Greetings, all!

By the time you receive this, we will be welcoming in the new year. It becomes important, then, to remember what KNA did in 2017. As important as it is to remember where we have been, it is equally important to consider where we are going.

In 2017, The Ethics and Human Rights Committee did a fantastic job of helping KNA focus on two huge issues, Human Trafficking and Substance Use Disorder. Both issues are ethically and morally important. Because of its importance, programs on Human trafficking will continue to move across the state, with the help of Catholic Charities, and a grant that will support these programs. We are proud to note that this will be an interdisciplinary program, under the guidance of Marissa Castellanos, a social worker. Ethics and Human Rights drive KNA initiatives. The Substance Use Disorder focus has also moved across the state (and will continue to do so in 2018), at the chapter level; it was, of course, the focus of our 2017 Education Summit (which was a HUGE success!). Special thanks to the Events Committee members and KNA Staff that gave us one of the most successful education summits yet, attended by over 500 people, including nurses, our future nurses, physicians, and social workers. KNA worked closely with the Kentucky Association of Nursing Students (KANS), and hopes to close the gap between our two organizations.

The Governmental Affairs Cabinet, chaired by Amy Herrington, worked closely with our lobbyist, Sheila Schuster, in support of several policy initiatives:
• We explored the benefits of medicinal marijuana and the need to reschedule marijuana so that it can be studied;
• Dr. Schuster has presented a nurse advocacy program, teaching policy and advocacy 101, across the state (if your chapter has not yet hosted the program, call KNA);
• We will take the ‘human trafficking’ awareness program across the state (call KNA for details);
• We have participated in the movement to end nurse abuse;
• We worked with the Kentucky Board of Nursing in supporting the Nurse Compact legislation (to go into effect this year);

The Education and Practice Cabinet, chaired by Judy Ponder, was extremely active in 2017, providing continuing education programs across the state (as noted above). The purpose of the cabinet is to stimulate and promote the professional development of nurses, and to advance the profession of nursing. They certainly accomplished that goal, and some! In 2018, the Cabinet will be working on an initiative to explore nurse satisfaction and nurse retention.

The Professional Nursing Practice and Advocacy Cabinet was chaired by Karen Blythe. The Cabinet’s purpose is to foster high standards of nursing practice and the advancement of the profession of nursing, to promote awareness and understanding of current nursing policy and workplace issues, and involve nursing in strategic and professional address of those issues. KNA has identified workplace issues as an area of focus for 2018. As you can see, the three cabinets will be working closely to achieve KNA’s goals: to be the voice of nurses across the state, and to improve the health of our population.

If you want to see your KNA do BIG things, we need to have BIG numbers. Join KNA now and convince others that we need them. A strong group of nurses can change nursing... could change health care!
The ten chapters across the state will be our collective voice, as we work on each initiative. The Bluegrass Chapter regularly visits local colleges and schools of nursing within their demographic area, disseminating information to the nursing students. Green River had an NCLEX-challenge, which several chapters have copied. Heartland has started its own newsletter, called ‘The Pulse.’ The Nightingale Chapter started their facebook page, awarded a scholarship and sponsored a ‘great nurse week.’ The Northeastern Chapter, 3 years old, focused on CPR events, and getting organized to sponsor community events and fundraisers. The Northern KY Chapter presented programs on the ‘Normalisation of Deviance’ and ‘Autism.’ The REACH chapter presented multiple events, including points on medical malpractice, infections, dangerous drugs of abuse, and the road from ‘addiction to recovery.’ The River City Chapter reorganized this year, with the help of their immediate past president and new co-chairs, offering several fun and educational events to get members invigorated. The West KY Chapter sponsored a research day, and also addressed the opioid crisis. The School Nurse Chapter, the only chapter which is not defined by its location within the state, hopes to file a bill in 2018, focused on an initiative to place a school nurse in every Kentucky School. Each of these chapter leaders meet monthly to discuss upcoming events and to network with each other on how we can share our visions. The Kentucky Nurses Foundation has just come back to life, with a Board dedicated to fundraising and offering nursing scholarships. These groups are integral to the workings of our organization. They will also be the movers of KNA special interest groups across our Commonwealth.

