



# Southeast Region News

## PRESIDENT’S MESSAGE— BY SUSAN STEELE, MS, RN, CWOCN

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### Who Will Take Care of Me?

I am having a Madison Avenue moment. While writing this, I am fighting a common cold, yet I still must fulfill role responsibilities as a nurse, mother, wife, and friend. I am reminded of the television commercial that aired repeatedly last winter, depicting a mother suffering from a cold, that had to contend with a kitchen disaster. At such times, it is quite easy to wonder who will take care of me, if I should have a serious illness or injury that sidelines me for a period of time. Who *does* take care of the caregivers?

This is a question that needs asking for several reasons. First, there is good evidence that as nurses, we are more vulnerable to workplace injury and illness than many other occupations. Secondly, recent national and world disasters have demonstrated that the rescue and recovery infrastructure we have come to expect as Americans may be seriously flawed.

Nurses face a multitude of



hazards in the workplace, regardless of specialty or practice setting. Exposure to chemicals, infectious diseases, and violent or aggressive persons can lead to serious, life-threatening injury or illness. Repetitive lifting and moving result in disability, increased costs to the

system, and often shorten the career of a nurse. Job stress, whether from work overload or repeated exposure to pain, suffering, and death, often lead to co-morbidities such as depression and substance abuse, that impair clinical practice. The U.S. Department of Labor estimates that almost 8 of every 100 private hospital workers experience some type of on-the-job injury, and a recent study reported a cost of 900 million dollars for medical treatment and pain and suffering costs for Registered Nurse’s non-fatal injuries.

Many members of the nursing profession are also experiencing their own aging. By the year 2010, it is estimated that 40 percent of all RN’s will be older than the age of 50. With aging comes many advantages of experience, but it is also



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## PROCEEDS FROM THE SER SILENT AUCTION ALLOWS SOUTHEAST REGION TO DONATE \$2000 TO THE AMERICAN RED CROSS

Alvin Word with the Southeast Region Wound, Ostomy & Continence Nurses Society, presents a \$2,000 check to Lisa Mantooth, Executive Director of the Hiwassee Chapter of the American Red Cross. Word and Mantooth are both members of the Bradley Sunrise Rotary Club and the donation was made at a recent club meeting.



## GREETINGS FROM SOUTH CAROLINA



**Cindy Norris** (Carolinas Hospital System) 23 year old daughter is engaged to be married. Nine year old Tim, son of **Yvonne Quillens** CWOCN (Carolinas Hospital System) made the honor roll. **Cissy Deas** COCN, CWCN (McLeod Regional), **Cindy Norris** RN CWOCN and **Debbie Crider** RN and a wound nurse from CHS Wound Center attended the 2 day conference "Foundation for Effective Wound Management – Practical Approaches to Wound Healing" sponsored by USC School of Medicine –Palmetto Health Richland. We encourage all of our colleagues to attend next year. It was excellent. Our very own **Beth Hawkins-Bradley** RN CWOCN was a featured speaker and also on the planning committee. Our next SC CWOC/WC Nurse meeting will be in April 2006. **Jacki Morgan** from Grandstrand Hospital said to say "hello" to everyone and hopes to be able to attend our next SC meeting. **Debbie Galloway** RN WOCN is working part time as a school nurse.

Cindy Norris RN CWOCN

## CEU OPPORTUNITIES

### ELAINE RUSH, RN, CWOCN

### PROFESSIONAL PRACTICE COMMITTEE CHAIRPERSON

The following list is the latest available opportunities for CEU to assist you in your Professional Growth Practice certification. These programs are either free of charge or available for a small fee.

#### **Wound Care**

- Advances in Skin and Wound Care Journal  
Volume 18, Number 8, October 2005  
"Management of Venous Leg Ulcers."
- Advances in Skin and Wound Care Journal  
Volume 18, Number 6, July-August 2005,  
"Pathophysiology and Current  
Management of Burn Injury."
- Advances in Skin and Wound Care Journal  
Volume 18, Number 7, September 2005,  
"Teaching the Patient with a Chronic  
Wound."

#### **Ostomy Care**

- Journal of WOCN  
Volume 32, Number 5, September-October  
2005, "30 Years Experience Living with a  
Continent Ileostomy."

#### **Continence Care**

- Journal of WOCN  
Volume 32, Number 4, July- August 2005  
"Successful Fitting and Continued Use of  
Pessaries."

If you have found any resources for CEU programs that you would like to share with our membership, please send them to me at: [elainewr@bellsouth.net](mailto:elainewr@bellsouth.net) We hope that these articles enhance your knowledge base and we encourage you to take advantage of these and other opportunities. Continue to check the WOCN website for additional education programs.

