NEWS

AAOHN
Advancing the Profession of Occupational and Environmental Health Nursing

AAOHN
August 2013
Volume 34, Issue 8

From the President's Desk

Dear Members,

It's hard to believe that we are moving toward fall, with summer vacations over and kids going back to school. AAOHN has had a great year with a wonderful conference and many opportunities for webinar education. As you are finishing up your summer, don't forget to check the website to see what educational opportunities are available for your practice. There is a 14-session Physical Assessment Course being offered, which is a *must* for clinical practice. DOT training will be offered in September and October in various locations throughout the U.S. A variety of other topics are being offered that I hope you will find valuable to your practice.

Your AAOHN Board of Directors has developed the business plan for 2013-2015, which supports the AAOHN strategic framework. The Board is dedicated to creating even more value for members—education through webinars, online education, evidence-based articles for the journal, and tools for effectiveness, such as the impending release of the revised AAOHN *Core Curriculum for Occupational & Environmental Health Nurses*. Our new Governmental Affairs Committee is working to define tools needed for membership involvement in political action, which you may know is one of my great visions for our organization.

Enjoy the rest of your summer with family and friends. We all need to relax and regroup to do our best in the workplace. Remember to keep an eye out for colleagues who are not members and invite them to participate in your chapter's activities. Our chapter membership drive is alive and well, so make sure your chapter is a winner!

Thanks to each of you for all that you contribute to the health and well-being of the workers of this country, and to our wonderful professional organization, AAOHN. See you in September!

Pam Carter

Pam Carter,
RN, COHN-S, FAAOHN
AAOHN President

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AAOHN Foundation Corner

"I just can't!" Do you ever hear that statement? I do all the time at home, from my teenage daughter. I hear it from my patients while I coach them to quit smoking. I hear it in my local association as we try to get folks to run for office. I hate to admit it, but I even hear it in my own head sometimes! *"I just can't!"*

Well, I am writing this article to tell you that **YOU CAN!** You can do anything you put your mind to; you can achieve all the things you want! **YOU CAN!** I have seen it and I have done it, so I am proposing to you now:

YOU CAN ask your company/employer if they would be willing to sponsor a grant for the AAOHN Foundation!

YOU CAN ask your local association if they would like to sponsor their own grant at a national level!

YOU CAN go out and ask for donations for our next Foundation silent auction!

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YOU CAN, by yourself or with colleagues, pay special tribute to a fellow colleague through a contribution "in honor of"/ "in memory of" him or her!

I know **YOU CAN** because I can too! A wise person said to me once, "You can't get a 'yes' without asking." So go do it--I know **YOU CAN!**

Visit our website to learn more about the AAOHN foundation or make a contribution online today!

Sandra J. Cinque, BA, RN, COHN-S/CM, FAAOHN
AAOHN Foundation Trustee

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AAOHN Save the Date 2014

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Former AAOHN Director Remembered

Janet C. deCarteret of Bellevue, Washington, a former AAOHN Fellow and member of the AAOHN Board of Directors, passed away on June 27, 2013 at age 77. Janet served as a member of the AAOHN Board from 1994 to 1998.

A native of Alameda, California, Janet began her nursing education at Del Mar Community College in Corpus Christi, Texas, where she received an associate's degree. She earned a bachelor's degree (BSN) from George Mason University in Virginia and a master's degree (MSN) in occupational health nursing from the University of Washington.

PAAOHN Conference and Awards

AAOHN Welcomes New Members

AAOHN Board of Directors 2013-2014

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Kay Campbell, EdD, RN-C, COHN-S, FAAOHN

Much of her life was devoted to raising her family and serving her community through nursing. During her career, she served as an oncology nurse at Fairfax Medical Center and Overlake Medical Center, and later as an occupational health nurse for several large Seattle manufacturing companies and the Seattle Fire Department. She finished her nursing career as a professor at the University of Washington.

