



# The National Federation of Licensed Practical Nurses, Inc. Membership Newsletter - February 2011

Dear valued membership,

We do our best to stay in touch and to provide resources to keep you abreast of situations and changes that affect the LPN/LVN profession. However, our information is only as good as the involvement of our membership. This organization is a member driven professional organization. Your input and support are vital to the activity and well-being of NFLPN.

Feel free to send your local LPN/LVN events, community involvement, achievements, state requirement changes, training opportunities, and other noteworthy information to share with your fellow members to our Newsletter Committee at [jslpn@sbcglobal.net](mailto:jslpn@sbcglobal.net), POC JoAnn Shaw, LPN. Your submission may be used in a future newsletter. Please submit in a Word format, completely edited and include any supporting photo attachment with your email submission.

## State Association News

### Florida:

The LPNAF is holding their state conference May 19 thru 21st, 2011 in St. Petersburg, FL.

#### Location:

Hilton Hotel Bayfront  
333 1st Street S.  
St. Petersburg, FL

Please contact Gini North, LPN, LPNAF President at (941) 262-0151 to request more information on this event.

### New Hampshire:

Pat Tobin, Lynn Cote, and Roxanne Labelle participated as judges for the 3rd Annual Student College Bowl and Skills Competition during the 2010 National Convention in Birmingham, AL. Additionally, these outstanding members have agreed to serve on the NFLPN Membership Committee this year.

The NHLPNA will be holding its Annual Spring Conference on April 9<sup>th</sup>, 2011 at the Dartmouth Hitchcock Medical Center in Lebanon, NH. The morning theme will gear to "Diabetes Update", featuring an RN who specializes in this area, along with a dietitian. The afternoon session will be about "Transgender Update" presented by Dr. Jack Turo, a Clinical Endocrinologist at Dartmouth Hitchcock Medical Center.

NHLPNA will be visiting the Community College of Southern New Hampshire, School of Practical Nursing on December, 3<sup>rd</sup>, 2011 to share information of the role of the LPN, then and now.

### New York:

The New York LPNs hosted a presentation on the "LPN Scope of Practice, and the Future of LPNs". Forty-five LPNs were in attendance to this inspirational event, presented by Dr. Barbara Zittel, the Executive Secretary of the New York Board of Nursing.

In November, "The Violence Against Nurses", law went into effect in New York. Nurses have been put into the protected group, along with police, and firefighters, making it a Class D felony to physically attack any nurse who is on duty.

### Wisconsin:

The Wisconsin Association of LPNs will be holding its 61<sup>st</sup> Annual Convention titled "Health Care Needs LPNs". This event will be at the Comfort Suites in Green Bay, WI May 4<sup>th</sup>-6<sup>th</sup>, 2011. Speakers will include, Keynote speaker on "YOU as an LPN Can Make a Difference", by Kelly Goodman Regional Therapy Director for Extencicare, Joe Rosner, National Teacher/Presenter of Work Place Violence, Total Knee Replacement by Dr. James Grace, Orthopedic Surgeon, Vascular Issues, by Dr. Milian Jordan, and many more.

The State of Wisconsin Department of Workforce Development is presently working on a data collection survey that must be completed to renew LPN licensure this year. NFLPN Members Carolyn Kaiser, Eileen Collins, and JoAnn Shaw have been instrumental in formulating this survey. Wisconsin LPNs, thank these people for stepping up to help the LPN.

NFLPN Board member JoAnn Shaw, LPN was recently awarded "Employee of the Month" from Rivers Bend Health and Rehabilitation Center, WI. Give JoAnn congrats next time you see her!

### ATLARGE Membership:

At Large members are NFLPN members that reside in states without a state level association. Several LPNs/LNAs have expressed interest in establishing a state constituency. We need volunteers to bring a group together, establish board members, and create the state chapter bylaws and charter.

If you are that special volunteer and would like more training and support opportunities in your state, please contact Missy Moore, LPN, NFLPN President at [ottamissiah@yahoo.com](mailto:ottamissiah@yahoo.com).

For more of your local news, please contact the respective state association. Contact information is located on our website at [www.nflpn.org](http://www.nflpn.org) on the State Association page.

### Membership Recruitment Opportunities

Each year NFLPN supports the recruitment efforts of our membership. This is a member driven organization. What that means to you is this organization is as abundant as the participation, communication and support of the members within the organization. If you share your involvement and support of NFLPN with your peers, we will thrive.

Members who recruit the most new membership from October 1, 2010-October 1, 2011 will be recognized for their efforts.

