

ARN REHABILITABILITY

Greater Philadelphia Chapter — Association of Rehabilitation Nurses

WINNER: 2005 Best Newsletter, Large Chapter

Volume 19, No 1

Winter 2006

President's Message :

Another year has come and gone. If you are like me, you are probably wondering how 2005 went by so quickly. Maybe it was because 2005 was a very busy year for everyone involved with ARN.

A number of us attended the ARN 31st Annual Educational Conference held from October 6-8 in beautiful Palm Springs, California. Although the event did not 'officially' start until October 6 a handful of our members, including myself, attended the pre-conference Leadership Institute on October 5th. At this meeting we heard several interesting presentations from chapter leaders on innovative ideas that we could bring home and use locally. One of the most exciting parts of this pre-conference was learning from past and present region, chapter, and national ARN leaders from all over the country, who freely shared what collectively amounted to many years of invaluable experience. And as if that was not enough, our chapter newsletter was honored, receiving the Best Chapter Newsletter award in the large chapter category.

The theme of the Conference, 'refresh your skills, recharge your spirit, revitalize your soul,' was *apropos* for the spa-like environs of Palm Springs. The Conference was designed in a way that allowed us to learn from leaders in our field in the areas of wellness, self-care and the complex aging patient. Attendees learned of new techniques and products, brushed up on existing skills and networked with peers from around the country in a setting that was as beautiful as it was invigorating. If you were not able to attend the conference, don't dismay. I'll be presenting a slide show featuring your friends and colleagues sampling all that Palm Springs (and the Conference) has to offer at our next educational event.

The Fund Raising Committee started planning our Fall 2005 fundraising event early last year. All of their hard work and early preparation paid off

(in true nurse fashion) as evidenced by the tremendous success of the 15th Annual Fall Fundraiser, held on November 10th. The Fund Raising Committee, along with our board members, sold 123 tickets to the event. The Fundraiser was held at Maggiano's Little Italy in center city Philadelphia and featured a family-style Italian dinner, live entertainment, vendors, door prizes, a silent auction and a raffle for a weekend in New York City at the plush Marriot Marquis hotel on Times Square. Prizes and costs were covered in large part by a number of generous corporate sponsors, and we could not have pulled it off without them. Although not everyone won a prize or made a successful auction bid, a great time was had by all. The funds raised by this and future fund raisers help support our educational and community programs.

Didn't that sound like fun? You don't have to miss the next one. Watch your mail or check our chapter website at www.arn-philly.org for announcements of all upcoming events.

Other events you can learn about on our website are our educational conferences. The Education Committee has been meeting frequently to plan the 2006 educational calendar. The Education Committee uses evaluations from past educational programs to plan future offerings (so be sure to fill out those evaluations!).

In 2005, we move our education conference venue to the Villanova Conference Center in Radnor. Since we made this move, we have received lots of positive feedback regarding the location, the food, the parking, and did I mention the food? Overall, everyone has enjoyed the change.

Our first conference in 2006 is scheduled for February 22. The conference is called "From Palm Springs to Philadelphia" and will feature presentations that our local chapter members gave in California at the October conference.

Two of the things that you have asked for in

(Continued on page 6)

ARN**Greater Philadelphia Chapter****ELECTED OFFICERS 2006**President:

Sharon Harton (610) 719-8006

Past President:

Sharon Murphy-Potts (610) 247-3237

President Elect:

Helen Carmine (610) 834-1300

Secretary:

Jody Masterson (610) 279-1122

Treasurer:

Mary Pat Murphy (610)834-1300

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Linda Purcell

Carolyn shield

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Committee ChairpersonsEducation: Helen Carmine/Mary Pat
Murphy

Fund Raising: Jeanne Stanton

Membership: Kate Murphy

Newsletter: Lisa Peck

Nomination: open

Professional Development: Linda Pur-
cell

Sponsorship: open

Web Page: Carolyn Winter

ARN REHABility**Is the publication of the
Greater Philadelphia Chapter
of the Association of
Rehabilitation Nurses.****EDITOR**