We cannot end the year without acknowledging the work of the Editorial Committee who review articles and publish the KENTUCKY NURSE, and the Nominating Committee who gave us one of our most impressive ballots. The Finance Committee is charged with encouraging us to promote our organization, and yet maintain fiscal balance responsibly. The Bylaws Committee will be addressing needed changes, including our governance, to ensure that all voices are heard and represented, as well as incorporating bylaws changes at the national level. And finally, a big shout out to the Board of Directors; this group meets monthly to ensure that we are on track to move our mission and vision!

A big thrust for the 2018 year is to continue focusing on the healthy nurse, healthy nation initiative. KNA has declared 2018 as “The year of the Healthy Nurse: Mind, Body, and Spirit.” We will host a two-day conference - November 1 and November 2, 2018 - that will concentrate first on how to ensure that nurses are happy and healthy, and second, that nurses can have a tremendous impact on population health. KNA will have a call for proposals early January 2018. We ask each of you to consider presenting on one of these two aspects related to the year of the nurse, OR urge a qualified colleague to submit a proposal.

We are focusing on special interest groups for perinatal health, school health, mental health, the homeless population, and Veterans. We are looking at nurses that would attend the funeral of every nurse in Kentucky, that would speak to health promotion and disease prevention, and that would rally to advocate for equity and parity, access to health insurance, and health care.

KNA Advocacy is represented by many diverse nursing groups. We will have conversations with nurse administrators, managers, and bedside nurses. KNA has a lobbyist Dr. Sheila Schuster, who has already started a journey to each of the chapters, presenting a nurse advocacy 101 class. Along with Amy Herrington, chair of the governmental affairs cabinet (and the cabinet members), Dr. Schuster monitors legislative bills and initiates calls to action. We encourage all KNA members of subspecialty groups to submit a ‘request for support’ through the governmental affairs cabinet or the Professional Nursing and Advocacy cabinet.

KNA can be an integral part of the Kentucky’s population health solution. We need answers. We need support. We need you. Join us on this adventure, so we can continue to make a difference for the nursing profession, and for Kentucky. Thank you for your continued commitment to nursing and to good health. Here’s to a happy new year for us and for the people we serve.

2018 Call for Nominations

Look for an email from KNA Headquarters in March 2018 asking for self-nominations for open seats for KNA offices, cabinets, and committees.

This is your chance to “Get on Board” and let your voice be heard. This is also a great leadership development opportunity.

Healthy Nurse: Mind, Body, and Spirit

The KY Nurse July 2018 issue will feature manuscripts dedicated to the KNA’s 2018 Convention Topic, Healthy Nurse: Mind, Body, and Spirit. We invite you to submit your manuscript to the Kentucky Nurses Association for review.

Please submit manuscripts no later than March 1, 2018 to allow review time. Please refer to the information for authors and publication guidelines on the KNA website at www.Kentucky-Nurses.org for more information.

Submit manuscripts to: admin@kentucky-nurses.org

Information for Authors

• Kentucky Nurse Editorial Board welcomes submission articles to be reviewed and considered for publication in Kentucky Nurse.
• Articles may be submitted in one of three categories:
  ° Personal opinion/experience, anecdotal (Editorial Review)
  ° Research scholarship/clinical/professional issue (Classic Peer Review)
  ° Research Review (Editorial Review)
• Information about IRB or Ethical Board approval is a requirement for Quality Improvement projects, evidence practice based projects, and research studies.
• All articles, except research abstracts, must be accompanied by a signed Kentucky Nurse transfer of copyright form (available from KNA office or on website www.Kentucky-Nurses.org) when submitted for review.
• Articles will be reviewed only if accompanied by the signed transfer of copyright form and will be considered for publication on condition that they are submitted solely to the Kentucky Nurse.
• Articles should be typewritten with double spacing on one side of 8 1/2 x 11 inch white paper and submitted in triPLICATE. Maximum length is five (5) typewritten pages.
• Articles should also be submitted electronically.
• Articles should include a cover page with the author’s name(s), title(s), affiliation(s), and complete address.
• Style must conform to the Publication Manual of the APA, 6th edition.
• Monetary payment is not provided for articles.
• Receipt of articles will be acknowledged by email to the author(s). Following review, the author(s) will be notified of acceptance or rejection.
• The Kentucky Nurse editors reserve the right to make final editorial changes to meet publication deadlines.
• Please complete a manuscript checklist to ensure all requirements are met. You must provide a completed checklist when a manuscript is submitted. The Manuscript Checklist can be found at www.kentucky-nurses.org.
• Articles should be mailed, faxed or emailed to:

