

GWAC Critical Care Chronicle

Volume 12, Issue 1

September 2011

The President's Message

Helen Hughes, RN, BSN, CCRN

Together, Stronger, Bolder

Ok, so now that I've been elected president of our chapter I'm going to let you all in on a secret – I'm terrified to speak in public... there it is. Now this is not a unique fear—actually it is one of the most common—with actually somewhere around 75% of us affected. It outranks even fear of death or spiders! A few years ago, a friend and colleague encouraged me to get up in front of 50 or so folks and do a simple introduction for a speaker at our annual Spotlight conference... Man, was I a wreck, just knew my voice would fail me, but when the time came to do the job—I did it. I am thankful for her and the blessing that opportunity gave me.

I like quotations—from Eleanor Roosevelt, to Maya Angelou, to Confucius. They are the kind of things that you say “Wow, that's what I was thinking, feeling, just saying the other day”...

One of my favorites is from Eleanor Roosevelt: “You must do the thing you think you cannot do.” It reminds me to stretch myself beyond self-imposed limits—go outside my comfort zone, and take on new challenges.



So what does this have to do with our AACN theme “Together, Stronger, Bolder”? I believe that through the connection of our common experiences as critical care givers, we together are stronger—a “what doesn't kill me, will make me stronger” sort of thing. We, through this strength will be emboldened to take on the challenges we are faced with in our families, communities, profession, and our Country.

This year, as your president, I will continue to strive to carry on the work that GWAC has undertaken these past few years that has made us an award-winning chapter. To offer opportunities to our members to become active within the chapter, to serve their communities through volunteerism, grow in their profession by bringing the best our area has to offer

through educational programming such as Spotlight on Critical Care and our Spring Spotlight, and networking opportunities through dinner meetings.

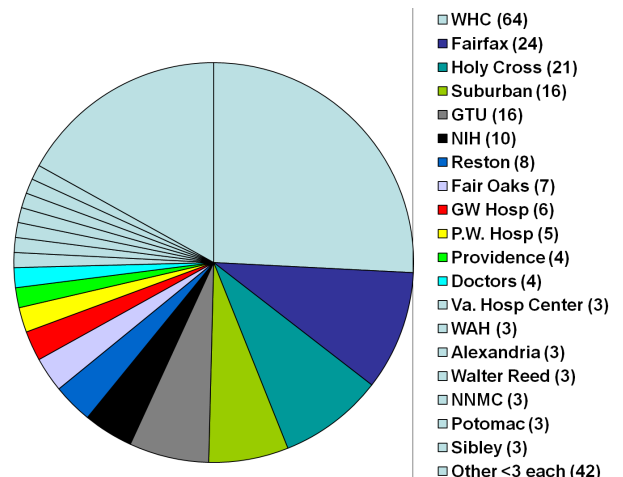
As your leader, I will gladly be your servant. Just let us know what needs you have as a healthcare professional, your ideas for what would help you in your journey so that together, we can be stronger and bolder.

And of course, let's not forget this sage advice...”Do, or do not. There is no 'try.'” **Jedi Master Yoda**



