



Five Alive

South Central Region November, 2007 The Newsletter of the South Central WOCN Region WOCN

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Scrapbook...

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President's Message

Jill Conwill

Aahee y'all! Baton Rouge, Louisiana was a fabulous host for our regional conference this year. We started out with a pre-conference tour of Carville where much of the research has been done on Hansen's disease. The museum housed interesting history of the lives of those confined with the disease, research, treatments, and equipment as well as a few of the patient's records. Check out the scrapbook for photos

We had excellent accommodations at the Hilton Baton Rouge Capital Center Hotel. Hilton has fully restored the historic Heidelberg and Capitol House Hotel, to its former state of grandeur with over \$70 million in renovations. Be sure to check out the scrapbook for pictures of the conference at http://www.scrwocn.org/ScrapBook/scr_wocn_scrap_book.htm our venue was outstanding this year, thanks again to the fabulous planning committee. I am sure they are all ready for a vacation!

Myra Varnado was named SCR WOCN of the Year. Be sure to read about her in the Spotlight in this edition. **Bette Kussmann** was also honored with the President's Award for all of her years of service on the board and council.

We have two new elected board members for this coming year:

Ken Clark (Mississippi) is our new Vice President

Cindy Schneider (Louisiana) is our Secretary

Ren Clark (Mississippi) is our new vice president

Cindy Schneider (Louisiana) is our Secretary.

Other council changes include:

Joan Flynn (Texas) will be taking over for Bette Kussmann as our Communication Chair;

Rhonda Kelly (Oklahoma) and **Robin Colbert** will become the Conference Planning Co-Chair.

Coni Ellis (Texas) will take over as the Ad Hoc Chair and

Cindy Barefield (TX) will be our By-Laws Chair.

The *bylaw change* regarding voting electronically hit a snag. The ballots sent back did not meet the quota, which necessitated the recent mailing of ballots out to the members for another vote. We received 148 ballots. The results were: 141 yes and 7 no; therefore, the electronic voting will take place next year and thereafter for officers and bylaw changes.

Topics of interest this year at the business meeting were renaming the Beverly G. Hampton Scholarship to the Beverly G. Hampton Memorial Scholarship. The renaming of the scholarship will allow us to use other creative ways to raise funds besides the annual auction at the regional conference. We are giving two scholarships a year (\$7,000). Coni Ellis (2008 Ad Hoc Chair) will be looking into the possibility of an endowment fund, grants, and other fund raising efforts. Janet Davis suggested we do Beverly Hampton lecture series. Susan Wilhelm suggested that the board look into a donation to Carville or to the LSU Foot and Nail Program.

Have you logged onto the WOCN Website? Look up your personal information to ensure it is correct (especially your email address). We have found that there are some misspellings and incorrect punctuations but we cannot fix them. Also be sure that South Central Region is assigned in your information. In the conversion process some members found that their region was listed as "not sure". Ben Peirce represented National this year catching us up on the updated website and upcoming plans. Be sure to log on to the WOCN website and check it out. Ben was asked about the status of WOCN Pediatric documents and he said he would follow up on this as well as answering our question about our regional affiliation not being lost in the website conversion process.

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TO AVOID OR NOT TO AVOID??

It is always wise to have our clients repeat back to us the plan before they leave our office. I have a friend who was working with a client complaining of urinary incontinence. She told her to “keep a voiding diary” and bring it to the next office visit. The next time the client came in; she brought with her a list of all the events/activities that she avoided participating in due to her urinary incontinence.

KNOW YOUR REFERRAL SOURCE

I kept seeing an advertisement in our local paper stating that this GYN/ OB physician specializes in urinary incontinence. A few months later, I had the chance to interview with him for a position in his clinic. Upon discussing continence care with him; I discovered that all he does for incontinence is urodynamic testing. If a client has the “right numbers”, he then performs a bladder suspension on them. He did not do any other type of continence work – no product selection, Kegel exercises, no diet education or any biofeedback, nor electrical stimulation.

It is important for us to know what type of services providers actually provide to clients to assist us in making informed decisions on local referrals.

Susan Wilhelm, FNP, APRN, CWOCN
Abbeville General Hospital Clinics
2419 Alonzo Drive, Abbeville, LA 70510

337 -892-0630

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Take time to view a short video demonstrating a new teaching apron to help explain how Ostomy surgery changes the body. Joy Hooper who is an extremely creative WOCN invented it! She put a short video demonstrating the teaching apron on YouTube It can be accessed at <http://www.youtube.com/gac>

If you have any questions or would like to place an order please contact Joy Hooper at: hooper_j@bellsouth.net

The website is: <http://medicalcraft.com>

You Tube: <http://www.youtube.com/gacwocn>

Phone: 229-387-7090

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The National Office of the WOCN is pleased to announce the availability of WOCN NIWI Tuition Scholarships to assist members wishing to attend the Nurse in Washington Internship Program. These scholarships cover the \$725 cost of registration. This program will be held March 9-11, 2008 in Washington, D.C.

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.

Download the Application from the WOCN website http://www.wocn.org/About_Us/News/NIWI

The application deadline is December 15, 2007, so please promptly complete and return your application to:

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

Scholarship winners will be notified by January 15, 2008.

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.

Good luck. We hope to see you in Washington, D.C. in March 2008.