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Directors    Ann W. Christie, RN, MSN
             Jody V. Rogers, MSN, RN, NEA-BC

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Nurse Faculty Kimberly Tharpe-Barrie, DNP, RN
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                 Danielle Angeli House, RN, HNC-OB

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Member    Rhonda Vale, MSN, RN
          Pam Azad, MBA, Ph.D, RN

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           Lynn Roser, Ph.D, RN, CIC
           Lawana Leonhardt, MSN-RN, CCRN-K, NE-BC
           Karen Blythe, MSN, RN, NE-BC
           Jennifer Waterbury
           Betty Kuiper, APRN
           Dr. Maribeth Wilson, PhD, RN

Thank you to those KNA Leaders who have dedicated their time to the organization. We thank you!

Dana Todd, PhD, APRN
Teena Darnell, DNP, RN
Karen Blythe, MSN, RN, NE-BC
Jennifer Waterbury
Betty Kuiper, APRN
Marsha Woodall, DNP, MBA, RN
Dr. Maribeth Wilson, PhD, RN
Laurie B. Heckel

Communication and Membership – Dionne Griffiths, MA, BA

Dionne joined the KNA in September 2017 as the new Communication and Membership staff. She is a nonprofit administrator with a professional background in higher education, healthcare, and arts education. She earned her M.A. from the University of North Carolina-Greensboro and earned her B.A. from Spelman College.

Dionne is responsible for membership engagement, member benefits and business partnerships, communications, the monthly KNA E-newsletter, Facebook and Twitter, volunteer management and engagement, Nightingale tribute requests, KNA chapter membership reports, and the KNA website.

Administrative Coordinator- Lisa Snyder

Lisa has been with the Kentucky Nurses Association since August 2015. She is the part-time Administrative Coordinator with a background in excellent communications skills and guest service. She earned her B.A. in Communications from the University of Louisville.

Lisa is responsible for administrative support, processing event/summits/conference payments, fulfilling KNA material requests, arranging travel reservations, compiling chapter meeting minutes, creating KNA and KNA Chapter election ballots, communicating chapter election results and chapter information and updates, providing educational offerings, creating resolutions, and processing chapter reimbursements and chapter growth funds requests. Lisa also works with the KNA Editorial Board by submitting materials for publication in the KNA quarterly newsletter, the Kentucky Nurse.

Executive Director of KNA - Delanor Manson, MA, BSN, RN

Delanor joined the KNA staff in early September 2017. With degrees in nursing and healthcare management, Delanor has been at the forefront of innovative medical initiatives in both patient care and complex administrative issues. Delanor was the former deputy secretary for the Kentucky Cabinet for Healthcare Services. She achieved the rank of captain in the U.S. Navy, with 27 years of service. She applied her nursing education to various positions throughout the country, as well as in Japan, Great Britain, Germany, Italy, and Puerto Rico. Most recently as the Associate Vice President Research and Design of Hosparas, in Louisville, she was involved in the complex interplay of innovation strategy and planning, project design and management.

Delanor oversees the operations of the Kentucky Nurses Association and the Kentucky Nurses Foundation. As the Executive Director she is responsible for coordinating effective operating, marketing, financial, and advocacy for nurses in the state of Kentucky. Contact her for: organizational operations, facilities questions, potential professional nurses or medical organizational/ event partnerships, board member liaison questions and communications, media inquiries, and budget and financial questions.

Thank you to those KNA Leaders who have dedicated their time to the organization. We thank you!

