



WINTER 2012

CENTRAL LINE

WEST CENTRAL OHIO ONCOLOGY NURSING SOCIETY

www.wcoho.vc.ons.org/

WCO-ONS BOARD

President

Patti Adams RN, MSN, AOCNS
pladams213@gmail.com

Immediate Past President, Liaison Coordinator

Karen Agnor RN, BSN, CHPN
karen.ragnor@gmail.com

Secretary Jan Rafferty RN

JPRex@earthlink.net

Treasurer Darla Subler RN, OCN

bdsubler@gmail.com

Scholarships Susie Newton RN, MS, AOCN, AOCNS

susan.newton@quintiles.com

Programs Jackie Matthews RN, MS, AOCN

jsmatthews921@ameritech.net

Archives Historian, Nominations

Peggy Jones RN, BS, OCN
pmjones@gmail.com

Historian, Outreach Ohio Liaison,

Political Advocacy Mary Murphy RN, MS, AOCN, ACHPN
Mem1050@woh.rr.com

Programs, CEU's Betty Craddick, RN, BSN

cradbet4@aol.com

Community Outreach Elena

Mikalaukas RN, MS, OCN
emmikalaukas@mvh.org

Member-at-Large Barb Sterling

barbsterl@sbcglobal.net

Newsletter Editor, Virtual Community Administrator

Barbara Paxson RN
barbpaxson1063@aol.com

Membership

Jill Reese RN, BSN, OCN
sjcreese@earthlink.net

Member-at-Large Julie Strohminger

jstrohminger@woh.rr.com



WEST CENTRAL OHIO
CHAPTER OF THE
ONCOLOGY NURSING SOCIETY

PRESIDENT'S MESSAGE

Patti Adams, RN, MSN, AOCNS

Happy New Year to each of you! As I begin my year as president of our chapter, I want to thank Karen Agnor for her hard work and dedication as our 2011 President. Her expertise and dedication will continue to be appreciated as she serves as my mentor for this upcoming year.

Many changes will be happening in our political arena in 2012. ONS recognizes that oncology nurses need to be kept current on the latest policy issues since our voices are important to decision-makers. To accomplish this, ONS has developed a new monthly email known as ONS Capital Connections to update oncology nurse on the latest relevant policy issues.

The January legislative update had five topics:

- ✚ ONS re-introduces patient education legislation – Patrick Tiberi (R-OH) and Steve Israel (D-NY) re-introduced ONS's signature legislation of "Improving Cancer Treatment Education Act of 2011." The intent of this piece of legislation will be to provide an hour of reimbursed time for oncology nurses to teach recently diagnosed cancer patients about their symptoms. This payment would be an allocation through Medicare and would allow practices to better serve their patients with specialty care.
- ✚ Supreme Court agrees to hear a challenge to the Patient Protection and Affordable Care Act (PPACA). The question before the Supreme Court deals with the constitutionality of the health insurance mandate (if the government can mandate that Americans be forced to buy health insurance or face a penalty).
- ✚ President Obama issues National Drug Shortage Executive Order directing the U.S. Food and Drug Administration "to prevent and reduce current and future disruptions in the supply of lifesaving medications." The order addresses that certain cancer treatments has "increased 20%, without a corresponding increase in production," and that "interruptions in the supplies of these drugs endanger patient and safety," and limit patient options.
- ✚ Introduced by Ohio Senator Sherrod Brown, the US Senate passes resolution to celebrate National Cancer Act 40th anniversary. This Act continues to support the awareness of cancer research, treatment, prevention and care in the United States.
- ✚ NCI Director changes verbiage of "War on Cancer." NCI Director, Harold Varmus, stated "It's inaccurate, in my view, to think of a war on cancer as though cancer were a single, individual enemy." He stated that cancer is a constellation of diseases arising in different tissues. "The number of diseases that cancer represents has only multiplied over the last 40 years as we understand more and more about how cancers arise.

continued on next page

PRESIDENTS MESSAGE CONTINUED...

Second, we understand that cancer is an outgrowth of some fundamental principles of biology, how genes control our development, how development goes awry, how different genes can influence the initiation and progression of cancer.” He reports that we have a much deeper understanding of cancer. He is frequently asked if we have made progress. He states that he says yes – “we’ve made enormous progress against some diseases. We’ve made much less progress against others.”