Elaine Rush RN, CWOCN  
Professional Practice Committee Chairperson



## GREETINGS FROM NORTH CAROLINA



Happy fall, ya'll. After all this crazy weather, maybe things can be normal for a while. Our thoughts and prayers remain with our regional WOCN's and their families that have been impacted by the recent hurricane season. Stanley Memorial Hospital WOC Care Clinic presented a very well received day-long Wound Care Symposium designed for bedside nurses. Over 40 attendees from area nursing homes, home health and hospices and 11 vendors were

represented. At the request of participants, the program will be repeated in the future. Hope everyone is blessed with a wonderful upcoming holiday season, full of love, laughter, family and spiritual blessings.

Melanie Johnson, RN,BSN,CWOCN  
[mmjohnson@wakemed.org](mailto:mmjohnson@wakemed.org)

## AWARDS AND PUBLIC RELATIONS REPORT

I am happy to inform you that SER again has been busy this year with sponsorship and giving out awards. SER supported two counselors to the UOA Youth Rally in Boulder, CO, paying their airfare as well as their registration fee. We also sent two youths to the Rally, again paying registration fees and airfare.

I was unable to be at conference this year, but I understand it was a great conference. The awards presented were hopefully a surprise to the recipients, as well as a great honor. I want to thank those persons who took the time to nominate WOC Nurses from your area. It is truly wonderful to be singled out by your peers.

**WOC Nurse of the Year** was awarded to **Marie Oren-Sosebee** RN CWOCN of Children's Healthcare of Atlanta (CHOA). Unfortunately due to a prior commitment, Marie was unable to attend the conference, and therefore was unaware of her award. With the help of her Director (along with several phone calls and emails), an informal luncheon was arranged. Rhonda Holbrook presented Marie her award and I and I must say I was happy to be a part of that wonderful surprise. The luncheon was attended by several of her coworkers. Marie is doing a great work at CHOA and is very deserving of this award.

**Scholarship Award** was awarded to **Beryl**

**Evans**, RN, MSN, CWOCN from the great state of Tennessee. She was nominated by the conference planning committee from her state. She was presented a beautiful plaque along with recognition at conference.

**Research Award** was presented to **Suzy Scott-Williams**, MSN CWOCN from Collierville, TN. A \$100.00 gift certificate and also a beautiful plaque was presented to Suzy with recognition at conference. I understand both Suzy and Beryl were quite surprised with the awards. Congratulations to both of them on their accomplishments.

**Celebrate WOC Nursing Day** award was presented to **Colleen Spiller**, RN CWOCN at Kindred Hospital in Greensboro. She and her team were awarded with one registration to conference this year in TN and an opportunity to display her poster.

I would like to thank all those persons who took the time to send in nominations. I realize this takes a lot of time and effort; there are so many WOC Nurses out there in our community who will otherwise never be recognized for their hard work.

Start thinking now of nominees for next year.  
Thank you again,  
**Marie Thompson RN CWOCN, Dir of Awards**

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## NEW OFFICERS ARE ANNOUNCED

Congratulations to our new officers !!!!!

Treasurer - Bill Burns

Secretary - Elizabeth Jones

Director of Conference Planning - Cyncere Neal

Director of Special Projects - Elaine Rush

Nominations Committee:

Alabama - Jan Hale Steven

Florida - Terry Barton - Nominations Chair

Georgia - Aileen Ankrom

North Carolina - Pam Whitley

South Carolina - Dorothy Lawson

Tennessee - Alvin Word

Thanks to everyone who participated in our new election process this year.

Rhonda Holbrook - Nominations Chair



## Ostomy Teaching Booklets Revised and Reprinted in 2002

The Birmingham Area ET Nurses have written patient education booklets on Ostomy Care. These booklets are available to an Ostomy patient for information about diet, skin care, activity, travel, clothing, odor control, insurance and sexuality. The booklets provide easy readability with large print, simple terminology and a 7th grade reading level. Revenue from these booklets help to sponsor children to attend the United Ostomy Association Youth Rally.

The following booklets are available for \$3.50 each

- Living with your Colostomy
- Living with your Ileostomy
- Living with your Urostomy

Order Form

Fill in the quality for the number of booklets you want. Send a check or money order payable to **The Birmingham Area ET Nurses Association**, include postage and handling at the following rates:

Number of booklets:	1—10 \$3.00	11—20 \$6.00	21—40 \$12.00
	41—60 \$18.00	61—80 \$24.00	81—100 \$30.00

Please indicate which booklet(s) you want and send your name, address, phone number & e-mail address to: (please note this is a new address!)

