

# Nursing Voice

August 1994

## First Annual Photo Contest

### A Note From The Editors

Nursing Voice recently sponsored its first annual photography contest, centered around a theme that epitomizes the nursing profession - caring. All photographs submitted would be judged, with contest winners receiving gift certificates to a local camera shop. Prizes for the contest were underwritten by PNC\Friends of Nursing.

The beautiful photos shown on this page were our contest winners. Because staff response was "sparse", the editorial staff of Nursing Voice contributed some photos and essays as well, although none were eligible for a prize.

Originally, this entire issue was to be a visual one. Even after adding a few drawings from Children in Hospitals Week activities, we still had to add some articles scheduled for the previous issue of Nursing Voice to get one complete edition for the Fall.

We hope everyone enjoys the selection of writing and photography, and we look forward to greater participation in our photo contest next year.

Sue O'Neill, RN  
Ginger Holko, RN



First Place - "THUMP THUMP" - "The tenderness of a child that loves nature. The epiphany between them. Heart to heart, sharing secrets of reliance and companionship. Such quiet precious moments are experienced at this age of innocence. A young love so respectful of life."

Taken of Jozef Tomaszewski, age 4, and friend by his mom, Linda Tomaszewski, SPU OR



Honorable Mention - "COMING HOME" - Kendric Minnich, two weeks old and born one month prematurely, meeting his great grandmother, Dorothy Borrell, for the very first time.

Taken by his mom, Kelly Minnich, 6B

Honorable Mention - "FIRST MINUTES OF LIFE" - New-born Nicholas Breidegam is in caring hands upon his arrival in the nursery.



Honorable Mention - "LEFT BEHIND" - Matthew Houpp, on his first trip to the pumpkin patch, showing his concern for the pumpkins that no one would take home.

Taken by his mom, Jennifer Houpp, SCU

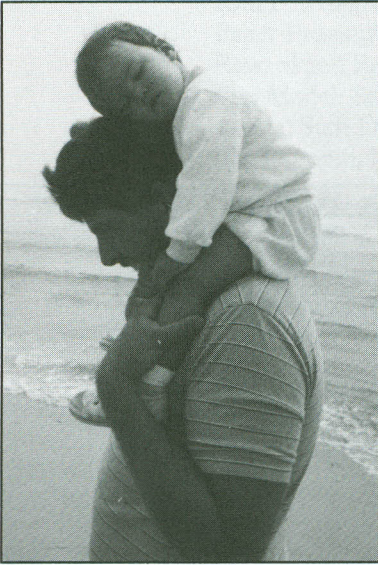


Taken by his parents, Heather and Mike Breidegam; Heather works in RUM

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Contest (from page 1)

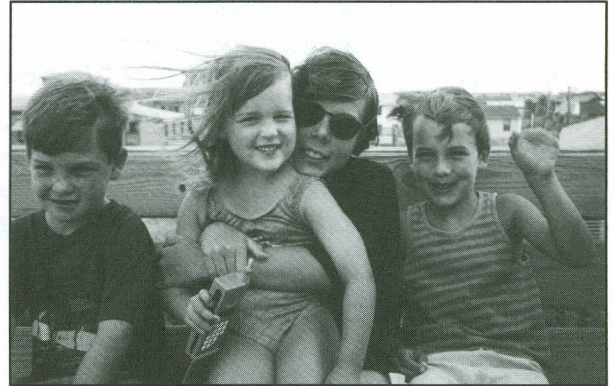


Taken by Jessica's mom, Roberta Hower RN, SCU

**"SWEET SLUMBER"** - There is something about a gentle breeze, the warm sun and waves lapping over the sand that make one drift off into the gentle abyss of slumber. This is Jessica Hower's first trip to the seashore. Although she didn't care for the feel of the sand on her feet or the sensation of the waves pulling the earth's natural floor from beneath her feet, she found comfort in her father's strong shoulders and soft hair. Today, Jessica is almost five years old. "When I look at this picture I will always remember our walks together on the beach and the lovely innocence of youth."

