



IMWNSDO Nurses Notes

SEPTEMBER 2009

SPECIAL POINTS OF INTEREST:

September 11, 2009

IMWNSDO Meeting. Intermountain Healthcare Employee Service Center. 5245 College Drive, Murray, Utah Classroom 5

8:30 Business Meeting

9:00 Education Offering

Annual Conference October 23, 2009 Shriners' Hospital

**If you have any items or ideas for the newsletter please forward them to Janell Anderson
janell.anderson@imail.org**

Message from Our President

Presidents Message~

I want to take this opportunity to thank all of you for helping make our first service project such a success. We took boxes of supplies to Staples in Salt Lake City that will be distributed to needy children who otherwise would not have supplies to attend school. It was such a great project that we would like to continue for another year. We would like to beat the amount we took this year.

Think about this: Two people purchased a newspaper from a newspaper stand. The weather

was unbearably hot and miserable as was the man at the newspaper stand. He was rude and abrupt. The businessman buying the paper smiled, thanked the man and wished him a great day. The other person asked him why he bothered. The said "Why would I let someone else control what I say and what I feel or what kind of day I am going to have." The other customer said she never saw him again but he made a lasting impression on her life. He left her a legacy to find the positive things in life. To let our decisions make a positive difference. It's something anyone and everyone can do. (Gail

Pursell Elliot)

We can and do make a difference. We have the opportunity to make a better world for a child with our project.

I am so lucky to be associated with such caring people.

Janell



If we all did the things we are capable of, we would astound ourselves...Thomas Edison

September 11 Meeting IMWNSDO

Intermountain Healthcare Employee Service Center 5245 College Drive, Murray Utah (right off the freeway at 53rd South) Classroom # 5

8:30-9:00 Business Meeting

9:00-10:00 Education

September is National Pain

Month. Joey Robinson will be presenting an in-service on Pain. It will look at what's new out there, what we as nurses should be aware of when taking care of our patients. What are new standards we should be aware of. This will be a timely inservice. Utah has one of the highest

rates of deaths by overdose from prescription drugs. How can we better serve our patients and help our nurses understand how to care for these patients.



Service Project for Education



More than 11 million kids in the U.S. live below the poverty level and don't have the basic supplies that they need to succeed. Do Something 101 and Staples have teamed up for the past few years to help provide for these kids in need.

Intermountain West Nursing Staff Development wants to DO SOMETHING too. We have decided to help with this worthy cause during the next year.

We will be gathering supplies at each meeting through out the year. We can turn in the supplies that we gather in July to a Staples store in the community and they will be distributed out to needy students in the state of Utah. We hope that you will see this as a worthy project and help us gather many supplies.

11 Facts About U.S. Education

1. What is the Poverty Line, anyway? According to the U.S. Census Bureau, it is a family of 4 (2 adults and 2 children) that earn less than \$19157.00
2. Still \$35,000 is the basic-needs budget for a family of 4 (2 adults and 2 children) is calculated by an Atlas of Poverty in America.
3. In 2006, nearly 37 million people in America lived in poverty. 12.8 million were under the age of 18.
4. In the U.S. poverty is still tied to race. 33% of black children live below the poverty line while only 10% of white children do.
5. School budgets are tied to property taxes, that is why children in poor neighborhoods get about half as much money for students as those in affluent neighborhoods.
6. Three-quarters of the nation's schools (60,000) are in disrepair.
7. Most of those schools are in neighborhoods where there is more poverty.
8. Urban students are less likely to graduate than their suburban counterparts. In 2004, 60.9% compared to 74.9% in the suburbs.
9. Graduation rates are lower in some groups, particularly ethnic minorities and males.
10. In 2004, 17 of the nation's 50 largest cities had lower than 50% graduation rates.
11. Children in poor families are up to 6 times more likely to drop out of school prior to graduation.

What are the 11 most needed supplies???

1. Pens and #2 Pencils
2. 3-Ring Binders
3. Box of Colored Pencils
4. Loose-leaf and copy paper
5. Book Covers
6. Spiral Notebooks
7. Planners
8. Highlighters and Markers
9. Index Cards
10. Folders with Pockets
11. Calculators



IMWNSDO Is the National Quality Affiliate Award Winner for 2009

This year we applied for the NNSDO Quality Affiliate award. You can imagine the excitement when Janell received an email stating we were the winners. Even more exciting was when Joey Robinson (President Elect) and Janell Anderson (President) were able to stand on the stage at the NNSDO conference in Philadelphia this year in July and receive that award for all of you.

conference in October for you all to see. You are a quality group and we wouldn't have gotten this without all of you. CONGRATULATIONS

We will have the award at the



Published about our chapter in JNSD

Affiliate Excellence in Quality Programs Award

The recipient of this award is the Intermountain West Nursing Staff Development Organization (IMWNSDO). The IMWNSDO currently has 45 members, representing 14 hospitals in Utah and Idaho. The current President is Janell Anderson, RN, MS NEA-BC-RN-BC and the President-Elect is Jo Ellen Robinson RN, MS, RN-BC. This chapter's accomplishments include:

Holding an annual education conference for 8 years; based on needs assessments by their members.

