



Five Alive

South Central Region

October, 2005

The Newsletter of the South Central WOCN Region

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Standing Tall SCR!

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The topic of the moment is, of course, Katrina. The hurricane and its aftermath have left its mark on our region. Our hearts are heavy for those who are suffering. Our minds are racing wondering what we can do, wondering how our friends and colleagues have fared. And wondering what the next six months will bring for all affected by this devastation.

It is hard to find someone who is not affected in some way by this hurricane. Many calls and emails have gone out to and from members checking on people in the affected areas. Calls have come to the council members requesting information on region members, requesting action on behalf of the displaced and affected, and requesting information about the conference. We are working on all these areas. In an effort to keep everyone updated, I am asking the following:

1) **Information on SCR members in the affected areas:** If you have talked with someone, seen someone, or know of someone who lives in the areas of LA or MS who were affected by Hurricane Katrina, please pass that information on to us through the use of the SCR website. You simply log onto the website and go to the Chat Section. Once in the Chat Section, hit the button for "General Chat" and type in the news you have for us all.

2) **Supplies for WOC's working in the affected areas:** At this time, I know of a few colleagues in New Orleans who are working at their facilities. There is still a problem with getting "stuff" into that area. Shelters in Baton Rouge, Houston, Dallas, and Galveston have been stocked with ostomy supplies by WOCN's and their facilities. Hollister, Convatec, and Coloplast are contributing to these efforts as well. I have heard that wound supplies have been requested from companies as well. If you know a person who needs supplies or has some to donate, please don't hesitate to contact us.

3) **Donations:** The SCR will be making a donation towards the recovery efforts in LA and MS. If anyone has any ideas of specific ways we can help, please let us know. If you would like to donate to the SCR's contribution to the Hurricane Katrina fund, please send your check or money order to our Treasurer, Jill Conwill. Her address is listed on the website. Please designate in the memo section on your check that the \$\$\$ is to go to Hurricane Katrina relief effort. ([continued p. 2](#))



CRUISE NEWS ~ As of July 19th, we have 236 people signed up to cruise and 25 exhibitors. Two days of educational topics that have been requested by previous attendees. A reception to honor the WOC Nurse of the Year and induct the new officers, plus a Treasure Hunt during the exhibits with a \$50 prize offering. A Silent Auction of high end items for attendees to bid on. Don't forget two ports of call for fun in the sun.

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(4) **Prayers:** We ask that everyone continue to pray for those who have survived this horrific event, and for those who have perished. We ask you to pray for the rescuers and the workers at the shelters where so many have gone. We ask you also to pray for the leaders who have lent their cities' and states' support to out brothers and sisters in LA and MS.

For those living outside the areas of destruction, we must continue on. The normalcy of life seems almost cruel in the face of all that our friends and colleagues must endure. But continue on we must. For in continuing on with the normal routines of our days and lives, we give hope. Hope that one day the world will right itself and that "normal" will someday be theirs again. Our election ballots have gone out. We need a 25% return to have a valid election. Our conference cruise will indeed go on. We will be on the Elation instead of the Ecstasy. Slated for Mississippi Gulf Coast, Conference 2006 will be there unless the planning committee feels they cannot go forward with hosting the conference. WOC nurse of the year and election results will be announced at conference on the cruise. Please look to the SCR e-news for further information and updates regarding relief efforts, needs of the members in the affected areas or displaced clients in new locations.

*All the best,
Kathleen Murphy, President, SCR
Houston, TX*

WE NEED YOU!

Have you ever had an experience with wound, ostomy,
or continence care that stumped you?

Write to us in the **Clinical Corner!**

Share your WOCN pearls with colleagues in the next edition of the Five Alive!

E-mail Tammi Short at ettammi@aol.com with your story and photos.