If you are interested in receiving more information or would like to join the ONS grass root response network, ONStat, send an email to Alec Stone, ONS Health Policy Director, astone@ons.org.

Please remember to vote for the 2012 ONS National Election. Deadline is February 15th until 5pm. If you vote by Friday, February 10th, you will have an opportunity to win a \$25.00 gas card. Please forward your voting confirmation number to LaDonna at graciesmama06@att.net. If you have any questions, please contact LaDonna or me.

There are many local and national challenges ahead for us this upcoming year. Thank you for being part of this exciting and dynamic group of nurses. I look forward to serving you in the upcoming year. Please feel free to contact me (pladams213@gmail.com) at any time with suggestions or requests.



COMMUNITY CORNER

Next meeting:

TBA

WCO-ONS members are welcome and encouraged to attend.

Contact Mary Murphy @ 937-256-4490 x4417 Go green as efforts are made to carpool to the event with other members

MAPLE TREE CANCER ALLIANCE

Maple Tree Cancer Alliance is a 501(c)(3) non-profit ministry dedicated to improving the quality of life for individuals afflicted with cancer by focusing on their physical and spiritual health. Founded in 2010, it is currently the only center of its kind in southwest Ohio. The programs offered include one-on-one personal training, personalized nutritional counseling, and uplifting support groups.

Exercise. The role of exercise in relieving cancer treatment related side effects has been extensively investigated, and has produced promising results. Research indicates that the combination of aerobic exercise and strength training improves the quality of life and overall physical fitness of cancer survivors.

At the Maple Tree Cancer Alliance, certified cancer exercise trainers design a personalized, structured progression of cancer rehabilitation for each patient, from the initiation of cancer treatment through two years post treatment. Each exercise intervention is individualized according to the patient's health status and goals, and all sessions are completed one-on-one with the exercise trainer.

Nutrition. Nutritional guidance during cancer treatments is very important, since cancer treatments typically result in side effects that lead to eating problems. Nutritional interventions specific to these side effects have been shown to contribute shorter hospital stays, decreased healthcare costs, faster healing, increased tolerance to treatment duration and higher treatment dosages, as well as decreased complications during their cancer treatment.

A food and nutrition professional provides nutritional counseling, develops meal plans, and monitors the body weight, caloric, and dietary needs of a person diagnosed with and treated for cancer. Each individual is given a personalized dietary plan to their specific needs and goals. Dietary plans are closely monitored and according to the client's changing nutritional health requirements throughout battle.



being
according
changed
their

Fellowship. Receiving news of a cancer diagnosis is life-changing. Maple Tree Cancer Alliance, promotes a Christian-based approach to spiritual health and healing. We meet monthly for structured support groups and are available for one-on-one prayer for both patients and their families. A trained member of the clergy is available to offer spiritual guidance and support in health crisis situations.

Life Enrichment Center, 425 N Findlay Street in Dayton or services can be provided in the home when needed. For more information contact Karen Wonders, Ph.D. Director at 937.477.8213

NATIONAL/LEGISLATIVE NEWS

ONS UPDATES & CHANGES

ONS Staff Support

As you may recall reading last spring, an internal staff realignment within the Membership Department resulted in a change in your staff support. Formerly Diane Scheuring served as staff manager for both the chapters and the Special Interest Groups (SIGs). Now Diane focuses exclusively on the SIGs, and Brian Taylor serves as chapter relations manager. I know that many of you have already met and/or spoken with Brian. He brings many years of chapter management experience to this role, and will be an asset to you and your chapter. Brian can be reached at btaylor@ons.org.

Brian has been supported in this role by Jenny Shinsky, and many of you know Jenny well. If you have not yet heard, Jenny left ONS last month to pursue other professional opportunities. We are currently recruiting for Jenny's replacement, and as soon as the position is filled we will notify you of that person's contact information. In the meantime, please continue directing your inquiries for assistance to chapters@ons.org.

Changes to Chapter Management Policies

Each year the ONS Board of Directors solicits input from volunteers such as yourselves on how they and the Society are meeting your needs. Based on feedback from last winter's survey, the Board created a Chapter Task Force to review issues related to communication between ONS and chapter officers, about reporting requirements, and chapter quality requirements. That Task Force subsequently recommended,

and the Board of Directors approved, the following changes to chapter management policies. These policy changes will take effect January 1, 2012. An updated Chapter Operations Manual will be posted on the Chapter Virtual Community shortly, reflecting these changes.