**UNTITLED** - Ancestry, Kinsmen. Flesh and Blood. The logic of the heart. Love. This is what we teach our children. They echo by the caring they show for each other. Our family is a treasured gift.

In-born capacity. Tender susceptibility. People become ill and injured and hurt. They turn to us as nurses. So do their families. Do we, as nurses, remain sensitive and true to our own keen nurturing of family values?



Taken of her children and their cousins by Susan O'Neill RN, STU

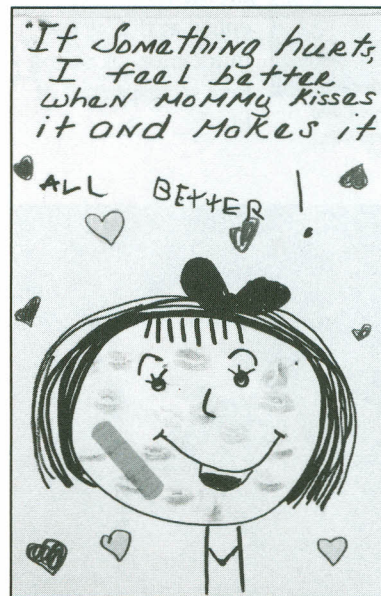
**"AT ANY AGE"** - Erica Shafer shows us that caring is learned at a young age.



Taken of Erica and Kodiak by Cathy Weber, PACU



Drawn by Jeremy Hoffman, age 10.



Drawn by Jessica O'Donnell, age 6



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## Vietnam

Many questions are unanswered in American's hearts and minds about the war in Vietnam. Nancy Eckert, RN (LVH's Neuroscience Research Nurse Coordinator), was given the opportunity to answer some of her own questions and those of a generation too young to remember. Eckert served as a combat nurse at the 93rd Evacuation Hospital in Long Binh, Vietnam, from 1966 to 1967.



Vietnam Women's Memorial taken by Beth Hall, RN

Recently, she attended the unveiling of the Vietnam Women's Memorial in Washington, D.C. accompanied by her 19 year old daughter, an acting troupe from Cedar Crest College, two reporters and a pho-

tographer. "How often do you attend the unveiling of a national monument in your lifetime?" Eckert said enthusiastically. The monument was dedicated to the memory of 264,000 women who volunteered to serve in the Vietnam war. The monument, created by Glenna Goodacre, depicts a woman holding a soldier in her arms while other women beside her raise their arms and eyes to the sky. "The monument is so lifelike that you are almost waiting to see it breathe" Eckert said. "And it was created so that it does not favor any one person or branch of the service."

Of the 264,000 women who served in Vietnam approximately 7,000 were nurses. Only one nurse, Sharon Lane from Ohio, was killed in the line of duty. The acting troupe from Cedar Crest College who performed a play at the college called "A Piece of My Heart" paid tribute to Sharon Lane. They laid an autographed program from their performance next to her name and picture at the Vietnam Memorial. Eckert served as technical advisor for this soon-to-be-adjudicated stage production. It is based on the story of 6 women who served as nurses, Red Cross volunteers and entertainers during the war.

"Everyone looks to the monument to see the woman they remember from Vietnam," Eckert said. Women served as Red Cross volunteers, clerical workers, journalists, entertainers, nurses, flight attendants, doctors and missionaries. "Women were not housed in safe zones as previously reported," Eckert said. "They were in the middle of the war like everyone else, because there were no safe zones in Vietnam."

*Continued on page 8*

I witness your leave, and as you go  
I have this need to let you know  
The many thoughts that fill my head  
So little time, so much to be said.

As you go off to fight for peace  
I pray that soon this war will cease  
Yes, to all things a time and a season  
Though we may question rhyme and reason.

So as you go, keep this in mind  
From all of us you left behind  
We applaud your effort — courageous and brave  
Your own life at risk, another's to save.

And while you're gone, though we're apart  
These thoughts and words are in my heart  
Steadfast like the sun and moon  
Come Home Safe, Come Home Soon.

