

PACIFIC CREST REGIONAL CHAPTER AMERICAN ASSOCIATION OF CRITICAL CARE NURSES

Summer 2001 Newsletter

Message from the President

President's Address

I feel honored to be the new president of the Pacific Crest Chapter of the American Association of Critical Care (PCRC-AACN) Nurses in Southern Oregon. You may recognize it as the group that brings you quality educational programs. I want to share with you the story of how I became involved with this group and what it has brought to me professionally. I want you to know why I feel honored to be asked to lead this group of outstanding professionals and what makes them outstanding.

When I was working as the critical care nurse manager at Ashland Community Hospital I periodically received fliers to educational offerings that were presented by top notch national speakers. I have never worked in a community that offered such high quality presentations at such affordable prices. I tried to attend as many as my schedule would allow. I was invited to one of PCRC-AACN's dinner educational meetings. The speaker was local and the topic was timely. I was put on a mailing list.

That fall I received an application for a scholarship for AACN's national conference called NTI (National Teaching Institute) that the local chapter was offering. I had never attended a National Conference and had wistfully looked at the fliers that were sent to me as a member of AACN national. I love to travel and I love learning...it seemed like the perfect combination. I applied as I had been a CCRN since 1988 and that was one of the requirements. I was not chosen because there were other applicants who had been more involved in the local chapter (another requirement at the time). I applied for two more years but was not chosen. I didn't let that discourage me however as traveling and learning were my goals. Finally, on the fourth year of application, I was chosen. That was over three years ago. The conference was in New Orleans.

I have never experienced anything like it. Eight thousand critical care nurses, acres of meeting rooms and what felt like unlimited educational choices over five days. The local chapter nurses who attended treated me like royalty. I fell in love with New Orleans. I experienced first hand professional support and comradery at its finest. I was hooked. I wanted to give back to the organization that supported this in critical care nurses.

I attended the next local chapter meeting and was greeted with open arms. They weren't different but something had changed inside of me. My goals changed. I now wanted to be in a position to affect the greatest good for the most number of nurses possible. I went back to school to get a Mas-

ters in Health Care Administration, which I should complete in the fall and I became very involved in the local chapter (PCRC-AACN).

This chapter not only offers outstanding (NTI instructors and local experts) educational offerings but they help nurses grow themselves personally and professionally, eg. our secretary, with the group's encouragement, has become an expert on the computer and she just passed her CCRN (congratulations Julie!!) I learned how to contract with national speakers (thanks, Jo) and how to get reps to support educational offerings (thanks, Judy). Everyone contributes his or her own special gifts. This group is about mentoring and being mentored. It is a professional organization that I am proud to lead. The nurses involved make it great, easy and fun!! We are a "chapter without walls", which means each of you reading this newsletter is a part of our chapter. I will look forward to seeing you at our next educational offering. When we have a dinner meeting come 30 minutes early for the chapter meeting. Your ideas are valued.

Thanks,
Lori Lind, RN, BSN, CCRN
President PCRC-AACN

Calendar of Events 2001-2002

September 28, 2001

08:00-16:30 *The Best of Hemodynamic Monitoring.*
Tom Ahrens. Smullin Center.

September 29, 2001

09:00-15:00 Region 18 Fall Meeting.
Ashland Springs Hotel, 212 East Main Street, Ashland.

October 3, 2001

16:00-17:00 Board Meeting. Smullin Center.
17:00-17:30 Chapter meeting. Open to all.

October 18,

17:00-17:30 Chapter meeting. Smullin Center.
17:30-18:30 Dinner sponsored by Merck.
18:30-20:00 Dr. Personious. *Acute Coronary Syndromes.*
Smullin Center

January 7, 2002

17:30-18:00 Chapter Meeting. Smullin Center.
18:00-19:00 Dinner sponsored by Merck.
19:00-20:30 Amy Ross, RN. *Neurological Assessment.*

February 28, 2002

08:00-15:00 Karen Carlson. *Acid Base/DKA/ARF.*
Smullin Center.