Dana Todd, PhD, APRN
Teena Darnell, DNP, RN
Karen Blythe, MSN, RN, NE-BC
Jennifer Waterbury
Betty Kuiper, APRN
Marsha Woodall, DNP, MBA, RN
Dr. Maribeth Wilson, PhD, RN
Laurie B. Heckel
Chapter Updates

KNA Bluegrass Chapter
August Board Meeting 2017:
• Nothing to report out for newsletter; was strictly business meeting

September Member Meeting 2017:
• Newly elected officials as listed:

  2017-2018 BOD
  President—Uryn Rose
  President-elect—Melanie Adams-Johnson
  Immediate Past President—Ida Slusher
  1st Vice President—Jackie Graves
  2nd Vice President—Amy Herrington
  Secretary—Bill Cornelson
  Treasurer—Tammy Harkleroad

  Director-at-Large (2017-2019)
  Director-at-Large—Nancy Barnum
  Director-at-Large—Diane Beckham
  Director-at-Large—Heather Norris

  Director-at-Large (2017-2018)
  Director-at-Large—Kendra Foreman
  Director-at-Large—Beth Gamble
  Director-at-Large—Amanda Martin

  Nominating Committee (2017-2018)
  Kim Wilder-Chair, Laura Riddle, Tonya Stephens

  • Guest speaker, Allyson Taylor, JD, Director, Office of Child Abuse and Human Trafficking Prevention, Office of KY Attorney General, gave a moving presentation on Human Trafficking: identifying and assisting victims in the healthcare setting.

  • Ms. Kristie Stambaugh, recent graduate of Midway University was presented the Karen Tufts Award. Congratulations to Ms. Stambaugh also pictured is Ida Slusher

October Board Meeting 2017:
• The Board will continue working on getting keynote speakers at each member meeting for the upcoming year. If interested please contact Jackie Graves for future opportunities.
• Amanda Martin, BOD member should be informed of upcoming events and educational offerings so that information can be shared on the BG chapter’s social media platforms.
• The Karen Sexton award criteria is being reviewed in order for the next award offering.
• The Karen Tufts award will be given in May 2018, and nomination announcements will be sent to appropriate facilities by the end of December 2017.
• Our yearly “Pass the Hat” at the November member meeting will go to the “Well Shelter” which is a safe haven for women who have been involved in Human Trafficking.
• The next BOD meeting will be held at Bella Notte at 6 PM on December 19th, 2017. There will be a $10 ornament gift exchange for those who would like to participate.

KNA Heartland Chapter
The Heartland Chapter participated in a community service activity on September 11, 2017 by volunteering for the Feed America Program, based in Elizabethtown. The activity consisted of packing meals in boxes for the elderly and filling backpacks with food for the weekend back program for school-age children. Approximately 792 backpacks and several boxes of meals for the elderly were filled during this two-hour volunteer activity.
Another chapter-sponsored event held on October 11, 2017, in conjunction with Twin Lakes Regional Medical Center, consisted of a continuing education program on nursing advocacy by Sheila Schuster. The program awarded 1.8 continuing education hours and had approximately 20 attendees.

The chapter offices of secretary and treasurer were up for re-election and were filled without opposition. Susan Nesmith will remain as the chapter treasurer for another two-year term and Missy Mortensen will serve as the chapter secretary. Congratulations and thank you to both Susan and Missy for agreeing to serve in these roles for the chapter.

For more information on meetings or if interested in joining the chapter, please email us at heartlandkna@gmail.com, visit us at http://anneshalingoz.wixsite.com/knaheartland, or contact Chapter President, Janice Elder at: 270-756-6415, sjelder@bbtel.com or janice.elder@wcgu.edu

Janice Elder, MSN, RN

KNA REACH MEETING
September 26th meeting held at WKU-Glasgow campus: This was a collaboration meeting between nursing, EMS and Volunteer Fire Services
• In attendance: 7 members, 3 RN non-members, 1 student, 1 EMT/Firefighter, 2 firefighters, and the director from Barren-Metcalfe EMS
• Presentation by Tony Richey, Public Health Preparedness Specialist, BRDHD
• You Are Help Til Help Arrives
• You CEU given to nurses and EMT’s in attendance
• After the presentation, everyone was given the opportunity to talk and ask questions of the other disciplines in regards to disasters and disaster planning.
• Collected items for an area food pantry (items donated to Temple Hill Baptist Church for their food pantry that takes place once a month)
• Next meeting: Tuesday, November 7th from 5-7pm CST at Greenview Regional Hospital in Bowling Green. Presentation topic: Hospice Care and the Dying Patient by Melanie Plumb, BSN, RN (Community Director, Hospasur of Barren River).
• For more information about our chapter, please contact Kim Boure, REACH Chapter Chair at Kimberly.bourne@WKU.edu