A. Eligibility for chapter charter renewal

Two new requirements have been added in order to remain a "Chapter in Good Standing,"

- **Must have paid the previous year's charter renewal fee; and**
- **Must have sent a representative to Leadership Weekend the previous year.**

Note: These are in addition to the existing requirements, which are:

- Must have at least 15 current ONS members;
- Must submit an Annual Report and Annual Treasurer Report by January 31 each year;
- Must have at least three elected officers (President, President-Elect, Secretary and/or Treasurer); and
- Must have held at least four chapter meetings during the previous year.

B. Quarterly chapter treasurer reports

Chapters will no longer be required to submit quarterly treasurer reports to ONS Headquarters. You will only be required to submit an Annual Treasurers Report as part of your year-end reporting. However you are encouraged to continue tracking your finances on a quarterly basis for your own records.

C. Chapter dissolution policy

Current ONS policy states that if a chapter voluntarily relinquishes its charter that all remaining chapter funds are to be donated to the ONS Foundation, and any remaining property returned to ONS Headquarters. **That policy has now been changed to clarify that the same applies to chapters who have their charters revoked by ONS.**

Annual Report Submissions

A reminder that your 2011 Annual Reports are due no later than January 31, 2012. As was announced via email to you back in September, this year we are providing you the option of submitting your reports electronically. Each chapter president received a special URL link to your chapter's report interface on that date. If you have lost that email, please contact us at chapters@ons.org to have it resent to you.

New Virtual Communities Software

During the course of the past year, you have undoubtedly heard that we have been working with an external vendor to develop and launch a new version of the "virtual communities" that chapters and SIGs have used for the past eight years. Those of you who attended Mentorship Weekend in July were given the opportunity to view a demonstration of the new software and to provide feedback on its development. Although we had hoped to have the new virtual communities launched in 2011, this project has unfortunately been delayed by unforeseen technical problems on the vendor's end. We believe that these technical problems have now been resolved, and that we will be able to begin beta testing of the software within the next couple of weeks. If all goes well, we can expect to launch the new sites in the first quarter of 2012. We appreciate your patience and understanding as we continue to develop these improved sites for you. Once completed, you will find the new software provides more functionality and ease-of-use that will enhance chapter-to-ONS and chapter-to-chapter communications.

Chapter Leadership Workshop (formerly Mentorship Weekend)

The Chapter Task Force referenced above also provided feedback on Mentorship Weekend. They took into consideration feedback from chapter officers on past program evaluations, conversations with attendees at this year's event, and their own observations. They focused on how the annual Mentorship Weekend program relates to the effectiveness of preparing chapter leaders to successfully manage their chapters. The general consensus was that the program should be more focused on preparing the chapter president-elect position and not trying to be a general training program for all chapter board positions. It was noted that the Mentorship Planning Team also agreed with this observation. An additional discussion related to the name itself, 'Mentorship Weekend.' The group felt the word 'mentorship' didn't accurately reflect the true nature of the program. Mentoring is something that happens throughout the year and at various levels, whereby "Leadership" captures the level and type of content and interaction conveyed at the

July event. Also, given that the SIG training is referred to as the "SIG Leadership Workshop" and the meetings of the four corporations are referred to as "Leadership Weekend," the group concluded that it would be more appropriate to refer to the chapter training as the "Chapter Leadership Workshop."

So mark your calendars now—the 2012 Chapter Leadership Workshop will be held July 20-22, in Pittsburgh. Keep in mind that all chapters are now required to send at least one representative—preferably the incoming president-elect—in order to remain in good standing. Also keep in mind that ONS pays all expenses for your first attendee!



THIS YEAR –WHY NOT TRY A VOLUNTEER VACATION....

Not sure where to go on vacation this year? Why not consider taking a volunteer vacation? Like most of you, I became a nurse because I wanted to help others. Volunteer vacations are an excellent way to make a difference in the world. Several years ago, I joined a group of professionals like myself as I became the newest member of the Hearts Across Romania (Hearts) team. Hearts is a non-profit organization founded in 2003 by three friends who came together to assist orphaned Romanian children.

We headed to Romania armed with supplies, including: donated cardiac supplies, children's Tylenol, vitamins, cold medications, school supplies, eye glasses, shoes, slippers, toys, candy and money. There are thousands of orphaned children residing in Romanian orphanages. When young people reach the age of 18, they are required by Romanian law to leave the orphanages. Our primary mission was to transform living quarters into a transitional residence for teenage boys who were leaving the local orphanage. While there I also had the opportunity to provide toddlers and young children with much needed socialization and to provide monetary support to orphans, abandoned children and struggling families.

