associate Degree Nursing (MO-ADN). The recipients represent nursing education programs at the following levels: LPN programs; RN students above the freshman level in associate degree/diploma programs; and RN students above the sophomore level in baccalaureate programs. With the addition of the MO-ADN Scholarship this year, the awards totaled \$3,000. Congratulations to the following nursing students who received these awards at the MLN annual business meeting in April.



**Jane Bobak** received one of the two MLN Scholarships, equaling \$1,000. She is a nursing student at the Hannibal Public School of Practical Nursing in Hannibal, MO. Jane has worked as a CNA in a nursing home setting with residents who have dementia. She states, “As I worked more, I realized that all these people needed was someone to treat them with respect even if they were confused or combative...” She further states, “To be an effective nurse, one truly has to love to love people regardless of their personality, culture, or illness.” Despite financial constraints, Jane is determined to complete her education. She is inspired by Dorothea Dix who “had a passion for the care and love of people who aren’t easy to love.” Jane would like to use her nursing knowledge “to participate in new therapies that could help the cognition and comfort” of those affected by dementia.

**Julie Sheldon** received the second MLN Scholarship. She is a student at MO Southern State University in Joplin, MO. As a child, Julie aspired to be a doctor. This was not meant to be. She states, “life happened and my plans were derailed somewhere along the way.” Seven years ago her son had a serious accident with many medical problems and a traumatic brain injury. Julie was able to care for him at home for many weeks. This experience with her son’s rehabilitation “reignited” her passion for nursing as a career. Once she attains her goal of becoming an RN, Julie will work in an area to assist clients with traumatic brain injury. “Once I complete my degree, I will have much to share with patients from a personal experience perspective, as well as providing excellent nursing care.”



The MO-ADN (MO Organization for Associate Degree Nursing) Scholarship (\$1,000) was awarded to **Christine Hobbs**. Christine is a student at MO State University in West Plains, MO. Christine never thought she would find herself “out of work at 50!” Her employer had to find ways to cut expenses, thus her job at a small local hospital was gone. Additional family issues and loss of her home further complicated her situation. However, her experience in direct patient care helped her realize she wanted her future to be in nursing. She states, “I feel everything that has happened is for a reason and is guiding me to fulfill an important mission.” After graduation Christine looks forward to any nursing position that is offered. “I have enjoyed all of my clinical rotations and find each of them rewarding.”

## Highlights from MLN April 2011 Board of Directors Meetings

By Nina Bakke, Executive Director

- **Nancy Fredrich**, President, welcomed members who were initiated at the Annual Business Meeting for new or additional terms of office:
  - Vice President: **Pam Galbraith**
  - Ozark Scenic Rivers Unit Chair: **Larry Howdeshell Jr.**
  - St. Louis Unit Chair: **Karen Mayes**
- Approved appointment of Stormy **Anderson** to serve as Mid-Central Unit Chair and **Beth Crawford** to serve as Pony Express Unit Chair.
- Approved appointment of **Nancy DeBasio** as Nominating Committee Chair and appointed **Gary White, Pam Tipton, Brenda Clark**, and **Mary Jameson** to serve on the Nominating Committee.
- Approved appointment of **Alison Williams, Senda Guertzgen**, and **Karen Poe** to serve on the 2012 Convention Planning Task Force with Vice President, **Pam Galbraith**.
- Discussed agenda for annual board retreat to be held on July 28-29 at MLN office.
- **Ruth Jones** presented the Treasurer’s report; Board accepted the auditor’s review of 2010 as presented by Evers & Company, CPA’s.
- Board members signed Board Affirmation, Commitment, and Conflict of Interest Statements for their tenure.
- Reviewed the President’s Goals for 2010-2012:

- 1) Strictly monitor financial status and explore options to meet budget and grow revenues.
  - 2) Continue to maintain and search for collaborative relationships of the MLN with local, state, and national health care and regulatory organizations to meet educational needs of the educators and health care professionals in the state and the nation.
  - 3) Enhance web-based learning modules to build revenue and provide needed quality offerings at economical rates.
  - 4) Promote, encourage, and permit only excellent internal customer relations within office operations to optimize creative, efficient development of new products and quality delivery of current products.
- Received overview of the following programs:
    - MLN will be hosting “The ‘Load and Go’ Clinical Approach Managing and Evaluating Clinical ‘All in One Day,’” presented by Janet Tompkins McMahon, MSN, RN, in Overland Park, KS, on June 24.
    - “Becoming a Nurse Professional: Nurse Educators as Catalysts for Change” and “The Making of Nurse Professionals: Influencing the Clinical Climate,” presented by Nelda Godfrey, PhD, ANCS-BC, held in Austin, TX on April 1, had 48 participants. The MLN will be returning to Austin in 2012.
    - Four webinars are scheduled in April and May, additional online courses are being developed; to date on-line courses have netted \$3,030 in 2011.
  - Membership Committee will be focusing on the MLN membership structure. Our yearly Individual and Agency membership surveys will be sent out via Survey Monkey.
  - Board approved a Code of Conduct and Core Values policy presented by the Strategic Planning Committee.
  - Development/Research and Futures/Technology Committee announced they will be pursuing a Pfizer grant on Sculpting Your Career in Academic Administration: Leadership and Management for the School of Nursing Dean/Director. This would assist new and apprising deans and directors of schools of nursing in acquiring skills in academic administration. Submission for this grant will be in September.
  - Scholarship Committee announced at the Annual Convention that three students were awarded \$3,000 in scholarships. The scholarship auction raised \$3,000 and tickets sold for the 50/50 drawing raised \$774 – Thanks to **Connie Rhoades** for donating her winnings back to the scholarship fund. The committee will meet in St. Louis on June 8.
  - Board approved President, President-Elect, and Executive Director to attend NLN Constituent League meeting in September.

## Network With Us on Facebook

Be our Friend! Keep up with what is going on at the MLN by being our friend on Facebook. To find us, go to [www.facebook.com](http://www.facebook.com) and search “Missouri Nursing.”

### MISSOURI LEAGUE FOR NURSING – NEW MEMBERS

February 15, 2011 thru May 10, 2011

(if any names were omitted, it was unintentional)

#### **KANSAS CITY UNIT**

##### **Individual Members**

Lisa Badalucco  
Beth Faul  
Ruby Johnson  
Laura Klosterman  
Monica Kruzwell  
Tracy Lock  
Patrick Omwoha  
Patricia Richey  
Rashell Roth  
Bethany Seaver  
Julie Tapp

#### **KIRKSVILLE UNIT**

##### **Individual Members**

Debbie Barnett

#### **MARK TWAIN UNIT**

##### **Individual Members**

Sheila Pennington

#### **MID-CENTRAL UNIT**

##### **Individual Members**

Candyce Larson  
Lois Pirtle  
Susan Runyon  
Kimberly Welch

##### **Agency Members**

North Village Park

#### **MISCELLANEOUS UNIT**

##### **Individual Members**

Monteen Brown  
Jeff Davis  
Wendy Kay  
Audrey Manny  
Michael Schmidt  
Betty Vick

#### **OZARK SCENIC RIVERS**

##### **Individual Members**

Mary Lee Keith

##### **Agency Members**

Stonecrest Healthcare  
Sunset Village of the Ozarks

#### **PONY EXPRESS UNIT**

##### **Individual Members**

Rodney Hummer

#### **SEMO UNIT**

##### **Individual Members**

Lori Montgomery  
E. Diane Moyers  
Rebecca Moyers  
Jane Read  
Thomas Vaeth  
Jack Watts

##### **Agency Members**

Life Care Center of Cape  
Girardeau  
SEMO Area Agency on the  
Aging

#### **SPRINGFIELD UNIT**

##### **Individual Members**

Susan Balmas-Landoll  
Tonya Cutbirth  
Rachelle Harris  
Ricka Mathews  
Rhonda McLean  
Elizabeth Redick  
Phyllis Wiley  
Deborah Wuerdeman

#### **ST. LOUIS UNIT**

##### **Individual Members**

Deborah Bland  
Sister M. Beata  
Thomas Brozka  
Ray Cearnal  
Krystal Farley  
Suzan Foreman  
Dawn Hagedorn  
Dianne Horton  
Tannia Jacobs  
Mary Langworthy  
Marsha Morris  
Rebecca Pennick  
Jane Rost  
Pierre Smith

##### **Agency Membership**

BKY Healthcare of Savannah  
Parkwood Skilled Nursing  
And Rehab Center  
The Valley A Stonebridge  
Community

## MLN Staff and Board Members Directory

<http://www.mlnmonursing.org/About%20MLN>

MLN Connection is the official publication of the Missouri League for Nursing and is received as a benefit of membership for all MLN members. Views expressed are those of the editor and authors and not necessarily those of MLN.