Membership Report

Brett Dodd, RN, CCRN, CEN, CFRN



Fiscal Year 2011-2012

GWAC Board

President: Helen Hughes, RN, BSN, CCRN

President Elect: Kelly McNeil-Jones, RN, BSN, MBA, RCIS

Immediate Past President: Dorothy Belkoski, RN, BSN, CCRN

Treasurer: Laura Fedge, RN, MSN, CCRN

Treasurer-Elect: Minnie Raju, RN, MS

Immediate Past Treasurer: Abigail Butts, RN, MSN, CCNS, CCRN

Recording Secretary: Maureen Edwards, RN, MSN, CCRN

Membership Chair: Brett Dodd, RN, CEN, CCRN, CFRN

Corresponding Secretary: Dorothy Belkoski, RN, BSN, CCRN

Education Director: Barbara Cilento, RN, M.Ed., MSN, CCRN

Advanced Practice SIG: Karen Mack, MS, ACNP

Newsletter: Vicki Lindgren, RN, MSN, CNS, CCRN, CCNS

Northern Consortium: Barbara Cilento, RN, M.Ed., MSN, CCRN

Military Liaison: CPT Andrea Jacobs, RN

Spotlight Chair: Kelly McNeil-Jones, RN, BSN, MBA, RCIS

Spotlight Chair-Elect: Regina Sweet, RN, BSN

Community Service: Kelly McNeil-Jones, RN, BSN, MBA, RCIS

Spring Conference: Karen Mack, RN, MSN, ACNP

Region IV Advisor: Mary Zellinger, RN, MN, ANP-BC, CCRN-CSC

KUDOS

Vicki Lindgren, RN, MSN, CNS, CCRN, CCNS

New CCRN

- William Adkins Jr. RN CCRN – Nurse Manager at Inova Alexandria Hospital MSICU recently passed CCRN
- Carlos Bernal, RN, CCRN – Prince William Hospital recently passed CCRN
- Peggy Boratenski, RN, CCRN – Suburban Hospital CTU recently passed CCRN
- Deana Coy, RN, CCRN – Prince William Hospital recently passed CCRN
- Lisa Elizabeth D'Olier, RN, BSN, CCRN – Washington Hospital Center 1EIMC recently passed CCRN
- Maribeth Elfadl, RN, CNRN – Suburban Hospital ICU and Georgetown Neuro ICU recently passed CNRN
- Helinaye Hailemariam BSN, RN-BC – Staff Nurse on IMCU at Inova Alexandria Hospital recently passed Gerontology Certification
- Sarrah Jalloh RN-BC – Staff Nurse on IMCU at Inova Alexandria Hospital recently passed Gerontology Certification
- Seong Kim, RN, CEN, CCRN – Emergency Services at Prince William Hospital recently passed CCRN
- Reezena Malaska, RN, MSN, CCRN– CCU at Reston Hospital recently passed CCRN



Presentations

- Abdeljalil (Jalil) Bentaleb BSN, RN – Stroke Coordinator for Inova Alexandria Hospital presented information on Hospital Stroke Response programs to the Health Minister of Morocco at a conference in France

GWAC “Meet and Greet” August 18th at Busboys and Poets



GWAC Volunteer Opportunities

Attending Spotlight on Critical Care in October? We will be accepting donations for the "Safe Nights" program. This program provides temporary shelter for homeless residents of Charles County, Maryland by working cooperatively with the community to provide housing and meals to individuals and families during the cold winter months – November 1st through March 31st.

Please bring donations of warm socks for men, women, and children all sizes and trial-sized toiletries. See you at Spotlight and, if you are able, please support this compassionate response by donating items to help those in need.

Spotlight on Critical Care

Our chapter is planning another great conference for our nursing professionals. Join us on **October 26th and 27th at Waterford Receptions, Springfield, VA. REGISTRATION IS OPEN!** Visit our website: www.gwac-aacn.org/ today to view our colorful e-brochure which includes easy step-by-step instructions for online registration, our speaker faculty listing, and two-day schedule or go to <http://web.sitelms.org/conference/gwacaacn/> to register.

Here is a sneak peek at what is planned... We are so pleased to have with us for your Keynotes: Wednesday, Kathleen Vollman; Thursday, Melissa Fitzpatrick. Mike Clumpner will be our Closing Keynote Thursday.

- ❑ **Kathleen Vollman**, well-known and respected speaker will kick-off our conference by presenting “Recipe for Nurturing the Nursing Soul” which she describes as a “vitamin recipe for personal and professional success.”
- ❑ **Melissa Fitzpatrick**, who brings to us 30+ years of clinical expertise, a past president of AACN and is the current Vice President and Chair Clinical Officer at Hill-Rom, will start us off on Thursday with “Using People, Process, and Technology to enhance Outcomes for Patients and their Caregivers.”
- ❑ **Mike Clumpner**, a career paramedic, flight paramedic, EMS/critical care medicine educator and world-wide lecturer was with us last year. Evaluations revealed that he was a very dynamic presenter so who else could be better for our Closing Keynote. Mike will present “W.A.T.C.H.: Workplace Awareness for Terrorism and Crimes in Hospitals.”

I Am a Critical Care Nurse

Rosie Dunkle, RN, MSN, CCRN
Senior Nurse Educator Critical Care

Why did you become a nurse?