And now my friend, I deliver my thanks  
You're home at last on familiar banks  
Sincere thanks I offer, humble and true  
Thanking God each day for Americans like you.

*Joan Collette, RN  
Written for Desert Storm employees.  
1992*



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# Speak Out

## *The Nursing Voice is introducing a new column called SPEAK OUT!*

*SPEAK OUT! will provide a forum for you to voice your opinion about issues and concerns you encounter in your daily practice and to share your comments with your colleagues.*

### SUMMER TOPIC

“Due to changes in the healthcare arena, more expectations are being placed on nurses. Consumer demands for quality care can be frustrating and practice changes are forcing us to do more with less.”

1. “Have you experienced this frustration and what have you done to cope with it?”
2. “What have you done to meet the increased demands of patients and families in our ever changing practice environment?”

The staff nurses on 5B have felt very frustrated due to the high demands placed upon us to give quality care with less staff. In solution to our frustration, 5B’s “Work Smarter Committee” presented the staff with a new delivery of care system. We are utilizing this system at present and it will be evaluated in 3 months. So far, it has brought positive attitudes to 5B’s staff and positive feedback from both patients and their family members.

*Margaret Holland, RN  
Staff Nurse, 5B*

I feel that nurses hospital-wide have felt the effects of the phrase “do more with less”. At times, frustration and nursing go hand-in-hand. What the Shock Trauma Unit has done to alleviate some of this frustration is 1) utilize the Peer Support Group; 2) encourage everyone to attend the unit focus groups; and 3) utilize grant money to have a group dynamic consultant, Vicki Lachman, Ph.D., help us with our communication and interpersonal skills. We have found that by improving our communication and interpersonal skills with each other, we can meet the increased demands of our patients and families in our “more with less” changing practice environment.

*Sue Steidel, RN  
Staff Nurse, STU*

At times the frustration we all feel is overwhelming. In the world of critical care, patients require a high level of skilled care from competent and caring nurses. And because of the increase in technical advances, there is a growing need for educational reinforcement for patients and their families. Sometimes it feels like there isn’t enough time in our day to do all that we must do. The 17th and Chew site seems to have more changes in the patient care services provided there, which have been imposed by mergers, closings and displacement. Nursing is stressful, but these added factors just add to the frustrations.

How do we cope? We talk to each other. We use humor, tears and hugs to encourage and support each other. We listen and acknowledge that we share common fears.

Over the many years that our staff has worked together, we developed strong ties. We know and respect each other very well. There is a tremendous amount of caring and trust among us, and that is how we cope.

*Kathy Baker, RN, Linda Engle, RN, Wanda Perich, RN,  
Jean Vitacco, RN, Kim Metzger, RN, Staff Nurses, ICU*

### FALL TOPIC

*You have been chosen to be a part of a team to design the “IDEAL PATIENT CARE UNIT” at Lehigh Valley Hospital. This is your chance to let your creative juices flow! Describe one idea you would want to make sure was incorporated into the plan.*

*Deadline: November 10, 1994*

*Please consider the proposed topic and send your response to Mae Ann Fuss, GICU Hallway or Cathy Webber, PACU. Suggestions for future SPEAK OUT! topics are also welcomed.*



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# Health Care Reform – What It Means To Nurses

*“Why should nurses be involved in political behavior? Because there are two million nurses in America, but people don’t know what we do. By our political behavior we can lift that veil that comes over people’s faces when you say you’re a nurse.”*

*Patricia Latona, RN, MS  
President, Alliances for Education in Public Policy*

Every day nurses, physicians and the general public are exposed to information about health care reform. The American public has been engrossed with this issue since underdog Harris Wofford captured a Senate seat on a health care reform platform several years ago. On September 22, 1993, President Clinton unveiled his administration’s health plan titled the “Health Security Act.” *What does this health reform plan mean to you, a professional nurse employed in an acute care setting?*

*The good news is.....* The American Nurses Association (ANA) believes that registered nurses will play a larger role in the delivery of health care services. This is particularly true for Advanced Practice Nurses (APNs) who will be able to provide health care services unrestricted by federal and state regulatory barriers.

