

ARN REHABILITABILITY

Greater Philadelphia Chapter — Association of Rehabilitation Nurses

Volume 18, No 2

Summer 2006

President's Message : *Helen Carmine*

As we begin a new ARN year, the Greater Philadelphia Chapter of the Association of Rehab Nurse has many reasons to celebrate. The Chapter and its members have received continuing recognition by our National Association for our outstanding newsletter and for our creative and informative web site (www.arn-philly.com). Thanks to Lisa Peck and Carolyn Winter for their outstanding work. The Chapter also is a source of leadership to our National Association through representation on the National board (Terri Patterson, president elect), Paper and Poster chairs, (Lisa Peck and Elaine Flynn), the Recertification board (Elaine Flynn again!) and participation in other special committees (Sharon Murphy Potts and others). At the local level, our Chapter continues to provide education and networking opportunities to rehabilitation nurses through our informative seminars and exciting fund raising events.

As you know, one of the primary goals of our Chapter is to serve as a quality resource for its members. We invite you to join us at our educational seminars, to meet new friends and network with other nurses who share your passion for rehab! Rehab nurses get involved – it is what we do best. *We need and welcome your spirit and expertise and welcome your participation on our various Committees!* Please consider contacting the committee chairs if you are interested or let us know how we can better support your membership. Feedback on how we can better meet your needs for professional development is always welcome.

It is an honor to serve you as your President and I look forward to your ideas and feedback. Let's continue to **keep the mission alive together**, by promoting professional rehab nursing practice through education, advocacy, collaboration and research to enhance the quality of life of the disabled.

We hope to see you over the next year at our Chapter and national conferences, renewing relationships, and creating professional friendships that will last your entire career!

Helen Carmine

Holiday Event

December 7, 2006



Join ARN in celebrating the season with a night-blooming garden of 420,000 lights- - - including trees, rhododendrons, anemones, azaleas, daffodils, and lilacs all fashioned from lights. Luminescent blue lights outline the five-acre Main Fountain Garden, a towering blue spruce tree is aglow with frosty ornaments, and huge starry snowflakes sparkle in distant trees. The Greater Philadelphia ARN Holiday party will be held in Longwood Gardens on December 7, 2006. The ticket includes a buffet dinner in addition to a tour of the Gardens and Arboretum.

Although the event will start at 5:00 PM, the \$45 ticket is good for admission to the gardens for the entire day.

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ARN

Greater Philadelphia Chapter

ELECTED OFFICERS 2006

President:

Helen Carmine (484-595-9300)

Past President:

Sharon Harton (610-719-8006)

President Elect:

Kate Murphy (610-279-1122)

Secretary:

Jody Masterson (610-279-1122)

Treasurer:

Mary Pat Murphy (484-595-9300, ext 128)

Board Members:

Sharon Murphy-Potts (610-247-3237)

Lisa Peck (215-663-6149)

Carolyn Shields (484-865-2802)

Jane Snyder (856-261-9457)

Jeanne Stanton (610-331-6278)

Committee Chairpersons

Education: Mary Pat Murphy and Jody Masterson

Fund Raising: Jeanne Stanton

Membership: Kate Murphy

Newsletter: Lisa Peck

Nomination: Sharon Harton

Professional Development: Sharon Harton

Sponsorship: Jane Snyder

Website: Carolyn Winter

ARN REHABility

Is the publication of the Greater Philadelphia Chapter of the Association of Rehabilitation Nurses.

EDITOR

Lisa Peck

Welcome to ARN *REHABility*, the publication of the Greater Philadelphia Chapter of ARN, the Association of Rehabilitation Nurses. The editorial board hopes each reader draws some inspiration from our past and resolves to help make the next millennium a worthy continuation of the ARN tradition. We encourage participation from the ARN Membership and the community of the Greater Philadelphia area. We invite you to share any new ideas and possible topics with us.

Address all correspondence to : ARN Greater Philadelphia Chapter

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Bala Cynwyd, PA 19004

www.arn-philly.com



Congratulations to our newly elected officers!

President Elect - Kate Murphy

Board Director— Sharon Murphy Potts

Board Director— Lisa Peck

Thank you to all that ran for office.



Save the Dates!

