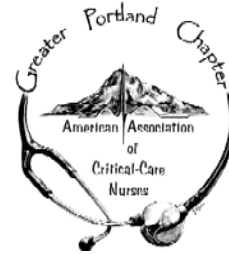


# Critical Concepts



April, 2010

The newsletter of the Greater Portland Chapter of the American Association of Critical Care Nurses

## GPC President's Address: Maintaining Healthy Work Environments Through Accountability by Cynthia Perez, MS, RN, CNS, CCRN

AACN believes that all workplaces can be healthy if nurses and employers are resolute in their desire to address not only the physical environment, but also less tangible barriers to staff and patient safety. However, we know that this will not happen without an understanding of the factors contributing to unhealthy work environments and a commitment to embrace solutions. Lateral violence is a factor that leads to an unhealthy work environment and I would wager that many of us have either experienced or witnessed some form of this disparaging behavior.

Lateral violence is an inter-group conflict where there is aggression among members. It exists when people adopt adaptive strategies and turn their internal dissatisfaction toward someone else, especially those who are perceived as less powerful. Based on a study by the Oregon Chapter of the American Psychiatric Nurses Association in 2005, of all types of aggression nurses experience, peer-to-peer hostility is the most hurtful.

The ten most frequent forms of lateral violence are:

1. Nonverbal innuendo (face making, raising eyebrows)
2. Verbal Affront (covert to overt, snide remarks, lack of openness, abrupt responses)
3. Undermining activities (turning away, not available)
4. Withholding (information, resources, opportunities)
5. Sabotage (deliberately setting up a negative situation)
6. Infighting (bickering with peers)
7. Scapegoating (attributing ALL that goes wrong to one individual)
8. Backstabbing (complaining to others about an individual and not speaking directly to that individual)
9. Failure to respect privacy
10. Broken confidences

Can you picture a co-worker on your unit that is exhibiting one of the forms of lateral violence listed above? Do you stand up for yourself and/or others when laterally violent behavior is happening??

Provision 6.3 in the ANA Code of Ethics for Nurses states:

**“The nurse is responsible for contributing to a moral environment that encourages respectful interactions with colleagues, support of peers, and identification of issues that need to be addressed.”**

In addition, Provision 1.5 of the ANA Code of Ethics for Nurses states:

**“The principle of respect for persons extends to all individuals with whom the nurse interacts. The nurse maintains compassionate relationships with colleagues and others with a commitment to the fair treatment of individuals, to integrity-preserving compromise, and to resolving conflict.”**

Research shows that verbal abuse significantly affects the work environment by decreasing morale, increasing job dissatisfaction, and creating hostility. Therefore, AACN calls upon individual nurses and all health professionals to embrace the personal obligation to participate in creating healthy work environments and to develop relationships in which individuals hold themselves and others accountable to professional behavior standards.

## Save the Date: Advanced Preceptor Conference, Friday, October 8, 2010, Portland, OR

The Greater Portland Chapter of AACN Advanced Preceptor Conference aims to advance the skills and recognize the hard work of acute care based preceptors from all specialties.

Our mission:

To provide ongoing advanced concepts that are not addressed in basic preceptor programs

and

To reward those who continue to use best practice in the area of precepting.



Following four successful conferences in 2005-2008, the conference planning committee decided to take a year off and refocus its vision towards reaching out to preceptors locally, regionally, and internationally.

We are proud to introduce our 2010 conference to our local, regional and international affiliates and hope our connections and learning's from each other will connect preceptor best practices from all specialties and all disciplines.

For more information on this year's conference, visit [www.advancedpreceptorconference.com](http://www.advancedpreceptorconference.com)

## Save the Date: Greater Portland Chapter, AACN Annual Member Breakfast & Nurse of the Year Award Ceremony, Wednesday, April 28<sup>th</sup>!

**Topic:**

TBD

**When:**

Wednesday, April 28<sup>th</sup>  
Registration: 7:30-8:00 AM  
Breakfast: 8:00 AM

**Where:**

Crowne Plaza Hotel  
14811 Kruse Oaks Drive  
Lake Oswego, OR 97035

**Speaker:**

TBD

**Cost:**

\$10

**Registration is limited to the first 50 registrants! Refer to the registration form at the end of the newsletter for more information!**

Know a colleague that deserves recognition for their outstanding contributions to the profession of nursing? Now is your opportunity to honor their dedication and excellence! Nominations are due April 16<sup>th</sup>, 2010. Refer to the GPC Nurse of the Year ballot at the end of the newsletter for more information!