WOCN Public Policy Committee

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The newly formed WOCN Public Policy Committee just lead the WOCN contingency in attending the Nurse in Washington Internship in February, 2005. The date of the conference was changed this year. Initially, this was disappointing, but ultimately, it was advantageous. Our 9 representatives were in Washington, D.C., and both President Bush's budget and plan for adding private accounts to Social Security were being released to the public. This created quite a buzz, so it was an exciting and fast-paced time for us to be there. Of course, we were there to promote the WOCN's legislative agenda of expanding Medicare B coverage for medical grade compression hose and the unbundling of ostomy supplies from the home health care PPS system. We met with key legislative leaders and left Washington, D.C., with some new strategies for moving our agenda forward.

We are also monitoring a variety of national and state public policy initiatives. A state initiative that will hit close to home for your Texas members is the attempt to move the state compact licensure for Advanced Practice Nurses.

Texas is one of the first states in the nation to attempt to pass this legislation, but once passed, it will no doubt move to the other compact states. It is a controversial subject among the various specialty nursing organizations, as this legislation will restrict the practice of specialty nurses in many states. We are also monitoring a variety of national issues important to WOCN nurses, such as pressure ulcer prevention as a JCAHO Patient Safety Goal, the pressure ulcer requirement CMS Tag F314 in long term care and the opportunities and challenges that presents to WOC nurses practicing in long term care. We are working with CMS as a part of the Wound Care Stakeholders Coalition to establish a National Coverage Determination of Chronic Wounds. This, once established, will provide Medicare B coverage mandated for all regions of the country in the care of chronic wounds.

Submitted by: Lee Ann Krapfl, RN, CWOCN

This article was submitted last spring; however, due to the relevant subject matter of NIWI, it was included in this edition of the Five Alive. For more NIWI information, see page 4.

Nurse In Washington Internship (NIWI) Program

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Each year, the Nursing Organizations Alliance admits 150 applicants to their Nurse in Washington Internship Program (NIWI). The 2006 dates for this worthwhile educational experience are March 12-16, 2006.

The WOCN is proud to announce the availability of WOCN/NIWI Tuition Scholarships to assist Region/Affiliate members to attend. These scholarships cover the \$700 cost of registration. This program will be held at the Washington Court Hotel in Washington, D.C.

It is hoped that, through the availability of these scholarships, your Region/Affiliate will better be able to co-sponsor and send individuals to this educational program. The Nurse in Washington Internship Program offers an intense learning experience for WOCN leaders interested in becoming more involved in the legislative and regulatory aspects of healthcare.

Over the years, WOCN graduates from the NIWI program have become national and state leaders in promoting WOCN-friendly public healthcare policy and legislation. Many members of the WOCN Board, Council, and Public Policy Committee are NIWI graduates!

The WOCN NIWI Tuition Scholarship Application may be downloaded from the WOCN webpage www.wocn.org. The application deadline is December 1, 2005, so please promptly complete and return your application to:

WOCN
15000 Commerce Parkway
Suite C
Mt. Laurel, NJ 08054

Scholarship winners will be notified during the first week in January, 2006. For more information about the Nurse in Washington Internship Program, you may call the Nursing Organizations Alliance at 859-514-9157 for a brochure or go to their website at www.nursing-alliance.org.

The Nurse in Washington Internship (NIWI) Program provides nurses the opportunity to learn how to influence health care through the legislative and regulatory process. Participants learn from health policy experts and government officials, network with other nurses, and visit members of Congress.

Julie Alderfer Named South Central Region WOC Nurse of the Year 2005

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It is with great pleasure that we announce the South Central Region WOC nurse of the year. Julie Alderfer is a staff WOC nurse at MD Anderson in Houston, and her practice is focused on outpatient GI, melanoma, and endocrine patients; however, she also sees inpatients, and outpatient pediatrics. Her consults involve the full scope of WOC nursing practice. Julie works to educate physicians, nurse practitioners, physician assistants, professional and technical nurses, as well as patients and their families regarding WOC care. In doing so, she brings a special team approach to patient care—everyone feels involved and practices together. Her practice is to share her skills and knowledge with others to empower them to care for their patients. Through this practice, she consistently achieves her goal to attain quality patient outcomes.

