



South Central
Region WOCN

Five Alive

February, 2009 The Newsletter of the South Central WOCN Region WOCN



● Presidents Message	● Pearls & Tid Bits	● Government Affairs	● Spotlight
● Clinical Corner	● Awards	● Scholarships	● WOCN's in Action



President's Message February 2009

Jill Conwill

Check out the
Scrapbook...
[SCR WOCN
SCRAP BOOK](#)

The 2009 transitional meeting was held in Jackson, Mississippi. We had a very productive session. New members to our committee include **Tina Meyers** (Nominations Chair), **Marcia Davis** (Scholarship Chair) and **Janet Davis** (Conference Planning Chair). Our focus was on scholarships, fundraising and conference planning.

Coni Ellis, Ad Hoc Chair has been working on ideas for raising funds for the Beverly G Hampton Memorial Scholarship. Brochures were developed last year and she plans to assemble a subcommittee to initiate fund raising projects and strategies. If you are interested in this please contact Coni Ellis at coniellis@gmail.com

National office notified us that we had two WOCNEP scholarship recipients from our region. **Molly McCoy** (Kerrville, TX) and **Melanie Haigh-Hutchinson** (Austin, TX) both received scholarships from the WOCN General Scholarship fund. We are following up with the national office to inquire why they were not awarded the SCR scholarship which we fund yearly. After discussion the Council decided to manage all future scholarships offered by our region. Therefore, the Beverly G Hampton Memorial Scholarship (MD Anderson WOCNEP) and SCR Scholarship (SCR member attending outside WOCNEP) will be coordinated solely by our Scholarship Committee. Notification of this change will be sent out to other regions and WOCNEP schools. *(Addendum: After conversation with National office they realized their mistake and the SCR Scholarship was awarded to Melanie Haigh-Hutchinson).*

Over the past several years our region has been very supportive of our members as

Over the past several years our region has been very supportive of our members as well as projects that affect our region. We have provided scholarships to attend NIWI, YODAA, and SCR students going to WOCNEP; not to mention the Katrina fund, and our support of the Foot and Nail program/certification development. SCR conferences each fall have been outstanding however, all are not revenue producers. We have seen a decline in our region's funds; therefore, it was the decision of the Council to act accordingly and reduce the Beverly G Hampton Memorial Scholarship to an annual scholarship. Once we rebuild our scholarship balance, this will be revisited. We also need to build our general funds. **Donna McClure** (PR Chair) is coming up with some creative ideas. Look for these at the WOCN National Conference—be sure to stop by the SCR booth.

Our main focus was development of the standing committee for conference planning. In years past the conference planning committee was delegated to the state hosting the conference. We have taken the lead from national and are creating this new committee. The new standing committee will be chaired by **Janet M. Davis**. Her committee will consist of the following members: President, Treasurer, 2 representatives from the hosting state and one member from the five states that make up our region. If you are interested in serving on the planning committee please email Janet at jmdavis@pdq.net The CPC Chair term will be two years but no more than four. The host state rotation will continue as listed in the SCR Operation's Manual; therefore, the 2010 to will be held in Arkansas.

Our 2009 cruise conference is currently chaired by **Coni Ellis** with committee members from Texas and Mississippi. Janet M. Davis and Kathy Froiland are the CNE/Speaker co-chairs; Catherine Short and Jocelyn Goffney are the Exhibitor co-chairs; Kathy Murphy and Ken Clark are the hospitality co-chairs, and the Registration/Treasurer is Kim Stallo. We were able to collaborate with the Mississippi WOCNs toward the end of the meeting. The Council appreciated the attendance of **Liza Banaag, Beverly Buchanan, Carol Henderson, Marion McCulloch, Alicia Ferguson** and **Kathy Milone** during the planning process.

Proposed changes in the bylaws will be made and will come up for vote prior to the fall conference. A few of the changes are:

- ✧ Renaming the Bylaws/Operations Chair to Operations Chair (duties have been expanded to include all SCR awards).
- ✧ The addition of the CPC Chair along with deletion of past CPC descriptions
- ✧ Decreasing the time to vote from 37 days to 14 working days since we have gone to an electronic vote.