Lisa Peck

EDITORIAL BOARD

Elaine Flynn

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
PO Box 2631
Bala Cynwyd, PA 19004



ARN Greater Philadelphia Chapter Education Calendar

February 22, 2006

From Palm Springs to Philadelphia

Time: 4:00– 8:15**Location:** Villanova Conference Center
Radnor PAApril 28, 2006

Wound Care

Time: 12: 00—4: 00**Location:** Villanova Conference Center
Radnor, PASeptember 2006

Adjusting to Disability

Time: Full day conference**Location:** To be announced

For more information contact Helen Carmine or Mary Pat
Murphy

Fundraising Can Be Fun

The ARN Greater Philadelphia Chapter fundraising event was extremely successful this year. Held on November 10th at Maggiano's Little Italy in the heart of Philadelphia and with close to 100 attendees, the evening was an endless stream of exciting activity. The Sponsors were gratefully acknowledged for their generosity and unending support of the organization. With the \$4500.00 raised, contributions will be made to the Brain Injury Association of PA and Pennsylvania Disabled Rowers Association, so that services can continue for our disabled in the community. The Silent Auction itself, with over twenty-five donated items, raised \$1100.00. Thank you to all for the wonderful contributions to the Auction! Dinner, a true highlight of the event, was spectacular! There was certainly not a person in the crowd who was hungry after that remarkable Italian feast! Jennifer Yuill, local vocalist/pianist, charmed the crowd with her original music and inspiring lyrics. Between networking and enjoying the company of friends, there was still time to spend with the Vendors. Many attendees were

able to get some holiday shopping completed that night or choose something special for themselves. Everyone knows that shopping is my passion, so I was right there forcing my way through the crowd to get to those tables! Our Raffle for a weekend at the Marriott Marquis in Times Square, raised \$1000.00, and was won by Sean Clarkson who will surprise his Mom with the trip for Mother's Day. How sweet of you Sean! All in all, this year's fundraiser was an extreme success and will allow this ARN Chapter to continue its excellent work in the healthcare and lay community for another year. Congratulations to all for the hard work and planning to create this successful fundraiser!

Jeanne Stanton, Chairperson
ARN Fundraiser Committee

Kudos to the 2005 Fundraiser Committee!
Jeanne Stanton—Chairperson
Vicki Wakefield Agnes Titcombe
Jane Snyder

Thank you to our 2005 Fundraiser sponsors!

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Chestnut Hill Rehabilitation
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Carolyn Shields
MossRehab Physical Medicine Associates
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GREATER PHILADELPHIA CHAPTER WELL REPRESENTED AT PALM SPRINGS Courage to Change, Skills to Grow

Congratulations to Our Members Who Presented at the 2005 ARN National Education Conference

Elaine Flynn and Lisa Peck—Developing an Abstract Workshop

Paper Presenters

Beth Jacobs—The Home Community Transitional Program: An Innovative Treatment Design for Community Re-Entry

Beth Jacobs—An Innovative Treatment Design for Treating the Complex Multiple Diagnosis Patient with Spinal Cord Injury, Stroke, and Mental Illness

Lalitha Mathew—United We Stand, Divided We Fall: Rehab Team Makes a Difference

Susan McCulley—Role Reversals: Rehab a Predominant Force in an Acute Care Facility

Kathleen Murphy, Jody Masterson, and Terri Sue Patterson—Case Management: Life Care Planning, Petition of Care, coordination of Services and Special Needs Trust

Mary Pate Murphy—Pica and brain Injury: A Complex Safety and Medical Enigma in a Post Acute Brain Injury Client in a Residential Setting

Victoria Wakefield—Courage to be Flexible: Creative Staffing Options

Poster Presenters:

Bernadette Anderson—Courage in the Face of Educational Conference

Karyn Ann Kling—Addressing the MRSA Outbreak: Identification a Management of Staphylococcus Aureus Skin and Soft Tissue Infections (SSTI) in the Inpatient Rehab Population—One Team's Approach



