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Professionally SPEAKING

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President's Message



In honor of Nurse's week let us reflect on why we became nurses. Below is a reflection by Jean deBlois, RN on why she became a nurse. I invite you to join her in reflecting on your own history as a nurse and to share your story with others to encourage and mentor new nurses as well as future nurses.

Reflection for Nurses Week

A long time ago when I was in my early 20s, I was searching for a way to make my life mean something. I was never a committed or dedicated student, had little interest in anything other than having fun and certainly never considered entering a "profession" where service to others was the focus. But for some unknown reason I decided to go to nursing school. I graduated in 1967 and my RN license arrived in the mail about 8 weeks after I took the state board examination. From that moment on I found myself immersed in doing things for people in need that I never thought I could or would do. I worked as a visiting nurse going in and out of "single room occupancy" old hotels in San Francisco caring for poor, sick, and dyign people. I moved on to work in an acute care hospital where I cared for people...young and old, seriously and chronically ill person and those who were not really sick at all. Remember, in the 70s people stayed "in hospital" for relatively minor illnesses because "it was covered" by insurance. I worked in a Public Health Clinic in Los Angeles that cared mostly for gay men in the midst of the AIDS epidemic. Then I moved into an acute care setting and finally to intensive care. Again, this was in the late 1970s and

early 1980s when ICU was a new concept and we trained LA Firemen... now known as Paramedics ... to go "out in the field" and treat people who had heart attacks, were the victims of violence and car crashes ... and bring them to the ICU that by that time I supervised. I was no more than 29 years old! I left nursing in the early 1980s to study theology and ethics with the hope of bringing some wisdom to my nursing ministry. I think about my "nursing days" with great affection. ~ Jean (Catholic Health Association of the United States: A Reflection for National Nurses Week)

Nurses Day is Saturday, May 6th and many nursing colleges are hosting commencement on that day... how special is that. Let us all join in with the graduates and renew our nursing pledge:

"I solemnly pledge myself before God and in the presence of this assembly, to pass my life in purity and to practice my profession faithfully. I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug. I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling. With loyalty will I endeavor to devote myself to the welfare of those committed to my care."

Happy Nurses Week!

Barb Welch, MS, RN
MODNA President





AMERICAN NURSES ASSOCIATION

Nursing: The Balance of Mind, Body, and Spirit

ANA has designated 2017 as the "Year of the Healthy Nurse". Join us during National Nurses Week, May 6 to 12, as we explore this year's theme, "Nursing: the Balance of Mind, Body, and Spirit". It's all about celebrating nurses like you who lead the charge for health and wellness.

Town Hall Meeting Scheduled

MODNA will be hosting a Town Hall style meeting at the OhioHealth Arthur G.H. Bing, MD Cancer Center, Lower Level Meeting Rooms A & B, 500 Thomas Lane, Columbus 43214 on

June 28th at 6:00 pm to discuss the proposed changes in ONA's bylaws. ONA CEO Lori Chovanak will be on hand to answer questions and share the ONA Board's vision for ONA's future. Please plan to attend, you can send your RSVP for this meeting to modna@modna.org.

Nurses on Boards: Are You Ready to Serve?

Presenters: Deborah Young, MSN, RN-BC, CPN
Ann Stalter, PhD, RN
Terry Pope, MSN, RN
Deborah Arms, PhD, RN

When: Choose one of two sessions:

Tuesday, June 27, 2017, 8:30 am - 4:00 pm

OR

Friday, October 27, 2017, 8:30 - 4:00 pm

Registration begins at 8:00 am - snacks & lunch provided

Where: Chamberlain College of Nursing, Room #115
1350 Alum Creek Drive, Columbus 43209

Who: Registered Nurses & Nursing Students

Cost: Free to MODNA members and students! \$25 for nonmembers
Contact hours offered.