Several of the Chairs need committee members. The committee work is very rewarding, not demanding and some only meet annually. Some of the committees are:

- ✧ Operations: committee to review applications for the new SCR Awards
- ✧ Scholarships: reviewing applicants for the two scholarships that are awarded
- ✧ Fundraising: we need members for two committees since we are raising money

- * Fundraising: we need members for two committees since we are raising money for scholarships as well as the general fund
- * Communications: state representatives to keep our Communication's Chair abreast of news from each state
- * CPC: need planners from each state to assist with the process. If you have experience we need you

Nominations: needs members to assist in building a full slate of officers for the fall ballot

We need your help! Our region is only as strong as our members. Please contact me jillconwill@hcahealthcare.com if you are interested in becoming more active in our region.

Pearls & Tid Bits



● Presidents Message	● PEARLS & TID BITS	● Government Affairs	● Spotlight
● Clinical Corner	● Awards	● Scholarships	● WOCN's in Action

A Pearl from Kristi Berry

Listen to the Wound

Kristi Berry, a WOC Nurse in Lubbock, Texas shared a useful tip with her former instructor, Janet M. Davis. While working in an outpatient center, Kristi was looking for a way to visualize the wound base and didn't always have a penlight handy. She realized that in all the exam rooms was an otoscope. So she thought outside the box and used the otoscope to see inside her patients' wounds.

She placed a disposable nasal speculum on the otoscope and peered into the wound and could see the undermined areas much easier. You might say she was listening to her wounds.

Submitted by Ken Clark Vice President SCR-WOCN

Passports are required for the Cruise Conference

Passports are required if you plan on going on a cruise to another country, such as the case with our 2009 conference cruise. I recently obtained my first passport. The process is very easy however it does take some time so begin the process as soon as possible.

First get your application by going here and click on the passport wizard.

http://travel.state.gov/passport/forms/forms_847.html

or try <http://www.usps.com/passport/>

You also need a passport photo that you can get made at a Kinko's, Walgreen, or just about anywhere that does photo finishing.

You will need a birth certificate. If you are like me and have no idea where your birth certificate is there are services online that will send it to you such as

<http://www.vitalrec.com/birthcertificates/>

Do Not Procrastinate. This process does take some time to get it done.

See you on the Cruise!

Government Affairs



● Presidents Message	● Pearls & Tid Bits	● Government Affairs	● Spotlight
● Clinical Corner	● Awards	● Scholarships	● WOCN's in Action

.....

● Nursing Homes

● Submitted by Joan M Flynn

● <http://www.medicare.gov/Nursing/Overview.asp>

● <http://www.medicare.gov/spotlights.asp#NHC5>

●

● Check out what is available on line now to help evaluate Nursing Homes.

● Nursing Home Compare rates each of the 16,000 Medicare and /or Medicaid certified nursing homes. The stars are used to rate the facility. Facilities are rated on health inspection results, quality measures and staffing levels. Health inspection ratings are drawn from a score based on nursing home surveys over the past three years, as well as reports from inspections carried out to investigate complaints. The quality measures include how well a nursing home responds to residents' declining mobility, high-risk wounds, catheter problems, urinary tract infections and pain. It takes into consideration whether a facility uses excessive physical restraint.

● Staffing is drawn from two complex formulas both based on nursing hours per day per patient. One is for registered nurses only, and the other includes registered nurses and other health workers.

● An overall rating is given as well. Now there is easily accessible data to help direct patients and their families make decisions. Check out the facilities in your local area!

.....

Spotlight



● Presidents Message	● Pearls & Tid Bits	● Government Affairs	● Spotlight
● Clinical Corner	● Awards	● Scholarships	● WOCN's in Action

Meet the New SCR Board and Council Members



Tina Meyers: Nomination Chair

Tina Meyers has been a Wound Ostomy Continence Nurse since attending the MD Anderson Program for Wound Ostomy and Continence education in 2002. Initially she worked at Conroe Regional Medical Center in Conroe, Texas. In 2007, she was invited to join the Harris County Hospital District to improve wound, ostomy and continence care. Currently, Tina currently is the District Manager for Wound, Ostomy and Continence service it is her hope to standardize procedures and products in order to improve wound, ostomy and continence care for the residents of Harris County located in Houston Texas. We welcome her energy to the board of the South Central Region!