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Advocacy in Action

The AAOHN Advocacy Committee members include: Jennifer Beining, JD, BSN, RN,; Kathleen Buckheit, MPH, COHN-S/CM/SM, FAAOHN; Pam Dannenberg, RN, COHN-S, CAE; Katherine Lind Evelyn, MS, RN, ANP, COHN-S; Daurice Holly, RN, COHN, CCM; Terri Johnson, BA, RN, COHN; and Donna Zankowski, BS, RN, COHN; Grace Paranzino, EdD, RN, CHES, FAAOHN Board Liaison; and Nan Migliozzi, Staff Liasion.

Your Advocacy Committee continues to evaluate position statements and requests for AAOHN's support of various federal policies related to the health and safety of our workforce and their families. Read on to learn about some of the committee's recent activities.

Action Plan for the Prevention, Care, and Treatment of Viral Hepatitis

The committee recently reviewed a request for AAOHN to continue supporting the HHS Action Plan for the Prevention, Care, and Treatment of Viral Hepatitis. Specific recommendations from the committee included:

1. Strengthen workplace education on viral hepatitis by improving online resources available through the NIOSH Total Worker Health Program, CDC National Healthy Worksite Program (NHW), and the OSHA website.
2. Prevent occupational transmission of viral hepatitis by identifying other at-risk industries such as the adult film industry. Last year, there was a call for hepatitis C testing of all adults born between 1945 and 1965, especially those at high risk for hepatitis C (this group includes those with a history of injection drug use and those who received a blood transfusion prior to 1992). Please communicate the need for hepatitis C screening to your workforce so they can be linked to care if testing positive.

Hydraulic Fracturing

The AAOHN Board requested that the committee research this topic for the current science related to occupational and environmental hazards associated with hydraulic fracturing or "fracking." Hydraulic fracturing, directional drilling, and other advanced technologies allow for the production of oil and gas from rock formations that previously could not be developed. As a result, so-called "unconventional" resources like shale gas and shale oil are among the fastest-growing energy sources in the United States. Unconventional gas now accounts for well over 60 percent of the U.S. gas supply (see http://www.usgs.gov/hydraulic_fracturing/). However, there are concerns about the hazards surrounding the process. The committee continues to evaluate this challenging topic.

Be an Advocate: Contact Your Elected Officials in Washington

We can all be advocates, and e-mail makes it so easy to communicate with your elected officials in Washington. Remember, they work for you and want to hear what their constituents are thinking rather than just what a paid lobbyist is saying. The August congressional recess is just around the corner, which presents the perfect opportunity to take action and advocate for occupational and environmental health with your national elected officials. Your members of Congress will be at home in their state and district offices from **Aug. 3 to Sept. 8**. They need to hear from advocates like you about the importance of funding programs to improve our nation's health by protecting our most vital resource: workers.

Here's how to get started as an advocate for occupational and environmental health:

1. First, **identify your U.S. Representative**. That information is available on the United States House of Representatives website. Click on the link in the middle of the page for: **Find Your Representative**; on the next tab, click on the image of the capitol dome, then follow the directions to type in your zip code. You may need to supply your address if the zip code has multiple Congressional districts. Select your district; your U.S. Representative's picture and e-mail address will show.
2. Next, **identify your two U.S. Senators**. This information is available directly from the U.S. Senate. Click on your state, and your Senators' pictures and e-mail addresses will show.
3. **E-mail your Representative and Senators**. Introduce yourself as an occupational health nurse who lives in their district/state and tell them you vote. Let them know you appreciate all of their hard work and the sacrifices they and their family make for our country. Offer to answer questions about worker health and safety.
4. The first contact is the most difficult. This is why e-mail is so easy!
5. You could also **attend a Town Hall meeting** just to hear your representatives' viewpoints when they are in your area. You could ask their thoughts about worker health and safety, or you could ask for support on a specific issue.

Here's an issue you may want to ask your representatives to support. This summer, the ongoing debate over the federal budget and the threat of ongoing, across-the-board cuts under sequestration are putting funding for programs that protect the health of workers, their families, and the public at risk. For example, funding for the NIOSH-funded Education and Research Centers (ERCs) has been deleted from the past several proposed federal budgets. The eighteen NIOSH-funded ERCs offer academic programs, continuing education (CE) programs, training, and research opportunities in the core areas of occupational health nursing, occupational medicine, industrial hygiene, and occupational safety.