Developing a polished and professional practice model.

Creating a newsletter and a website (www.imwnsdo.com).

Yearly involvement in a community service project.

Providing a scholarship for the annual NNSDO conference (this has been done since 2004).

Utilizing a peer review process to facilitate preparation for conference presentations.

Book

Recommendations

The following are some books that may help you in your training or just for you.

Finding Gifts in Everyday Life
Nancy Coey Sweetwater Press.

Even Eagles Need a Push David McNally and Mac Anderson Simple Truths

What You Accept is What You Teach Michael Henry Cohen Creative Health Care Management

The New Leadership Challenge- Creating the Future of Nursing
Sheila C. Grossman and Theresa M. Valiga

The more that you read, the more things you will know. The more that you learn, the more places you'll go. Dr. Seuss



T 'n T for Educators....Tips and Tricks

The use of movies, either complete or in clips, is a useful tool in addressing different learning styles. Visual learners can get a more complete understanding of events by seeing them instead of reading alone. Even students who are good readers and note takers enjoy different ways to learn.

Use of movies and training films help develop analytical skills. They can also be a great way to cover topics that may otherwise not be covered in written words. (http://hubpages.com/hub/Using_Movies_Effectively_in_Class)

Movies can provide a nice motivating push. Visual content aids understanding and boosts learning. The theory behind using videos starts with setting up the scene and the activity you want them to get out of the clip. You have to have a very clear purpose in using the material. If you play too long a clip or try to use an entire movie it will defeat the purpose of doing this. If the clip is long, pause it in the middle have some discussion to keep the group on task and then proceed. There are plenty of ways to use movies in class. Being sensitive to the cultural insights that movies provide, the language content and something that may offend should be determined prior to watching the movie. Be sensitive to your class and avoid anything that could be construed as off color or offense. (http://www.teflasia.com/articles/Teacher-Talk/Using_Movies-in-the-Classroom.html)

Here is a list of some great movies for teaching:

Shrek: Shrek has a great scene in the movie where the donkey and Shrek are looking for Princess Fiona and they are going across a very rickety bridge, over a boiling lake of lava. It is a great scene for teamwork, mentoring, perspective, leadership.

Ice Castles: There is a scene at the very end where Lexie Winston wants to fulfill a dream and skate in the Olympic trials. She was on the top of the world as a skater when an accident happened. She lost most of her sight but her dream didn't die. Her old coach, dad and boyfriend help her prepare to skate. No one realizes that she is blind and she skates a wonderful performance. I won't spoil the ending for you but it is a powerful scene on teamwork, seeing a process and putting everyone together to make it work.

Braveheart: This has many great scenes in it but one of my favorites is the one where William Wallace rides into the battlefield and gives his passionate FREEDOM speech to the troops who are about to all leave and not stand for what they want. It is great for leadership, for finding passion in what you do and going for it, perspective etc., etc.

Outbreak: Many great scenes for spreading germs and infection control. There is one very graphic scene when a man who is infected goes to a movie with his girlfriend and starts to cough, they show the droplets spreading and show how many people he infects just standing there. Stimulates great discussion.

Please send me your favorite movie clip and what it is used for. We will put those in the next newsletter and we will share. If you send us a review, we will send you thank you cards to share with your staff.

There are many sites on the internet to download movie clips. Some are free but many have a charge. One I really like is called Wing Clips. It has a charge but you can download what you need and many are very new movies. They are great quality. (<http://www.wingclips.com>)

Go forward and enjoy.

Meeting Held in June

Our June meeting was a great success and a lot of fun. We held a Make-It-and Take-It day. We had numerous projects that you could choose from and take home ready to teach with. We also had a sharing time of ideas from the educators on what they do to make class work fun and exciting. Thanks to those who came and shared. Stacy Aide and Suzanne Carlile both shared great ideas and they are the winners of the prizes for this month. They will each receive a prize.



We made the following:

Thank You Cards to give to staff

A Kit of Meeting Openers and Attention Getters

An object lesson for Drug Use and What you take into your body

A lesson for caring for the Elderly

Just plain had a lot of fun sharing and laughing. If you missed it, we will try to do one next year again.

Sign Up NOW for our annual conference

Level the Playing Field: Dependent and Independent Cognitive Learning Styles:

Dr. Jean Dyer will be our speaker. She will be presenting ideas on how we learn and how we can be more effective teachers. This should be a conference that you just would not miss for anything if you want to be a more effective staff development educator.

Robert Kirby will be presenting his humor and helping us learn to develop relationships and learn to laugh at ourselves.

There will be more information coming.

Imagine you have just arrived on your vacation to a country that you have never been to before, you neither speak the language nor read. Your guide is not there to meet you. Your luggage is missing. Its late and the airport staff don't speak English. What do you do? Your response will depend on how you process information and challenges. How do you cognitively think about problem solving? Why is it that you handle it one way and the person right next to you is the exact opposite? This will help us learn how different learning styles are used. We want to level the field and help you become a better teacher.

Annual Conference: October 23, 2009

Shriner's Hospital

Cost: \$60.00

Brochure is on line at www.imwnsdo.com

Limited Seating. Sign Up Soon