Janet Davis: CPC Chair

Janet has been a WOCN since November 1991 when she graduated from MD Anderson Cancer Center. Initially she provided direct patient care as a WOCN at St. Luke's Episcopal Hospital in Houston. Janet's search for more knowledge does not end and she returned to school in 1996 to pursue a master's degree. After becoming a WOCN/NP, Janet worked in a nursing home practice as well as a physician-based practice. Janet is well known in our region as an educator. She has helped mold the WOCNurses in our area in her role as educator. Janet has served as a co-director and then director of the MD Anderson WOC program.

Janet is currently works for Accredo Clinical Business Solutions, a Medco company as a Nurse Consultant. Accredo Clinical Business Solutions employs

company as a Nurse Consultant. Accredo Clinical Business Solutions employs WOC nurse consultants for 3M. As a Nurse Consultant, Janet covers a 5-state territory in the South Central US (New Mexico, Texas, Oklahoma, Mississippi, & Louisiana) and supports 8 sales representatives. Her primary duties are to deliver CE presentations, product inservices, and educate the sales force on the needs of patients and healthcare professionals. Janet has taken her passion of educating others about skin and wound care to yet another level. We are so fortunate to have Janet to assist us with Conference Planning.

Hobbies include scrap booking, card making, and crafts, shopping when she can find the time.



Marcia Davis: Scholarship Chair

Marcia graduated from The University of Oklahoma with a Bachelor's in Nursing in 1988, and a Masters Degree as a Clinical Nurse Specialist in 2003. She attended the Abbott Northwestern ET Nursing Education program in 1992 and obtained the CETN certification in 1993. She has maintained certification as a CWOCN since then. She has worked as a med-surg nurse, an oncology nurse, nurse manager and director in addition to her experience as a WOC nurse. She currently is the Program Director for the Norman Regional Wound Care Center.

Marcia has served on the SCR Board in the past as the Treasurer from 1995-1999 and as President Elect, President, and President Ex-Officio from 2000-2002. She has served on several conference planning committees and has precepted several WOC nurses.

She is married to her husband of 29 years, Sam Putman, who often accompanies her to WOCN events. They have a son and 3 daughters, 10 grandchildren and 2 great-grandchildren. When she is not busy working or enjoying family time, she loves to sew, read, watch movies and take short road trips with her husband.

We are fortunate to have Marcia join the board.

Clinical Corner



● Presidents Message	● Pearls & Tid Bits	● Government Affairs	● Spotlight
● Clinical Corner	● Awards	● Scholarships	● WOCN's in Action

Lymphedema

Cindy Schneider, RN, CWOCN, MSN

A long neglected system of the human body; the lymphatics were not truly studied in recent times until the 1970s. The lymph system is comprised of a very superficial layer of drainage capillaries working in concert with venous drainage to clear proteins and water from the interstitial tissue. These capillaries lie just below the skin. Additionally, there are deeper collectors, over 700 nodes and central vessels that dump into the venous system in the upper thorax.

What does this mean to wound healing? Congestion and lack of proper drainage has a strong impact on the ability of nutrition to reach the tissues that have suffered insult of any kind. The accumulation of waste products causes damage to the soft tissue and skin especially in the extremities. In severe cases this congestion can create problems in the torso as well.

Any inflammatory process, even small injuries such as a bruise or bug bite can damage the lymph capillaries. It is important to address edema when evaluating wound healing potential. It is necessary to evaluate the length of time that the edema has persisted and what has been done to attain control.

Complete Decongestive Therapy can manage Lymphedema. This therapy consists of compression, patient education and manual lymph drainage. Compression is usually most effective with short stretch garments and a daily program of elevation. Unlike stockings, which treat venous disease, compression garments to treat Lymphedema are worn even while in bed. Patients are educated on exercises which are specific to edema management, encouraged to avoid restrictive clothing and to take steps to promote lymph flow.

Manual Lymph Drainage or MLD is a light "massage" technique used to stretch and stimulate the capillaries and collectors of the lymphatic system. Different from a traditional massage, the pressure is very light and superficial so as to not damage or compress the capillaries. It is used to stretch the tubules toward unaffected nodes. The nodes suck the lymph fluid in a straw like fashion. MLD is always completed in a series of movements

• lymph fluid in a straw like fashion. MLD is always completed in a series of movements
• from proximal to distal, decongesting the upper drainage portals first. MLD uses the
• parasympathetic nervous system as well to stimulate a faster pulsing of the capillaries as
• they move fluid toward the central torso.

