



Five Alive

South Central Region April, 2008

The Newsletter of the South Central WOCN Region WOCN

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President's Message *April 2008*

Jill Conwill

Our first attempt at voting electronically was met with some computer glitches. Our second try has worked out better and our bylaws were **approved** by the membership. **Cindy Barefield** finalized the Bylaws and Operation Manual so **Joan Flynn** can have them added to the website. You can access both in the "About Us" section.

The board/council has made a decision to sell the majority of the store items at a liquidation prices at national convention in Orlando. We are also making up baskets for raffle with many of the items. I know in the past we were always the region that sold scissors and we did well selling them; however, sales have dramatically diminished since most manufacturers provide scissors to the patients via ostomy discharge kits.

Donna McClure and **Cindy Barefield** have been working on 3 new awards that will be presented at the fall conference. The awards are: SCR Rookie of the Year, SCR Educator of the Year and Manufacturer/Vendor of the Year. Read more about this in this issue of the *5 Alive*.

Coni Ellis, Ad Hoc Chair has been working on the brochure for the **Beverly G. Hampton Memorial Scholarship**. We should have it ready for the convention in June. You will also be able to down load it off the website when it is completed.

Joan Flynn, Communications Chair has been doing a great job keeping the website current. She is adding many of the educational

keeping the website current. She is adding many of the educational and upcoming conferences to the site so our members can quickly find what is going on to meet their educational needs. *She is still looking for a representative from each state to keep her informed on the activities in your area. We want to share our members' involvement in educational events, honors, and accomplishments with everyone.*

The 2009 conference will be hosted by Mississippi and it will be a **Cruise Conference**. We have had numerous requests for another cruise and the Mississippi group will be investigating dates and cruise options over the next few weeks so we should have a definite plan by National Conference. **Debbie Mauffray** will be chairing the 2009 Conference Planning Committee.

Just a reminder...we will be electing the positions of President, Treasurer and Nomination Chair this fall. If you are interested or know of someone that would make a good candidate contact **Meliss Carlson, Nominations Chair**. If you are interested in becoming active in SCR there will be some council positions opening up so let **Meliss Carlson, Nominations Chair** or **Jill Conwell, President** know that you are interested.

Don't forget that we have scholarships for poster presentations shown at national conference if you don't have sponsorship. There are also scholarships available for the Youth Rally (YODDA). Check the scholarship section on the SCR website or contact **Debbie Fulmer, Scholarship Chair**.

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How to Create a Professional Poster Presentation for Nursing Conferences

Nancy Dobbs RN, CWOCN
Mercy Health Center
Oklahoma City, Oklahoma

Poster presentations have become quite popular at nursing conferences and are a wonderful way for nurses to share practice changes based on evidence-based research.

Below are a few tips for your presentation:

1. Follow directions when there is a call for abstracts. Submit before the deadline and limit the number of words as indicated in the instructions. Submissions should address one or more of the conference objectives.
2. After your abstract is accepted you will need to create your poster. Make it colorful, organized and easy to read. Include in your poster:

- Title
- Abstract
- Introduction/Background of study
- Methods
- Results
- Limitation of the study
- Discussion
- References
- Acknowledgements
- Contact information

3. Personalize your poster with graphs, photos or artwork. Posters need to have a visual impact.

4. Proofread your poster information for spelling errors and grammar. Have 5-10 of

4. Proofread your poster information for spelling errors and grammar. Have 5-10 of your colleagues read your poster and make suggestions for improvement in content and visualization of information.

5. Make sure you arrive with your poster to the conference to set up during the designated times. Plan to take smaller paper tear offs of your project so attendees can take the information back to their facility for further review.

The most important part of your poster presentation is to stay with your poster during the poster sessions. You will have spent a lot of time and work in your project and you can network with others and share your experience.

For more information about poster presentations the following articles may be helpful:

Berg, Judith (2005) Creating a Professional Poster Presentation: Focus on Nurse Practitioners. *Journal of the American Academy of Nurse Practitioners*, 17 (7), 245-248.

Miracle, Vickie (2003) How to Do an Effective Poster Presentation in the Workplace. *Dimensions of Critical Care Nursing*. 22 (4), 171-172.

Keely, Beth (2004) Planning and Creating Effective Scientific Posters. *The Journal of Continuing Education in Nursing*. 35 (4), 182-185.

Hardicre J, Devitt P, Coad J, (2007) Ten Steps to Successful Poster Presentation *British Journal of Nursing*, 16 (7), 398-401.

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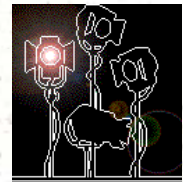
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SPOTLIGHT ON Virginia Walling



The spotlight this month is on Virginia Walling, the Spring 2008 Beverly G. Hampton Scholarship winner. Virginia lives in Westlake, LA and just graduated from the MD Anderson WOCNEP. She has returned to Westlake following completion of program and is looking forward to pursuing a career as a WOCN. Virginia practiced as an LPN for 5 years, returned to school at McNeese State University where she graduated with a Bachelor of Science Degree in Nursing 2 ½ years ago. She says that she enjoys learning and is currently studying to take the foot and nail certification exam with her initial certification testing. Virginia has 3 children and 1 grandchild. She and her mother enjoy quilting when time allows. She became interested in WOC nursing when working at a local hospital in the “ET department and it just never left me”. She relates the WOC nurse area of practice always fascinated her and she has learned so much at MD Anderson. Virginia says she was completely surprised to be chosen for this scholarship and extremely honored. We look forward to seeing Virginia for many years as an active member of the SCR.