Registration: Contact the Mid-Ohio District Nurses Association at
modna@modna.org or 614-326-1630

Questions: Contact Shirley Funt at smfunt@modna.org or 614-326-1630

In Memorium

Alberta Moneysmith, RN passed away on

April 3, 2017



3,795
Active MODNA members

Nursing's Top 10

Being a nurse isn't always easy. Sometimes, you just need to take a step back and laugh at the situation. As nurses, using humor is one of the best things we can do to help each other - and ourselves - be happier, healthier people. Laughter is an all-natural way to control stress, keep blood pressure low, and improve energy levels. Whether you're the ED nurse in a world of frequent fliers or facing another day with Dr. Crankypants, laughter can provide the emotional resiliency nurses need to hang in there.

Nursing jokes and can be so humerus - though some can be a bit on the tachy side. Here are our top 10 nursing jokes to help balance your mind, body, and spirit. Enjoy!

#10 Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down, I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

#9 Raise your hand if you know more about your closest friend's gastrointestinal system than you ever hoped to.

#8 A hospital posted a notice in the nurses' lounge that said: "Remember, the first five minutes of a human being's life are the most dangerous." Underneath, a nurse had written: "The last five are pretty risky, too."

#7 Three nurses died and went to heaven. They were sent to St. Peter to plead their case to enter the pearly gates. The first nurse said, "I worked in an emergency room. We tried our best to help patients, even though occasionally we did lose one. I think I deserve to go to heaven." St. Peter looked at her file and admits her to heaven. The second nurse said, "I worked in an operating room. It's a very high stress environment and we do our best. Sometimes the patients are too sick and we lose them, but overall we try very hard. I think I deserve to go to heaven." St. Peter looked at her file and admits her to heaven. The third nurse said, "I was a case manager for an HMO." St. Peter looked at her file. He pulled out a calculator and started punching away at it furiously, constantly going back to the nurse's file. After a few minutes St. Peter looked up, smiled, and said, "Congratulations! You've been admitted to heaven... For five days!"

#6 A lady went for a routine physical examination at the doctor's office. The nurse handed her a urine specimen container and said, "The bathroom is over there on your right. The doctor will be with you in a few minutes." A few minutes later the lady came out of the bathroom with an empty container and a relieved look on her face. She said to the nurse, "Thanks, but they had a toilet in there, so I didn't need this after all."

#5 A nurse caring for a man from Kentucky asked, "So how's your breakfast this morning?" "It's very good, except for the Kentucky Jelly. I can't seem to get used to the taste," the patient replied. The nurse asked to see the jelly and the man produced a foil packet labeled "KY Jelly."

#4 On a busy med-surg floor, the doctor stopped to brief me on a patient's condition: "This patient is a fellow physician and my favorite golf partner. His injury is serious and I fear he will not be able to play golf again unless you follow my orders exactly." The doctor then began listing orders: "You must give an injection in a different location every 20 minutes, followed by a second injection exactly five minutes after the first. He must take two pills at exactly every hour, followed by one pill every 15 minutes for eight hours. He must drink no more and no less than 10 ounces of water every 25 minutes and must void between. Soak his arm in warm water for 15 minutes, then place ice for 10 minutes and repeat over and over for the rest of the day. Give range of motion every 30 minutes. He requires a back rub and foot rub every hour. Feed him something tasty every hour. Be cheerful and do whatever he asks at all times. Chart his condition and vital signs every 20 minutes. You must do these things exactly as I ordered or his injury will not heal properly, and he will not be able to play golf well." The doctor left and I entered the patient's room. I was greeted by anxious family members and an equally anxious patient. All quickly asked what the doctor had said about the patient. I stated, "The doctor said

that you will live." Then quickly reviewing the orders, I added, "But you will have to learn a new sport."