KNA NORTHEASTER Chapter
Northeastern Chapter met last on Sept 26 which featured CNE “Nursing Advocacy – Your Voice Counts” by the Lobbyist for KNA, Dr. Shelia Schuster. Dr. Kathy Hager also presented an update at the meeting. The chapter continues to provide CPR instruction to local businesses and churches at no cost. The chapter partnered with Morehead State University Student Nurses Association and St. Clare Healthcare for the Fall Coat Drive that benefited those in need in our region. For chapter information and meeting schedule please contact the chapter President, Christa Thompson at cj.thompson@moreheadstate.edu

OFFICER INFO:
Chapter President, Christa Thompson, MSN, RN-BC
606-783-5370
cj.thompson@moreheadstate.edu
Morehead State University
Dept of Nursing

Chapter Vice President, Shelly Brown, MSN, RN-BC
606-776-6743
shelly.brown@pikevillehospital.org

117 Blair St Pikeville KY 41501
Pikeville Medical Center

Treasurer – Open to election

Secretary, Michelle Brown, MSN, RN-BC
Nursing Professional Development
222 Medical Circle
Morehead, KY 40351
606-783-7789

KNA Nightingale Chapter
At our October meeting, Denise Alvey presented a 1 hr CE on Sleep: An Indispensable Part of a Healthy Lifestyle. Lauren Watts was presented a $500 scholarship. Lauren graduates from Somerset University Student Nurses Association and St. Clare Healthcare for the Fall Coat Drive that benefited those in need in our region. For chapter information and meeting schedule please contact the chapter President, Christa Thompson at cj.thompson@moreheadstate.edu

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MCN 3rd annual cover page 16.png
Chapter Updates continued on page 7
KNA Governmental Affairs Cabinet:
First Monday of every Month, 11:30 am-12:30 pm EST, conference call

KNA Board of Directors Meeting:
First Friday of the Month

KNA Chapter Leadership Conference Call Meetings:
Third Monday of every month, 1:30 PM EST

Kentucky Nurses Foundation Board of Trustee Meetings:
Fourth Tuesday of every month at the KNA office, 12:00 – 4:00 PM EST

***All nurses are welcome to attend any nursing event. These are open to KNA members and non-members***

January 2018
16 KNA Bluegrass Chapter, 6:30 PM-8:00 PM EST, Chop House, Lexington, KY; Nursing Advocacy: Your Voice Counts!
25 KNA River City Chapter Meeting, 5:30 PM EST, KNA Office

February 2018
5 Materials due to the KNA office for April Issue of KY Nurse
6 KNA Day at the Capitol, 2018 KNA Legislative Day at the Capitol, 9 AM - 2 PM, 11AM - Noon EST - Rally in the Rotunda
13 (tentative): KNA REACH Chapter - 5:00 PM-7:00 PM CST, WKU/ Medical Center Health Sciences Complex, Bowling Green. Will be collecting for Foster Care.

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St. Claire HealthCare

January, February, March 2018

March 2018
1 Call for KBN Nominations due to KNA office
8 KNA Nightingale Chapter Meeting, 6:30 PM Nursing Advocacy: Your Voice Counts! McDowell Room, Ephraim McDowell Hospital, 213 South Third Street Danville, KY 40422
8 KNA Northern Kentucky Chapter Meeting, Location & Time: TBD

April 2018
1 Call for November 2018 Elections Nominations due to KNA office
16-21 Kentucky Coalition of Nurse Practitioners & Nurse Midwives Annual Conference, Lexington, KY (tentative): KNA REACH Chapter - 5:00 PM-7:00 PM CST, WKU/ Medical Center Health Sciences Complex, Bowling Green. Will be collecting for the Center for Courageous Kids.