# OHSU CSICU Research Project Wins Award at Nursing Research Conference by Kelly Stafford

OHSU CSICU staff RN, **Quin Denfeld**, won the “Best Podium Presentation” Award at the 2010 Seattle Nursing Research Conference held January 26th. She presented our research study; “Comparison of Point-of-Care and Laboratory Glucose Values in Cardiothoracic Surgery Patients.”

This study of 46 CTS patients on POD 0 compared the bedside glucometer glucose result with the lab value from the same sample of arterial blood.

## What the Current Literature Says:

- Tight glycemic control (controlling blood glucose with the use of insulin infusions to achieve generally blood glucoses in the range of 70 or 80-110 mg/dL) of critically ill surgical patients in **one** 2001 study at **one** site improved outcomes including morbidity and mortality (1).
- These findings have never been replicated.
- Recent randomized controlled trials and meta-analyses have demonstrated tight glycemic control increases the risk of hypoglycemia (2-4).
- A 2009 multicenter randomized controlled trial of 6104 critically ill patients found an **increased** risk of

mortality for patients in the tight glycemic control group (5).

## Our Results:

- Difference scores between the glucometer and the lab ranged from -7 mg/dl to 33 mg/dl.
- Mean difference was **12.3** mg/dl ( $p < .001$ ).
- As hematocrit decreased the difference between the POC and lab glucose values increased. For example, in groups with Hct < 26, the mean difference was **16.3** mg/dl.

## What Does This Mean For Bedside Nurses?

- Most bedside glucometers are inaccurate at hematocrits less than 25%.
- The current available bedside glucometers are really not up to the task of titrating insulin infusions to achieve tight glycemic control. In fact, this use of glucometers is considered “off label.”
- We may be causing inadvertent hypoglycemia in our patients.

## What’s Next?

- The OHSU Cardiothoracic Surgery Insulin Protocol will be liberalized to a higher goal.
- Nurses practicing in units that are still aiming for tight glycemic control should

examine the current literature and consider advocating for changing protocols.

1. van den Berghe G, Wouters P, Weekers F, Verwaest C, Bruyninckx F, Schetz M, et al. Intensive insulin therapy in the critically ill patients. *N Engl J Med*. 2001 Nov 8;345(19):1359-67.
2. van den Berghe G, Wilmer A, Hermans G, Meersseman W, Wouters PJ, Milants I, et al. Intensive insulin therapy in the medical ICU. *N Engl J Med*. 2006 Feb 2;354(5):449-61.
3. Brunkhorst FM, Reinhart K. [Sepsis therapy: Present guidelines and their application]. *Chirurg*. 2008 Apr;79(4):306-14.
4. Devos P, Preiser J, Melot C. Impact of tight glucose control by intensive insulin therapy on ICU mortality and the rate of hypoglycemia: Final results of the glucontrol study [abstract]. *Intensive Care Med*. 2007;33(S):189.
5. NICE-SUGAR Study I, Finfer S, Chittock DR, Su SY, Blair D, Foster D, et al. Intensive versus conventional glucose control in critically ill patients. *N Engl J Med*. 2009 Mar 26;360(13):1283-97.



OHSU's Quin Denfeld during her presentation at the 2010 Seattle Nursing Research Conference.

# Save the Date: Greater Portland Chapter of AACN CCRN/PCCN Review, June 8<sup>th</sup> & 9<sup>th</sup>

Join us for the 2010 CCRN/PCCN review on June 8<sup>th</sup> and 9<sup>th</sup>, 2010. Location and times to be announced.

