



The AORN Mission

AORN is the professional organization of perioperative registered nurses whose mission is to promote quality patient care by providing its members with education, standards, services and representation.



The best-laid plans are vulnerable to the forces of nature as we witnessed first hand with Hurricane Rita! I trust that the majority of this audience has electrical power restored and life back to somewhat normalcy. It is amazing how comforting the air conditioning can be, and to think that our forefathers had no such comforts. When I think of our chapter opportunities, obstacles, and challenges, I am drawn to "The Paradoxical Commandments" written by Dr. Kent Keith. You have probably read them before, but let me write them again here:

- The good you do today will be forgotten tomorrow. Do good anyway.
- Honesty and frankness make you vulnerable. Be honest anyway.
- If you do good, people will accuse you of selfish ulterior motives. Do good anyway.
- If you are successful, you will win false friends and true enemies. Succeed anyway.
- The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds. Think big anyway.
- People favor underdogs but follow only top dogs. Fight for a few underdogs anyway.
- What you spend years building may be destroyed overnight. Build anyway.
- People really need help but may attack you if you do help them. Help people anyway.
- People are illogical, unreasonable and self-centered. Love them anyway.
- Give the world the best you have and you will get kicked in the teeth. Give the world the best you have anyway.
- Take time to ponder and pray. Then as we collectively move this chapter forward, be encouraged. And remember, only passions, great passions can elevate the soul to great things.

Mary Lynne Weemering, Chapter President

How to Really Get **fit**

In a sweat because you've run out of excuses for not getting in shape?? You can burn calories without even trying. Here's an example of how many calories ya can burn in 30 minutes.

| Calories | Activity |
|----------|--|
| 127 | walking (moderate pace) |
| 37 | praying in Church |
| 94 | putting away groceries |
| 56 | eating groceries |
| 112 | general housekeeping, weight lifting or milking cows |
| 161 | raking leaves |
| 168 | golfing or hula dancing |
| 163 | swing dancing |
| 206 | anishinaabe jingle dancing |
| 56 | looking up <i>anishinaabe</i> |
| 299 | bicycling |

Rule of Thumb: You can't claim you are in shape by claiming that round is a shape too. (exerpts taken from AARP November/December 2005 magazine)



Legislative News

Association of Operating Room Nurses Officers 2004-2005

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At press time headline news consists of the following headings:

- *Congressman Tom Delay has stepped down as U.S. House Majority leader after facing two indictment charges*
- *Negotiations for a merger with Baylor and St Luke's have broken off ending any chance of forming an alliance*
 - *Aftermath of Hurricanes Rita and Katrina are still being felt*
- *U.S. Supreme Court has a new Chief Justice, John Roberts, Jr, and Harriet Miers has been nominated to fill Sandra Day O'Connor's seat*

Texas sent 700 new laws into effect September 1st. The scope varied from child safety seat requirements to when you could purchase a glass of wine on Sunday.

The Medicare drug benefit blitz is to begin 11/15/05 and coverage will start in 2006. It is estimated that 30 million people will sign up for the coverage.

Legislative issues that affect nursing practice are numerous. AORN is focusing attention towards RN as the circulator. Currently, there are five states that have passed legislation which include Georgia, New York, Oregon, Texas, & Virginia. There are also ten bell whether states that been designated as high priority states where it is thought that

passage of legislation is most favorable. The political climate can be unpredictable so far the outlook is a positive one.

In addition, RNFA reimbursement is still being pursued and it is yet to be determined what is the best approach.

Generally speaking, the overall scope of nursing practice there is legislation that needs to be watched. One in particular that could affect research is the proposed reorganization of the NIH's 27 institutes into 2 divisions. This was submitted by Congressman Joe Barton (R-TX). This proposed change could affect the status and funding of the National Institute of Nursing Research (NINR). With the focus towards evidence based practice there could be a significant impact on patient outcomes. Additionally, calls are needed to urge our Senators to increase funding for Title VIII by 24 million to bring the fiscal year to 175 million. So far 51 Senators have signed letters in support of this increase

On a final note, the 2006 Election Guide shows that more nurses are throwing their hats into the ring. Currently, there three nurses who are serving in the U.S. Congress and four more have added their names to the race for the 2006 election. For more info go to www.capitolupdate.com

Won't you join your perioperative colleagues in the AORN's grassroots efforts? This is an election year by the way. You can and do make a difference one vote at a time.
—Becky Churchman, RN, CRNFA

CHAPTER 4410 Chapter Goals 2005-2006

1. To support the mission of our national organization.
2. To provide current information on issues, events, and scope of practice influencing perioperative nursing.
3. To foster an environment that encourages member participation, mentoring and networking within the membership of the chapter.
4. To promote participation in the Ambassador Program and to actively engage in recruitment/retention of the local membership.
5. To continue the chapter research project.
6. To provide educational offerings with contact hours at chapter meetings.
7. To practice parliamentarian procedure during chapter business and board meetings.
8. To nominate fellow perioperative colleague(s) for AORN National Office, Outstanding Achievement Awards, and other areas of local recognition.
9. To complete the application for chapter award recognition at the annual Congress Award's Banquet.
10. To maintain active membership in the state council (TCORN)
11. To promote membership in AORN's Legislative Grassroots Network by staying legislatively active at the local, state, and national levels.