Programs are developed to meet the educational needs of these groups, as well as other professionals working in the field of OH&S. Advocacy efforts from the many partners who rely on the masters-level and doctoral graduates of these programs to protect the health and safety of our nation's workers have kept the ERCs funded through June 31, 2014. Just think of the powerful message we could send if we each contacted our own U.S. Representative and two U.S. Senators and let them know how important the ERCs are. AAOHN has signed on in support of continued funding for the ERCs; please consider e-mailing your Representative and Senators and ask for their support to continue funding the NIOSH Education and Research Centers.

Jennan A. Phillips, DSN, RN
Chair, Advocacy Committee

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AAOHN Academy Spotlight: Get to Know Instructor Kerri Rupe

Kerri L. Rupe, APRN, FNP-C, COHN-S, DNP, FAANP

Dr. Kerri L. Rupe is a clinical associate professor at the University of Iowa College of Nursing. She is the program coordinator for the university's Family Nurse Practitioner Program and OHN Core Director for the Heartland Education and Research Center (ERC).

As a nurse practitioner and occupational health nurse specialist, Dr. Rupe maintains a family practice as well as an occupational health clinic. She teaches advanced assessment for nurse practitioners and has taught basic assessment to nurses for the past 25 years. She has worked in ICCU, ER, occupational/employee health, corporate wellness, administration, and academic settings.

Dr. Rupe lives with her husband Rick on a farm in rural Iowa. She is the mother of four adult children and two grandchildren.

Head to Toe Physical Assessment for OHNs begins Sept. 10, 2013.

Beginning Sept. 10, Dr. Rupe will lead a 14-part webinar series, Head to Toe Physical Assessment for Occupational and Environmental Health Nurses.

"Health assessment is a critical skill needed by all occupational health nurses," she says. "This program is designed to reinforce basic health assessment skills the occupational health nurse uses or can use to help clients and make appropriate referrals."

Through lectures, case studies, and open discussion, Dr. Rupe will follow a systems-based approach to present assessment skills in this 14-part series. Participants who complete the series can earn 14 contact hours. Each webinar in the series can be purchased and completed individually, as well. All sessions will be recorded and available on demand within 24 hours of the live presentation, which is helpful if you have a scheduling conflict or work interruption during one of the session times. You also can use on-demand courses for remediation if you'd like to review the information presented during the live broadcast.

Learn more and register online at aaohn.org. You may also register by calling the AAOHN National Office at (800) 241-8014.

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Diabetes at Work

Twenty-five point eight million Americans have diabetes, and at least 17.4 million of them are of working age. One point nine million new cases are

diagnosed each year. The estimated cost of diabetes is $174 billion, and some of that is a cost to your employer in lost work days, presenteeism, and benefits claims for the disease and its complications of cardiovascular conditions, hypertension, vision disorders, kidney disease, nerve damage, periodontal disease, and depression. The medical expenditures of diabetics are 2.3 times higher than for those without the disease (CDC, 2011).

Are you making an impact on your employer's bottom line with a Worksite Diabetes Program? If not, do you need help creating a diabetes prevention program or one to help your employees with diabetes better control their condition?

Visit the National Diabetes Education Program or diabetesatwork.org to find:

- Suggestions for designing a worksite program, including its benefits and a business case
- Tools for gathering data to determine the need in your workforce
- Strategies to raise employee awareness
- Tips to help you evaluate your program
- Employer success stories
- Tons of resources to get you started and help you maintain a state-of-the-art, science-based program

You can also visit the website for Stop Diabetes at Work, a program of the American Diabetes Association. See also the CDC Diabetic Public Health Resource.

For other practice resources, visit the External Practice Links under the Practice tab at http://www.aaohn.org/.

Reference: National Diabetes Fact Sheet, CDC, 2011.