This two day program is designed as a review of basic critical care content. It will be useful for those healthcare professionals who are interested in sitting for the CCRN and/or PCCN Certification Examinations or who desire a review of basic critical care content. At the conclusion of this course, participants will have enhanced knowledge of:

1. Cardiovascular, pulmonary, neurological, renal, endocrine, gastrointestinal, hematology, and multisystem basic knowledge in critical care.
2. CCRN and/or PCCN content

Course Faculty are Christine Schulman, RN, MS, CNS, CCRN, Trauma and Critical Care Nursing Consultant in Portland, OR; and Nicole Kupchik, RN, MN, CCRN-CMC, Critical Care Clinical Nurse Specialist at Harborview Medical Center in Seattle, WA.

## Cost:

Non GPC-AACN Members:

CCRN Review: \$170

PCCN Review: \$155

Cost for current GPC-AACN Members:

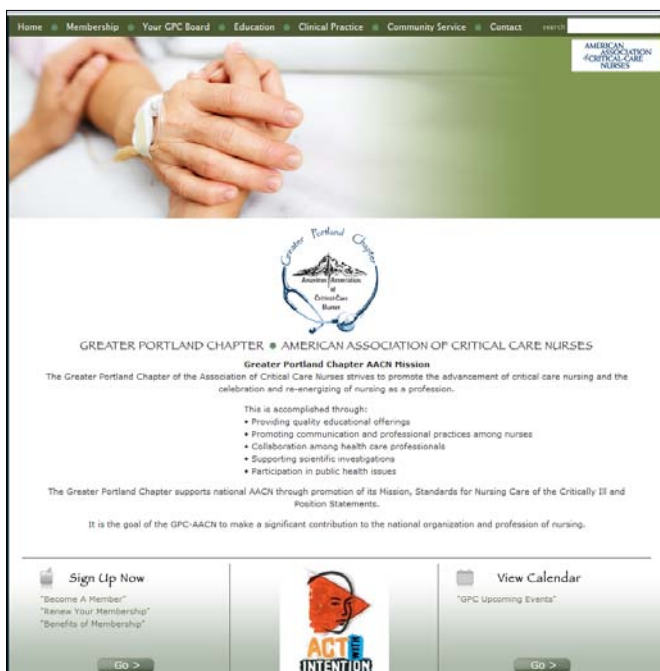
CCRN Review: \$160

PCCN Review: \$145



Brochure/Registration information coming soon!

## New GPC-AACN Website is a GO!



The Greater Portland Chapter of AACN is proud to announce the launch of their new website at

[www.aacngpc.org](http://www.aacngpc.org)

This new and improved website is your connection to everything happening at GPC!

This website makes it easy to stay connected with your GPC!

Find membership information, updates on educational and community service offerings, get in contact with your GPC Board, find the latest GPC Newsletter—all at the click of a mouse!

# GPC Receives Prestigious 2010 AACN Circle of Excellence Award for Excellence in Promoting the Value of Certification, Will Present Poster at NTI!

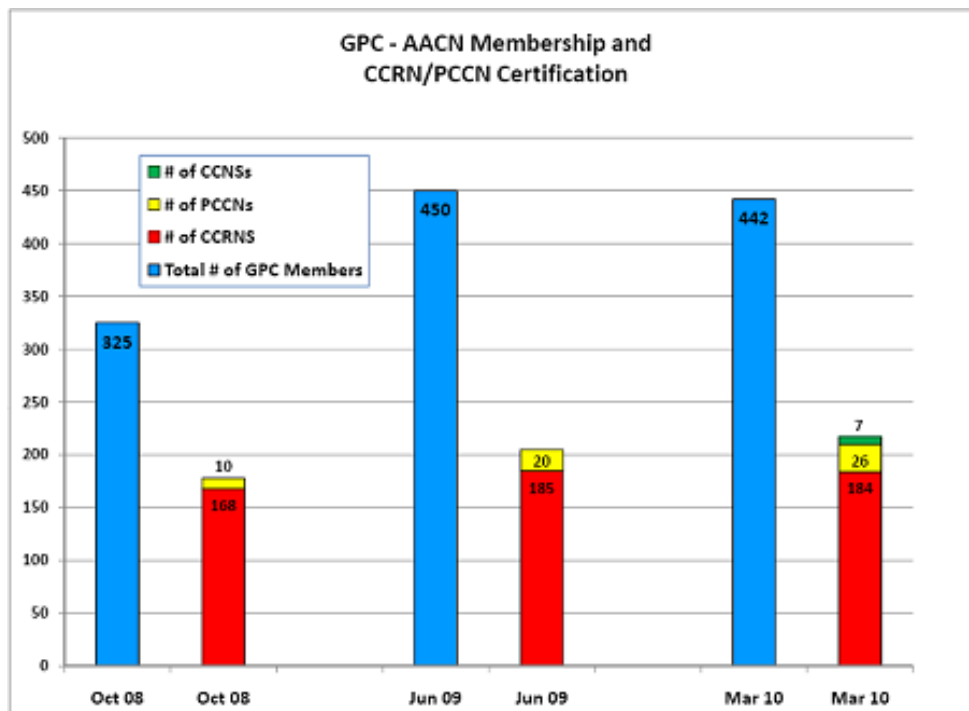
The GPC has been selected to receive a 2010 AACN Circle of Excellence Award for Excellence in Promoting the Value of Certification, which recognizes our chapter's contributions that support and foster the advancement of certified nursing practice in high acuity and critical care.