**Birmingham Area ET Nurses Association**  
P O Box 55358  
Birmingham, AL 35255

Please call 205-934-6903 for additional information

Please allow 4—6 weeks for delivery.

## GREETINGS FROM THE VOLUNTEER STATE!



Thanks to all those who worked so hard for such a great conference in Chattanooga! I'm told work is still going on with tallying

comments, finalizing CEUs, etc.

**Janice Young** of Knoxville has now transferred to KCI Corporate Office in San Antonio, Texas. She was clinical consultant and tells me she is now involved in education and training. Also she is looking forward to joining the local WOC group. We will miss you in Tennessee!

**Twyla Gimbel** of Jerico, TN, is currently in Kabul, Afghanistan, working with a group from Loma Linda University in California. She is helping to teach nursing and reports the working conditions, lack of supplies and such are amazing. To contact her go to her e-mail: [twylag13@yahoo.com](mailto:twylag13@yahoo.com). She would love to hear from any of you!

In Memphis, the Methodist Healthcare affiliation has learned the value of WOC nurses and has recently filled four new positions with candidates they will be sending to WOC programs. The advent of Medicare/CMS review has helped others to realize what we knew all

along.

The Memphis WOC group is taking an active lead and involvement in a city wide quality improvement initiative by participating in the Wound Management & Treatment portion of a "bundle" initiative. It is an "across the board guideline" for various aspects of care which is expected to be followed in all hospitals. Our group stepped forward when we received word that this process had been established. Will keep you posted on outcomes.

**Alvin Word** has opened two new wound clinics. Clinical directors at these clinics include **Bill Burns** at Hilton Head South Carolina Medical Center and **Scott Barnett** at Methodist Medical Center in Oak Ridge.

Although the final tally are is not complete, it does appear that the Southeast Region has had and excellent financial year.

Remember, for any news or gossip, contact me by e-mail anytime.

Mona Hector  
[monahector@aol.com](mailto:monahector@aol.com)

## FLORIDA REPORTS....



Florida WOCNs have been very busy. But what else is new? Hurricane Wilma paid many people a visit. Lost power, trees down, and shingles off are but a few of the problems. South Floridians are

still trying to piece their lives back together. Our prayers and thoughts are with you.

The west coast, Tampa group has been very active. **Pamela Brown** and **Julie Maloy** completed the 2nd edition to "QUICK REFERENCE TO WOUND CARE" earlier this year. The book contains 267 pages of jam-packed information on the basics of wound care and wound healing. It even contains information on how to make normal saline and Dakin's solution. **Ben Peirce** wrote the chapter on Home Care and **Donna Oddo** wrote chapters on Pressure Ulcers, wound treatments and skin tears. Congratulations on a great book!

**Molly Holt** and **Amy Evans** went to Russia with WOC nurses for 10 days. It was the People to People ambassador program - visiting Ostomy clinics, educational centers, and emergency room – burn units. Amy says it was a wonderful trip. **Christine Bennett** is working with a vascular surgeon and is combining her ET nurse skills with advanced practice while seeing surgical and vascular patients. **Susan Steele** and **Mary Roberts** recently completed a revision of the wound and skin care product formulary for Bayfront to simplify care for nurses. It included a series of educational posters that match the wound type to the product.

From the East coast region, **Beverly Thibeault** attended the conference in Chattanooga; she was very pleased with the conference. **Kathy Jowers** is going to Detroit in November to see her grandson for his birthday. **Charlene Demers** and **Paige Atwood** completed their Master's program and are now Geriatric Nurse Practitioners. Congratulations

ladies! Unfortunately, we are losing Paige to the call of Colorado where she will be living in Colorado Springs. We will miss you terribly, Paige, please stay in touch. Charlene just returned from Yellowstone National Park and the Grand Teton National Park hiking beautiful trails in the woods and didn't run into any bears!

From the Pan Handle region, **Robbie Sharpe** and **Val Sullivan** were instrumental in starting a dinner meeting group called the Wound Care Wine Club. **Ann Marie Kahl** presented to at the seventh meeting on lower extremity wounds. **Jennifer Storms** is the Clinical Manager of a brand new wound care center at Tallahassee Memorial Healthcare. Jennifer recently married on October 15. We wish her much happiness! **Wilson Enfinger** is still the ET nurse at Tallahassee Memorial Hospital. The number of certified wound care clinicians in city has doubled in the last two years. Robbie says, "Wilson is a wonderful mentor to us all". He also just returned from a week of races in Atlanta.