Commitment to the Nursing Profession

PCRC AACN would like to recognize and congratulate **Debbie Socia, RN, CCRN** of RVMC PACU who has maintained CCRN status for 20 consecutive years! Congratulations!

Local Member Awarded \$2000.00 Aventis Scholarship to NTI

Jennifer Formolo, RN of RVMC ICU was awarded the \$2000.00 Aventis scholarship to the NTI in Anaheim in May. Jennifer was nominated by the PCRC-AACN. "Thank you so much for nominating me for the scholarship to NTI. It was an incredible learning experience. I'm already making plans for 2002!"

CCRN Liaisons

Your local CCRN liaison can assist you in obtaining information or material related to the CCRN exam and answer any questions you may have regarding re-certification. Contact Gemma Marlia-Johnson at PMMC, Mary Edwards at RVMC, or Shirley Hupka at Three Rivers.

CCRN Review Video & Audio Tapes Available Through Your Local Chapter

The PCRC-AACN Chapter has recently purchased updated CCRN review video and audio tapes. These tapes may be checked out of the chapter library by contacting Lori Lind at 482-2441, ext 258. A \$50 check will be held on deposit and returned to you when you return the tapes. A CCRN syllabus that is a companion to the tapes may be purchased for \$15 from AACN. Contact hours may also be obtained in this manner.

Employees at RVMC may contact Jody Haas, RN, Critical Care Educator to check out CCRN video and audio tapes that were recently purchased by RVMC Critical Care Services Department.

New CCRN's !!

Congratulations to the new CCRN's!! **Toby Penner, RN, CCRN** of RVMC ICU; **Eric Bartley RN, BSN, CCRN** of RVMC CCU; and **Johnny Payne, RN, CCRN, Pam Sampson, RN, CCRN, and Julie Thompson, RN, CCRN**, of Providence ICU successfully passed the CCRN exam! Great Job!

Free AACN Membership

The Pacific Crest Regional Chapter of AACN will sponsor one year's membership dues for any nurse taking and passing the CCRN exam (current members included). The test taker will need to submit proof of passing. Contact any board member for more information.

Evaluating Your Knowledge for CCRN Certification—A Blueprint

These 24-28 page blueprints are now available at no cost on-line at www.certcorp.org or via Fax-on-Demand by calling (800)222-6329 and requesting document #8103 for the Adult Blueprint, document #8104 for Neonatal Blueprint, or document #8105 for the Pediatric Blueprint.

Mark your calendars.....

For AACN upcoming *National Teaching Institutes*:

- **2002** May 4-9 in Atlanta, Georgia.
- **2003** May 17-22 in San Antonio, Texas.
- **2004** May 15-20 in Orlando, Florida.
- **2005** May 7-12 in New Orleans, Louisiana.

Acute Coronary Syndromes By Bradley Personious October 18, 2001

Bradley Personious, MD, will give a talk on "Acute Coronary Syndromes" October 18, 2001 at the Smullin Center. PCRC will hold a chapter meeting at 5:00 p.m. followed by dinner from 5:30-6:30 p.m. Dr. Personious will speak from 6:30-8:00 p.m. in the main auditorium. Dinner is sponsored by Merck Pharmaceuticals. Please RSVP for dinner by October 15, 2001 to Elaine Ritchey at 541-779-1837.

Board Members 2001-2003

President: Lori Lind, RN, MS, CCRN is employed at Ashland Community Hospital as Education Director. Lori has served PCRC AACN as President Elect for the past two years while also working toward her Masters Degree in Health Care Administration.

President-Elect: Shirley Hupka, RN, CCRN is employed at Three Rivers Community Hospital in Grants Pass. Shirley served PCRC AACN the past two years as Membership Coordinator and has previously served as secretary.