As recognition of this accomplishment, the GPC will be honored at the 2010 AACN National Teaching Institute and Critical Care Exposition in Washington, DC, May 15-20.

The chapter's recognition at NTI will take place on stage at one of the general sessions. 3 of our chapter members will be on stage to be recognized publicly in front of our colleagues.

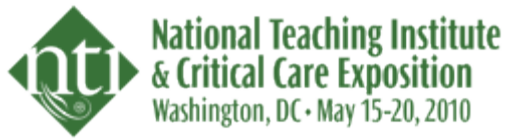
In addition to the award presentation at NTI, the GPC will receive an honorarium of \$1,000 from AACN as well as recognition on the AACN web site, on signs at NTI and on a plaque.

The GPC Board is currently assembling their poster for NTI entitled "Supporting Professional Development Throughout a Nursing Career," and will reflect the many activities that GPC targets towards assisting the critical care nurses in our community throughout their careers.



A graphical representation of the strides made in increasing certification among GPC members!

# Conference \$\$\$ Available Through GPC Merit Scholarships



The Greater Portland Chapter of AACN is proud to announce that 5 GPC Merit Scholarships have been awarded for members to attend NTI 2010 in Washington, DC!

The GPC encourages its members' professional growth and development through providing Merit Scholarships to chapter and national educational offerings. This scholarship is offered to all members who meet a minimum number of merit points according to the application form.

The following guidelines apply to GPC Merit Scholarship applications:

1. Programs for which funds are being requested must contain content related to critical care nursing.
2. One qualifying activity may not be used to accumulate points in more than one category.
3. Those applying to receive funds must have been a national and local chapter member for one year prior to requesting funds and must have accumulated a minimum of six points over the previous two fiscal years.
4. Funds will be adjusted according to point value, to those applications who have accumulated the most points over the previous two fiscal years (July 1st to June 30th), not to exceed \$1000 over two years.
5. To receive funds you must provide proof of attendance and receipts and submit an article to the GPC-AACN newsletter within 30 days after the completion of the program. A check request form must be filled out in order to obtain funds.

To download an application for a GPC Merit Scholarship, visit the GPC Chapter website at [www.aacngpc.org](http://www.aacngpc.org) and click CLINICAL PRACTICE.

## Join the GPC In Support of the American Heart Association

Greater Portland Chapter of AACN Nurses,

Unfortunately, too many of us have a loved one affected by heart disease or stroke. To help stop this, I will be walking in this year's Start! Heart Walk benefiting the American Heart Association. I have set a personal goal to raise funds that are needed for critical heart disease and stroke research and education.

You can help me raise funds and protect those you love by making a donation online. Click on the link below to visit our personal donation page where you can make a secure online credit card donation. The American Heart Association's online fundraising website has a minimum donation amount of \$25.00. If you prefer a smaller amount, you can do so by sending a check directly to the GPC.

Your donation will make a difference in the fight against our nation's No. 1 and No. 3 killers-heart disease and stroke. Thank you for your support.

Visit our personal web page at <http://www.portlandheartwalk.kintera.org/faf/donorReg/donorPledge.asp?ievent=315941&lis=1&kntae315941=AAB9410207914DBE932EE321F80D814B&supId=251322554> and help us in our efforts to support the American Heart Association .