Julie also serves as a guest lecturer at the local WOCNEP and is involved with one on one inservicing and product inservicing for the MD Anderson staff. As a result, she was nominated for the MD Anderson Patient/Staff Educator Awards. Julie actively reviews research articles and is a member of the products committee. Her focus emphasizes the importance of utilizing the most effective wound and ostomy products to provide quality care.

Julie serves as a preceptor for WOC nursing students as well as undergraduate and graduate nursing students. She is active in the local WOC group activities and is a member of the WOCN.

It is an honor to include Julie Alderfer among this very select group of outstanding WOC nurses called the WOC Nurse of the Year.

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My Dear Peers,

As a clinician, living here in Texas, the medical community has received thousands of displaced Hurricane Katrina evacuees. I heard a physician state, "60% of these evacuees (in shelters) have chronic illnesses".

Many of these have become sick due to lack of medicine during this time period.

Thousands are in shelters, and will be for months, with minimal accommodations at best. Community physicians are being asked to take on this population as "indigent". BG North America has great concerns for those who now have limited mobility, and may now start developing (or already have) pressure ulcers. We would like to intervene and hopefully prevent some long-term suffering, and long-term health care costs. BG North America has created a special pressure reduction mattress for these evacuees who are showing signs of pressure ulcer development, and have no ability to get a specialty mattress at this time. This is a pressure reduction mattress that can easily be mailed anywhere. Here in Texas, we have absorbed 250,000 evacuees (and that doesn't include the 800,000 voluntary self-evacuees). The gracious help of many churches and many businesses throughout the entire state, are keeping small groups (10-300). Many evacuees have also been flown to other states, as far as California, New York, and Utah. Due to the vastness of the population and distance, I fear there will be some patients who don't get the assistance if needed. Please join us in our mission to help by informing your peers, and others volunteering in this effort.

For clinicians to inquire about the Hurricane Katrina mattress for evacuees, please call Jackie Newman at our corporate office in Glendale California at 1-800-822-8288 x 13129

I graciously thank the many clinicians who are sacrificing to give to those effected by Katrina. May God Bless you all and keep you safe.

Respectfully,

Elizabeth Campbell RN, CWCN

BG North America

The Dallas Fort worth WOCNs have been assisting hurricane evacuees in coordination with the local UOA chapter and Byram Healthcare. WOCNs have assisted numerous individuals establish the type of products that they were using prior to fleeing their homes and leaving their ostomy products behind. Byram Healthcare has helped dozens of individuals in securing products after they were able to determine what they needed with the help of the WOCNs in the area. But that's what we do, WOCNs, UOA and Byram Healthcare- we help people in transition.

Thanks,

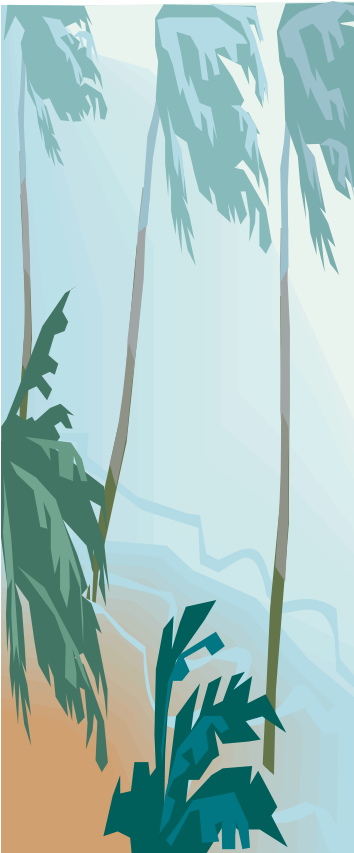
Jim McLean

Vice President, SCR

Dear fellow Regional and Affiliate Presidents;

As you all have seen on the news since August 29th, two of our states have been devastated by Hurricane Katrina (and also AL) , and followed by two other areas with Hurricane Rita. With so many displaced people from those areas and with so much need, we have been at a loss as to the best way to help our colleagues in LA and MS, and

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to a lesser degree eastern TX after Rita paid a visit.