We also spent time touring communist era hospitals and clinics. We witnessed care being provided by an overwhelmed but very dedicated staff in an archaic environment. According to one source, Romanian nurses made an average salary of \$300.00 per month. When Romania joined the European Union (EU), a large percentage of nurses migrated to other European countries where wages were much higher. Due to the lack of trained staff, it is customary to have a family member present at all times to provide hospital care. The medical staff is making the best of their situation and the EU is doing what it can to assist in modernizing the health care system.

On one occasion we visited a gypsy camp where we saw homes built out of sticks. The entire camp had one source of fresh water- a tap located next to a road. It was a very eye opening experience. We visited with a young boy and his family to check on their progress as Hearts had assisted them previously.

The team met its goal as together we transformed four rooms to proudly house 16 orphaned boys. While I never provided hands on care during my visit to Romania, I participated in a project that greatly improved the psycho-social status of young men and children residing in orphanages.

My two weeks in Romania were filled with so many unforgettable experiences. It was life changing for me and a great learning experience. The trip, the culture and history of the people, the struggling social and health care delivery systems are just a few examples of my Romanian experience.

There are countless volunteer opportunities all over the world and in our country. The following websites are examples of volunteer vacation resources:

<http://heartsacrossromania.org/> info@globalvolunteers.org,

<http://healthcaretraveler.modernmedicine.com/healthcaretraveler/article/articleDetail.jsp?id=377211>

<http://www.goworldtravel.com/ex.aspx/articleguid.%7B16400421-fe1d-4024-b44d-fce07e284292%7D/xe/article.htm>

Submitted by: Robert N. Davis, Jr., RN, M.Sc., BC



MEMBERSHIP MOMENTS

BRAVO SOARING WCO-ONS MEMBERS

Barb Paxson, RN received the 2011 James Cameo of Caring Award at The Ohio State University Longaberger Alumni House, October 2011. Pictured with her are her nominator, Chris Krall and The James CNO, Dr. Susan Brown.

HELP OUR CHAPTER WIN \$1000.00

It is very easy and would only take about 5 minutes of your time.

Taking the time to help our chapter gives you the chance to help yourself with the high cost of gasoline. Yes it is that time of the year again...time to vote in the national ONS election. Polls are open from **now until 5pm on February 15th**. If you vote by February 1st, national ONS is putting you in the drawing for one of four \$250.00 scholarships. For those WCO-ONS members who vote by **Friday February 10th** you will have the opportunity to win a gas card. In order to be eligible, bring your voting confirmation to the January 19th meeting or forward it to me at graciesmama06@att.net. The drawing will take place at the February 16th WCO-ONS program.

Directions for voting: You can access the ballot at: <https://www.directvote.net/ons/> Please use your unique credentials (**Member Number** and **E-Signature (your election passcode)**) that you received by email or mail, OR, if you cannot locate your previous notice, you can retrieve your login information by going to <https://www.directvote.net/ons/> and clicking "Need help logging in?" for immediate response.

Please help our chapter and thank you very much for your support!!!

EDUCATION & SUPPORT

ONS CHEMOTHERAPY & BIOTHERAPY COURSE HOSTED BY KETTERING HEALTH NETWORK

February 27 & March 5, 2012, deadline is Feb 10

June 4 & 11, 2012, deadline is May 18

November 5 & 12, 2012, deadline is Oct 19

Cancer Primer class, March 23, deadline Mar 8

OCN® Review class, April 23, deadline Apr 5

Contact Rae Norrod at Rae.Norrod@khnetwork.org or 937-298-3399 x 57318

HOSPICE & PALLIATIVE NURSING ASSOCIATION CINCINNATI TRI-STATE PROVISIONAL GROUP

West Chester Hospital

6:00 Registration/networking/dinner

6:30 Business meeting
7:00 Program

Wednesday, March 14, 2012
Drug Addiction and Drug Diversion in Hospice & Palliative Settings

Tuesday, May 8, 2012
Effects of Regulatory Change on Hospice & Palliative Care

Wednesday, July 11, 2012
Ethics in Practice: Palliative Sedation

WCO-ONS 2011 BOARD MEETING DATES:

Members are invited, welcome and encouraged to attend!