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Veterans to Nurses and Physician Assistants Workforce Program

The purpose of the Veterans to Nurses and Physician Assistants Workforce Program is to identify, develop, disseminate, and analyze educational pathways, or career ladder programs, that build upon veterans' military training and experience and provide a series of educational opportunities required for civilian nursing and physician assistant careers. Applications must address educational pathways for veterans into nurse and/or nurse practitioner and physician assistant education.

Applications are available at Grants.gov. The application due date is **August 26, 2013**.

Search available grants.

Link to the Application Package.

See the Funding Opportunity Announcement.

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Workplace Health & Safety 2013 Readership Survey

AAOHN is committed to providing quality benefits to its members. To ensure that *Workplace Health & Safety* is a journal of high interest to the profession, we respectfully request your feedback.

Please take a moment to respond to a 30-second survey so we can better serve you and your peers in future issues. Take the survey here.

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Join AAOHN in the National Bike Challenge

AAOHN members still have time to join the National Bike Challenge and be a part of Team AAOHN. Earlier this year, we were challenged by ANA to take part in this fun competition that encourages a healthy lifestyle. To participate, register as part of the AAOHN team and log your miles each time you ride. You don't have to be a hardcore cyclist. Novice riders are very much a part of the activity. Team AAOHN even has an internal team leader board that you can view when you join the competition. Board of Directors member David Allcott is in the lead on team AAOHN as of this writing. Sign up today and give David a run for his money!

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Practice Exchanges, Thought Leader Sessions Continue Online with Ask It

A practice exchange session at the AAOHN 2013 National Conference.

As occupational and environmental health nurses, many of us work alone or as part of a small staff. For those of us who work in a clinical setting, our unpredictable schedules and fluctuating workloads can further limit our ability to network or attend industry functions on a regular basis.

It can be difficult to connect with other nurses in occupational health roles, yet we all know the value of coming together with our peers. Earlier this year at the AAOHN 2013 National Conference in Las Vegas, many members shared ideas and experiences with colleagues during Practice Exchange Sessions.

Also at the conference, an interactive thought leadership session was hosted by *Workplace Health & Safety* contributors **Marjorie McCullagh, Barbara Burgel, and Bonnie Rogers**. Questions ran the gamut from, "How can our educational resources be more responsive to the educational needs of practicing OHNs?" to "Are OHNs able to ask family history at the worksite with GINA?"

Whether they tackle day-to-day challenges or big picture issues facing the OHN profession, these conversations need to continue. The new **Ask It** section of the AAOHN website is the perfect forum.

When you go to aaohn.org and log in as a member, select **Ask It**, which is located on the top line of the homepage. You will have the following options:

1. Ask the Practice Committee for a researched response.
2. Ask AAOHN Members (open forum discussion).

So whether you are seeking evidence-based guidance or general feedback, you have a means for gaining insight and information through our private, members-only forum. It is a valuable resource available exclusively to AAOHN members.

What question do you have? **Ask it!**

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Upcoming AAOHN Webinars: August and September 2013

2013 Health Promotion/Wellness Series

"Seasonal Influenza and Other Adult Immunizations Update" [FREE]
Presented by: Carolyn Bridges, MD, and the Centers for Disease Control (CDC)
7th in Series - Wednesday, August 21, 2013
11 a.m.-12 p.m. CDT
Learn more and register for this webinar.

"Domestic Violence Resources"
Presented by: Patricia Dawson and Tom Dyer
8th in Series - Thursday, September 12, 2013
11 a.m.-12 p.m. CDT
Learn more and register for this webinar.

Other courses in this series (available on demand):

- Eye Smart
- Heart/Stroke
- Hepatitis Prevention
- Cancer Prevention
- Becoming Expert on the 2012 Hazard Communications Standard
- Home and Family Emergency Preparedness Month

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Pharmacology Updates Series
Presented by:
Yolanda C. Lang, DrPH, MSN, CRNP, COHN, FAAOHN

"Antilipemics, Coagulation Modifier Agents"
7th in Series - Thursday, August 22, 2013
11 a.m.-12 p.m. CDT
Learn more and register for this webinar.

"Antidysrhythmic Agents, Antianginal Agents"
8th in Series - Thursday, September 19, 2013
11 a.m.-12 p.m. CDT
Learn more and register for this webinar.