#3 An old man, Mr. Wallace, was living in a nursing home. One day he appeared to be very sad and depressed. Nurse Jane asked him if there was anything wrong, "Yes, Nurse Jane," said Mr. Wallace. "My Private Part died today, and I am very sad." Knowing her patients were a little forgetful and sometimes a little crazy, she replied, "Oh, I'm so sorry, Mr. Wallace. Please accept my condolences." The following day, Mr. Wallace was walking down the hall with his Private Part hanging out of his pajamas. He met Nurse Jane. "Mr. Wallace," she said, "You shouldn't be walking down the hall like that. Please put your Private Part back inside your pajamas." "But, Nurse Jane I can't," replied Mr. Wallace. "I told you yesterday that my Private Part died." "Yes," said Nurse Jane, "you did tell me that, but why is it hanging out of your pajamas?" "Well," he replied, "Today is the viewing."

#2 A nursing assistant, a floor nurse and a charge nurse from a small nursing home were taking a lunch break in the break room. In walks a lady dressed in silk scarves and wearing large polished-stone jewelry. "I am Gina the Great," stated the lady. "I am so pleased with the way you have taken care of my aunt that I will now grant the next three wishes!" With a wave of her hand and a puff of smoke, the room was filled with flowers, fruit, and bottles of drink, proving that she did have the power to grant wishes before any of the nurses could think otherwise. The nurses quickly argued among themselves as to which one would ask for the first wish. Speaking up, the nursing assistant wished first. "I wish I were on a tropical island beach, with single, well-built men feeding me fruit and tending to my every need." With a puff of smoke, the nursing assistant was gone. The floor nurse went next. "I wish I were rich and retired, and spending my days in my own warm cabin at a ski resort with well-groomed men feeding me cocoa and doughnuts." With a puff of smoke, she too was gone. "Now, what is the last wish?" asked the lady. The charge nurse said, "I want those two back on the floor at the end of the lunch break."

#1 You Might Be a Nurse if...

- when using a public restroom, you wash your hands with soap for a full minute and turn off the faucets with your elbows.
- your favorite dream is the one where you leave a mess at a patient's bedside and tell a doctor to clean it up.
- everyone, including complete strangers, tells you about each and every ache and pain they have.
- you want to put your foot through the TV screen every time you see a nurse on a soap opera doing nothing but talking on the phone and flirting with doctors. hand, arm and neck veins attract your attention.
- you can almost SEE the germs on doorknobs and telephones.
- you can watch the goriest movie and eat anything afterwards, even spaghetti with lots of tomato sauce.
- you use a plastic 30cc medicine cup for a shotglass.
- your Thanksgiving dinner comes in pre-cut small pieces because you don't want to have to perform the Heimlich maneuver and be reminded of work on the only holiday you have had off in years.
- you have awakened someone sleeping next to you because their breathing patterns were a little too close to a Cheyne-Stokes rhythm.

Source: *Scrubs*, 10 Favorite Nursing Jokes, October 31, 2016



Ohio Nurses Foundation Luncheon



MODNA members Barbara Bradley, Barbara Welch, Jeri Milstead, Ferly Powers, Terry Pope, and Phyllis Scheiderer



MODNA's donation to ONF Raffle - 92 lottery tickets in honor of our 92nd Anniversary

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Planning Calendar

- - May 10th MODNA's Annual Dinner Meeting, Villa Milano Banquet & Conference Center, 1630 Schrock Road, Columbus 43229
 - May 17th Legislative Committee meeting, 5:30 pm; MODNA Office
 - June 6th Nursing Transitions Initiative meeting, 5:30 pm; MODNA Office
 - June 13th Continuing Education Committee meeting, 5:00 pm; MODNA Office
 - June 14th Board Meeting, 5:30 pm; MODNA Office, 2nd floor Conference Room
 - June 21st Strategic Planning Committee meeting, 2:00 pm; MODNA Office
 - June 27th Nurses on Boards: Are You Ready to Serve? 8:30 am - 4:00 pm; Chamberlain College of Nursing, Room #115, 1350 Alum Creek Drive, Columbus 43029
 - June 28th Town Hall Meeting, Arthur G.H. Bing, MD Cancer Center, Lower Level Meeting Rooms A & B, 500 Thomas Lane, Columbus 43214 (park in Purple Garage)
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