Chapter Leaders attend Leadership Conference and accept Best Newsletter Award

(Left to right) Helen Carmine, Chapter president-elect, Sharon Harton, Chapter President, Terri Sue Patterson, National Treasurer and Chapter member, Joanne Ebert, National President and chapter member, Mary Pat Murphy, chapter Treasurer

Call for Abstracts for the 2006 ARN National Education Conference Opens February 1, 2006

ARN is pleased to announce a call for papers, posters, and case studies for the 2006 annual conference. To submit an abstract, log on to the ARN website www.rehabnurse.org and click on the abstract link, where easy to follow instructions will guide you through the process. In addition to paper and poster abstracts, ARN will accept abstracts for case study presentations. You can present

a challenging case that explains successful, innovative or unconventional approaches and the lessons learned. Attendees will benefit from audience participation and a Q&A session during these presentations.

If you have questions, contact ARN at 800/229-7530.

Submission deadline: April 1, 2006



Members in the Spotlight: Mary Pat Murphy & Ellen Barker

Mary Pat Murphy

Mary Pat Murphy graduated from Penn State University with a BS in nursing and seemed destined for rehab nursing. While in college, she worked in one of the last huge psychiatric facilities outside of Pittsburgh, Woodville State Hospital. However, she was accidentally, but fortuitously, directed to complete an internship in rehabilitation in her senior year.

Another twist of fate occurred as Mary Pat went for her first nursing position at a Pittsburgh medical center. She would have accepted any position, but was begged to work on the rehab unit. She worked there for three years. She also worked for one year in neurointensive care after her son was born.

Mary Pat worked at Magee Rehabilitation Hospital in both spinal cord and brain injury in a myriad of positions, including staff nurse, assistant director of nursing, and program manager of the brain injury program. During the period of time that she worked at Magee Rehabilitation Hospital, Mary Pat had a son and completed graduate school at Widener with a focus in Burn Emergency and Trauma. Mary Pat currently works at ReMed, a post acute brain injury program as Vice President of Clinical Services.

Mary Pat recalls writing her first published article with Helen Carmine for a trade journal "Beds are Coming Home" (or something like that) around 1981. She has subsequently spoken and written on brain injury and rehabilitation. Mary Pat is an active member of ARN, serving as both Philadelphia Chapter Treasurer and Education Co-chair.

More about Mary Pat:

If we were to be in your car right now, where is the radio dial?: (I use to listen to Chio in the morning until he left town.) I love rap and blues!

My favorite books: *Bluest Eye* by Toni Morrison and *Cold Mountain* by Charles Frazier.

Person you would like to have over for dinner and conversation: I might like to have Pat Croce for dinner or Oprah, if she is treating. While some might not think they are in our rehabilitation field, they are. Motivation, the skill to keep those patients we work with focused is critical. It allows them to imagine and develop and embrace a new lifestyle.

Favorite word: Vacation

Least favorite word: Can't

Favorite sound: Fiddle

Least favorite sound: Screeching women

Other than what you are doing, what would be your occupation of choice? I would like to run a bed and breakfast or be an accountant.

Ellen Barker:

Ellen Barker graduated from the Watts School of Nursing in Durham, North Carolina, her home state, and continued her education at the University of Delaware in Newark, Delaware, from which she received a bachelor of nursing (BSN) degree. She completed her graduate education at Widener University in Chester, Pennsylvania, majoring in Burns, Emergency and Trauma (BET) with a specialization in neuroscience nursing.

Since completion of her Master of Science in Nursing (MSN), her career has focused on the specialty of neuroscience nursing. She taught for eight years at the University of Delaware and is currently a part-time faculty at Neumann College, Easton, Pennsylvania teaching neuroscience nursing. She also coordinated an amyotrophic lateral sclerosis (ALS) clinic overseeing the care of over 140 patients.

In 1983, she received the "Nurse of the Year Award" presented by the Delaware Nurses Association (DNA) and Excellence in Nursing Practice Award for National Peer Recognition sponsored by the American Nurses Association (ANA). She is listed in the 1996 Who's Who in American Nursing and is the recipient of numerous other awards.