September 20, 2006

The View: Disability Through the Eyes of the Experienced

Villanova Conference Center, Radnor, PA

December 7, 2006

Holiday celebration! Longwood Gardens





Member in the Spotlight: Elaine Flynn

Elaine Flynn graduated from Montgomery Hospital School of Nursing in 1975 and began her career as a staff nurse at Chestnut Hill Hospital. Her interest in infection control took root as she assumed the role of Nurse Manager for an isolation unit in 1977. Never one to do only one thing at a time, while pursuing her BSN at LaSalle University she also became certified as a nutritional support nurse and as Coordinator developed the Nutritional Support Service team at Chestnut Hill Hospital.

She left the hospital setting in 1985, and began her experiences in home care. As Director of Nursing at National Medical Homecare she was responsible for the development of the program providing IV services in the home. She then became Clinical Director for Hospital Homecare of Greater Philadelphia and was responsible for the overall operation of the Homecare Branch for Chestnut Hill Hospital.

In retrospect Elaine sees that her first exposure to rehabilitation as a specialty practice was in the homecare setting. However, it was in returning to her first interest, infection control, that she had her first experience in an acute inpatient rehabilitation setting. In 1987 she became the Infection Control Practitioner at MossRehab. During her tenure at MossRehab she obtained her Masters in Nursing Administration from LaSalle University. She was a clinical instructor at LaSalle from 1993- 1997, and continues her relationship as adjunct faculty. She maintains her certifications in both infection control and rehabilitation. As is typical for healthcare professionals in the 2000's, Elaine currently performs many roles at MossRehab, including: Infection Control Practitioner, Program Coordinator Institute for Mobility, Evaluation Treatment, and International Care Manager. She also has presented lectures in the Certification Review Course offered by MossRehab,

Magee, and Bryn Mawr Rehab, since 1992.

Shortly after attending her first Philadelphia Chapter ARN meeting, Elaine was invited to present "Infection Control in the Rehab Setting" at a Chapter meeting. In 1992 she presented at the ARN National Education conference, and has returned to present papers or as a concurrent session speaker throughout the years. Locally, she has served as Board Director, Sponsorship chairperson and President. Nationally she served for two years on the Budgeting and Finance Committee and as Co-chair for Papers and Posters for the National Conference. She is also currently serving on the Rehabilitation Nursing Certification Board.

More about Elaine:

If you were to be in your car right now, where is the radio dial? KYW or WXPN, but now that I have satellite. . somewhere in the 50's.

My favorite books: Historical fictions, such as novels by James Michener

Person you would like to have over for dinner and conversation: Alive – George Bush. I would like to hear what he is thinking. No longer alive – Pope John Paul II and Mother Theresa. They both seemed to have thought of themselves as average persons, but impacted so many and made such a difference.

Least Favorite Word: Can't

Favorite Sound: The ocean, or "whack" - the sound of a golf ball that is hit just right!

Least Favorite Sound: Crying

Other than what you are doing, what would be your occupation of choice? Teacher

Scholarships Available

ARN Greater Philadelphia Chapter provides funds to chapter members in good standing in order to support them in their own professional development and/or chapter development. Professional development includes, but not limited to, formal and informal educational programs, continuing education activities, preparation for certification and the certification process, research activities, etc.

In order to qualify for the scholarship you must be a member of the chapter for a minimum of one year and have attended meetings and/or participated in chapter activities.

On an annual basis the committee will oversee the dissemination of \$1000. (This amount is approved annually by the Board as part of the budget.)

Candidates must submit a completed application to the Committee Chair, Sharon Harton, by January 15 for monies to be awarded in the Spring. Applications can be printed from the Chapter Web site (www.arn-philly.org), and should be sent to Sharon Harton.

In 2005/2006 a scholarship was awarded to Toni Esposito for massage school and to Wendy Wintersgill who is matriculating in a Master's program.

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News From National

CRRN Examination

Those interested in taking the CRRN exam in December must register by October 15, 2006.

Professional Rehabilitation Nursing (PRN) Course CD-ROM Now Available

The new PRN Course CD-ROM provides you with the resources needed to teach rehabilitation nursing concepts and current practices from experts in the field. Perfect for group instruction or as a self study tool, the CD contains over 600 PowerPoint slides with faculty lecture notes. Everything you need is all on one CD!

Save the Date! October 4-7, 2006

ARN 2006 Annual Educational Conference
Palmer House Hilton
Chicago, IL

Plan to attend this year's conference "A Call to Action" in the heart of downtown Chicago! A detailed conference brochure was mailed to members in April and can be accessed on the ARN website.