Treasurer: Gemma Marlia-Johnson, RN, BSN, CCRN is employed at Providence Medford Medical Center as a bedside critical care nurse. Gemma has served PCRC AACN the past five years as treasurer. She served the Anchorage AACN Chapter on the program committee prior to moving to this area.

Secretary: Julie Thompson, RN, CCRN is employed at Providence Medford Medical Center as a bedside critical care nurse. Julie has served PCRC AACN the past two years as secretary.

Education Director: Jo Jacavone, RN, MS, CCRN is the Critical Care Clinical Nurse Specialist at Rogue Valley Medical Center in the CCU and ICU. Jo has served the past six years as education resource, vice president, and president of PCRC AACN

Co-Education Director: Elaine Ritchey, RN is employed at Providence Medford Medical Center as a bedside critical care nurse and as Clinical Instructor for Rogue Community College School of Nursing. Elaine previously served PCRC AACN as Education Liaison.

Marketing/Fund Raiser: Leigh Biscarret-Pochert is employed at Three Rivers Medical Center in Grants Pass, Oregon. Leigh has served as past president and most recently as Marketing/Fund Raiser.

Membership Coordinator: Peggy Rees, RN is employed at Providence Medford Medical Center in the ICU as a bedside critical care nurse.

Chapter Advisor: Judy Lang, RN, BS, CCRN is employed at Providence Medford Medical Center Cath Lab. Judy has been a very active and vital member, mentor, and leader of PCRC-AACN since its beginning in 1989. She has served in all positions including president and marketing fund raiser. She currently holds a national position as AACN Chapter Advisor.

The Best of Hemodynamic Monitoring by Tom Ahrens September 28, 2001

PCRC AACN is sponsoring an all day conference by Tom Ahrens, DNS, RN, CCRN, CS. Dr. Tom Ahrens has over twenty years experience in emergency and critical care nursing and holds a Clinical Specialist Critical Care position at a major university medical center. He is a past member of the AACN Board of Directors and has been published multiple time in numerous critical care publications.

Dr. Ahrens will discuss current technologies as well as controversies in hemodynamic monitoring. This program in hemodynamic monitoring covers data interpretation, drug therapies, waveform analysis, and technical aspects of hemodynamic monitoring. In addition, advances in treatment and evaluation of cardiopulmonary arrests are explored.

In this interactive program, the goal of learning hemodynamic monitoring is taken from novice to expert levels of practice.

This program will be at the Smullin Center, at RVMC on September 28, 2001. 8:00-4:00. Cost is \$30.00 for AACN members, \$60.00 for non-members, and \$20.00 for students with ID. Contact a PCRC AACN board member for a brochure or more information.

Upcoming Educational Events in 2002

PCRC AACN has contracted several excellent speakers in early 2002. Amy Ross, RN, MS, will provide an evening lecture on "Neurological Assessment" on January 7, 2002 at the Smullin Center.

Karen Carlson, RN, a nationally known speaker, will give a full day lecture February 28, 2002 from 08:00-15:00 at the Smullin Center. Karen's topics will include acid base and fluid and electrolytes as well as DKA and ARF. Stay tuned for more information on these exciting events as well as other upcoming educational opportunities in 2002.

AACN Region 18 Fall Meeting Hosted by Pacific Crest Regional Chapter September 29, 2001

The Pacific Crest Regional Chapter will host the AACN Western Regional Meeting on Saturday, September 29, 2001. The meeting will be held at the Ashland Springs Hotel at 212 East Main Street, Ashland, in the small ballroom from 0900-1500. Lunch will be provided.

This meeting is designed to provide information for chapter leaders on many AACN issues, with a focus on chapter activities. Key topics of discussion will be member recruitment and retention, fundraising ideas, celebrating success, sharing areas of growth and general networking among Region 18 Chapter leaders. The goal of this meeting is to energize and empower. Immediate national past president of AACN, Denise Thornby, will be our guest speaker to address the latest issues from National AACN. All AACN members are encouraged to attend. Call Judy Lang at 541-488-1218 or jmlang@cdsnet.net for questions or more information.