Chapter #4410

website:

www.aorn.net/

me.asp?site=chapter4410

Chapter News...*In Brief*

NIWI Applicants Wanted!!!

In 1978 the AORN Board of Directors approved a recommendation from the National Legislative Committee (NLC) to award annual scholarships for the Nurse in Washington Internship (NIWI) program to two AORN members who had demonstrated a high level of interest and personal commitment in public policy advocacy and legislative grassroots in AORN. NIWI is sponsored by the Nursing Organization Alliance, of which AORN is a member. NIWI was developed to establish increased involvement by nurse-citizen in the federal legislative process. The program provides information on current health policy initiatives, public policy development, federal budgetary and funding issues. A unique and exciting aspect is the opportunity to meet with congressman and address nursing concerns. It is truly a once of a life time experience. The deadline for the 2006 internship is 10/31/05. If interest in being considered a candidate please submit an application to AORN GAC dept. For more info go to www.aorn.com/gov.

Dates To Remember

- 10/16/05** 4th Annual Mad Hatter Tea in Recognition of Breast Cancer Survivors at the home of Dr. Susan Dobbs
- 10/19/05** Memorial Hermann The Woodlands Hospital (MHTWH), *Bladder Incontinence*, Dr. Hogan
- 10/31/05** Halloween
- 11/08/05** Election Day
- 11/11/05** Veterans Day
- 11/11-13/05** AORN Conference of the Americas, Cancun, Mexico
- 11/13-19/05** AORN Perioperative Nurse Week
- 11/17/05** TNA District #9 Nursing Celebration Dinner @ The Four Seasons
- 11/16/05** St. Luke's—The Woodlands
- 12/21/05** *Christmas Dinner*, TBA
- 01/18/06** Conroe Regional Hospital, *Anesthesia Awareness*
- 01/28/06** TCORN Conference, "Response in Crisis," Austin, TX, location TBA
- 02/15/06** Tomball Regional Hospital
- 03/15/06** TBA
- 04/08/06** Regional Meeting, MDA, Hickey Auditorium



HOT DOG! Here's a group of AORN folks serving up hot dogs at The Woodlands Flea Market last month. Our gourmet cooks are, from left, Robby Brockhoff, Karen Kurland, Jeff McKennis, Mary Lynne Weemering, Becky Churchman, Joe Soklowski, Shirley Granger and Tom Kurland. We are missing Ann McKennis' smiling face in this picture!

04/19/06 TBA, *Post-Congress Review*

05/17/06 MHTWH, Ann McKennis on *The Islamic Patient*, pending

06/21/06 *Installation Dinner*, TBA

ACCOLADES!

...to **Ann McKennis**, who returned home from the SOHN National Congress not only as an accomplished speaker but as the winner of the Outstanding Service Award! This is SOHN's highest award.

Got Gourmet? We are still in need of gourmet cooking items. Due to the pending Hurricane "Rita," last month's meeting was cancelled. Please search your pantry for an item that can be used for the cookbook basket to be donated to the TNA District #9 Nursing Celebration Silent Auction, 11/17/05. Items will be collected at the October chapter meeting.

Get Well Wishes

... to **Joe Soklowski**, another honorary member, needs our prayers for a speedy recovery.

...to **Tom Kurland**, as he recently underwent an emergency appendectomy.

Condolences

... to **Nancy Partlow** on the passing of her mother.

BOARD OF DIRECTORS Meetings All board meetings are open to membership -*join us!*

10/13/05 HNWMC Cali Classroom, 1830-2000

01/12/06 location TBA

03/09/06 location TBA

07/13/06 Joint BOD Meeting, location TBA

Chapter Stats 106 members (seven retired). Welcome to **Elaine Eilers** of HNWMC OPS and **Lisa Marie Pierce** of Methodist Hospital. In the last six months, 14 members have either joined or rejoined.