Other courses in this series (available on demand):

- Analgesics, Local and General Anesthetics
- CNS Depressants and Muscle Relaxants
- Antibiotics, Immunizations
- Antivirals, Retrovirals
- Bronchiodilators and Other Respiratory Agents
- Antihypertensive Agents, Diuretics

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"Head to Toe Physical Assessments for OHNs"
Presented by: Kerri L. Rupe, ARNP, FNP-C, COHN-S, DNP, FAANP
Webinar series begins Sept. 10 , 2013
Learn more and register for this series.

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"Integrating Evidence-Based Health Coaching into Clinical Practice"
Presented by: Melinda Huffman and Colleen Miller
Friday, September 27, 2013
11 a.m.-12 p.m. CDT
Learn more and register for this webinar.

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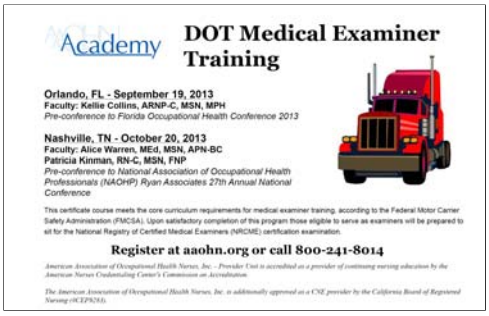

Sign up now for the following on-site courses:

DOT Medical Examiner Training
Pre-conference to Florida Occupational Health Conference 2013

Orlando, FL
Presented by: Kellie Collins, MPH, MSN, ARNP-C
Sept. 19, 8 a.m. - 4:30 p.m. ET

DOT Medical Examiner Training
Pre-conference to NAOHP / Ryan Associates 27th Annual Conference
Nashville, TN
Presented by: Alice Warren, MEd, MSN, APN-BC and Patricia Kinman, MSN, RN-C, FNP
Oct. 20, 8 a.m. - 4:30 p.m. CT

This certificate course meets the core curriculum requirements for medical examiner training, according to the Federal Motor Carrier Safety Administration (FMCSA). Upon satisfactory completion of this program, those eligible to serve as examiners will be prepared to sit for the National Registry of Certified Medical Examiners (NRCME) certification examination.

The American Association of Occupational Health Nurses, Inc. - Provider Unit is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

The American Association of Occupational Health Nurses, Inc. is additionally approved as a CNE provider by the California Board of Registered Nursing (#CEP9283).

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Health & Safety Leadership through Stewardship: An Award-Winning Model

Presented by Cathy Loiselle, MSN, RN, COHN-S
Corporate Health Center Manager, Comprehensive Health Services
Corporate Nurse Manager, Raytheon Company, Waltham, MA
2013 recipient of the UL AAOHN *Workplace Health and Safety* Stewardship Award

The Stewardship Award honors a member of the American Association of Occupational Health Nurses who works tirelessly to ensure the health, safety, and well-being of the workforce.

During this presentation, you will learn how:

- Raytheon achieved OSHA Voluntary Protection Program certification at seven sites employing 10,000 workers
- Leadership criteria are applied to successfully deliver wellness programs
- To develop and implement on-site nursing practice policies, procedures, and protocols
- Health and safety stewards can foster a true sense of community in the workplace

Register now for this free inspirational webinar!

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AOHP Offers Archived Webinars

Occupational health nurses working in hospital and healthcare settings may be interested in archived webinars available from AOHP. The organization's webinar library now offers links to spring and summer 2013 courses. Learn more.

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Head to Toe Physical Assessment for Occupational and Environmental Health Nurses

Webinar series with Kerri L. Rupe, DNP, ARNP, FNP-C, COHN-S, FAANP

DATES:
September 10, 18, 24
October 2, 8, 15, 22, 29
November 6, 12, 19, 26
December 3, 10
TIME: 12 - 1 p.m. EST
COST: $320 for AAOHN members and $640 for non-members

Earn **14 contact hours** during 14 online sessions covering the physical assessment skills needed by occupational and environmental health nurses.

