April is an exciting time for Oklahoma AWHONN members. It is the time to come together for networking, to greet old friends and make new ones, and to learn new information. This year was no exception.

The conference began with a powerful presentation by Sarah McLean and her husband about Life After Cancer. This was followed by a wide variety of afternoon topics provided by Oklahoma experts. This was followed by an Italian dinner served by the AWHONN Oklahoma Section Officers and entertainment provided by none other than Elvis Presley himself! What a day.

Dr. Clifton Kenon, keynote speaker shared some of his experiences and accomplishments acquired during his young life. Dr. Kenon, IBCLC spoke of the success of his Baby Friendly Hospital Initiative through the Dakotas. He spoke of compassion fatigue, how to avoid it and how to recover from it (see article on p. 2).

The conference had something for everyone. Hats off to the Southwest Chapter!!

Plans are already underway for the next conference in Tulsa. If you are interested in participating, contact Sharon Pollok or Lynn Clutter.

News from Nashville: National Convention

The National Convention was at the Gaylord Resort Convention Resort in Nashville. This place was so large that most people got lost just trying to find their rooms every day. This is a great place to network, meet people (even former Okies that now live in Texas), learn cutting edge material from leading experts, and find inspiration along the way.

Oh yes, there is one night of dancing at the President’s party. Some people dance the night away; what fun it is!! There is always a theme. This year, it was “A little bit country and a little bit rock”.

For those who want to plan ahead, the national convention will be in Orlando, June 14-18, 2014 * Disney Coronado so Save the Date and take the family to Disney World. For those who wish the convention were a little closer, there is good news. The national convention in 2015 will be in Dallas!!
Compassion Fatigue

Compassion fatigue is a real issue. We get beat up, beat down, and are ready to give up because we take care of everyone else but ourselves yet everything goes up except our salaries and our notoriety. When we get too attached to our patients and jobs, we set ourselves up for compassion fatigue. When you give & give & give, soon there’s nothing left. You must know the journey that you’re on to recognize compassion fatigue.

Everyone must maintain a life outside of nursing/work. Find something you like to do. Kenon states the most wasted day is that in which we have not laughed. Tomorrow is not promised to us so live for today. Never get so busy making a living that you forget to make a life. Enjoy life because retirement may not give you enjoyment.

Remove the “ship sinkers” from your life; those are the people with the negative attitudes. Avoid bullies. Get involved in your professional organization—you’ll come back energized. Avoid gossip in the work place; it’s contagious and has no boundaries.

If you have a “to do” list, have a “to don’t” list. Get educated, get financial advice to manage your money before retirement.

Take Back Your Power.
From Dr. Clifton Kenon’s Lecture 4/19/13/pc

Gallup Poll Rates Nurses as Top Profession

Once again, the majority of Americans rates nurses as the most honest and ethical profession according to the most recent Gallup Poll (December, 2012). Nurses continue to outrank dentists, physicians, pharmacists, and even the clergy. As nurses, we all have the power to “make or break” them. We can make them feel unwelcome so they think critically or we can discourage and disillusion them. If you have a “to do” list, have a “to don’t” list. Get educated, get financial advice to manage your money before retirement.

Take Back Your Power.
From Dr. Clifton Kenon’s Lecture 4/19/13/pc

Can We Cultivate Nursing Passion?

A recent report by Jackson Healthcare (2013) stated that 76% of nurses were satisfied with their jobs however, younger nurses tended to be less satisfied. Mimi Pomerleau (2013), AWHONN 2013 President, speculated that it could be that older nurses have learned to focus on the positive aspects of nursing rather than the frustrating. Of course, it could also be a generational difference or the result of a student experience. Lesley Tepner was in her thirties when she decided on a career path while nurses excel in teaching and listening, they may need to be reminded to watch the common use of phrases such as “honey”, “dear”, and “sweetie” instead of the patient’s name (Brucker, 2013; Bergstrom, Roberts, Skillman, & Seidel, 1992). Making these small changes can have a large effect upon our patients and we as nurses (as usual), become role models not only in action but also in language. 

Pomerleau, M. Cultivate passion in your practice with the four Rs. Nursing for Women’s Health, 17(2), 86-88.
Tepney, L. What was I thinking? Nursing for Women’s Health, 17(2), 166-168.