WHEN: TBA. Meetings are on Tuesday evenings unless otherwise specified. Complementary dinner is served at 5:30 pm, meeting immediately following at 6:00 pm. Please contact Mary Murphy @ 937-256-9507, #4417 to make reservations for the meal.

WHERE: Location is the Dayton Hospice, South Board Room. Enter the Shaw building.



Log on to our WCO-ONS website at

www.wcoho.vc.ons.org/

Log on to our national website at

www.ons.org

Central Line is the official newsletter of the West Central Ohio Chapter of the Oncology Nursing Society. It is published quarterly. Submissions are encouraged and will be published, subject to editing. Please submit your information, ideas, and accomplishments to: **Barb Paxson** at 5406 Foxhound Ln, Westerville, OH 43081 or barbpaxson1063@aol.com

Newsletter dates to remember:

Items submitted by: January 15, April 15, July 15, and October 15

Central Line Published On: January 30, April 30, July 30, and October 30



West Central Ohio - Oncology Nursing Society

Alice Jordan Mentorship Award

The Alice Jordan Mentorship Award was established in 2010 by the West Central Ohio Oncology Nursing Society (WCO-ONS) in memory of our colleague, Alice Jordan. Alice was a long time member of the West Central Ohio Chapter and was active in our chapter until her death in November 2007. From 1974-2005, Alice was an RN in women's health nursing and gynecologic oncology at Miami Valley Hospital. She advocated for excellent patient care by educating and mentoring numerous oncology nurses throughout her career.

Scholarship

The recipient of this award will receive a \$250 scholarship to apply toward an activity that supports the oncology nurse's practice as a mentor/educator. This may include, but is not limited to, areas such as certification, registration for an educational activity, or *reimbursement for national dues*.

Selection Criteria

The Alice Jordan Mentorship Award will be granted by a competitive selection process. **All applicants must meet the following criteria to be considered:**

1. The Applicant must be a member of WCO-ONS and be a registered nurse in the field of cancer nursing.
2. The Applicant must use the award for an activity that supports the oncology nurse's clinical practice as a mentor or educator.
3. The Applicant must submit a brief summary of the activity for an article in the WCO-ONS newsletter, the Central Line, during the year awarded.
4. The Nominator must submit the completed award application, nomination form, and a copy of the form completed for the activity. **Nominator must include all items at the time of submission.**

Selection and Review Committee

The Scholarship Committee, appointed by the WCO-ONS, will review all applications and will use a grant scoring record. Names and other identifying information will be removed prior to the selection process. All decisions will be final.

Application Information

Application forms and information for submitting the application will be available by contacting a member of the WCO-ONS Board, or by request by contacting Susie Newton, Scholarship Chair at snewton23@hotmail.com or LaDonna Hinkle at graciesmamao6@att.net or by calling 267-3972. The application may also be accessed online by visiting the Chapter's Virtual Community at wcoho.vc.ons.org

Submission of Completed Application:

Applications will be accepted electronically, typed or neatly written by the deadline. Completed applications will be submitted to:

LaDonna Hinkle
2011 WCO ONS Board Member
4311 Tarnview Ct.
Dayton, OH 45424

or via email at graciesmamao6@att.net

Application deadline (no exceptions) is April 15th.

Scholarship will be awarded at the WCO ONS May Meeting.

**West Central Ohio Oncology Nursing Society
Alice Jordan Mentorship Award
Application Form**

Biographical Information

Nominee Name:

Credentials:

Home Address:

City/State/Zip:

Position/Title:

Place of Employment:

Department:

Home Phone:

Work Phone:

E-Mail:

Practice Setting: Hospital/Medical Center Private Practice Clinic

Home/Hospice Other: _____

Employment: Full time Part time

Are you an OCN AOCN AOCNP AOCNS

Applying for Certification

Are you a member of WCO-ONS? (*required*) YES NO

**West Central Ohio Oncology Nursing Society
Alice Jordan Mentorship Award**

Nomination Form

Name of Nominee: _____

Recommended by:

Name: _____

Title/Position: _____

Relationship to Nominee: _____

Describe the Nominee's contributions in the area(s) of mentorship, education, or support of clinical practice as an oncology nurse. Include at least one example that reflects the nominee's contributions and skills in impacting the growth and development of oncology nurses. (max 250 words)