The 2001 NTI Experience

By Eric Bartley, RN, BSN, CCRN

What a great experience it was attending the 2001 NTI conference in Anaheim, California. The weather was mild and the recently renovated Anaheim Convention Center was a fantastic facility to hold the event. The "latest and greatest" information and state-of-the-art technology was presented and displayed allowing attendees the opportunity to assess and evaluate their practices. One of the most impressive sessions I attended was "Biphasic Defibrillation; Doing More with Less." The evidenced-based studies presented were overwhelmingly convincing that biphasic defibrillation is much more superior to monophasic defibrillation. Another session, which I found informative, was "Understanding Complex Pressure Modes of Ventilation." This session dealt with the need for pressure modes of ventilation for the ARDS patient. Topics covered every area of nursing from pediatrics to geriatrics making the experience applicable to all. Leaving the NTI, I felt energized and proud to be a critical care nurse. I would like to encourage all of you who have never taken the opportunity to attend a NTI conference to do so and get excited about what we do for a living; we are valuable and we do make a difference in our patients' lives. I would like to thank all the members of the PCRC-AACN for making this experience possible.

Eric Bartley, RN, BSN, CCRN, was the recipient of the 2001 Pacific Crest Regional Chapter AACN CCRN NTI Scholarship.

April 2001 PCRC AACN Neuroscience Seminar— A Huge Success

Linda Littlejohns, RN, MSN, CCRN, CNRN, national speaker, author and president of clinical support at Integra Neurosciences spoke to an audience of about 75 nurses at the Smullin Center on the Rogue Valley Medical Center Campus. The day began with a review of advanced neuro anatomy and physiology correlated to clinical case studies. Other topics included management of increased intracranial pressure, ICP waveform analysis, and spinal cord injury. Linda also reviewed the latest neuro technologies, including measurement of brain temperature and oxygenation and presented a thrilling recent pediatric neuro/trauma case study that emphasized early aggressive intervention in order to effect positive outcomes. Don't miss out on PCRC AACN's future seminars featuring national speakers!

Wake up Assessment... Sedation of the Critically Ill Patient

Submitted by Julie Thompson, RN, CCRN

Dr. John P. Kress gave an impressive and interesting lecture at the NTI in Anaheim in May. Dr. Kress' study on sedation and the importance of wake up assessments of the sedated, critically ill patient was a wake up for critical care nurses, as well. Dr. Kress stated, "I frequently see 'sedated' under the neurological assessment, yet, I never see 'didn't listen' under the pulmonary assessment." His point was well taken.

Following are some of the highlights of his lecture.

- Sedation must be individualized for each patient.
- Amnesia, loss of consciousness is not always essential.
- Indications for sedation ranges from analgesia to air hunger to amnesia (mandatory during paralysis).
- Ideal sedative properties include rapid onset and recovery, lack of accumulation, easy titration
- Complications of ICU sedation include accumulation of drugs over extended period of time, prolonged duration of mechanical ventilation, prolonged ICU/hospital stay, increased financial costs, inability to be thoroughly examined—mental status changes—sedative vs. clinical deterioration in neuro status.
Making daily wake up assessments practical:
- Nurse physician communication is essential.
- Timing of wake up is nurse initiated.
- Part of daily routine for nurse's patient assessment—turns the infusion off—drug effects often dissipate gradually.
- Wake up assessments are not always successful—excessive agitation should lead to cessation of wake up attempt on a given day. Abort the wake up assessment early if excessive agitation occurs.
- Failure on day 1 does not indicate inevitable failure on all subsequent days.
- Seek only to bring difficult patients to brink of consciousness (open eyes, squeeze hand, track with eyes, open mouth/stick out tongue).
- Once these signs of consciousness are demonstrated, re-sedate if necessary (Restart drip at half dose and titrate up if necessary).