May 2018
7 Materials due to the KNA office for July Issue of KY Nurse

June 2018
13 KNA Northern Kentucky Chapter Meeting, Location & Time: TBD

August 2018
6 Materials due to the KNA office for October Issue of KY Nurse

September 2018
12 KNA Northern Kentucky Chapter Meeting, Location & Time: TBD

November 2018
1-2 KNA Annual Conference, Holiday Inn Louisville East

December 2018
5 KNA Northern Kentucky Chapter Meeting, Location & Time: TBD

April 2019
22-27 Kentucky Coalition of Nurse Practitioners & Nurse Midwives Annual Conference, Covington, KY

November 2019
8 KNA Education Summit, Four Points by Sheraton Lexington

November 2020
5-6 KNA Annual Conference, Holiday Inn Louisville East

November 2021
5 KNA Education Summit, Four Points by Sheraton Lexington

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January, February, March 2018

Chapter Updates continued from page 5

Community College December 2017. Breanna Milligan & Katie Adams, EKU prenursing students attended the meeting to learn about KNA at the chapter level.

A $500 scholarship will be available for the 2018 spring semester and will be presented at the May chapter meeting. Deadline for submission of an application is April 27, 2018. For details contact Denise Alvey at alveylez2@aol.com.

2018 meetings will be March 8 & May 10 at Ephraim McDowell Regional Medical Center at 6:30 pm. Sheila Schuster, KNA lobbyist, will be speaking on legislative issues at the March meeting.

Patricia Calico met with the graduating students at the Somerset Community College, London campus in August regarding the KNA Nightingale Chapter and the Nightingale Chapter student scholarship.

KNA NORTHERN KENTUCKY CHAPTER

Sheila Schuster presented Nursing Advocacy- Your Voice Counts at the November 15th meeting. We thoroughly enjoyed her presentation! The dates for the Northern Kentucky Chapter meetings in 2018 will be:

3/28/2018
6/13/2018
9/12/2018
12/5/2018

All meetings will be at the St. Elizabeth Training & Education Center from Sp-630p. Please save the dates. Contact hours will be offered with all of the meetings. For questions please contact KNA Northern Kentucky Chapter President Teresa Williams: Teresa.Williams@stelizabeth.com

Gwyneth Pyle is presenting the scholarship award to Lauren Watts.

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If you have moved or need to update your mailing address please visit the website link - https://kbn.ky.gov/lapply/Pages/addchg.aspx Or Call KBN at 502-429-3343
The previous law required that "any person having mandatory domestic violence reporting requirement. Senator Ralph Alvarado that eliminated Kentucky’s (KCADV), supported legislation sponsored by more than two dozen organizations, led by the

transfusion reactions. Researchers were seeking the correlation of vital sign change with blood completion of the transfusion.

reaction may not be visible until hours after the administration, 15 minutes after start, and when the being implemented include taking vital signs before transfusions. The minimum standard protocols protocols for vital sign frequency throughout blood receiving blood transfusions. Previous research frequency of assessing vital signs on patients researchers recently conducted a study on the

studied was designed to help identify the correlation of vital sign change with blood transfusion reactions. Researchers were seeking to develop better protocols for assessing vital signs during blood transfusions. The retrospective descriptive study was conducted on the oncology unit of a North Carolina hospital. Based upon medical records, of 77,800 units of transfused blood products administered between 2008-2012, researchers identified 116 patients who had experienced a blood transfusion reaction. Indicators compared were changes in pulse, temperature, and blood pressure.

Positive blood transfusion reactions occurred more often in patients who were over the age of 60, accounting for 67% of the sample. Researchers found that the average time of a transfusion reaction was 92 minutes, however, some patients experienced a reaction up to 5 hours during the transfusion. The most prominent vital sign change during a transfusion reaction was a prolonged temperature elevation. Blood pressure elevation was noted within an hour of the transfusion and when reassessed, remained elevated. It was also observed that a rise in heart rate occurred at the time of the reaction, rising an average of 7 beats per minute. With a p-value of 0.05, the changes in vital signs demonstrated statistical significance.

This study highlights the importance of vital signs in assessing for transfusion reactions. Because there is the potential for a reaction with a transfusion, the nurse should also be assessing the patient for typical signs of an allergic reaction, including chills, hives, itching, and flushing. Before beginning the transfusion, baseline vital signs should be obtained. Researchers concluded that the routine of obtaining three sets of vital signs during a blood transfusion is insufficient. Also, patients should be rounded on at least once an hour during the transfusion. Once the transfusion is completed, vital signs should continue to be monitored for at least an additional hour.