ARN Competencies Assessment Tool (ARN-CAT) Updated

Check out the updated competencies at www.rehabnurse.org. Competencies for pediatrics and

gerontology have been added, and new questions have been added to other competencies. ARN-CAT serves perfectly as a simple way to evaluate staff competency in the basic areas of rehabilitation nursing.

Continuing Education Review Panel Volunteers Needed

The Continuing Education Approval Unit is looking for members to serve on the Continuing Education Review Panel. ARN selects members of the review panel to evaluate each CEU application for compliance with the ANCC criteria.

The time commitment is about 90 minutes every 4-6 weeks. ARN will send you the application and review forms to determine if the program is eligible to offer contact hours.

Eligibility requirements are: ARN member, knowledgeable and supportive of ARN's philosophy and goals, BSN degree, prior experience in planning, developing, implementing, and evaluating continuing education activities for adult learners and expertise in one or more areas of rehabilitation nursing

For more information about any of these programs, call ARN at 800/229-7530 or visit the ARN website www.rehabnurse.org.



David's Ride for Brain Injury Awareness

By Ann Pereira-Ogan

Rain or shine or . . . RAIN!!!?

The second annual David's Ride for Brain Injury awareness was held on Saturday, June 24, 2006. Two hardcore riders, Shammah Bermudez from ReMed and Carol Schaffer from West Chester Rehab went the distance and completed 75 (wet) miles. The Drexel University cycling team made a showing with four of their riders out to ride 60 miles in support of team member Doug Markgraf who was recently injured in a cycling accident and is making great strides at Moss Rehabilitation Hospital. Doug's Mom, Jen, joined this enthusiastic group, while his Dad, Dan, drove alongside as their representative Sag Wagon Captain. They really had a good time and are already asking about next year's ride—in fact, Doug Markgraf has every intention of riding in 2007!! (To learn more about Doug, log on to www.dougtales.wordpress.com)

Other riders opted for 45, 30 or 15 miles and a fun ride/walk was held at Johnstown Park, in Downingtown, PA, where the ride began on that rainy Saturday.

Former NHL All Star and popular announcer and analyst for ESPN, Bill Clement was there to start the ride and sign autographed pictures of himself in his Broad Street Bullies days with the Flyers. But before Bill "dropped the flag", the Spring Valley Heat All Star Cheerleaders gave a motivating performance to help us rev up for the journey. Clients, staff and families were all out there to support the cause and have some fun.

Our volunteers, including ReMed staff and families and other "friends of the cause" provided support along the way – water stops, first aid and general motivation to our riders. In spite of the dreary day, everyone had fun and over \$5,000 was raised for this worthy cause.

David Strauss

Dr. David Strauss dedicated his life to working with individuals with acquired brain injury. His philosophy was simple—treatment should occur where a person lives, works and plays. Ironically, Dr. Strauss lost a 19-month battle with brain cancer on July 10, 2004.

Dr. Strauss had an energy and passion for life that was contagious. If he wasn't working, he was spending time with his family. He was also an avid athlete and outdoorsman—running, biking, tennis, skiing and hiking were all his passion.

To honor this passion, "David's Ride" was created in 2005 by Brain Injury Association of Pennsylvania Board Member and ReMed employee, Shammah Bermudez. "David's Ride" is intended to create awareness about and raise money for brain injury—all in Dr. Strauss' honor. Proceeds from "David's Ride" benefit the David L. Strauss Memorial Scholarship Fund, which helps survivors of brain injury defray the cost of attending the Brain Injury Association Of Pennsylvania Conference.

Be a Community Educator

The Patient advocacy program, formerly known as the ARN Pathways to Learning project, is a community education program developed to encourage rehabilitation nurses to get out into their communities, teach the public how to prevent disability, and educate them on what rehabilitation is and what rehabilitation nurses do. The programs can be offered at service clubs, church groups, homeowners' associations and senior centers.

This project provides a toolkit, containing twenty to thirty minutes of topic content, a PowerPoint presentation or overheads, handouts and speaker tips to members interested in provide education in their community. The topics available are "Osteoporosis: A Preventable

Epidemic" and "Navigating the Health Care System for Rehabilitation Services."

The Philadelphia Chapter has obtained these kits so they are available for members to use. Some members have already taken advantage of these kits.