The American Nurses Organization worked closely with the Clinton administration to develop the health plan, utilizing *Nursing’s Agenda for Health Care Reform*. The weekend before Clinton unveiled his plan, Virginia Trotter Betts, ANA President, met with White House Senior Advisor Ira Magaziner to assure that concepts and issues nurses believed must be included in reform would indeed be incorporated within the document. The American Nurses Association was successful in convincing the administration that *nurses are part of the solution and not part of the problem*.

Currently, ANA is working to guarantee many concepts and issues within health care reform. The following are of particular note to nurses working in acute care settings:

- Transition protection for displaced acute care nurses including re-education and training;

- Controls to ensure that patients receive quality care in acute care settings as hospitals downsize and reduce their capacities;
- Increased funding for nursing education;
- Nursing representation on policy making health care boards and commissions;
- Utilization of advanced practice nurses for provision of primary care; and
- Support for reimbursement for nursing services as essential to ensure access to care.

*Yes, the Health Security Act may make changes in the nursing workforce.....* But at the same time, this creates opportunities. The numbers of hospital based skilled nursing facilities are increasing. Employment opportunities in home health care and community primary care settings will greatly expand. There will be increased demand for clinical nurse specialists and certified nurse practitioners. It is clearly an exciting time for the nursing profession.

*What can you do to assure that nursing’s interests are addressed within health care reform?* Communicate with your elected local, state and federal officials. Write or meet with these individuals, telling them how you feel on issues of interest to you as a nurse. Become involved in legislative efforts of the American Nurses Association or your own professional specialty organization.

There are many resources for you to utilize to become familiar with legislative issues. The Legislative Committee of the Professional Nurse Council strives to educate and involve our nursing staff members in the legislative process. Write-in campaigns have been sponsored by the committee on a variety of issues. Look for a Legislative Update in each edition of the *Nursing Bulletin*. As a member of ANA or another professional nursing organization, you will receive legislative information.

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## Health Care Reform... (from page 5)



Congressman Paul McHale discusses current healthcare issues with nurses at Lehigh Valley Hospital.

Several of our hospital nursing colleagues are actively involved in political activities. Kim Hitchings, RN, Manager, Professional Development, is the ANA Congressional District Coordinator for Congressman Paul McHale. In this role, Kim communicates nursing's stand on issues affecting health care. Lenora Kroll, RN, CNF, OR-17, recently attended a 4-day "Nurse in Washington Internship." In March, Carol Saxman, RN, CNF, ICU and Carol Sorrentino, RN, CNF, 4-B will also attend the internship.

Over the past year, there has been an explosion nationally in activism and interest at the grassroots level in politics and the legislative process. Nurses are in a great position to take advantage of this national shift to grassroots activism, particularly now, as the health care reform debate rages. Make a commitment, to speak up yourself or support your colleagues. Nurses together can pack a powerful grassroots punch to effect both our profession and personal well being.

*By Lenora Kroll, RN, and Kim S. Hitchings, RN*

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## Reflections on Nursing II...An Essay

As I sit here staring at the blank computer screen, Meatloaf is singing on the radio, "I can do anything...I can do anything... but I won't do that." So here goes. I can write about an aspect of my life that has been affected by nursing. Choosing which aspect of my life is the difficulty.

Eons ago nursing was but a dream. The goal of entering nursing school and becoming a nurse was the goal throughout high school. Studying the algebra, biology, chemistry, etc. Applying to nursing school and being accepted. I did do that!

Then came the three years of study "in the halls of Montefiore." It was here that nursing took shape form me. I learned anatomy, physiology, and mitering corners on beds. I also learned there was a more dynamic side to nursing - the humanistic/holistic approach of seeing not the patient but the human being who is being impacted by culture, economy, race, education, fear, and ill health. The answer here is the ability to accept others with all of their strengths and weaknesses. I can do that!