Join the GPC Heart Walk Team on May 22<sup>nd</sup>, 2010



## 2010-2011 AACN & GPC Elections Now Underway

As an AACN member, you have the privilege and responsibility to vote for the next leaders of our association. The nominating committee is presenting you a slate of candidates who each possess the necessary leadership competencies to serve the organization if they are elected. This frees you to vote for those who best represent your interests and vision for the future of acute and critical care nursing. Your single act of voting strengthens our community and gives direction to advance the profession.

To access AACN voting, simply visit [www.aacn.org/election](http://www.aacn.org/election) or click on the "Vote" icon on the AACN Web site home page to review the candidate information and access the electronic ballot. You will need to log in with your last name and your member number in order to vote.

Voting is open from March 22 until April 26, 2010 (11:59 pm EST).

If you do not have the ability to vote online, simply request a paper ballot. Contact Melinda Messenger at the AACN National office at 800-394-5995 ext. 331 or e-mail [volunteers@aacn.org](mailto:volunteers@aacn.org) to receive a paper ballot. Your paper ballot must be received by April 20 to be counted.

Eligible voting members include members in the following categories – Active, Emeritus, International, or Lifetime members who were current with their dues as of January 21, 2010.

In addition to AACN elections, the 2010-2011 GPC Board Elections are underway. You should have received your paper ballot in the mail. If you did not receive your ballot, please email [gpcsupport@comcast.net](mailto:gpcsupport@comcast.net).

The 2010-2011 GPC Board of Directors candidates are:

**President-Elect:** Karen Godbole, MSN, RN

**Secretary:** Jenny Cloud, RN, BSN, CCRN

**Treasurer:** Tracey Loudon, RN, BSN, CCRN

**Newsletter Editor:** Kim Drynan, BSN, RN

**Education Coordinator-Elect:** Diana Gauthier-Reid, RN, BSN

**Public Relations:** LuAnn Staul, MN, RN, CNS, CCRN

**New Board Member:** Barbara McKenna, RN, MSN, CNS, CNE

**Previous Board Member:** Vivian Gowan, MS, RN, CNS, CCNS

Return ballots by April 16<sup>th</sup>, 2010. The new GPC Board will be announced at the Members Breakfast on April 28<sup>th</sup>, 2010. New Board Members will be installed at the June, 2010, board meeting



The Greater Portland Chapter – AACN  
Annual Member Breakfast  
&  
Nurse of the Year Award Ceremony

**When:** April 28<sup>th</sup>, 2010      **Registration:** 7:30 – 8:00 am      **Breakfast:** 8:00 am

**Where:** Crowne Plaza Hotel Lake Oswego  
14811 Kruse Oaks Dr.  
Lake Oswego, OR 97035

**Cost:** \$10

Seating is limited to first 50 registrants.

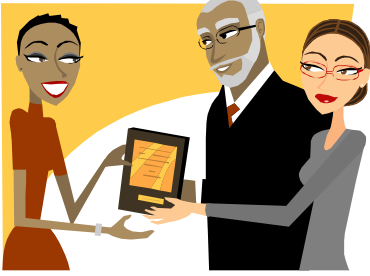
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Employer \_\_\_\_\_ Position/Title \_\_\_\_\_  
State and Nursing License # \_\_\_\_\_ AACN Member # \_\_\_\_\_  
GPC Member # \_\_\_\_\_  
VISA or MasterCard # \_\_\_\_\_ Expiration date \_\_\_\_\_  
Signature \_\_\_\_\_

**Make checks payable to:** Greater Portland Chapter – AACN

**Mail to:** GPC-AACN, P.O. Box 2063, Beaverton, OR 97075, Fax #: 503-336-1297

**E-mail:** gpcsupport@comcast.net

**Website:** <http://www.aacngpc.org>



# GREATER PORTLAND CHAPTER CRITICAL CARE NURSE OF THE YEAR

Do you know of a colleague that deserves recognition for their outstanding contributions to the profession of nursing? Now is your opportunity to honor their dedication and excellence in nursing! Every spring the GPC presents an award to a member that has demonstrated outstanding leadership, commitment and excellent clinical practice.