• As Wound Care Experts it is important to be aware of the impact of long term
• Lymphedema in the delay of wound healing. There are resources in most communities to
• assist patients with Lymphedema life style issues. Please take the time to find the
• Lymphedema gurus in your area!



Awards



● Presidents Message	● Pearls & Tid Bits	● Government Affairs	● Spotlight
● Clinical Corner	● Awards	● Scholarships	● WOCN's in Action



A Nightingale Award Recipient in our Fold!

By: Myra Varnado

I am pleased to inform you that our very own Meliss Carlson, from East Jefferson General Hospital, was named Clinical Practice Nurse of the Year during Saturday evening's Louisiana Nightingale Awards, held in Baton Rouge. Meliss represents our WOC Nurse contingent with grace and integrity, and received this recognition for the tremendous contribution she makes for her patients and to the profession of nursing. The recipient of Clinical Practice Nurse of the Year Award, is one who exemplifies excellence in the delivery of direct patient care, promotes the value of the bedside nurse to patients and employers, and serves as a standard bearer of quality and professionalism to his/her colleagues. Please take an opportunity to congratulate Meliss for this outstanding achievement.

Meet our SCR Scholarship Recipient: Melanie Haigh-Hutchinson



Melanie, Emma age 10, Rachael age 8

I am currently working in an Out Patient Wound, Hyperbaric and Lymphedema Clinic in Austin Texas. I have been working there since November 2005. I graduated from Humboldt State University in Northern California in 1991. I worked in several areas of nursing after graduating - Ortho-Neuro, Med-Surg, and home care.

After my first daughter was born in December of 1997, I decided to stay home and be a full time mother. In 1999 my husband's job brought us to Austin Texas. Soon after that, our second daughter was born.

I decided to return to nursing in 2005 once both girls were in school. I took an RN refresher course at a local community college, as I had not touched a patient in many years. During the clinical part of my refresher I met and followed for one day a WOCN. Sometimes in life it is not what you know, but who. The director of the unit I was doing the majority of my clinical hours on was also the director of the out patient wound clinic and the in patient WOCN that I followed. I ended up getting a PRN position in the wound clinic in part because of these connections.

I loved working PRN performing wound care in the clinic - and still do. I worked with some excellent nurses, techs and physicians and got a lot of on the job training as soon as I started working there.

In October of 2007 my family learned some terrible news. My 43 year old husband was diagnosed with pancreatic cancer. The cancer, by the time it was diagnosed, had already spread to his liver, left kidney, spleen and colon. This was devastating news. Three short months later, on January 15th, he died.

After my husband's death I felt strongly that I should further my training in the area of nursing that I had somewhat unexpectedly grown to enjoy. I enrolled in the WOCN program at MD Anderson. As a PRN employee, the hospital would not sponsor the training at MD Anderson, but I must say that I know they were very supportive of me seeking out this further education.

In September/October of 2008 I completed the program at MD Anderson - despite the hurricane that struck that area! I learned many new skills, met some incredible nurses and left feeling like I could care for my patients and help my coworkers even better than before.

For now I plan to stay in the Austin area and am now working full time at the same clinic. I feel better prepared to care for the patients I see, and know that more doors will be open to me now that I am a WOCN.

My daughters are now 9 and 11 years old and I am working full time. It would be difficult to add anything to my schedule right now, but I hope that in the near future I can serve on one of the committees that you have mentioned in your email. I am still adjusting to

on one of the committees that you have mentioned in your email. I am still adjusting to my new life. Much of the financial burden has been eased because of the scholarship I have been awarded. I am very grateful to your organization for its generosity. Thank you.

Sincerely,

Melanie Haigh-Hutchinson BSN RN WOCN

Scholarship Information



● Presidents Message	● Pearls & Tid Bits	● Government Affairs	● Spotlight
● Clinical Corner	● Awards	● Scholarships	● WOCN's in Action

How do we apply for a NIWI scholarship?

The Nurse in Washington Internship Program (NIWI) scholarship is designated to assist one WOC /ET Nurse from the SCR to attend the Nurse in Washington Internship Program (NIWI) each year. This scholarship supplements funds awarded from the WOCN Society NIWI scholarship fund. If an applicant from the SCR WOCN applied, but did not receive funds from WOCN, this scholarship can be awarded to help defray the cost for attending NIWI.