I have been interested in nursing since high school. I wanted to help people. My aunt was a nun and the Dean of a diploma school of nursing. She always encouraged me to pursue nursing. She modeled career advancement by obtaining her BSN and MSN.



What about your job as a nurse makes you happy?

Mentoring and teaching new nurses and nurses who are new to Critical Care makes me happy. I love it when I see “the light go on” for a nurse who masters a new concept or skill. I want to impart my passion for nursing: A nurse is part of the health care team who adds the unique contribution of putting the whole patient picture together.

What are the challenges you encounter and how do you overcome them?

There are a lot of challenges that make me work creatively: For every hour of lecture it takes about 8 hours of preparation time so I network with other educators and use guest speakers. MedStar has an educators group that meets quarterly to streamline our efforts. I work with two other great Critical Care Educators on our Team. Kerri Woods recently joined us from Mass General & Joyce Folkert joined the organization and Nursing Education last October after many years as a Critical Care Educator most recently in Las Vegas. I also am fortunate to work with Cheli Miga, our very seasoned clinical specialist on many projects that impact Critical Care. Our hospital began using the AACN Essentials of Critical Care Orientation (ECCO) program in January 2011 to provide content because it is evidenced-based. We added organization-specific content to the complete the learning. We have to be creative providing the right tools and equipment for hands-on training. Identifying key stakeholders and contributors makes the work more efficient.

Have you experienced anything extraordinary in your nursing career?

Like many other GWAC nurses I was on duty on September 11, 2001 and cared for survivors from the Pentagon. I felt my training and past experience in various critical care areas provided me with the necessary skills and sense of competency in the midst of the crisis. It was difficult because there victims at the disaster site who did not survive and we wanted to help them too.

What has been the most amazing experience you’ve had as a critical care nurse?

As part of my role I am an adjunct faculty member with the Georgetown School of Nursing and teach nursing as a second-degree program. I think it is awesome teaching the complex pathophysiology and technologies in critical care nursing. Since the clinical site is at the hospital where I work, I have access to great experiences for the students – OR, Nuclear Medicine and in working closely with the medical staff. Of course, I still find it amazing to be the caregiver in a crisis – like cracking a chest to save a post-cardiac surgery patient.

What has your journey as a nurse been like?

The new graduates kid me about all of the degrees I’ve added over my career – I completed my BSN in 1981 (when some of them were born) from George Mason University, my MSN in Trauma-Critical Care Clinical Nurse Specialist Program at the University of Maryland in 1994 and completed a Post-graduate Teaching Certificate from University of Maryland in May 2011. Each degree allowed me to gain the skills I use every day. Clinically I’ve worked in different areas – Medical ICU, Cardiac Surgery Recovery Unit and Burn Unit. I’ve also had many different roles – staff nurses, manager and educator.

At the end of a busy/grueling day, how do you find balance in your life?

It’s gotten easier since I finished school in May 2011. I have an understanding husband who works at the hospital. I enjoy the beach and time with family. I’ve also been visiting prospective colleges with my daughter who is a senior in high school this coming year.

How has AACN played a role in your career?

I have attended the various educational seminars – the Spotlight in Critical Care Conferences over the years and the National Teaching Institute which I attended last year. I enjoy being involved. As I said before, I use the AACN ECCO program which is valuable in my role as an educator.

Believe It or Not: True Stories in Neuroscience

Featuring: Dai Wai Olson

When: September 30th

Where: Inova Fairfax Hospital Physicians Conference Center Auditorium, Upper Level

Cost: \$25 Inova employees; \$100 non-Inova employees

See below for registration information

Registration Form

Registration Form
Believe it or Not: True Stories in
Neuroscience

Please respond by September 23, 2011

Name: _____

Telephone: () _____

Email: _____

Unit/Institution: _____

Amount Included:\$ _____


You will receive email confirmation
once registered for the course.

