

Nu Rho-at-Large Chapter

FEBRUARY, 2005

FROM THE BOARD

Nu Rho board members approved a \$20 dollar expenditure for the STTI brick campaign as part of the Region III contribution.

A new online induction management system for Sigma Theta Tau International has been instituted. Nominees names will be entered online 8-12 weeks prior to induction.

Bylaws changes were presented by Jan Knudsen. Consensus was reached by the board and the final draft will be presented for approval at the January board meeting.

Pat Morin has volunteered to serve as Fundraising Chair. The board supported the appointment.

The annual meeting date has been confirmed for June 7, 6pm at Knolls Country Club with Sheila Exstrom and Charlene Kelly speaking on the new rules and regulations for schools of nursing and other new regulations regarding nursing practice.

Reminder Please come!

February 7, 2005 5:00 PM General Meeting Bonnie Coffey SERMC Rose Room

Calendar of Upcoming Events

February 7, 2005 4:30 PM Board Meeting SERMC Rose Room

5:00 PM General Meeting Bonnie Coffey

March 14, 2005 4:30 PM Board Meeting SERMC Bonacum Room

March 28, 2005 7:00 PM Induction Union College, Ortner Center, President's Dining Room

April 27, 2005 Bryan Medical Plaza Celebrate Nursing—poster presentation—co-sponsored by District III NNA/ Sigma Theta Tau

May 9, 2005 4:30 PM Board Meeting SERMC, Bonacum Room

June 7, 2005 6:00 PM General Meeting

The simplest way to access is to go to the Sigma Theta Tau National website- access Nu Rho chapter, www.nursingsociety.org, select chapter, select directory of chapters, then search by name or location- NE, or Nu Rho). Our calendar, current officers and newsletter are available there. The website is also accessible on the NE Wesleyan website but the pathway is more complex.

2004 – 2005 goals

Develop a community service project of a community-nursing calendar in connection with our web-site.

Maintain fiscal responsibility

Co-sponsor educational opportunities with other community nursing organizations

Increase induction of community service members by focusing in on this in the fall

Increase evidence based practice with our newsletter and with evidence based practice co-sponsorship

SCHOLARSHIP—APPLY NOW AND FURTHER YOUR NURSING EDUCATION NURSING EXCELLENCE AWARD

Nominate a Nu Rho-at-Large member for this prestigious award! This award is for a member who exhibits leadership qualities, participates in committees or task forces at the professional or community level, shows creativity in providing nursing care or leadership, promotes a sense of worth in other nurses, or advances the knowledge of nursing through research, presentations, or publications. Complete the information on the nomination form included in this newsletter and return as directed.

DEADLINE FOR SUBMISSION IS March 31, 2005.

SCHOLARSHIP APPLICATION FORM

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ (evening) _____

License # _____ Membership # _____

Education Program _____

Educational Institution _____

Location _____

Academic Goals _____

Personal Career Goals _____

Involvement in Chapter Activities _____

Attach current resume and 500 word (or less) summary of research focus plans or interests.

Please return this form by March 31, 2005 to:
Marilyn Vontz, 1001 S 40th St, Lincoln, NE 68510

2003 – 2004 OFFICERS

President—Maurine Shambarger

President Elect—Jan Knudsen

Vice President Union College—Laura Karges

Vice President Nebraska Wesleyan—Jerri Brandt

Secretary—Peg Pierson

Treasurer—Sharon Fusco

First Counselor Nebraska Wesleyan—Rebecca Voight

First counselor Union College—Val Kruger

Research Chair—Kathy Duncan

Membership Involvement—Cinda Zimmer

Nominating Committee—Shirley Retzlaff

Newsletter—Virginia Hess

Awards - Marilyn Vontz

Fundraising/Finance—Patricia Morin

Heritage/Archivist—Marilyn McArthur

NURSING EXCELLENCE AWARD

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DEADLINE FOR SUBMISSION IS March 31, 2005.