The GPC would like to honor a member possessing outstanding qualities such as empathy, compassion and team work. This may be demonstrated in a number of ways...Do you know of a nurse that initiates and responds to the needs of others? Do they use creativity and persistence while being an advocate for their patient? Do they facilitate the use of evidence based practice and encourage others to do the same? Does your colleague promote and advance the profession of nursing in a positive way both in the practice setting and the community?

By nominating a colleague you are acknowledging their excellence in nursing! Please take the time to recognize a nurse and promote the positive effect that our profession has both in the work place and the community.

## **AWARD CRITERIA**

The nurse nominee has made a significant contribution in one or more of the following categories:

- ✓ Improvement in quality of patient care.
- ✓ Inspiration to improve quality of care delivered through innovative and exemplary nursing practice.
- ✓ Promotes critical care nursing as well as critical care issues.
- ✓ Educates and serves as a mentor for critical care nurses.

## **SELECTION PROCESS**

GPC-AACN members and non-members may submit nominations, but the nominee must be a member of GPC-AACN.

The same person may submit more than one nomination.

Please use the nomination form provided. Submit by 4/16/2010 a detailed description of the nominee's contributions on this form. Additional letters of recommendation or exemplars are welcome.

## **AWARDS**

Each nominee will receive a letter informing them of their nomination.

All nominees will be recognized at the Annual Member's Breakfast on April 28<sup>th</sup>, 2010

The recipient will be announced at the Annual Member's Breakfast

The recipient will receive free registration to the 2010 37<sup>th</sup> Annual Critical Care Symposium, recognition in their local newspaper and notification will be sent to the public relations department at the recipients' place of employment.

**Send in your nomination today!**



**GPC-AACN  
NURSE OF THE YEAR NOMINATION FORM**

**BACKGROUND INFORMATION ON NOMINEE**

Name of nominee (must be a GPC-AACN member):

Credentials:

Employer:

Work Phone:

Employer Address:

Nominee's Supervisor/Department Head – Name and Phone Number:

NOMINEE'S POSITION/JOB TITLE (please give a brief description of responsibilities):

REASON FOR NOMINATION (please see criteria). May include examples demonstrating the nominee's excellence in practice, teaching ability, role modeling, etc. Additional paper may be used, if necessary.

Nominated by: \_\_\_\_\_

Phone Number to Contact: \_\_\_\_\_

DEADLINE: April 16<sup>th</sup>, 2010

Return to: GPC-AACN  
Public Relations Committee  
PO Box 2063  
Beaverton, OR 97075  
Fax 503-336-1297

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Greater Portland Chapter  
of AACN

PO Box 2063  
Beaverton, OR 97075-2063

**E-mail:**  
GPCSupport@comcast.net



We're on the Web!

[www.aacn.org](http://www.aacn.org)  
[www.gpcaacn.org](http://www.gpcaacn.org)

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## Save the Dates!

**Keep the following dates  
in mind for 2010!**

**April 16<sup>th</sup>:**

Deadline to return your  
nomination for GPC Nurse of  
the Year!

**April 16<sup>th</sup>:**

Deadline to return your GPC  
Board of Directors ballot

**April 19<sup>th</sup>:**

Oregon Nursing Research &  
Quality Consortium Inaugural  
Conference, Providence St.  
Vincent Medical Center,  
Portland, OR

**April 26<sup>th</sup>:**

Deadline to complete AACN  
voting online or by mail-in ballot

**April 28<sup>th</sup>:**

GPC Members Breakfast, Nurse  
of the Year Award

**May 15<sup>th</sup>-20<sup>th</sup>:**

AACN National Teaching  
Institute, Washington, DC

**May 22nd:**

American Heart Association  
Start! Heart & Stroke Walk

**June 7<sup>th</sup> & 8<sup>th</sup>:**

CCRN/PCCN Review—location  
and times TBA

**October 8<sup>th</sup>:**

Advanced Preceptor  
Conference

**November 18<sup>th</sup> & 19<sup>th</sup>:**

37<sup>th</sup> Annual Critical Care  
Symposium, Vancouver Hilton,  
Vancouver, WA