Questions?:
Please direct any questions to
carey.yarbrough@inova.org
(703)776-8970

Payment can be made in the form of
cash or check, no credit cards or cost
codes accepted


Send completed registration
and payment to:
Inova Learning Network
Attn: Believe it or Not:
True Stories in Neuroscience
3300 Gallows Road
Falls Church, Virginia 22042-3300

Inova Learning Network
3300 Gallows Road
Falls Church, VA 22042



**INOVA HEALTH
SYSTEM**

Believe it or Not:
True Stories in
Neuroscience



September 30, 2011
8am—4pm

Registration starts
@ 7:30 am

Topics

- Multimodal Neurologic Monitoring
- Neurological Assessment
- Hemorrhagic and Ischemic stroke diagnosis and treatment (and differentiation)
- Traumatic Brain Injury
- Evidence-based Nursing Practice (understanding and interpreting the evidence)
- Therapeutic Temperature Management (strategies and evidence)
- Cranial Nerve
- Correlative Neuroanatomy

Faculty

Dai Wai M. Olson, PhD, RN, CCRN

is an expert clinician, widely published author, experienced researcher, and popular and effective speaker. His more than 20 years in nursing have been focused on critical care, with a primary interest and passion for neurocritical care.

Dr. Olson is currently an Assistant Clinical Professor in the Department of Medicine, Division of Neurology at Duke University Medical Center. He also remains clinically involved through his position as Level 4 Staff Nurse in the Neuroscience Intensive Care Unit at Duke University Medical Center.

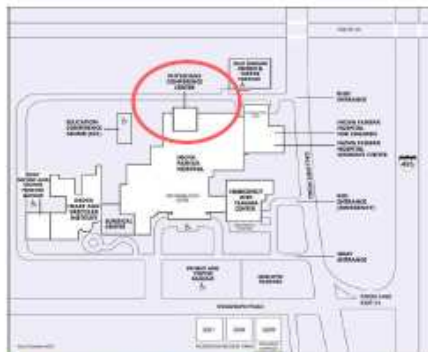
Sponsored by:
Dr James Ecklund
Department of Neurosurgery, IFH

Contributing Course Author:
Barbara Clark Mims, RN, MSN

Location

Inova Fairfax Hospital's
Physician's Conference Center
3300 Gallows Road
Falls Church, VA 22042

Parking available in the Employee Parking Garage for IFH employees and in the Gray Garage for other attendees.



Registration Information

Checks should be made payable to:
Inova Learning Network
Mail course registration form and payment to:
Inova Learning Network
Attn: Believe it or Not:
True Stories in Neuroscience
Inova Learning Network
3300 Gallows Road
Falls Church, Virginia 22042-3300

Course Fee

Course fee is \$25 for Inova employees and \$100 for non-Inova employees.

Contact Hours

This program has been approved by the American Association of Critical Care Nurses (AACN) for 6.25 contact hours, Synergy CERP Category A, File number 00017338.

Please direct questions about contact hours to carey.yarbrough@inova.org.

Cancellation Policy

Cancel by September 23, 2011 for a full refund. No shows or cancellation after September 23rd will NOT receive a REFUND.

Accommodations

Inova Fairfax Hospital is easily accessible from both Washington, DC's Reagan National Airport and Dulles International Airport. Please let us know if you will be traveling into the DC area, we'd be glad to help you with your arrangements.

REGISTRATION DEADLINE:
September 23, 2011

Check out the new
Greater Washington Area Chapter's
E-STORE!

<http://ces.landsend.com/GWACAACN>

LANDS' END
BUSINESS OUTFITTERS
The Greater Washington Area Chapter
of the AACN

Shopping Bag

800.587.1541 Customer Service | Sign In

Men Women Cases, Bags & Totes Gifts & Accessories

Enter keyword or item # **Search**



Welcome to the Greater Washington Area Chapter of the American Association of Critical Care Nurses E-Store! Even if you've never shopped on the Web before, you'll find this site easy to use and convenient



Brought to you by:
LANDS' END
BUSINESS OUTFITTERS

[Order Status](#) | [Team Sizing](#) | [Privacy Policy](#) | [E-mail Us](#)

©2010 Lands' End Inc.

GWAC's Annual Conference for Nursing Professionals
Celebrate our 26th year of striving for Beacons of Excellence!!