This endeavor aids members in achieving the ARN mission of promoting and advancing professional rehabilitation nursing and enhancing the quality of life for those affected by disability and chronic illness. Is your church, local senior center, or other community group looking for health related education? Now most of the work of pulling together a presentation is already done! To obtain these materials call Helen Carmine at 484-595-9300 ext. 161 or at hcarmine@remed.com

Safety Can Be Fun!

By Sharon Murphy Potts

In late February this year, a group of ten ARN members from across the country participated in a post conference forum at the close of the 6th Annual Safe Patient Handling & Movement Conference. I was lucky enough to be one who was asked to go to Clearwater Beach, Florida where the weather was quite comfortable compared to the 29 degree temperature I came home to. I rarely get offers like that! Tough work, but somebody's got to do it as they say!

As a rehab nurse, I was actually thrilled to be asked to participate in attending the conference that had 750 attendees with representatives from five countries present. The attendees included physical therapists, occupational therapists, nurses, physicians, safety professionals, nursing home administrators, and more. The goal of ARN at the national level was to have a strong presence in working with other members of the interdisciplinary rehabilitation team in identifying standard protocols to be used by all. There has been some disagreement among the professions as to what is appropriate. Audrey Nelson, PhD, RN, FAAN, the program director, is one that many of us have heard speak at our annual conference in the past, and she is scheduled to present at the 2006 National Education Conference also.

The conference was jointly sponsored by the University Of South Florida College Of Nursing, the James A. Haley Veterans' Hospital, the American Nurses Association, the VA Sunshine Healthcare Network, the National Back Exchange and the National Institute for Occupational Safety and Health. The faculty shared cutting edge research, evidence based practices and lessons learned to enhance knowledge and skills in the safe handling and movement of patients.

Throughout the week, we heard some experts in the field and also some struggling to get programs implemented or expanded within their facilities. I was amazed to find how slow the progress has been in this important aspect of a rehabilitation nurse's role. I was proud to remember that about twelve years ago, as a nurse manager at an acute rehabilitation hospital along with my Nurse Executive at the time, Lynn McGillin MSN, CRRN, CRNP, we instituted a Back Injury Preven-

tion program with our experienced and dedicated staff on several units. It was hard to convince staff that good ergonomics is essential, but some came to realize the benefits and I am proud to say worked together as a team to make it work. We were the first unit to purchase a lift and eventually purchased several in order to maximize the benefits and to help keep the patients on schedule for therapy and also to decrease staff injury. The research back then indicated that repetitive stress on our bodies (as well as those in other occupations) from lifting and transferring takes a toll and it has been continually confirmed.

The conference highlighted patient care ,ergonomics and assessed the technological solutions for safe patient handling and movement. You cannot imagine how many lifters, transfer aids, slings, chairs, straps, cushions etc. were in the exhibit hall, not to mention the varied colors of purple, kelly green, mauve, paisley – you name it, some company can make it to fit your décor!!

Ergonomic hazards common in patient care settings were identified as well as strategies for reducing risk to caregivers in facilities. A n - other important objective of the conference was to assess the cost / benefit of various interventions to reduce the risk for musculoskeletal injuries in patient care providers. Obviously, this information could be used to assist administration services to appreciate the need for a Safety Program and/or protocols.

It was fun to meet new friends and connect with some old at the conference. ARN has asked the group to continue to work on this issue in order to develop a "tool kit" to be used by the different disciplines involved. I gladly agreed and would highly recommend the 7th Annual Conference coming up in March 2007 to any and all interested. I came back with a wealth of information and suggestions for the staff in the post acute community based rehab setting where I now work. The brochure I just received lists this web site for more information: www.visn8.med.gov/patientsafetycenter. A call for Poster Abstracts has a deadline of December 15, 2006, so get working on it and share your expertise!



HEALTH POLICY CORNER

CMS ANNOUNCES PAYMENT AND POLICY CHANGES FOR INPATIENT REHABILITATION FACILITIES IN FY 2007

Inpatient rehabilitation facilities (IRFs) are projected to receive approximately \$7 billion in payments from the Medicare program in fiscal year (FY) 2007, under a final rule announced August 1, 2006 by the Centers for Medicare & Medicaid Services (CMS). The rule updates payment rates and modifies payment policies for services furnished to Medicare beneficiaries for discharges occurring on or after October 1, 2006 through September 30, 2007. The rule's provisions are estimated to increase Medicare payments to approximately 1,240 IRFs in FY 2007 by approximately \$50 million.