Sources:

Data Bits is a regular feature of Kentucky Nurse. Shelli Nones Cronin, PhD, RN-BC is the editor of the Accent on Research column and welcomes manuscripts for publication consideration. Manuscripts for this column may be submitted directly to her at: Bellarmine University, 2001 Newburg Rd., Louisville, KY 40205.

Big changes to mandatory reporting come with HB309

Sherry Currens, Executive Director, Kentucky Coalition Against Domestic Violence

During the 2017 Kentucky legislative session, more than two dozen organizations, led by the Kentucky Coalition Against Domestic Violence (KCADV), supported legislation sponsored by Senator Ralph Alvarado that eliminated Kentucky’s mandatory domestic violence reporting requirement. The previous law required that “any person having reasonable cause to suspect that an adult (defined as victim of domestic violence) has suffered abuse or neglect” would report, or cause a report to be made, to the Cabinet for Health and Family Services (CHFS). While questions have been raised as to why advocates would oppose a law that appears to provide protection to domestic violence victims, KCADV believes that eliminating the reporting requirement for “spouses” and replacing it with a mandatory information and referral requirement for all victims of domestic violence and dating violence, will increase survivors’ awareness of services, while preserving their ability to control their own lives.

When the mandatory domestic violence reporting law was adopted more than 40 years ago, Kentucky’s landscape was very different. Understanding of domestic violence between intimate partners, spouses, and couples was limited and there were few resources available. The first domestic violence program (shelter) in Kentucky did not open until 1977 in Louisville. In 1982, the

Big Changes to mandatory reporting comes with HB309 continued on page 14
Physical Activity Counseling Prior to Bariatric Surgery

In spite of public health initiatives aimed at weight control, obesity continues to be a major health issue in the United States with an obesity rate of 36.5% in 2014 (Center for Disease Control, 2016). While lifestyle changes including diet and physical activity (PA) are the recommended first lines of treatment for obesity, bariatric surgery has become a viable treatment option for select individuals (American Society of Metabolic and Bariatric Surgery, n.d.). Although surgery enables weight loss, good clinical outcomes depend on the patient’s commitment to dietary recommendations and PA. Many candidates for bariatric surgery are sedentary in their lifestyle and do not engage in regular PA and do not know how to begin a PA regimen that is effective and safe. Individualized physical activity counseling (PAC) provides support and encouragement to assist patients in identifying and overcoming barriers to PA. Prior to surgery, PAC can help the patient initiate a healthier and more active lifestyle which enhances post-surgical outcomes. Nurses are in a position to identify the patient who would most benefit from PAC, facilitate PAC, and reinforce the plan that is developed during counseling.

Patients who engage in PA prior to surgery have better surgical and recovery outcomes than those who do not (Bond et al., 2006). PA provides both cardiorespiratory and musculoskeletal benefits including increased metabolic rate, reduction of blood pressure, and increased mobility; as well as improving sleep and energy levels (Bond et al., 2006). The physiological changes from PA during the pre-surgical period maximize post-surgical recovery. Pre-surgical PAC and PA may increase the likelihood that the individual will continue with PA after surgery.

Objectives of Physical Activity Counseling

The PAC environment should be set up in a way that patients feel free to express their health and PA concerns in private. Communication techniques should allow the opportunity for dialogue, including open-ended questions from both the patient and practitioner to come to a better understanding of the viewpoints of each in establishing a plan for PA. As part of the therapeutic team, nurses can take an active part in helping to establish and maintain a realistic regimen taking into consideration physiologic and psychologic challenges.

Identify Physical Activity Value and Status

Core beliefs and values determine any action taken by individuals, this is true for actions related to their health and the degree to which lifestyle changes such as PA will be accepted and implemented. During the initial meeting, the patient’s beliefs about PA should be discussed and incorporated into the plan of care (King & Bond, 2006).

Physical Activity Counseling Prior to Bariatric Surgery continued on page 10

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Identifying available resources or problem solving to find means to overcome include facility design, equipment restrictions, weather, and accessibility to physical and emotional barriers, patients report a lack of time and energy as issues such as low self-esteem and a negative body image, as well as fear of musculoskeletal stress and reduces exercise tolerance. In addition, psychological bariatric patients, participation in PA is met with internal and external barriers during the pre-surgical period (King & Bond, 2013).