Many

efforts both private and industry sponsored have been initiated and we are very grateful. However, word has reached us from members still there that, even today, relief efforts have been slow to reach those still in New Orleans, Slidell, Gulfport, and Biloxi to name a few places. According to members I have personally heard from, Red Cross money is not getting into these areas, but going to displaced persons now living all over the United States.

What we, the SCR Council, asked ourselves is how can we help WOC's in these areas? We have talked about this for awhile and we have come up with a great idea. We are starting a fund to help offset the cost of WOC recertification for members directly affected by these Hurricanes. In talking with Mary Walden, there are approximately 250 members due to recertify by June, 2006 in the areas of LA and MS. We know that many of these members, with their lives and homes to rebuild, will be struggling to afford the cost of recertifying. This is a way we can directly help our people continue on.

We would like to invite anyone interested to make a donation to this fund.

Although AL is not in our region, with donations from outside the SCR we would have the funding to include these WOC's as well. This will be done in collaboration with the WOCNCB. I welcome all questions, comments and concerns.

Please feel free to contact me at any time.

Thank you for your time and consideration.

All the best,

Kathy Murphy BSN RN COCN CWCN

President, SCR

Houston, TX

Director's Call

Jan Clark, UOA Director

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Old Friends

I have been asked to write a short column for the Five Alive letting you know what United Ostomy Association (UOA) is doing. It will be my pleasure. Although I am ex-president I am not ex-interested! I missed the regional in Hot Springs – a big disappointment to me not to be able to meet the talented group from Arkansas that put the whole thing together, see friends from all over and hear great speakers.

The new website is wonderful! Something that was kicked around until the right people stepped up and said "We can do it!" And they are doing it very well!

And the cruise this fall is going to be the conference to remember! Janet Davis is sending us word to not dally in making reservations. The San Antonio ETs met in January and there was much enthusiasm for us all to go cruising!

So to the business at hand: UOA is alive and well. UOA is looking for new members and meeting challenges of new generations. Have you seen the Winter OQ (Ostomy Quarterly)? Editor Ian Settlemire has really turned the magazine around. The contributors are up to date and relevant with their content.

Bonnie McElroy, chairman of the Parents Conference Scholarship Program Committee of UOA, reports that through donations from chapters and individuals, seventeen incontinent and/or ostomate children and their parents have attended the past two national conferences. Providing the whole family with the UOA experience of education and social activities across the lifespan at national conferences has been an overwhelming success. Record numbers of applications are expected this year. Please consider a personal or organization donation to this UOA experience for parents and children. More information on the program is available on the UOA website (<http://www.uoa.org/parentschol.htm>) or by contacting Bonnie at 205-978-2930, parents@uoa.org or by calling UOA at 800-826-0826. Checks should be made payable to United Ostomy Association with a notation that it is for the Parents Conference Scholarship Fund, 19772 MacArthur Blvd, Suite 200, Irvine, CA 92612. Donations can also be made by credit card on-line at http://www.uoa.org/donations_online.htm Please be sure to note on the on-line form that the donation is for the Parents Conference Scholarship Fund. THANK YOU!

Remember last June at WOCN in Tampa when a South Central Region ET received ET of the Year? Joyce Rosenthal was a big player during the 2000 regional conference in San Antonio making sure the hotel and vendors were at their best for you. She presented at the 2002 WCET Congress on support groups. She is a faithful group facilitator for the Northeast Satellite of the Ralph Kay United Ostomy Chapter.

It is time for the chapters to begin nominating ET Nurses for the award again this year – the deadline was moved up to March 15th so the UOA Awards committee can have ample to time to make a decision and notify the nominee.