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 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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NEW -- OASIS Changes regarding Pressure Ulcer Staging

CMS has released updates to the OASIS manual, chapters 2, 3, 4, 11, 8 and appendices. Chapter 8 reflects OASIS changes necessary for implementing the 1/2008 PPS case- mix refinements, as well as, the National Pressure Ulcer Advisory Panel(NPUAP) updated definitions of pressure ulcers and the stages of pressure ulcers, and the revised guidance on the Wound Ostomy Continence Nurses Society (WOCN) Guidance Document on "OASIS Skin and Wound Status M0 Items").

<http://www.cms.hhs.gov/>

[HomeHealthQualityInits/14_HHQIOASISUserManual.asp](http://www.cms.hhs.gov/HomeHealthQualityInits/14_HHQIOASISUserManual.asp)

The OASIS Q&A document has also been updated. This is the first update of the CMS OASIS Q & As since 6/2005. Questions and answers that are new or updated are notated by the date at the end of the question. [https://](https://www.qtso.com/hhdownload.html)

www.qtso.com/hhdownload.html

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Nurse of the Year

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The South Central Region – Wound, Ostomy and Continence Nurses Society (SCRWOCN) is pleased to announce the selection of **Myra Varnado RN, BS, CDE, CWOCN** as our **Wound, Ostomy and Continence Nurse of the Year for 2007.**

Some of the criteria for this award include being an active member of the professional association for 2 years and the nominee must be Board Certified as a WOC nurse. The WOCN should demonstrate excellence in WOC practice, always be up to date in skills and knowledge and be ready to share knowledge and skills with other professionals and paraprofessionals. The SCRWOCN Nurse of the Year is expected to participate at local, regional and national levels to promote the professional organization in the community and other areas of practice and encourage participation and growth in membership.

Myra Varnado is currently practicing WOC nursing at LSU Health Care Services. She is a graduate of the Emory University WOCNEP. She has the distinction of being nominated by several of her peers for this award. Myra has demonstrated excellence in professional practice and frequently provides educational activities at many levels, precepts new WOC nurses, serves on committees at local, regional and national levels. This year she served on the regional Conference committee and the Scholarship committee. Myra is the WOCN Professional Practice Chair; she sits on the WOCN Guidelines Task Force as the primary author of the guideline: Management of Wounds in Patients with Lower Extremity Neuropathic Disease and has several other publications to her credit. She also works for the LSU Diabetes Foot Program as the Telemedicine and System Coordinator, setting up Diabetic Foot programs in all of the LSU Hospitals throughout the state. Myra shared her knowledge when she was featured

throughout the state. Myra shared her knowledge when she was featured on the Discovery Health Channel for LEAP education and the LEAP clinic.

The prestigious award was presented to Myra on October 12th at the SCRWOCN Regional Conference in Baton Rouge, LA. We applaud this busy lady for her commitment to WOC excellence!

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Beverly G. Hampton Scholarship Awarded

Submitted by Debbie Fulmer, Scholarship Chair

The South Central Region of the WOCN is please to announce the Spring 2007 recipient of the Beverly G. Hampton Scholarship is Eberechi Agbara. Eberchi graduated from the University of Texas, Houston Center with a BSN in 1993. She completed the WOCNEP at M. D. Anderson in March 2007 and has been working as a WOCN at Health Star Home Health Agency since that time. Eberchi lives in Dallas and is married with three children. She has a vast array of nursing experience in critical care, neonatal ICU, and med-surg. She states. "I have always been interested in wound care and have found wound care in home health to be good for me".

The Beverly G. Hampton scholarship is awarded twice per year to a nurse in the South Central Region who has been accepted into the MD Anderson WOCNEP. Eberchi is the first recipient of this award since the South Central Region of the WOCN has retained administration of the award. Congratulations to Eberechi. Scholarship applications for this award are available on the South Central Region WOCN's website: . The deadline for the Fall 2007 scholarship is November 1, 2007.

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

ALERT! ALERT! It's time to apply for a scholarship to NIWI

The Nurses in Washington Internship (NIWI) program is held for four days in March of each year. This is a wonderful opportunity for a WOC nurse from the SCR to be in Washington on the cutting edge of the political scene.

Scholarships to attend the

up to date records from the national office. The national office needs YOU to update the information.

For regional membership questions or information, contact:

Janet M. Davis

jmdavis@pdq.net

713-895-9541 after 7pm CST

Scholarships to attend the Nurses in Washington Internship (NIWI) are now available from the WOCN. If you are interested in applying for a scholarship, the information is currently available at www.wocn.org

To receive financial assistance from the SCR to attend NIWI, you must complete the following steps.

First – Contact the SCR WOCN Scholarship Chair, Debbie Fulmer regarding your interest in participating as a representative from the SCR.

Second – Access the WOCN website and apply for a NIWI scholarship. The scholarship application is currently available.

Third – Keep the SCR Scholarship Chair, Debbie Fulmer, apprised of the NIWI scholarship status. For the (1) NIWI representative sponsored by the SCR, the region supplements the NIWI scholarship for any unpaid costs for attendance at NIWI.

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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

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For regional membership questions or information, contact:

contact:

[Joan M. Flynn](#) RN,CWOCN,CWS

phone:512-694-9359 CST

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

The Lake Charles Area CWOCN

members are going to begin quarterly meetings with a kick-off November 29th at DeAngelo's Restaurant on Thursday, November 29, 2007. Convatec will be sponsoring the dinner. The dinner begins at 5:30 PM.

We welcome all our colleagues, Please email Erica Roach for any questions

erica.roach@christushealth.org