AORN Chapter Committee Chairs

Budget & Finance

Jean Franks

CEU/Programs

TBA

Legislative

Becky Churchman

Membership

Pat Foreman

Newsletter

Becky Churchman

Pat Hoge

Community Service

Ann McKennis

Research/Scholarship

TBA

Special Awards

Ann McKennis

Policy/Bylaws

Mary Lynne Weemering

TCORN

Pat Hoge

Communication

TBA

Historian

TBA

Ways/Means

Karen Kurland

Robby Brockhoff

Nominating Committee

Robbie Brockhoff

Lois Gronau-Fietz

Pam Meesaros

Mary Oates

Karen Kurland

**There is a
kind of
victory in good
work, no mat-
ter how
humble.**

— Jack Kemp

Nursing: stats & facts

- Nursing is one of the fastest growing occupations in the United States.
- The first school of nursing was founded in 250 B.C. in India. The first nursing school in the U.S. was founded in 1862.
- Florence Nightingale spent only three years of her life as a nurse.
- There are four times as many nurses as physicians in the U.S.
- There are more than 17,000 nursing homes in the U.S., housing more than 1.6 million patients.
- There are 1.4 million people who work as nursing aides in the U.S.
- American poet, Walt Whitman, served as a nurse during the Civil War. President Abraham Lincoln's wife was a volunteer nurse during the Civil War.



**1823 Ash Meadow
Houston, Texas 77090**

AORN ON THE NATIONAL FRONT:

>>>**A Call For Stories** A new book is being introduced called the Tea & Toast for the Perioperative Nurse's Spirit. Requests for personal experiences are being made. Submissions are due by 11/01/05. This endeavor is being put together by Jane Rothrock, Ellen Murphy, and Trish Seifert. Shoul you have a story you would like to share please contact AORN @ 303-750-3441.

>>>**Chapter Board Visits** There were 55 planned AORN Chapter Board visits planned every chapter that applied for one their

request was honored. There will be 53 chapter visited and 2 state councils.

>>>**Chapter Reports** The format for the information send to the Chapter President's is being switched from snail mail to email. In addition info will be sent to chapter officers. Information is scheduled to be emailed the first of every month. This is to help expedite info in a timely manner so that every chapter has before their chapter meeting. Soon labels will be available as well.

October is...Apple cider, high school and college football games, Halloween, Columbus Day, The National Baseball League Division Series, Family Health Month and National Breast Cancer Awareness Month.

Not only does the previous list hold a meaningful significance for many, but the early detection and prevention of breast cancer is in the forefront of many women's mind.

The importance of having an mammogram can never be underestimated and plays a very significant role in breast cancer detection. The American Cancer Society recommends women obtain an annual mammogram at age 40 and up. (Know you'll have heard this a number of times but it never hurts to hear it again.)

Breast Care Screening Guide (this was published in the October 2003 newsletter). Here it is again, in case you could not find it.

Breast Care Screening Guide

A complete breast care program consists of a clinical breast examination, monthly self-breast examinations and mammograms

| <i>Exam</i> | <i>Age</i> | <i>Frequency</i> |
|----------------------|------------|------------------|
| Mammogram | 40 & over | annually |
| Clinical breast Exam | 2-39 | every 3 yrs |
| Breast Self Exam | 40 & over | annually |
| | 20 & over | monthly |

Mammogram: A mammogram is the most efficient way to detect breast lesions too small to be felt or seen. It consists of 2 or more low dose x-rays. Mammograms are usually not painful, but some slight discomfort may be experiences due to the compression of the breast.

Clinical Breast Exam: This exam is performed by your health care provider. This is a excellent time to take advantage of a demonstration of self-exam.

Self-Breast Exam: Performing your own breast exam is called a self-breast exam. This should be be done once a month approximately a week after your period ends. In the event, you have irregular periods, check your breast the 1st day of every month.

Motivation

will almost
always beat
mere talent.

—Norman R. Augustine

Women's Health Stats

- • Stroke is the third leading cause of death and is the leading cause of long-term disability in the U.S.
- • Sixty-two percent of all deaths from stroke in the U.S. occur in women.
- • Two-thirds of the estimated 12 million people in the U.S. with urinary incontinence are women, according to the American Academy of Family Physicians. The disease is most common in women over 50 and in younger women who have recently given birth.

EDUCATION

IS LEARNING WHAT YOU

DIDN'T EVEN KNOW

YOU DIDN'T KNOW.

—Daniel Boorstin

AORN Chapter #4410

North Harris/Montgomery County

proudly presents

What You Always Wanted To Know About Bladder Incontinence

(but were afraid to ask)

presented by

Dr. Hogan

bring a friend!

Wednesday, October 19, 2005

contact hours are pending

SOCIAL 5:30 PM

BUSINESS MEETING 6:00-7:00 PM

PROGRAM 7:00-8:00 PM

Conference Rooms A&B • Memorial Hermann The Woodlands Hospital

REFRESHMENTS GRACIOUSLY PROVIDED BY MHTWH

>>>**DIRECTIONS:** Exit I-45 north at Research Forest/Tamina, exit onto the feeder road. At traffic light, take a left onto Research Forest. Go to the second light, this includes the light at the interstate bridge, turn left onto Pinecroft Drive. You will see the hospital on the left about a block down. Enter the front entrance and turn left to the classrooms.

AORN