Know someone interested in becoming an ET Nurse? The Archie Vinitzky Scholarship is awarded to an RN who has been accepted by a WOC Nurse Education Program. Call the UOA national office for applications (1-800-826-0826).

Jan Clark

Watch for the new laminated card produced by UOA on **Medication Absorption**. These will be given away at the WOCN conference in Las Vegas. Stop by the **UOA booth!**

UOA has won an **Award of Excellence** in the 2005 Associations Advance America (AAA)

UOA has won an **Award of Excellence** in the 2005 Associations Advance America (AAA) Awards program, a national competition sponsored by the American Society of Association Executives (ASAE), Washington, D.C. UOA received the award for its **Annual Youth Rally** and the volunteer counselors and nurses who assist the rally. This program is now in the running to receive the Summit Award, ASAE's top recognition for association programs to be presented in September. Congratulations to the many Youth Rally volunteers who make this program a winner!

The **Ronald McDonald House Charities of Denver, Inc.**, awarded **\$5,000** to cover UOA Youth Rally expenses. We are grateful to Ronald McDonald for helping to make a difference in the lives of the campers who will join us this summer in Boulder, CO.

Positive Options for Colorectal Cancer, a practical new book just added to the UOA bookstore, was written by Minneapolis UOA Chapter President **Carol Ann Larson**. Warning signs, screening tests, treatment options, alternative healing methods and life after colorectal cancer are all included, along with more than 12 survival stories. Available to UOA members for \$12.95 from www.uoa.org.

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United Ostomy Association, the Final Conference
Jan Clark, RN, CWOCN, Director

Bittersweet was the feeling at the final UOA conference in Anaheim, CA in August as the membership met to celebrate years of helping other ostomates. There was little evidence of the organization's demise at the conference. The programs were as timely and sensitive to the needs of attending ostomates as ever. Many sessions were devoted to the particular needs of ostomates. Parents of Children with Ostomates fund raising efforts helped send 14 families to the conference. Vendors were there with new products and national spokesmen. There was a strong presence by the youth and young adults. Chapter leaders were treated to sessions that will enable them to make the switch from organization chapters to individual support groups. Special highlights of the conference included:

- attendance of the WOC/ET nurse of the Year, Leslie Washuta, of New Jersey
- pictures and recap of the bicycle ride of George Salamy, ileostomate, in the Get Your Guts in Gear ride in New York last spring, which brought awareness of ostomates to the forefront during the 210 mile trip
- Bret Martin, a cancer survivor and temporary ileostomate who entertained with musical renditions of his experience with chemotherapy and wearing a pouch.

(CDs are available at www.cancercrooner.com. Highly recommended for patients needing to hear a lighter and funny but poignant side of "been there, done that.")

The history of the organization was a long and rich one as recently pointed out by Gwen B. Turnbull in the August 2005 Ostomy Wound Management. As a member I marveled at the commitment of past leadership who never experienced "burn out" but stayed involved in the organization long after terms of office expired. The energy and devotion of all the board members I served with and professional staff of the UOA was unparalleled in professionalism.

The UOA website will remain static for one year with all publications of the organization on the site in a downloadable format. Links should remain intact as long as particular websites remain good addresses. The Youth Rally Committee is planning to continue future camps under the guidance of the same leadership as years past.

The message to WOC/ET nurses throughout the country is to take up the slack that the UOA is leaving. Facilitate and encourage support groups and visits to new ostomates. This is the one thing that only members can do – all the educational information can be gotten from industry through publications and websites and ostomy nurses' teaching efforts. Ostomates visiting ostomates is an essential lynchpin to build confidence of a new patient.

Has the need for UOA become so diminished that a national voice is no longer needed? Not so, think many members who were prompted to attend an organizational meeting to explore "new beginnings," the fledgling steps to create a new national organization patterned similarly to the international ostomy association. Information regarding this effort may be found through website, www.uoaa.org.

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In this second in a series, we hope to let you, the membership at large, know how your SCR operates. This time, we will examine how we fill our SCR council positions.