- Recruiters will be entered into a drawing for a 1-year FREE membership renewal. (Be sure to have your new recruits note your name on their membership form or online to receive credit for your recruitment efforts)
- Non-members who join during the 2011 convention enter in a drawing for a 50% membership renewal.
- Student non-members who join during the 2011 convention enter in a drawing for 50% membership renewal.

If you have ideas for membership recruitment, please contact JoAnn Shaw at [jslpn@sbcglobal.net](mailto:jslpn@sbcglobal.net).

### **ATTENTION NFLPN Membership:**

**Our main office has moved as of March 4, 2011!!! Management Concepts, Inc, the company that manages our association, has moved to a new location that affords them more efficient office space for long-term functionality.**

**Please be patient with the main office for phone call and email response during this transition. Our office will be manned but services like phone, fax, internet, and email may be temporarily disrupted during the transition.**

**Our new mailing address is:**

**NFLPN  
111 W. Main Street #100  
Garner, NC 27529**

**Please make note of the mailing address change for future correspondence. All other contact information will stay the same.**

**We appreciate your patience and understanding and will respond to any inquiries as soon as possible.**

**Sincerely,**

**Anjeanette Sausedo  
NFLPN Membership Director;  
Executive Staff**

**Check out the positive support of our 2nd Annual Medical Simulation Warrior Competition highlighted in the Fall 2010 Issue of the Warrior Medic Magazine.**

**Find us on Facebook and post your group pics from the 2010 convention and your state events. The more the merrier!**

**Remember to keep your membership contact information current. Call NFLPN at 800-948-2511 or email [nflpn@mgmt4u.com](mailto:nflpn@mgmt4u.com) with any changes to your name, address, phone numbers, and email.**

## Honor Society Recognition Program



Each NFLPN Student member is eligible for Honor Society recognition for their efforts in maintaining a 3.0 or better GPA while attending their Practical Nursing program at supporting schools.

NFLPN also recognizes the PN schools that promote the only national organization for LPN/LVNs and extend an additional nod of appreciation to those who have become student chapters of NFLPN.

Our success begins with our students, so let us praise the exceptional effort they have made. Congratulations on your success and receipt of the NFLPN Student Honor Society certificate and lapel pin! A complete list of all recipients and participating schools will be included in the next newsletter.

For more information on the NFLPN Student Honor Society recognition program, visit [www.nflpn.org](http://www.nflpn.org).

## Changes to your membership processing:

Presently, if you submit your membership application or renewal with a valid email address you will receive your membership card and correspondence via email.

During the March 11-12 Board Meeting, it was determined to include a statement and check box for you to consent to receiving your materials electronically or be mailed. Please keep a look out for this request on your next dues statement.

If you presently have an email address on record and DO NOT want to receive your materials via email, please call, write or email NFLPN and indicate how you would like to receive any future correspondence.

Newsletters will continue to be send electronically and posted on the NFLPN website only.

## Newsletter/Publication Information:

We were sad to see the Advance for LPNs quarterly publication go and do not yet have a replacement publication for our membership to receive. However, we are working to locate a marketing company to develop and manage a new publication which will replace the newsletter, include LPN related articles and information and offer advertisement and job posting opportunities.

JoAnn Shaw, LPN is the Newsletter Committee Chair and asks each quarter for articles and state news and event information to be included in our current newsletter format. We would appreciate any volunteer effort on behalf of our membership to participate in growing the information shared in our newsletter.

Please send any local event information, professional awards to earn or received by LP/VNs, changes in state licensure, training opportunities, and helpful articles you feel are noteworthy to JoAnn Shaw at [jslpn@sbcglobal.net](mailto:jslpn@sbcglobal.net). We appreciate your assistance!

## Your NFLPN Executive Board Members:

**President: 2010-2012**

Ottamissiah Moore, LPN - Washington, DC

**Vice-President: 2010-2012**

Mary Kathryn James, LPN - Aurora, CO

**Treasurer: 2009-2011**

G. Irene Bruns, LPN - Colorado Springs, CO

**Secretary: 2009-2011**

Peggy Fishburn, LPN - Scottsville, KY

**Director: 2009-2011**

Janet Jacobs, LPN - Derby, KS

**Director: 2009-2011**

SGM Michael Robinson, LPN - Kalamazoo, MI

**Director: 2010-2012**

JoAnn Shaw, LPN - Manitowoc, WI

**Director: 2010-2012**

Brigitte Pierce, LPN - Harlem, GA

The Treasurer, Secretary and two Director positions will be available for nominations this October during the Annual Convention. If you are interested in representing NFLPN at the Executive Board level, please review the NFLPN By-Laws for eligibility requirements and contact the Nominating Committee Chair, Margie Monroe or send your nomination to our main office to be forwarded. More details regarding nominations, delegates, and voting procedures will be included in future correspondence.