Ellen is well known nationally and internationally through her publications, lectures, and consultations. She also volunteers extensively for organizations, e.g., the Professional Advisory Board of the Epilepsy Foundation of Delaware and the National Multiple Sclerosis Society Delaware Chapter. She served as President of the Delaware SAFE KIDS Coalition campaigning to offer bicycle helmets to over 2,000 school children in the state as part of a head injury prevention program. In 1999 she was responsible for founding the Delaware Stroke Initiative.

Ellen served as the Editor of the Journal of Neuroscience Nursing for several years. As a member of the Editorial Board for the nursing journal, RN, she reviews manuscripts and contributes original articles for publication. She is a reviewer for



Members in the Spotlight

(Continued from page 5)

various professional textbooks and journals. Her first edition of *Neuroscience Nursing* received an American Journal of Nursing (AJN) Book of the Year Award and was cited in the Brandon Hill list as one of four books in Neuroscience Nursing. She is currently writing the third edition of her book: *Neuroscience Nursing: A Spectrum of Care*, that will be published in 2007. Recent articles published include:

- New Hope for Stroke Patients Feb 2005 RN
- SCI Patients Take a Big Step Forward July 2005 RN
- New Approach to Chronic Pain May 2005 RN

As an educator, Ellen travels nationally and internationally. Her current lecture series consists of a two-day neuroscience review course, and she is a faculty member for Training on Location (TOL) for Mosby. With her extensive education, experience, and knowledge in the specialty of neuroscience patients, Ellen Barker is a leader that has made her mark and continues to serve with a pas-

sion that motivates her clients and their colleagues.

More about Ellen:

If we were to be in your car right now, where is the radio dial? Depending on the mood, a radio station playing classical music or Rolling Stones

Favorite book or author: *William H. Swanson's Written Rules of Management.*

Person you would like to have over for dinner and conversation: Norman Harden, M.D. Director of the Rehabilitation Institute of Chicago and Center of Pain Studies who is a very impressive rehabilitation researcher and clinician.

Person in your field you admire most: Audrey Nelson, Ph.D.

Favorite word: "Great!"

Least favorite word: Can't

Favorite sound: The soothing sounds from the waves rolling in at Strathmere, N.J. Shore

Least favorite sound: That awful sound when the fax is activated.

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

President's Message (continued)

(Continued from page 1)

the educational program evaluations is more time for networking and more varied conference times. Your wish is our command. At the February 22 conference we are providing more time for networking. Plus, we are holding the conference later in the day (4:00pm start time) to allow those who have day-time commitments to attend.

The innovations do not stop there. In this newsletter, you will find a valuable coupon that you can use to get a discount on the registration fee for any educational conference held in 2006. Once you are at the conference, you will be eligible for a free one-year ARN national membership, a \$115 value that includes membership to our local chapter.

In April, our half-day educational conference will focus on wound care, an important issue for so many of us in rehabilitation nursing. So far, we have enlisted a physician specializing in wound care

and a Certified Wound Ostomy Nurse. In September, we are planning a full-day conference on adjustment to disability. Our plans for this conference include a nationally recognized speaker, a patient panel, a neuropsychologist and a nurse who is a stroke survivor. Stay tuned for more information regarding the dates, times and locations for these important conferences.

On a personal note, I really have enjoyed my involvement with the ARN Board. The wealth of knowledge, the experience in the fascinating variety of rehab settings and the professional camaraderie our board, committee and chapter members bring to the table is thrilling to be a part of. I've seen many changes over the years I have been a member of ARN, and whether it's been as an officer or chapter member, I've always found something to excite me about being a rehab nurse and make me especially proud of the accomplishments our chapter continues to make.

RN, M-F Flex day hours

FT challenging position (M-F flex day hours) providing nursing and facilitation services to adults with neurologic and physical disabilities in the Malvern area. Along with staff training responsibilities, applicants must have excellent communication skills. Rehab/psych/home health experience preferred.