There are two types of slots to fill on the SCR Council: elected positions and appointed positions. The elected positions are President, Vice President, Secretary and Treasurer. These four members comprise the SCR Board. The Nominations Chair is also an elected position, but is a member of the SCR Council. Every other year, these positions are up for election. This year's election was for Secretary and Vice President. In 2006, President, Treasurer, and Nominations Chair will be up for election. The Nominations Chair sends out a call for nominations and she or her committee members call member of the SCR and ask if they would consider running for a position. Anyone interested in serving the SCR must meet the criteria set out in the Operations Manual and Bylaws (these can be found on our website: www.scrwocn.org). These people then fill out the necessary paperwork, and their names are then placed on the ballot. The ballots are mailed to the Secretary. At the fall SCR conference, the Nominations Chair gathers people from each state if possible to count the ballots. The Nominations Chair then announces the election results at the dinner/reception at the fall conference. All newly elected members take office officially in

January. Sounds easy, huh? It isn't.

The SCR Council is comprised of the SCR Board and the Committee Chairs. The appointed council members are all the chair positions except for the Nominations Chair. Right now, we have six Chairs: Ad Hoc, Bylaws/Operations Manual, Communications, Conference Planning, Public Relations and Scholarship. The President and other members of the SCR council are always looking for someone eager and/or willing to serve! We call and email people; we ask them at conference and take suggestions from members. We then see if the person is an active member in the WOCN and SCR. With the approval of the council, the President then extends an invitation to serve in a Chair position to said person(s). The term for each chair position is two years, for no more than 2 consecutive terms. The non-elected chair positions rotate years in which they are replaced. This year, Communications Chair and Ad Hoc positions will be replaced. Conference Planning is a little different as well. This position can be appointed by the President with the approval of the council, *or* can be nominated by a group of SCR members who wish to host the conference in their state or city.

*Respectfully submitted,
Kathleen M. Murphy*

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Wound, Ostomy, Continenence Education Programs

The University of Texas M.D. Anderson Cancer Center Wound, Ostomy, Continenence Nurse Education Program (WOCNEP)

UT M.D. Anderson Cancer Center

Attn.: Shirley Woolems (Unit 163)

1515 Holcombe Blvd., Houston, TX

77030-4009

Phone: (713) 745-0219/745-0216

Fax: (713) 745-0025

E-mail: swoolems@mdanderson.org or
cbellis@mdanderson.org

Also see MD Anderson's website—

www.mdanderson.org/departments/woundoProgram Director: Coni Ellis, MS, RN, OCN,
CWOCN; Program Co-Director: Janet M. Davis,
MSN, RN, APRN-BC, CWOCN**8-Week** Traditional Programs: **2004:** 1/12/04;
3/22/04; 9/13/04. **2005:** 1/10/05; 3/21/05; 9/12/05.**4-Week** On-Site Houston Didactic/4-Week Off-Site
Clinical Program: Start dates same as 8-week
programs.

Emory University Wound, Ostomy, Continenence Nursing Education Center (WOCNEC)

The Emory Clinic, Room AT 732

1365 Clifton Rd., NE

Atlanta, GA 30322

Phone: (404) 778-4067

Email: cindy_strickland@emory.orgCenter Faculty: Dorothy Doughty, MN, RN, FNP, CWOCN and Janet M. Ramundo, MSN, RN,
CWOCN, CFNP**9-Week** Traditional Program on-site: 3/1—4/30/05; **5-Week** Split-option program—1/12—2/13/04;
Distance Learning Program—Ongoing.

WOCNs in Action (where your local group meets)

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.**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-
5053**Northeast Texas WOCN**—MeetsLongview-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**—Meets 4th Wed. at the
Rotary House at 11:30 AM. Contact
Contact: Janet Davis @ 713-895-9541**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.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 (H).Please send any updates about your
local WOCN group to Tammi Short.
Send by US mail or by email to
ettammi@aol.com.