On to the commitments required of family life. Guess what? Nursing affected this aspect of my life also. The increased knowledge base enabled me to worry less about the normal growth and development of

children, parents, grandparents, and all of the other family members. By worrying less I was able to enjoy my family more. And during time of ill health this knowledge provided the interventions to obtain the necessary care and support for my family. I still can do that!

My being a nurse affects the community in which I live. Aiding on the Girl Scout camping weekend, helping the Cub Scouts in a first aid project, assisting the youngster who has fallen while cycling down the street, and sharing information with the neighbor about to undergo an angioplasty is possible because of my profession. I can continue to do that!

There is no other profession that offers so many avenues for adventure. All it requires is changing directions at the various crossroads. From being a new grad in pediatrics to working with the adults in critical care, nursing is an ongoing challenge. Challenges are to be met. I can do that!

Nursing affects all of my life. I am committed to nursing and so to chose an aspect of my life that has been affected by nursing is a very limiting challenge. I won't do that!

*Carol Saxman, RN  
ICU*



# PersonalizATIONS

## SensATIONS

Cece Grindel, RN, Nurse Researcher is certainly a busy individual. The following are recent accomplishments of Cece:

- Inducted as the President of the Academy of Medical Surgical Nurses (AMSN) at the organization's annual meeting in New Orleans in September, 1993;
- Elected to the national Nominations Committee for Sigma Theta Tau International at the Biennial Convention in Indianapolis in December, 1993;
- Received the Alpha Nu (Villanova University chapter of Sigma Theta Tau International) Excellence in Nursing Leadership Award at the Awards and Induction Ceremony in December, 1993.
- Selected as a member of ANA's Task Force on the Scope of Cardiac Rehabilitation Nursing Practice.

Congratulations, Cece, on these well deserved honors. You are an inspiration to us all!

## CertificATIONS

Karen Brown, RN, Joann Gallagher, RN, Penny Jacobs, RN, Barbara Klingeman, RN, Cyril Mayers, RN, and Pat Rhoads, RN—all of the Emergency Department—recently completed the requirements to become Certified Emergency Nurses.

Recently certified critical care nurses are Rochelle Brunner, RN, Carol Kriebel, RN, Tara Mohr, RN, and Pat Trubilla, RN, of ICU.



Tara Mohr, RN; Pat Trubilla, RN; Carol Kriebel, RN.

Janice Barber, RN, Adult Psychiatry, completed requirements for a certificate in Gerontology from Cedar Crest College.

## GraduATIONS

Rebecca Blouch, RN, Supervisor - MSN - Tertiary Care Nurse Practitioner - University of Pennsylvania.

Susan Holecz, RN, Pediatric Nurse Practitioner - MSN - Pediatric Nurse Practitioner, University of Pennsylvania.

Pam Prisaznic, RN, Pediatric Nurse Practitioner - MSN - Pediatric Nurse Practitioner, University of Pennsylvania.

## PublicATIONS

Rebecca Blouch, RN, Supervisor - "Review of Research: Women, Depression and Smoking", *Respiratory Nursing*, accepted for publication.

Pat Matula, RN, Cardiovascular Resource Manager - "Management of Patients Undergoing Vascular Surgery Who Are Receiving Epidural Analgesia", *Journal of Vascular Nursing*, December, 1993.

Cindy Runner-Heidt, RN, Director, Home Care and Pat Campbell, RN, Transplant Services Coordinator - "A Collaborative Approach to Home OKT3 Infusion Therapy", *The Journal of Nursing Administration*, 23 (11), November 1993.

Carol Saxman, RN, Clinical Nurse Facilitator, ICU and Kim Hitchings, RN, Professional Development - "Take N.O.T.E.S.: A Business and Education Partnership", *The Pennsylvania Nurse*, December 1993.

Barbara Moyer, RN, Daniele Shollenberger, RN, and Marion Spirk, RN, all Educational Nurse Specialists - contributing authors to the recently published "The Illustrated Guide to Diagnostic Tests".