Do you have something important to teach or share with others? Consider submitting a poster presentation or be a presenter for the 2014 AWHONN National Convention. The deadline for entry is September 10, 2013. More information is on the website.

Go the Full 40: Toolkits, Campaign Kits, Virtual Issues & More This is a virtual issue that contains advice for moms to wait for spontaneous labor when all is healthy and well. Access to this online-only virtual issue is available through Aug. 31 to members only via the website.

Go the Full 40 Weeks Toolkit—packets with tips and resources to help share the campaign including facebook and twitter posts, article links and PDF fliers in both English and Spanish

The CDC reports that since the implementation of Go the Full 40 the early C section rate leveled at 31% and fell by 5% between 2009-2011.

Are you in school to complete a BSN or higher or know someone who is? Why not apply for an AWHONN scholarship? You can apply in October. Application is located on the OK AWHONN website. It’s not too early to think about it. Scholarships will be awarded at the April state conference.

Finally, remember that AWHONN presents awards of excellence every year at the state conference. We depend on you to nominate your colleagues so start thinking about it now: who do you know that demonstrates excellence in education, leadership, advocacy, or clinical practice?

Academic Scholarship Winners
Shelly Hawk (MSN, Tulsa/NSU)

Shelly Hawk has been an AWHONN member since 2008 and she is a masters student at Tulsa NSU. As an education specialist for the Women’s Health Center, Shelly provides opportunities to a wide cross-section of health care providers that includes skills fairs and fetal heart monitoring education. According to her peers, supervisors, and faculty, Shelly is dedicated to the continued education of her patients and her peers. She has never waivered in this commitment as evidenced by her current educational pursuit.

Carrie Nelson (BSN, Lawton/OU)

Carrie Nelson was in the accelerated BSN program at Lawton/OU but at the time of this printing, she has already graduated. She worked as a nurse technician in women’s services but was hired to work in L & D upon receiving her registered nurse licensure. Carrie’s faculty convey her admirable qualities describing her as highly motivated with integrity, responsibility & ambition and demonstrates moral & ethical character coupled with compassion. Carrie has excellent leadership skills as well, serving as an SNA officer.

Report From Nashville
Larcille White, MS, RN
NE Oklahoma Chapter Advocate

This convention was exciting, uplifting, and full of evidence based practice for improving the quality of care for the population we serve as nurses. We often put ourselves last on our list of care. Many of us were moved by Rich Bluni, RN who spoke of “Inspired Care”. He used humor but moved us by sharing ways in which nursing has been integrated into our lives with events of gratitude, insight, and life-changing experiences. The value of humor and laughter is a way of keeping an open mind and viewing the differences in our lives. Jeanne Robertson provided gut raking laughter with her stories in a presentation of “Humor: More than a Laughing Matter-A Strategy for Success”. Advocating ways to refresh ourselves with humor and self appreciation for what we give and receive from a noble profession was priceless!
Ancient Buddhist wisdom tells us that “Everything changes, nothing remains without change”. One would think that this was hardly true of the screening guidelines for cervical cancer. Women have participated in the annual ritual of getting a pap test for decades. It is of no surprise that the 2012 recommendations by the U.S. Preventive Services Task Force regarding screening for cervical cancer created some uneasiness among health care providers as well as patients. Is it possible that this traditional practice that significantly reduced the incidence of cervical cancer could be changed? However, after careful review of the evidence outlining the risks and benefits of annual pap testing, the majority of medical organizations reached consensus to extend the cervical cancer screening interval to every three years in women age 21-65 and as long as every five years when a combination of cytology and human papillomavirus (HPV) testing are performed. Of course, these recommendations do not apply to women who have a diagnosis of a high grade precancerous cervical lesion, cervical cancer or those who have been exposed to diethylstilbestrol or are immunocompromised (HIV positive). Furthermore, the USPSTF recommends against screening women under age 21, those older than 65 years old who have had adequate prior screening and women who have had a hysterectomy for non-cancerous reasons. The CDC [http://www.cdc.gov/cancer/cervical/pdf/guidelines.pdf](http://www.cdc.gov/cancer/cervical/pdf/guidelines.pdf) has a useful table.