Establish Physical Activity Goals

Developing realistic goals takes time and communication from both the patient and the practitioner (King & Bond, 2013). The patient needs to ‘buy in’ and believe that the goals are attainable. Goals should be documented and easily accessible to allow for frequent referencing, reinforcement, and modification. Goals should be both short- and long-term to facilitate a step-wise progression to desired results. Realistic goals based on their physical ability that take into consideration their personal barriers and allow the individual to see and monitor their progress enhances the likelihood that they will successfully initiate PA as part of their new lifestyle.

After goal planning, the practitioner should assist the patient in developing strategies to achieve the desired outcome. Strategies can include exercise demonstration, supervised practice in a controlled environment, and attention to barriers to PA.

Develop a Social Support System

Identifying or establishing a social support is an important factor for PA participation (Warner, 2011). Support can come from family, friends, health care providers, counseling groups, or exercise partners (King & Bond, 2013; Warner, 2011). Technology, such as step-counters and online social groups can also provide support. Individuals who receive support from loved ones continue with PA more than those who receive support solely from their health care provider (Warner, 2011). Support combined with a level of self-efficacy increases the odds of the patient participating in PA. Nurses who are interacting with the individual on a regular basis can be an important part of the support system.

Guide and Monitor Physical Activity

The practitioner can provide instruction, demonstration of exercises, PA programming, and community resources all of which help increase patient compliance (Merweither, Lee, Laffeur, & Wiseman, 2008). Written materials for instruction and education could include information on different types of exercise, additional educational supplements, and goal statements created during PAC. In addition, the practitioner can set up a membership to a gym and coordinate other logistics so the patient has fewer barriers to overcome. Follow-up PAC sessions, either in person or via phone, are important to continued participation. Meetings should be scheduled during the initial encounter (Merweither et al., 2008). During follow-up sessions the patient has an opportunity to ask questions as they adjust to a new routine and incorrect technique can be corrected.

Conclusions

Bariatric surgery has the potential to address a significant health crisis across the country. However, this is only possible if the patient is committed to the lifestyle changes required to achieve the greatest success. PAC empowers patients to begin or maintain PA, addressing values, barriers, goal setting, and education. During PAC, the patient works with the practitioner to create goals and establish a support system. Most importantly, PAC is a tool to help a patient begin PA. Unfortunately, most patients are unfamiliar with PAC, and therefore do not seek out the opportunity to meet with health care professionals who can help them create a new lifestyle and facilitate lifestyle changes. Familiarization of the nurse’s role in their pursuit for a better lifestyle. Nurses have a bond and open line of communication with patients that other health care professionals may not develop as quickly, or at all, and therefore nurses have an opportunity to set in motion a plan of care including PAC for the patient.

References


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References


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- Contact your legislators and schedule meetings with them. The most workable group size to visit a legislator is 10 people or less. We recommend that groups visit different legislators from their area to ensure as many legislators as possible know that nurses are in Frankfort. It is important for your legislator to know that you visited the Capitol as a constituent and a nurse.
- All attendees are encouraged to RSVP. We will have a registration link posted on our website soon; www.kentucky-nurses.org or you can email admin@kentucky-nurses.org for more information. We want to plan for and create materials for every attendee.
- We encourage nursing students to attend. Nursing school faculty please RSVP and come with your students.

08:30-09:30 Registration in the Capitol Annex (Room TBD) pick up information about committee meetings, talking points on issues and arrangements to visit the House or Senate
09:30-10:45 Meet with legislators/attend committee meetings
11:00-12:00 Rally in the Rotunda – Gubernatorial proclamation, speakers and discussion
12:00-2:00 Meet with legislators Lunch on your own – Annex Cafeteria
2:00-4:00 Join other nurses in the Senate or House chambers

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Presenter: Claude Drouet

Presenter: Kim Evans

Presenter: Mike Townsend

KNA President Kathy Hager

KNA Executive Director Delanor Manson

Presenter: Jennifer Cole

Presenter: KBN- Patricia Smith

Left to Right: Linda Thomas and Sharon Mercer

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Presenter: Mina Kalfas
Presenter: Michelle Lofwall

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