In conclusion; daily interruption of continuous sedative infusions:

- Reduces duration of mechanical ventilation as well as decreases length of ICU/hospital stay.
- It is safe and practical. No increased incidence of adverse events such as self extubation.
- Improves daily neurological exam, particularly with regard to mental status.
- Decreases need for diagnostic studies to assess mental status changes and improves the yield of such tests when ordered.

MEMBERSHIP NEWS

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AACN Membership Has Its Privileges

By Josephine Jacavone, RN, MS, CCRN

Have you ever noticed how AACN members are up to date on the latest critical care information? AACN offers a wealth of resources. Discounts for educational events, journals, and online resources are some of the benefits available to members. Journals that members receive include the popular Critical Care Nurse; the research focused American Journal of Critical Care; and AACN News, a monthly newsletter with the latest info on publications, scholarships, grants and conferences. The national AACN website, www.aacn.org, offers a "members only" feature with such valuable resources as: GenRx Medication Database; CINAHL direct literature search; online clinical resources; award, scholarship, and grant applications; and an exclusive preview of career listing for one week prior to them being publicly released. AACN membership automatically grants you local membership in the Pacific Crest Regional Chapter of AACN. You can join AACN online @www.aacn.org or by calling (800) 899-AACN (2226).

Building a Stronger Tomorrow

Members of the American Association of Critical Care Nurses serve as a critical link to the rest of the nursing community. By reaching out to your colleagues, you can share with them the following benefits of membership:

- National and local networking opportunities.
- Continuing education opportunities—on-line, through local chapters and at the acclaimed National Teaching Institute.
- Subscriptions to *Critical Care Nurse*, *American Journal of Critical Care* and *AACN News*.
- Discounts on programs and services.
- 24-hour access to resources like the Practice Resource Network (PRN) and the Cinhal, Gen Rx and Medline databases.

Most of all, membership means becoming a part of an association that is THE voice for nurses who care for acutely and critically ill patients.

Thank You Note To A Dedicated Team

By Josephine Jacavone, RN, MS, CCRN

My two year term as president of PCRC-AACN (1999-2001) came to a close in July. I wanted to publicly thank and acknowledge the 1999-2001 PCRC board members for all the hard work and great fun we had while planning and implementing the many local critical care education conferences and dinner presentations. This exemplary team personified the spirit of dedication, service, and volunteerism to critical care nursing. The next time you encounter Mary Edwards, Shirley Hupka, Gemma Marlia-Johnson, Judy Lang, Lori Lind, Julie Thompson, and Leigh Pochert acknowledge them for the many hours of volunteer service they have provided! Without this team we would not have had the low cost, excellent quality critical care education offerings presented in our area. I look forward to working with the many new people who have joined PCRC AACN's board and resource team during the next two years. A hearty welcome to Lori Lind, our 2001-2003 chapter president!

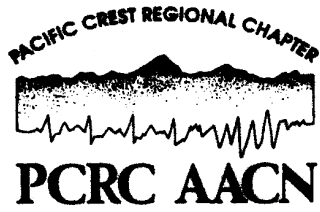
If you are interested in joining the PCRC AACN resource team or would like to volunteer to be mentored in a specific board position please contact one of the board members listed in this newsletter.

AACN

... a healthcare system driven by the needs of patients where critical care nurses make their optimal contribution.

AACN Membership Discount

Nurses who join AACN or renew their membership as a group of five or more receive a discount on the membership fee. The discounted membership fee is \$69.00 instead of the \$78.00 individual fee. For more information, or to join AACN at a discounted membership fee, contact Membership Coordinator Peggy Rees, at (h) 541-664-8097, (w) 541-732-5062, or pegaroo21@cs.com. Membership information is also available on the AACN website at www.aacn.org.



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American Association of Critical Care
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Pacific Crest Chapter
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