Nursing Excellence Award Nomination Form

Nu Rho Chapter-at-Large

Nominee Name (must be a member of Nu Rho Sigma Theta
Tau): _____

Current/ Previous Employment: _____

NOMINATED BY: _____

*PLEASE FILL OUT THE FOLLOWING INFORMATION REGARDING YOUR NOMINEE FOR THE
Nu Rho Nursing Excellence Award (attach another page as needed):*

Evidence of Leadership (such as office in professional or volunteer organizations):

Awards or recognition by other groups:

Participation in committees, task forces, etc. at work or in professional or community organizations:

Examples of creativity in providing nursing care or nursing leadership:

Examples of advancing knowledge of nursing through research publications, presentations, workshops, etc.:

Examples of promoting a sense of worth in other nurses:

Please return this form by March 31, 2005 to:
Marilyn Vontz, 1001 S 40th St, Lincoln, NE 68510



Driving Your Own Style of Nursing Career

Presented by:

Bonnie Coffey, Director

Lincoln Lancaster Women's Commission

and

Lina Bostwick RN MSN, BryanLGH Medical Center

Mary Trauernicht RN MSN, St. Elizabeth Regional Medical Center

Cinda Zimmer RN MSN , Madonna Rehabilitation Hospital

After this seminar you will be able to:

- 1. Identify common mistakes nurses make related to career planning**
- 2. Analyze experiences and interview questions managers and administrators discuss when selecting new staff members**
- 3. Prepare a resume that highlights your abilities**
- 4. Discuss the concept of mentoring**

**When: Monday, February 7th, 2005
5:00 pm**

**Where: St. Elizabeth Regional Medical Center
ROSE ROOM**

Questions? Jeri Brandt at 465-2336

RESEARCH HIGHLIGHTS

Author: Gail Pike Boston, MSN, RN

Clinical Nurse Educator

Critical Care/ Cardiovascular & Pulmonary Services

Nebraska Methodist Hospital

Member Omicron Epsilon Chapter

Abstract

Title: Comparison of Pain Levels in Patients Experiencing Coronary Artery Bypass Surgery With or Without Cardiopulmonary Bypass

Purpose: To determine if there is there a difference in pain levels between patients experiencing off-pump coronary artery bypass (CABG) and patients experiencing CABG surgery with cardiopulmonary bypass (CPB), and to determine if patients experience levels of pain that are self-determined as reasonable in the postoperative period.

Summary and Implications: The off-pump CABG surgery procedure has recently become more popular than traditional CABG with CPB because of reduced postoperative risks. The off-pump procedure is technically more demanding than CABG with CPB, and requires more manipulation of structures and tissues. Patients experiencing off-pump CABG may suffer higher levels of pain than patients experiencing CABG with CPB. There is extensive data in the literature about the pain experience of post-operative patients, including CABG patients, but very limited data regarding the pain experience of patients who have had off-pump CABG surgery. Seventy-two patients participated in this study: 45 patients had off-pump CABG surgery and 27 patients had CABG with CPB. The Numerical Rating Scale (NRS) was used to measure pain. Pain ratings were measured at: (a) operative day, 1-hour post-extubation, (b) first postoperative day at 8:00am and 4:00pm, and (c) second postoperative day at 12:00 noon. Data were analyzed using descriptive statistics and paired t-tests. The mean postoperative pain ratings were compared between the two groups of patients. No significant differences in pain ratings were detected between the two groups. The mean preoperative reasonable pain ratings were compared to the mean postoperative pain ratings of the group as a whole. The mean preoperative reasonable pain rating was 4. The mean one-hour post-extubation pain rating was 5 ($p = .000$); the mean pain rating at 8:00am was 3 ($p = .005$); the mean pain rating at 4:00pm was 3 ($p = .001$); and the mean pain rating at 12:00 noon was 2 ($p = .000$). These findings indicate that at the first pain rating measurement, the patients had significantly higher pain levels than were determined preoperatively as reasonable. At the subsequent three pain rating measurements, the patients had significantly lower pain ratings than were determined preoperatively as reasonable.

This study's findings contribute to evidence-based nursing practice related to pain management. Nurses who actively participate in the research process will understand that evidence-based practice results in better patient outcomes.

CALL FOR POSTER PRESENTATIONS

NNA DISTRICT III AND SIGMA THETA TAU GAMMA PI & NU RHO CHAPTERS

District III of the Nebraska Nurses' Association in collaboration with Sigma Theta Tau Gamma Pi and Nu Rho Chapters invites members to present a poster depicting a nursing practice, or research project. Posters will be presented during the *District 3 NNA, Celebrate Nursing Social Hour* on April 27th, 2005 at Bryan/LGH Medical Center East Plaza.

Please submit the following information:

Title

Presenters

Address

Phone number

Abstract - A brief description of a nursing project or investigation (less than 250 words)

Send the information to Barbara McCabe, PhD, RN or Kathy Duncan PhD, RN, University of Nebraska Medical Center, College of Nursing, Lincoln Campus, PO Box 880620, Lincoln, NE 68588-0620. Please submit by April 9, 2005.

NU RHO-AT-LARGE CHAPTER

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Lincoln NE 68506