# 5 Tips for Busy Nurses

Connie Merritt, RN, BSN, PHN

*When we are unable to find tranquility within ourselves,  
it is useless to seek it elsewhere.* – Francois de La Rochefoucauld

As nurses we have a great commitment to our profession in the care of our patients but often we don't take care of our OWN lives. It is widely reported that we sacrifice a little of ourselves: our time, our energy, our lunch, and yes, our needs. Almost all of us know the challenge of back-to-back shifts! Inconsistent work schedules! Eating on the run! Standing on our feet too long! The stress of work obligations, family demands, and professional responsibilities often interferes with nurses' ability to do what's right for their *own* health.

As a nurse and business owner, I have seen the physical and the practical symptoms of America's busyness and stress epidemic. I am on a mission to help people maintain their spark for life. Here are some practical tips from my recent research and book released from McGraw-Hill: *TOO BUSY FOR YOUR OWN GOOD* that help unravel the issues to reduce stress levels and make a positive difference with your career, family, health, relationships and finances.

**TIP 1: ACCEPT IT!** Your care starts with YOU! Accept it's your responsibility to help reduce stress and manage busyness and that you can manage it! (Even if you are getting multiple demands from different areas.) By taking responsibility for your time, it enables you to find the solutions far more quickly and you're more likely to have the life you want this year.

**TIP 2: BE PRESENT!** Nurses live in a world that is always "on." Hospitals and healthcare needs never close. It's up to you to work your hours and then leave your concerns and worries. This involves confidence in your coworkers and strong interpersonal communications skills. An exercise you must commit to in order to be successful to reduce stress and insure balance in your life is to be PRESENT:

- **P**rioritize what's important for your purpose
- **R**est and restore your body
- **E**liminate clutter and enjoy what you have
- **S**et "smart" goals ("specific, measurable, attuned to your life, realistic, with a timetable")
- **E**ncourage harmonious relationships
- **N**o, politely needs to be communicated more often
- **T**rust in something greater than yourself

This is a vital exercise that needs to be reviewed almost daily! In fact, when you read the exercise – did you make plans to work through being PRESENT? Or, are you glossing over the exercise thinking you could not possibly fit this into your schedule? This is about you and your essential energy for life – your spark! When you live in the present, you are living where life is happening – and living in the present will change your life. Promise yourself you will do the work to be PRESENT.

**TIP 3: ADMIT IT!** Admit that you can do it – it's possible – you can take control.

**TIP 4: LET GO!** What can you let go of? This one takes some figuring out – what and how to let go. Take the time and make the necessary changes (that includes people, places and things).

**TIP 5: SAY NO!** A big part of letting go is saying NO. *No*, may be the most powerful word to use to help relieve stress and find more time to take care of things that matter most to you. No, can save you time, enable you to focus on what's important to you and – protect you from your own good-heartedness! While saying 'no' can be a challenge, you can express it pleasantly with a smile (in your heart and tone) with these "no" phrases:

"I have a prior commitment."

"Sorry, can't – let me know how it goes."

"I am tempted, but I'll have to pass."

"You know I'd never refuse you if I could help it....but I'm afraid that won't work for me."

Research indicates that we all get busy and do not take the necessary time to do what we really need to do to manage our lives. Busyness destroys our balance, scrambles our priorities and leads us into stress and a cluttering of our lives with too many activities, endless to-do lists and not enough time to re-charge to do the things we really need to do. These tips will help you manage your time, make good choices with less stress and more balance—enabling you to take better care of you and your special spark for life!

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If you have any questions, please call: 949-494-009  
Connie Merritt | P. O. Box 9075 | Laguna Beach, CA 92652-9075  
Web link: [www.conniemerritt.com](http://www.conniemerritt.com)

# Real World Scenarios Keeps Medics Trained – And Credentialed

## Soldiers Train With Their Civilian Counterparts To Retain Qualifications

Story by Spc. Lisa Soule, photos by Spc. Amber Hoy, 314th Public Affairs Operation Center



BIRMINGHAM, Ala. - Army Reserve medical Soldiers earned the Continuing Education Units (CEUs) they need by teaming with a civilian professional medical organization.

A military sustainment conference offered in conjunction with the National Federation of Licensed Practical Nurses annual convention in Birmingham Oct. 20-25, provided a unique opportunity for combat medics.