SPOTLIGHT ON CRITICAL CARE



**Waterford
Receptions**
Springfield, Virginia

For conference information please Spotlight On:
Kelly McNeil-Jones at:
Email: kelly.mcneil-jones@gmail.com - 340-460-2777
or Helen Hughes: helenhughesni@verizon.net - 301-540-7060

- **Multimodality Monitoring in the Neuro Trauma Patient** by Mary Kay Bader
- **Mobility and the Vented Patient** by Kathleen Vollman
- **Delirium in the ICU** by Dr. Brenda Pun
- *Plus...*
- **WATCH: Workplace Awareness for Terrorism and Crimes in Hospitals**
 - **Research Utilizing Chlorhexidine: Is It Really All That?**
 - **Less is More: Fluid Optimization in Critically Ill**
- *and...*
- **Trauma/ED Topics**

**October
26-27, 2011**

SCHEDULE FOR WEDNESDAY, OCTOBER 26, 2011

TIME	SESSION	SPEAKER
7:00 - 8:00	Registration	
8:15 - 9:15	Welcome & Keynote Address — <i>Recipe for Nurturing the Nursing Soul</i>	Kathleen Vollman <i>Sponsored by Sage</i>
9:15 - 9:30	Break	
9:30 - 10:30	Understanding Heart Failure and Beyond	Tonya Elliott
	Rethinking Nursing's Advocacy Obligations in 2011—Are We Measuring Up?	Carol Taylor
	Mobility and the Vented Patient	Kathleen Vollman <i>Sponsored by Sage</i>
10:30 - 11:00	Poster and Exhibition Session	
11:00 - 12:00	Standing Tall—Evidenced Based for Critical Care	Victoria Kark
	Prescribing Antimicrobial Agents in the Acute Care Setting: A Case Study Approach	Nancy Munro
	XRAY/CT/MRI for the Critically Ill	Helen Ferguson Brown
12:00 - 13:15	Lunch, Exhibition and Poster Sessions	
13:15 - 14:15	Radial Lounge – Using the Watson Theories	Megan Wilson
	Electrolyte Emergencies – Case Studies	Helen Ferguson Brown
	The How's and Why's of BP Control in the Neuro Patient	Ernie Biczak
14:15 - 14:45	Exhibition and Poster Sessions	
14:45 - 15:45	A Case Study Approach to Understanding CRRT	Lisa Kirchner
	Less is More: Fluid Optimization in Critically Ill	Sheree Jordan <i>Sponsored by Edwards Lifesciences</i>
	Overview of Clinical Management of the Organ Donor	Jeremy Brown
15:45	Evaluation and CEU Distribution	

SCHEDULE FOR THURSDAY, OCTOBER 27, 2011

TIME	SESSION	SPEAKER
7:00 - 8:00	Registration	
8:15 - 9:15	Welcome & Keynote Address — <i>Using People, Process and Technology to Enhance Outcomes for Patients and Their Caregivers</i>	Melissa Fitzpatrick <i>Sponsored by Hillrom</i>
9:15 - 9:30	Break	
9:30 - 10:30	Research Utilizing Chlorhexidine: Is It Really All That?	Mary Jane Bowles
	Inside the Black Box: Multimodality Monitoring in the Neuro Trauma Patient	Mary Kay Bader <i>Sponsored by Integra</i>
	Oh no! There is a pediatric trauma patient coming!: What the non-pediatric clinician needs to know	Jen Chaikin
10:30 - 10:45	Exhibition and Poster Session	
10:45 - 11:45	What Goes Around, Comes Around: Oxygen Delivery, Consumption and Reserve	Donna Stanczak
	"Capnography in Patient Care: Peaks, Valleys, and Trends- Do They Signal the End?"	Mike Clumpner
	Linking Critical Care Expertise To Enhance Patient Care Delivery Using TeleICU	Theresa Davis
11:45 - 13:00	Lunch, Exhibition and Poster Sessions	
13:00 - 14:00	Delirium in the ICU	Brenda Pun <i>Sponsored by Hospira</i>
	Central Venous Pressure Monitoring: How To Surf the Waveform	Dick Vestraete
	A "Rave" New World: The Facebook Generation's Drugs of Abuse	John DeSimone
14:00 - 14:15	Break	
	Closing Keynote — <i>W.A.T.C.H.: Workplace Awareness for Terrorism and Crimes in Hospitals</i>	Mike Clumpner <i>Sponsored By Zoll</i>
15:45	Evaluation and CEU Distribution	

REGISTRATION

Early Bird Registration must be paid in full by Friday, September 30th, 2011 to receive the discounted rate.