Follow these steps to apply for a SCR WOCN NIWI scholarship:

1. First, apply to the WOCN Society for a NIWI tuition scholarship. The application can be downloaded from the WOCN web site at:
<http://www.wocn.org/whatsnew/niwi.html> or by calling the National Office.
2. Contact the SCR WOCN Scholarship Chair, Debbie Fulmer, to advise of your intent to attend NIWI and that you have applied for the WOCN Society NIWI tuition scholarship. You will be informed at that time if another WOCN from the SCR has already applied for this scholarship.
3. If you are the first to contact the SCR WOCN of your intent to attend NIWI and have applied for one of the WOCN Society NIWI tuition scholarships, the SCR will pay for the remaining expenses to attend NIWI.
3. Upon completion of NIWI, the scholarship recipient will be expected to submit a summation of the experience to the *Five Alive* web site.

WOCNs in Action (where your local group meets)



● Presidents Message	● Pearls & Tid Bits	● Government Affairs	● Spotlight
● Clinical Corner	● Awards	● Scholarships	● WOCN's in Action

Please send any updates about your local WOCN group to [Joan M. Flynn](mailto:Joan.M.Flynn@wocn.org) RN,CWOCN,CWS

Are you Up to Date?

Have you checked out your member information lately? Go to www.wocn.org and log on under the member section and check or update your member contact information, demographics, communication and directory information.

The only way the South Central Region can contact you is if we have up to date records from the national office. The national office needs YOU to update the information.

For regional membership questions or information, contact:

[Joan M. Flynn](mailto:Joan.M.Flynn@wocn.org)
RN,CWOCN,CWS

Austin, TX—Meets 2nd Wed. at 6:00 PM. Contact Karen Hollis @ (512)-324-1053.

Arkla-Tex—Meets 2nd Fri. of each quarter at 6:30 PM in Bossier City, LA. Contact Margaret Davis @ (318)-675-6924.

Baton Rouge—Meet at 7pm on the third Thursday in Jan, Apr, July, and Oct.

Location varies. Please call Laurie Hood at 225-381-6355 for further information.

Jackson, MS—Contact Julie Turner, Work 601-200-6060, cell 601-668-8116

Dallas, TX—Meets 2nd Thurs. of each month at 11:30 AM at Texas Scottish Rite Hospital
2222 Welborn

Dallas TX 75219

Pickard Conference Room, 3rd floor, Building C

Contact Nikki House 214-559-7855

Northeast Texas WOCN—Meets quarterly at various locations in the Longview-Tyler area. Contact Tammi Short@ (903) 297-2560.

Fort Worth, TX—Meets 1st Thurs. at 11:30 AM at the Klabzuba Tower. Contact Valerie Pemberton @ (817) 820-4970 (W).

Houston, TX—Houston Area WOC nurses meet on the fourth Wednesday of the month. Contact

Houston Northwest—Meets every 3rd Thursday of the month at 6PM. Contact: Pat Thompson, (W) 281-397-2799; (H) 832-484-8656;

pat.thompson@tenethealth.com
Lafayette, LA—Meets 3rd Thurs. of each quarter at 6:30 PM. Contact Rita Hernandez @ (337) 981-4935.

Oklahoma City, OK—Meets 3rd Wed.

of every other month on “on-call” basis in the American Cancer Society office. Members will receive mailing notice of when meeting will be held. Contact Sharon Williams @ (405) 949-3770.

San Antonio, TX—Meets 3rd Wed. at the American Cancer Society at 4:30 PM. Contact Diane Rudolph @ (830) 336-3565.

The Lake Charles Area CWOCN
Third Thursday of each quarter
Please email Erica Roach for any questions
erica.roach@christushealth.org

Metro New Orleans LA

East Jefferson General Hospital
Location ~ Times Vary
Please call Meliss Carlson RN
CWOCN for further information.
504-454-4941 mcarlson@eigh.org

Joan Worley
RN,CWOCN,CWS
phone:512-694-
9359 CST

Wednesday of the month. Contact
Cynthia Worley at 713-792-3092 for
more details on meeting
times/locations.

504-454-4941 mcarlson@eigh.org