Presented by
AAOHN
&

The University of Iowa
Heartland Center for Occupational Health & Safety

Learn more and register at aaohn.org.

American Association of Occupational Health Nurses, Inc. - Provider Unit is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

The American Association of Occupational Health Nurses, Inc. is additionally approved as a CNE provider by the California Board of Registered Nursing (#CEP9283).

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Join us for the Florida Occupational Health Conference

"Creating Connections"

THEME: "Creating Connections"
DATE: September 19-21, 2013, Pre-conference September 19
LOCATION: Marriott's World Center Resort & Convention Center, Orlando, Florida
Pre-conference session will include the DOT Medical Examiner certification course.

Inquire about a discount for the DOT Medical Examiner course for multiple attendees from the same organization. A certificate of completion will be awarded when attendance requirements are met. Certificate holders will be prepared to sit for the National Registry of Certified Medical Examiners (NRCME) certification examination. **Connect** with other professionals in occupational health and other disciplines, using social media and the most up-to-date medical information, etc.

Log onto www.fsaohn.org for program information and to register for the conference and reserve your hotel stay! Student, retiree, non-member, and daily conference rates are available. **Earn CEs!** Nurses and Nurse Practitioners dealing in Workers' Compensation, Case Management, and Occupational Health are encouraged to attend, as well as anyone with an interest in this field.

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Save the Date: CSAOHN State Conference

California State Association of Occupational Health Nurses (CSAOHN) will hold its state conference October 17-19, 2013 in Sacramento, CA. Read more about the conference online: Capital Steps for Occupational and Environmental Health Nurses.

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PAAOHN Conference and Awards

The Pennsylvania Association of Occupational Health Nurses (PAAOHN) Board of Directors is busy planning the 2014 conference, set for **March 26-28, 2014 in Lancaster, PA** at the Marriott. Please mark your calendars! The conference committee has a firm commitment from all speakers.

Topics include:

- Returning the veteran to work and special issues
- Women and Heart Disease
- Functional Task Analysis

Utilization of opioids and work related injuries

…And many more!

Visit the PAAOHN website for updates. Registration opens at the end of August.

It is never too early for a member of PAAOHN to apply for the **2014 Mouldar and Saller Awards**. The Betty Mouldar Award recognizes a nurse clinician who has demonstrated excellence and innovation in occupational health nursing (clinical practice), while the Dorothy Saller Award recognizes a nurse leader who has demonstrated outstanding service within his or her local chapter through exceptional leadership, and the performance of professional responsibilities in all facets of the occupational health specialty. Visit the Grants and Awards section of the PAAOHN website for more information and for applications. **Send applications** to Chad Rittle at rittle99@yahoo.com as soon as possible. If you have any questions, please contact Yolanda Lang at Langyc@upmc.edu.

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AAOHN Welcomes New Members

AAOHN welcomes new members who joined in July 2013. Below are their names, listed with region and chapter information.

Samuel Asogba, Occupational Health Nurse, RN, COHN, Katy, TX, Houston, Texas, Texas State, South Central/Southwest

Sybrena Brackin, Texas Sabine Area, Texas State, South Central/Southwest

Talei Edmiston, Central Florida, Florida State, Southeast

Julie Fingerhut, Nurse Manager, BSN, RN, Cozad, NE, Nebraska State, North Central

Suzette Hoffmann, Greater Baton Rouge, Louisiana State, South Central/Southwest

Mark Holland, RN, Rogers, AR, Arkansas State, South Central/Southwest

Kenda Kuehner, BSN, RN, Kearney, NE, Nebraska State, North Central

Brooke Russell, BSN, RN-BC, Friendswood, TX, Houston, Texas, Texas State, South Central/Southwest

Deborah Schwab, California El Camino Real, California State, Mountain/Western

Cheryl Stallo, BSN, RN, Chillicothe, MO, Greater Kansas City Missouri, Missouri State, North Central

Amanda Wagner, RN, St. Cloud, FL, Central Florida, Florida State, Southeast

Andrea Weller, BSN, RN, ACLS, BLS, PALS, Clinton, IA, Northeast Iowa, North Central

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