As described in the Deficit Reduction Act of 2005 (DRA), the final rule delays the imposition of the full 75 percent threshold by one year. Thus, for providers with cost reporting periods that start on or after July 1, 2006 and before July 1, 2007, the compliance threshold will be 60 percent. For providers with cost reporting periods starting on or after July 1, 2007 and before July 1, 2008, the compliance threshold will be 65 percent, while the 75 percent threshold will be imposed for providers with cost reporting periods beginning on or after July 1, 2008.

<http://www.cms.hhs.gov/apps/media/press/release.asp?Counter=1924>

Governor Signs Continuing Education Bill

Governor Rendell signed Senate Bill 235, sponsored by Senator Patricia H. Vance (R) which amends the Professional Nursing Law by providing for continuing nursing education. The bill requires nurse licensees to attend and complete 30 hours of mandatory continuing education during each two-year licensing period. First time licensees will be exempt from the requirement of the first license period.

The bill provides that the board may waive all or a portion of the requirement for a licensee who can demonstrate inability to meet the requirement due to serious illness, military service or other hardship. For a person seeking re-licensure after an inactive or lapsed period, the bill requires compliance with the requirement for the previous two-year period.

The bill passed the Senate 49—0 and the House 192—4.

www.nursingce.org

Nurse Licensure Compact Act

HB 2543, an act authorizing the Commonwealth of Pennsylvania to join the nurse Licensure Compact has been introduced and referred to committee on

House Professional Licensure in March, 2006.

The mutual recognition model of nurse licensure allows a nurse to have one license (in his or her state of residency) and to practice in other states (both physical and electronic), subject to each state's practice law and regulation. Under mutual recognition, a nurse may practice across state lines unless otherwise restricted.

In order to achieve mutual recognition, each state must enact legislation authorizing the Nurse Licensure Compact. States entering the compact also adopt administrative rules and regulations for implementation of the compact.

The RN and LPN/VN Compact began January 1, 2000, when it was passed into law by the first participating states: Maryland, Texas, Utah and Wisconsin. There are currently 23 states that have enacted the Licensure compact year to date. Delaware is a Nurse Licensure Compact State. New Jersey has enacted the Nurse Licensure Compact, but has not yet implemented the compact.

www.panurses.org and www.ncsbn.org/nlc/rnlpvncompact_mutual_recognition_state.asp

Motorcycles Helmet

Representative Dan Frankel (D) introduced House Bill 2865, which restores Pennsylvania's motorcycle helmet requirement for people 21 and older. This follows the release of a study by the Legislative Budget and Finance Committee showing a dramatic increase in traumatic head injuries since the state's help law was repealed in 2003.

The bill was referred to the committee of transportation one June 30, 2006.



Pennsylvania nurses meeting with Senator Santorum during NIWI (Nurse In Washington Internship) held March 12-15, 2006

Greater Philadelphia Chapter ARN Educational Program Digest

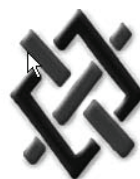
Although staging of pressure ulcers was introduced in 1975, it is constantly evolving. Most recently Stage one definition has expanded. Also there is now the descriptor , Deep Tissue Injury, where the skin is intact yet the tissue underneath is already injured, heralding the development of a Stage III or Stage IV wound.

Many rehabilitation nurses face issues related to skin integrity and wound care, and attendees of CSI:Complete Skin Integrity, on April 28, 2006 at the Villanova Conference Center, assured they were up-to-date on current practices. The afternoon began with Dr. Martye Marshall, Medical Director of Wound Care Center at the Chester County Hospital discussing definitions, assessment and risk factors for both pressure ulcers and vascular wounds. She shared her insights on differentiating inflammation from infection. Suzanne C. Lampe, RN, BSN, MBA, CWON, followed fur-

ther discussing the phases of wound healing and current wound care practices, including tissue engineering and skin substitutes.

The final speaker of the afternoon, Suzanne Christie, PT, ATP discussed the role of a wheelchair and seating clinic for persons with pressure ulcers. Equipment for skin pressure relief include pressure-reducing cushions, tilt systems and reminder systems. Suzanne demonstrated computer-based pressure mapping, showing how different positions and seating options affected pressure points.

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