Fax (484/595-0450); e-mail (gstimmer@remed.com) or send resume to: Gale Stimmler, ReMed, 16 Industrial Blvd., Paoli, PA 19301.

EEOE



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The Body Works!

By Toni Esposito, RN, BSN, ATS

This past fall, I had decided that it was time that I return to school. I felt it was time to learn a new skill that would blend in with my work and family lives. I came upon the concept of massage. I was quite amazed to find such varieties of "bodywork" and the amount of time and dollars that these courses demand! WOW!!! It is a real endeavor to take on this task!

I did, however, call on ARN GPC and their scholarship program and was thrilled and honored to be selected as a recipient this year. With that and the confidence it provided I decided on the practice of Shiatsu.

Here, we call massage, "treatments" as indeed, the intention of these sessions is to treat areas of the body that are blocked or present symptoms.

The foundation of Shiatsu practice is based securely and squarely with the Autonomic Nervous System. The goal: to reach the parasympathetic system to achieve regeneration and relaxation! What a concept! Remember way back when we learned about the "Flight and fight" and the sympathetic system! Well, it is making a comeback! Couple that with the acupuncture meridians and an awesome diagnostic process and you have "Shiatsu"!

I have now passed through Level 1. There are a total of 4 levels and a Practitioner Program.

I am convinced that this practice is one that very much compliments the skills and theories I was taught in nursing school and have used in my nursing practice. Complete with assessments and diagnostic tools, the ability to discern a patient's problem and then to treat these symptoms are remarkable and rewarding! It recalls the early days of Nursing 101 when you " assess, treat and leave" feeling you accomplished something!

I will encourage you to open yourselves to this "therapy" and determine yourself to its depth and potential to your patients and yourselves! There are schools that provide student treatment sessions at reduced cost and students like myself that simply need the practice. I would be happy to assist as a resource for your search for a practitioner near you!

I am now set up in my home with contoured positioning cushions and pillows as well as soothing music and subdued lighting! All are welcome!

Here is to your inner as well as outer peace in 2006!!

Scholarships Available

ARN Greater Philadelphia Chapter provides funds to chapter members 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.

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, Linda Purcell. Applications can be printed from the Chapter Web site.

In 2005 a scholarship was awarded to May Pat Murphy, who used the funds to attend the 2005 National Education Conference, and to Toni Esposito, using funds to learn massage.

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Greater Philadelphia Chapter ARN Educational Program Digest

September 22, 2005 Seminar
Medication Update and Safety, for You and Your Patients

The attendees of the September 22, 2005 Seminar, Medication Update and Safety, for You and Your Patients, took advantage of the opportunity to update their knowledge on antithrombotic therapies and pharmacological treatment for diabetes mellitus, and then had the opportunity to reflect upon strategies to prevent medication errors.

Cynthia Sanoski, BS, Pharm.D. presented antithrombotic therapy for prevention and treatment of Venous Thromboembolic (VTE) disease. She reviewed the risk factors for DVT, as well as signs and symptoms of DVT and PE. It was probably not a surprise to the audience of rehabilitation nurses that many of the patient populations requiring rehabilitation have a high risk of DVT in the absence of prophylaxis (Stroke 20 – 50%, Hip/Knee replacement 40 – 60%, SCI 60 – 80%, (Chest, 2004)). Dr. Sanoski reviewed antithrombotic agents used for VTE prevention and treatment, including unfractionated heparin, low molecular weight heparin, fondaparinux, (a factor Xa inhibitor) and warfarin. She shared results of the various studies and dosing recommendations based on diagnoses, preventative dosing vs. treatment dosing, and for patient factors such as renal function and obesity.

Required laboratory monitoring was also presented.