## PresentATIONS

Jane Borbe, RN, Director, PCCU and Gary Guldin, RN, Director, SCU -Poster Presentation titled "Manager to Leader... Meeting the Challenge"; Nursing Management Congress '93, New Orleans, LA.

Terry Ann Capuano, RN, Administrator - Poster Presentation titled "The Three Respiratory Nursing Diagnoses: Differentiation of the Defining Characteristics"; Teacher, Practitioner Researcher 3rd Annual Research Conference, Bethlehem, PA.

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### PersonalizATIONS (from page 7)

Kim Hitchings, RN, Professional Development - Paper Presentations titled "A Decentralized Peer Reward and Recognition Program" and "A Preceptorship Model: Strategies to Achieve Success"; 2nd Annual Staff Development Conference, Duke University, Durham, NC.



Debra Jean Leaswitch, RN; Cheryl Tyler, RN; Deborah Swavely, RN.

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### Vietnam (from page 3)

Eckert's reaction to the unveiling of the monument sparked memories from her days in Vietnam, and enabled her to share her piece of history. For her daughter and the students from Cedar Crest College, Nancy Eckert viewed this day as one of "coming full circle" and the "passing on of history." She was able to share a piece of herself with those who have now become a "piece of her own heart."

Postscript: Nancy Eckert says that she has retired from the public eye since her day at the monument's unveiling was covered by the Morning Call and the Washington Post, AND after she served as technical advisor for "A Piece of My Heart," AND after she gave the keynote address at both the POW-MIA Recognition Ceremony and the Memorial Day Ceremony held at Bethlehem Steel, AND after her involvement in the Vietnam Veterans Post 415! ...And now that Nancy was recently selected as one of six coordinators nationwide whose job is to maintain the beauty and history of the Vietnam Women's Memorial, it promises to be a busy retirement! Congratulations Nancy! This is only the beginning...

*Roberta Hower, RN  
- Special Care Unit*

Mary Kinneman, RN, Senior Vice President - 1) Paper Presentation titled "Merger Madness"; Trends in Critical Care Nursing, Philadelphia, PA. and 2) Presentation titled "Megatrends"; Cedar Crest College junior and senior student body.

Virginia Kovalovich, RN, Director, OR and Jody Porter, RN, Administrator - Poster Presentation titled "Work Redesign in the Perioperative Setting: A Multitasking Approach to Patient Care"; Nursing Economics Conference - New Health Care Realities: Options and Opportunities for Nursing, Washington, DC.

Karen Schaefer, RN, Allentown College of St. Frances de Sales, Deborah Swavely, RN, Patient Education, Debra Jean Leaswitch, RN, Home Care and Cheryl Tyler, RN, 3-C - Research titled "Factors Affecting Life-Style Changes Post Coronary Angioplasty"; Poster Presentation, ANA Council of Nurse Researchers: 1993 Scientific Sessions, Washington DC; Paper Presentation, Teacher, Practitioner, Researcher 3rd Annual Research Conference, Bethlehem, PA.

### RepresentATIONS

Christine M. Faller, RN, Staffing and Louise Oswald, RN, Director, ICU are serving as Vice President and Treasurer, respectively, of the Mu Omicron Chapter (Allentown College of St. Frances de Sales) of Sigma Theta Tau, International.

Ginny Kovalovich, RN, Director, Operating Room provided review sessions for perioperative nurses preparing for certification as OR nurses.

Jody Porter, RN, Administrator, Patient Care Services is representing Region 1 as a member of the Association of Operating Room Nurses National Legislative Committee.

*Kim S. Hitchings, RN*

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Mary Kinneman, RN, Senior Vice President, Patient Care Services  
Susan Busits O'Neill, RN; Ginger Holko, RN — Co-Editors

Editorial Board: Cathy Bachert, RN; Anne Brown, RN; Mae Ann Fuss, RN; Kim Hitchings, RN; Carole Moretz, RN; Darla Stephens, RN; and Cathy Weber, RN.

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