The Florida Association of Enterostomal Therapist (FAET) is planning a fantastic WOC full scope spring conference March 2 to March 5 on the Carnival ship Fantasy. It will sail Thursday from Port Canaveral at 4:30 pm and return Sunday 7:00am. The speakers will include **Kathy Smith** on infection, **Ann Kahl** on C-diff colitis, **Gwen Turnbull** on ostomy topic, **Susan Gallagher** on obesity, **Dot Weir** and **Dr. Jeff Niezogda** on a wound topic and **Nayda Labrador** and **Lorraine Dean** on diabetes topic. If you are interested in attending, space is limited, but still available. Please contact **Georgene Hadley** at 321-841-1159 for prices and availability.

*Kathryn Dere*  
*Kathryn.dere@orhs.org*

## PRESIDENT'S MESSAGE— CONTINUED

### BY SUSAN STEELE, MS, RN, CWOCN

accompanied by decreased skeletal muscle strength, visual and auditory acuity, mobility and dexterity. Having joined the 50 plus club earlier this year, I am acutely aware that I no longer possess the same agility and stamina of my 30-something work partner.

Even if work-related or age-related injury and illness provoke no fear, the randomness and intensity of recent natural disasters should make us all a little bit afraid. When an earthquake caused a massive tsunami in December 2004 killing a quarter of a million people, it triggered the largest peacetime relief effort in global history. Although generous in their giving to the effort, many Americans found it difficult to imagine the same type of devastation in their own developed nation. When hurricane Katrina, the costliest hurricane in U.S. history, battered the Gulf coast in August, it destroyed homes and livelihoods.

When the SER WOCN board convened prior to the conference in September, we made the unprecedented decision to donate all of the proceeds for the silent auction to the American Red Cross for Katrina disaster relief, rather than place it in the scholarship fund. The auction produced the largest contributions ever, and I am proud to say that the region contributed \$2,000 to the relief effort the week following conference. Undoubtedly, some of the relief effort will go to nurses who were displaced by the storm. At the same time, we voted to continue to support the WOCN scholarship fund, and to consider ways to increase the amount of that donation in the future.

In the weeks following conference, I remembered an organization that I learned about as a student nurse in the 1970's called *Nurses House*. I wondered if the organization was still in existence. I am happy to report that *Nurses House* is still an active charitable foundation whose sole mission is to assist nurses who have encountered financial hardships due to the inability to work. Originally founded in 1922, *Nurses House* was once a place of respite in the "good old days" before health insurance and other workplace benefits became available to nurses. In 1959, the house was sold and the profits used to start the foundation that continues to assist nurses today.

Our national President, Margaret Goldberg posted a letter on the WOCN website urging all members to donate to one of the disaster relief organizations such as the Red Cross, Bush-Clinton Katrina Relief Fund, or the American Nurses Foundation Katrina Fund. She also has encouraged us to volunteer and to help our own communities become better prepared for future disasters.

As you consider holiday gifts for colleagues, why not consider donations to the ANA Foundation or Nurses House in honor of special nurses in your life? Do you still try to remember a special WOC preceptor each year? The WOCN Foundation would love to add to the scholarship fund that helps current and future members fulfill their educational ambitions. If you de-clutter your home prior to the holidays, consider holding a garage sale and donating the proceeds to an organization in your own community that helps persons in crisis. If you don't want the hassle of the sale, consider taking your usable items to a local Salvation Army donation center; your gift will help fund the hot coffee and meals that are sure to be provided at the next scene of tragedy.

So who will take care of the caregivers when disaster, disability, disease, and decrepitude take their toll? I need to believe that generosity ensures a better safety net for everyone, including the nurses.



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U.S. Department of Labor, Bureau of Labor Statistics. Retrieved from <http://data.bls.gov/GQT/servlet/RequestData>.

Waehrer G, Leigh JP, Miller TR. Costs of occupational injury and illness within the health services sector. *International Journal of Health Services*. 2005; 35(2): 343-359.

United States General Accounting Office. *Nursing workforce: emerging nurse shortages due to multiple factors*. 2001. Accessed at <http://www.gao.gov/new.items/d01944.pdf>

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WE'RE ON THE WEB!  
[WWW.SERWOCN.ORG](http://WWW.SERWOCN.ORG)

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Mark your calendars today for the 2006 conference!  
Southeast Region Wound, Ostomy and  
Continence Nurses Society

2006 Annual Conference  
Celebrating our proud PAST, our exciting  
PRESENT, and our bright FUTURE!

September 14-17, 2006  
Augusta Marriott Hotel and Suites  
Augusta, Georgia