From 1950 to 1990 diabetes was treated pharmacologically with insulins and sulfonylureas. Since 1990 the agents available expanded greatly, now including meglitinides, metformin, alpha-glucosidase inhibitors, thiazolidinediones, amylin analogs (approved March 2005) and GLP-1 agonists (approved May 2005). Inhaled insulin may be available in the next six months. Liza Takiya, Pharm.D., helped the attendees get a handle on these agents by discussing which affect basal control vs. postprandial control, and reviewing the site of actions, adverse effects, and contraindications for each class.

Amylin is co secreted with insulin, and inhibits postprandial glucagon release, inhibiting hepatic glucose output. This decreases the required insulin. Pramlintide, an amylin analog indicated for type 1 and type 2 diabetes mellitus already treated with insulin, is administered subcutaneously with meals (CAUTION: dose is micrograms, not units), and may not be mixed in the same syringe as insulin. Why would someone want to give themselves

(Continued on page 9)

Thank You to Our September Education Sponsors!



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Medtronic Neurological

(Continued from page 8)

two injections? To decrease the risk of hyperinsulinism. Insulin disrupts endothelial lining, increasing risk for cardiovascular disease. Using an amylin analog allows you to decrease the required insulin dose, therefore decreasing the associated cardiovascular risks.

Dr. Takiya also reviewed insulin agents, including their kinetics and dosing. Insulin – isn't that a high alert/error prone medication? Fortunately, the next topic was A Focus on Medication Errors: Strategies for Prevention.

It is not often that one of the presenters of our education meetings is mentioned on David Letterman the night before, but September 22 was one of those days. Michael Cohen, RPH, MS, ScD, who was recently named a MacArthur Fellow, and Hedy Cohen BSN, MS, both of the Institute for Safe Medi-

cation Practices, discussed the medication use system and strategies to prevent errors. To decrease errors, the focus of blame needs to be on systems and not individuals. Some elements of the medicat-

ion use system include patient specific information, drug information, communication, labeling, packaging and nomenclature, storage, stock and distribution, environmental factors, staff competency and education, and patient education.

As the Institute of Medicine's 1999 report "To Err is Human" states in its title, mistakes are inevitable, and emphasis needs to be placed on redesign of the systems to make it more difficult to err. Rehabilitation nurses owe it to themselves and their patients to advocate for such changes.

The Institute for Save Medication Practices (ISMP) www.ismp.org

ISMP is a nonprofit healthcare agency comprised of pharmacists, nurses, and physicians. ISMP is dedicated to learning about medication errors, understanding their system-based causes, and disseminating practical recommendations that can help healthcare providers, consumers, and the pharmaceutical industry prevent errors. Some activities include:

- Publishing three professional newsletters and one consumer newsletter
- Conduction frequent educational programs, including teleconferences, on medication safety issues
- Offer posters, videos, patient brochures, books and other drug safety tools
- Conduct on-site risk assessments of medication safety in healthcare facilities and respond to sentinel events

\$ 20 Discount Coupon

Good for One ARN Greater Philadelphia Chapter Education Event

Submit this coupon with your payment for any ARN Greater Philadelphia Chapter education event and deduct \$20 from the cost.

Expires 12/31/2006

Cannot be photocopied. May not be used for PRN Conference (hosted by National)



Health Policy Corner

Senate Approves F2006 Budget Reconciliation Bill

The Senate voted 51-50 in December to approve the fiscal year 2006 Spending cut package (S 1932). The House earlier voted 212-206 to approve \$39.7 billion in spending cuts, including \$6.4 billion in net savings from Medicare and about \$4.8 billion in net savings from Medicaid over five years. The measure would give states greater flexibility to require co-payments and premiums of beneficiaries and limit benefits, as well as tighten rules for transfers of assets by individuals to obtain Medicaid coverage for long term care. Procedural maneuvers in the Senate will require the House to vote on the bill again before it can be sent to President Bush. www.kaisernetwork.org

Summary of Pennsylvania State Bills

SB 235: This bill amends the Professional Nursing Law to establish requirements of continuing nursing education as a conditional for renewal of license. This amendment would mandate Registered Nurses in Pennsylvania to obtain 30 hours of continuing education every 2 years. The bill

has passed in the Senate and currently resides in the House Professional Licensure Committee.