Please register online at:

<http://GWAC-AACN.org>. Have credit card available. Cancellations must be made to Brett Dodd at spotlight_registration@yahoo.com or 240-682-6206 by October 15, 2011 to be eligible for a refund. No refund will be granted after October 15, 2011; however, registration may be transferred with Brett Dodd's approval after payment is received in full and request is submitted by Oct 21st. With early registration, you will receive your lecture outlines before the conference via email.

GWAC has gone GREEN
Online and walk-up online registration only. No mail in registration accepted.



Visit GWAC website (www.gwac-aacn.org) for easy step by step instructions

GWAC Membership must be current at time of registration to get discount.

You can check the status of your membership by emailing spotlight_registration@yahoo.com

REGISTRATION FEES RECEIVED BY OR BEFORE SEPTEMBER 30, 2011		On or Before September 30th Early Bird rate	After September 30th Regular rate
GWAC/Region 4 and AACN member (new or renewal)	One Day	150.00	170.00
	Two Day	215.00	265.00
Non GWAC Member	One Day	165.00	195.00
	Two Day	265.00	290.00
Poster presenter fee (<i>one registration per poster</i>) same rate for 1 or 2 days*		140.00	140.00
Student		100.00	100.00

MEMBERSHIP FEES	New Member or Renewal
AACN	69.00
Retired/Disabled/Veteran	46.00
GWAC (<i>must be a member of AACN to join GWAC</i>)	20.00

Deadline for conference registration is **Fri, Oct 21st, 2011**. After that date, only walk-in registration day of conference will be accepted.

Poster Presenters: All poster presenters must contact Sonia Astle for guidelines at: Sonia.astle@inova.org or Helen Hughes at helenhughesrn@verizon.net. Abstract submission deadline for discount registration is **September 12, 2011**. Abstracts should be <300 words and submitted in either one of two categories: Research and Evidenced-based Solutions (formerly known as Creative Solutions). One poster presenter per poster is eligible for discounted conference rate—in the case where there are multiple presenters listed; please indicate which presenter will receive the discounted rate. Presenters will be notified by **September 19, 2011** of poster acceptance. Posters may be presented in one place or several places. Total length of the poster should NOT exceed 6 feet. Posters must be able to be EASILY attached to mounting board stands with pins. There will be no tabletop displays of posters. If your poster is very fragile, you may elect to take it home and reset it up the second day.



AACN AND GWAC MEMBERSHIP APPLICATION

Complete if joining or renewing GWAC-AACN membership or go to <http://GWAC-AACN.org> to renew online. Please note that AACN membership is required to join or renew GWAC. For membership questions, contact Brett Dodd at brettdodd@msn.com or fax to 1-866-838-7528.

Name _____

Home Address _____ City _____ State _____ Zip _____

AACN# _____ RN License # _____ State _____ Exp. Date _____

Certifications: CCRN CCNS PCCN Advanced Practice ACNP NP (other) CNS

Primary Workplace _____

Work Address _____

Email Address _____

Preferred method of receiving AACN/GWAC mail (check one): Home Work

POSITION (choose one most similar to your position): Staff RN Educator CNS Faculty Manager
Clinical Instructor Administration NP QA/PI Research
Other (write in) _____

PRACTICE AREA (check the selection most similar to your practice setting):

Intensive Care Settings: Coronary Care Cardio/Thoraco/Vasc Neuro Trauma Pulmonary
Medical Surgical Med/Surg Pediatric Neonatal General
Other ICU Step-down (Telemetry, PCCU, IMCCU)

Other Settings: Emergency Services Cath Lab EP Lab OR PACU Cath/EP Recovery
MD/Office Group Interventional Radiology Other (write in) _____

Highest Level of Education: Diploma ADN BSN MSN MS MBA PhD/DNS Other _____

Years of Nursing Experience _____ Years of Critical Care Experience _____

Method of Recruitment (as GWAC member): Education Spotlight Consortium Membership Drive
Newsletter Website Renewal Notice Self-Initiated
Individual (name) _____

AACN and GWAC – \$89

GWAC only – \$20