Debbie Fulmer

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Scholarship Information

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Wanted

Youth Rally Campers

- ✓ Are you between the ages of 11-17?
- ✓ Do you have an ostomy?
- ✓ Do you want to have loads of fun at camp this summer?

The SCR can help!!!!

Contact:

Debbie Fulmer
SCR Scholarship Chair

The **SCR Youth Rally/YODDA Scholarship Fund** is available to youth or young adults who have bowel or bladder dysfunction, who live within the SCR region, and are attending one of the available summer camps. Complete instructions and the application forms are available on the respective organization's websites: www.rally4youth.org or yodaa@uoaa.org

A copy of the completed application form is also submitted to the SCR-WOCN Scholarship Committee Chair for review and determination of eligibility by the SCR Scholarship Committee. These scholarships are also available to any SCR WOC nurse who will be attending the summer camps as counselors or camp nurses. Scholarships cover the cost of registration and other expenses which facilitate the youth, young adults, or WOC nurses' ability to attend the camp.

Summer 2008 camp dates currently available are:

Youth Rally (July 12-17) \$425 registration

How do I apply for a SCR WOCN Poster Scholarship?

Step 1 – Submit an Abstract describing a research study, case study or practice innovation in the areas of professional practice, wound, ostomy or continence to the WOCN. Abstracts are accepted through Monday, November 19, 2007. Go to www.wocn.org website for complete instructions for submission of Abstracts.

Step 2 – Once you have been notified that your Abstract is accepted by WOCN, you may apply for a scholarship from SCR WOCN to help defray the costs of poster development.

Step 3 – Access the SCR website at www.scrwocn.org. The criteria to determine

Step 3 – Access the SCR website at www.scrwoen.org. The criteria to determine eligibility for the Poster Presentation Scholarship is located under the Scholarships tab on the left side of the homepage. When the Scholarship page is accessed, scroll down to the Poster Presentation Scholarship where a link to the application is located.

Step 4 – Complete the application and send the application along with verification of acceptance of Abstract for presentation at WOCN to dfulmer@uafortsmith.edu or mail the completed information to:

Debbie Fulmer, SCR Scholarship Chair
7219 South T Street
Fort Smith, AR 72903

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Staying in Touch.....

By Cindy Barefield BSN,RN,BC,CWON,CCCN

I talk to nurses frequently who comment about the fast pace of “our” healthcare world. Balancing the increasing complexity of patients with the decreasing length of stay seems almost manageable on paper until..... you put a face and a name with it. I had a conversation with a patient recently who brought this all to a head for me...I'll call this patient Willie – not his real name just to protect his identity. Willie shared how he had spent the last year of his life with me. Willie had been re-admitted for a reversal of a temporary ileostomy created when his rectal cancer was surgically removed.

I helped Willie, a self-employed landscaper and his wife learn the skills they would need to care for his ileostomy. His wife, wonderfully supportive, took it in stride and helped Willie through the unknown that was to come.

After his discharge, I have to be honest; I did not give Willie another thought. He had a good support system and they managed his ileostomy at home. Willie and his wife did not attend support group; you wouldn't expect a temporary ostomate to attend, now would ya? So, a year later, here's Willie all put back together and I think he's going to be happy as a lark ... but, he's got quite a story to tell!

This is the part where I realize that I've lost touch, Willie relates how he has lost more than 60 pounds, how chemotherapy made him lose not only his sense of taste, but made everything smell terrible! He related how he had to struggle to eat even the smallest amount of bland food several times a day just to keep from getting run down and possibly succumb to some menial infection. He wanted more than ever to get out and dig around in the dirt; this didn't work out very often as you can imagine.

He related how he juggled an assortment of doctors' appointments and co-pays and translations and integrations of information from one doctor to another (keep in mind that this man is a landscaper by trade). He was actually the one who noticed that he was able to cut the dosage of his BP medication in half He declined a referral to another specialist when his lab values were off by one point! Sometimes just good old common sense kicks in!

kicks in!

What a refreshing conversation we had. We can learn so much from our patients! Have you stopped to listen lately? Our patients can use all the support and resources we can offer. Here are just a few resources for patients/families:

American Cancer Society, www.americancancersociety.org

Ostomy Community Connection Center, www.c3life.com

What will we learn from each other today?

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WOCNs in Action (where your local group meets)

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Please send any updates about your local WOCN group to [Joan M. Flynn](#) 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.

Biloxi, MS—Contact Paula Green @ (601) 288-4244.

Dallas, TX—Meets 2nd Thurs. of each month at 11:30 AM at Presbyterian Hospital Dallas in the Tenth Floor board room, 8200 Walnut Hill. Contact Presbyterian WOCN Dept. 214-345-4334

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 Cynthia Worley at 713-792-3092 for more details on meeting times/locations.

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

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](#) RN,CWOCN,CWS
phone:512-694-9359 CST

phone.512-094-9339 CST

Society at 4:30 PM. Contact
Diane Rudolph @ (830) 336-3565.

The Lake Charles Area CWOCN

Third Thursday of each quarter-
first meeting of 2008 February 21
5:30 at the Olive Garden-
sponsored by Molnlyke Co.

Please email Erica Roach for any
questions

erica.roach@christushealth.org