“This setting provides real-world training to keep these Soldiers MOS (military occupational specialty) qualified,” said the Medical Readiness Training Command’s Sgt. Maj. Michael Robinson who coordinated the program that provides similar services for civilian LPNs.

While their civilian counterparts attended meetings and training classes, Soldiers in the sustainment conference

earned the credits they need to maintain their MOS as combat medics and medics with a licensed practical nurse skill identifier. National Guard Soldiers also attended the training, taking advantage of a 72-hour program that keeps their Soldier medical skills up-to-date.



Staff Sgt. David Solomon (left), APMC Forest Park, Ga. and Sgt. Lee Collins, 926th Engineer Battalion, lift their manikin patient into a medical vehicle during competition.

The opportunity allowed Soldiers to get the credits they need without impacting monthly battle assembly scheduled time or unit funds. Combat medics from units

throughout the United States and Germany were able to attend the program on orders funded by the Human Resources Command.

Army combat medics need a total of 72 CEUs every two years to keep their

qualification. For Army Reserve Soldiers, particularly those who don’t work in the medical field in their civilian capacity, earning the needed credits can pose a challenge.

Spc. Ian Powers of the 399th Combat Support Hospital in Taunton, Miss., said the conference kept him from scrambling to stay MOS qualified. “I needed the CEUs and this environment made it interesting and informative.”

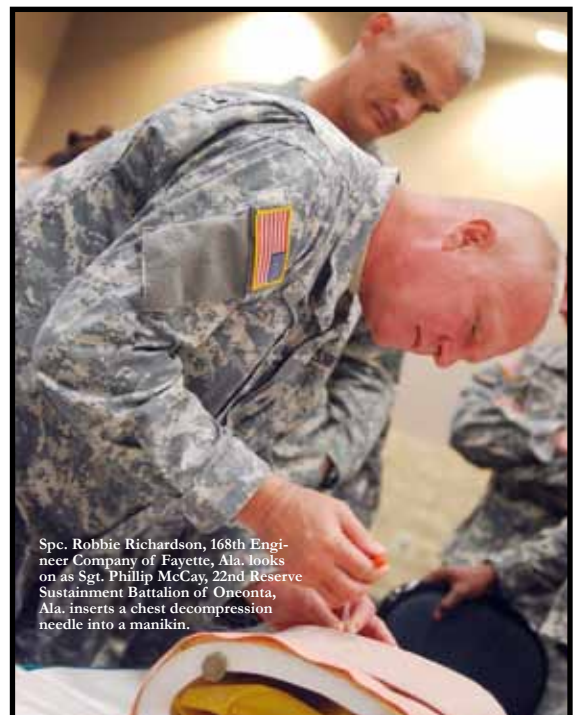
The program that matches Soldiers with the nurse organization kicked off three years ago and has grown since its inception. Coordinators say more Soldiers could benefit if they knew about the program that has become an annual offering since 2008.

“We are still trying to get the word out about this opportunity,” said Anjeanette Sausedo who serves as membership chair for the National Federation of Licensed Practical Nurses. “Regulations differ in every state and military LPNs and medics require more training. We are happy to use our resources to help facilitate meeting those needs.”

This year’s training culminated in a medical simulation warrior competition that took the medics training to a simulated battlefield.



Team 1 lifts their stretcher over a wall during the medical simulation warrior competition part of their training.



Spc. Robbie Richardson, 168th Engineer Company of Fayette, Ala. looks on as Sgt. Phillip McCay, 22nd Reserve Sustainment Battalion of Onconta, Ala. inserts a chest decompression needle into a manikin.

Master Sgt. T'resay Drape-Jones, 7-303rd of Augusta, Ga., pulls security for her team during medical simulation warrior competition.



Scenarios included a civilian couple carrying a baby on the battlefield and the erratic behavior of an embedded reporter. Life-like training mannequins coughed and groaned in pain as Soldiers tended to their wounds while warding off potential attacks.

Soldiers had to low crawl under barbed wire and scale a wall with a litter before loading the casualties onto an ambulance. The ambulance came under attack and the victims had to be unloaded and transported to a Blackhawk helicopter.

Sgt. Kevin Barry of the 196th Medical Support Unit-Europe, said after days of classroom training, he was glad to have the opportunity to put the skills he had learned



Pfc. William Watt (right), 7242 MSU watches as Spc. Angela Langley, 399th CSF inserts nasopharyngeal tube during the warrior competition.

to the test.

"It's nice to apply what we've learned and really think through the scenarios," Barry said. "The situations were confusing, but anything can happen in a battlefield environment."