HB 957: Prohibition of Excessive Overtime for Nurses Act. This bill prohibits health care facilities from mandating nurses work overtime in excess of 12 hours per day or 60 hours per week. Representative Creighton's Amendment 1184 to HB 957 prohibits mandatory overtime in excess of 8 hours in a day or 40 hours per week. This bill would not prohibit nurses voluntarily choosing to work over the defined limits. This bill is currently sitting in Appropriations.

HB 1063: Title Recognition for Clinical Nurse Specialist (CNS). This bill would give title protection to clinical Nurse Specialists. Currently the role of Clinical Nurse Specialist is not recognized in the Nurse Practice Act or its related rules and regulations. As a result, employers and nurses use the title of Clinical Nurse Specialist without the proper, adequate education and experience required to practice an advanced nursing specialty. This bill is currently residing in the Professional Licensure Committee.

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News From National

RNF Research Agenda Unveiled

The Rehabilitation Nursing Foundation (RNF) is pleased to announce the completion of an evaluation and update of the RNF Research Agenda, originally published in 1993.

The process included evaluating the effectiveness of the original research agenda for rehabilitation nursing and placing it in the context of today's health care system. This revised agenda is consistent with the research goals of the National Institutes of Health and the National Institute of Nursing Research, as well as the national health objectives identified in Healthy People. To obtain a free copy of the research agenda, visit the ARN website www.rehabnurse.org.

RNF Research Grants

Mentor-Healthcare offers \$13,500 for nursing research in bladder management, urinary dysfunction, and bladder cancer.

Sigma Theta Tau International and the RNF co-sponsor a grant that provides \$4,500 in support of research related to rehabilitation nursing.

RNF offers \$30,000 in the form of multiple grants for research that addresses the clinical practice, educational, or administrative dimensions of rehabilitation nursing. The New Investigator Award grants up to \$10,000 for nurses who are novice researchers. Up to two RNF Research Fellow Awards will be given from the remaining funds.

For more information, contact the RNF at 800/229-7530 or email info@rehabnurse.org. Deadline is February 1, 2006.

ARN Online Membership Directory

You can personally update your contact information in the ARN Online Membership Directory. Visit the website www.rehabnurse.org and log on to the Members' Only section to locate the Online Membership Directory. To log on to the Members' Only section of the website, enter your membership number in Web ID field and your last name in the password field.

To access a current list, select the chapter name from the drop down menu and click on the Search Now button!

2006 CRRN Exam Dates

Exam dates: June 1-30. *Application deadline: April 15*

Exam dates: December 1-30. *Application deadline: October 15*

Exam application is available at www.rehabnurse.org or by calling ARN at 800/229-7530

Save the Date!

Professional Rehabilitation Nursing Course August 2-5, 2006

Holiday Inn - Philadelphia, PA

This course is perfect for nurses planning to take the CRRN exam, as well as those entering or working in the rehabilitation nursing field. You'll enhance your rehabilitation nursing knowledge, network with other nurses, and have fun! Fee: \$575 for ARN members, \$725 for nonmembers.

A detailed course brochure will be mailed to all members in May, 2006.

Participate in the Continuing Education Review Panel

This panel reviews applications from chapters and outside facilities to determine if their programs meet the criteria to offer nursing contact hours.

Consider your colleagues at work or members of your chapter. If you know ARN members who meet the eligibility criteria listed below, email their names and mailing addresses to ARN at info@rehabnurse.org.

Eligibility Criteria

To be a reviewer, an individual must

1. Be an active member of ARN, knowledgeable and supportive of ARN's education philosophy, purpose, and goals;
2. Be a registered nurse with a minimum of a baccalaureate degree; and
3. Have prior experience in planning, developing, implementing and evaluating continuing education activities for adult learners and expertise in one or more areas of rehabilitation nursing practice.

If you have questions about the Continuing Education Review Panel, call Gayle Elliott at ARN at 800/229-7530.

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 Sharon Harton or email at



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