

**Central  
Ohio  
AORN**

# February Progress Notes

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## **President's Message**

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### **Special points of interest:**

- Mardi Gras is February 24th this year!
- Nurses were forbidden to sell food or other items to patients....find out the whole story on page 2
- Cecilia reports on last month's meeting...see page 3
- Congress is March 14—19 this year in Chicago, IL

### **CONTINUING EDUCATION: THE JOURNEY TO LIFELONG LEARNING**

Nursing is a dynamic profession where every day brings a new challenge. This involves new and expanding roles for health professionals, increasing technological advances in treatment and care, constant restructuring, and the allocation of material and human resources. It is vital that nurses develop and maintain their professional knowledge and competence to meet the demands and challenges of professional practice.

Continuing education is essential to professional nursing practice. Inherent to their role, nurses have a professional, moral, and legal responsibility to obtain and demonstrate continuing education and lifelong learning throughout their career. Continuing education and lifelong learning promote evidence-based nursing practice, prevent poor or substandard care, and contribute to safe and quality nursing practice that aims to provide the best possible outcomes for patients. The nursing profession as a whole, through its professional and regulatory organizations, promotes the advancement of nursing practice, identifies standards of practice, and promotes professional development. Continuing education is maintained and enhanced through reflective practice, lifelong learning, and the integration of learning into nursing practice.

Continuing education and lifelong learning is more than simply attending a conference. It requires an approach to the practice of nursing as well as to issues which impact on that practice. Basic nursing education and the state board examination prepares students for entry-level practice into the profession. In comparison, professional development or continuing education is linked to the licensure renewal process. To be effective, continuing education programs should be administratively feasible, publicly credible, professionally supported, financially prudent, and transparent.

Through their commitment to the profession and to the general public, nurses have a duty to demonstrate, develop, and maintain clinical competence. Registered nurses must constantly perform a

self-appraisal of both their didactic and clinical knowledge to identify gaps or deficits, to develop learning and development strategies, and to establish personal and professional goals. Health consumers and professional colleagues expect no less out of every nurse.

Continuing education requirements vary by state, however, the core benefits are the same. Professional growth and development increases an individual's skill set and marketability, creating the potential for career mobility. Many nurses attend continuing educational programs that directly relate to their specialty. Other nurses challenge themselves by stepping outside their comfort zone to expand their knowledge base.

These diverse learning opportunities enable the registered nurse to develop a personalized learning plan that supports their personal and professional goals. Contact hours are awarded through an approved provider of continuing nursing education in a variety of formats including traditional classroom, online, and standard pen and paper. Course work completed and applied toward a degree or certificate may also translate into additional contact hours.

One of the biggest and most influential benefits of attending conferences, workshops, and other educational programs are the networking opportunities with peers, friends, guest speakers, and industry representatives. Industry representatives display and demonstrate the newest products and the latest technology in healthcare. It is also wise to network with the guest speaker as they are the subject experts. For many, it is a time to reminisce with old friends and an opportunity to make new friendships.

Finally, continuing education and lifelong learning promote the delivery of safe, ethical, and competent care by registered nurses throughout their careers. Conferences are a great way to recharge your battery and renew your passion for nursing. Will we see you at Congress in Chicago?

Michael Burnett, RN, MSA, BSN, CNOR  
President, AORN of Central Ohio

# Legislative Corner

-Kay Ball, RN, PhD(c), CNOR, FAAN

## Rules for Nurses Of the Hospital

As the Ohio House and Senate gets settled in their roles for the new 128<sup>th</sup> General Assembly, we pause to think about their role in setting the pace for the citizens of Ohio. Our elected officials discuss issues, listen to their constituents, rally for bills they support, and basically set rules and regulations. Rules have evolved over the years to set limitations and provide order.

Last week I discovered a relic I purchased years ago at Florence Nightingale's Museum at St. Thomas Hospital in London, England - an old towel with printed "Rules for Nurses and Other Members of the Hospital." Read through these rules from the past and decide if you would have enjoyed working with these limitations at St. Thomas Hospital between 1699-1752. (copied verbatim)



1. *No person shall be received into the House who is visited, or suspected to be visited, with the Plague, Itch, Scald Head or other Infectious diseases, and if any such be taken in, then to be discharged as soon as discovered.*
2. *Patients shall not Swear, nor take God's name in vain, nor revile, nor miscall one another, nor strike or beat another, nor*

**"... decide if you would have enjoyed working with these limitations"**

*steal Meat or Drink, Apparel, or other thing, one from the other.*

3. *Patients shall not abuse themselves by inordinate Drinking, nor incontinent Living, nor talk, nor act Immodestly, upon pain of expulsion; and when they go to or return from the Meals and Beds, they shall crave God's Blessing and return Thanks to God.*

4. *No drink shall be brought in and sold to Patients except by the Physician's and Surgeon's License.*

5. *No Patient with the Foul disease shall go out of his Ward, nor come into the House to fetch anything, nor within Chapel, nor sit upon the seats in the Courtyards, upon pain of Expulsion.*

6. *None of the Women shall go into the men's Wards, nor the Men into the Women's Wards, without License, upon pain of Expulsion.*

7. *The Sisters shall clean the Wards by Six a.m.*

8. *Every tenth bed is to be left empty to air and not more than one patient is to be put into each bed.*

9. *The Sisters shall see that no Card Play or Dicing takes place in the House.*

10. *If any of the Sisters shall disorder themselves by brawling with one another, or other misdemeanor, she is to be removed her Ward and subsequently discharged the House forever.*

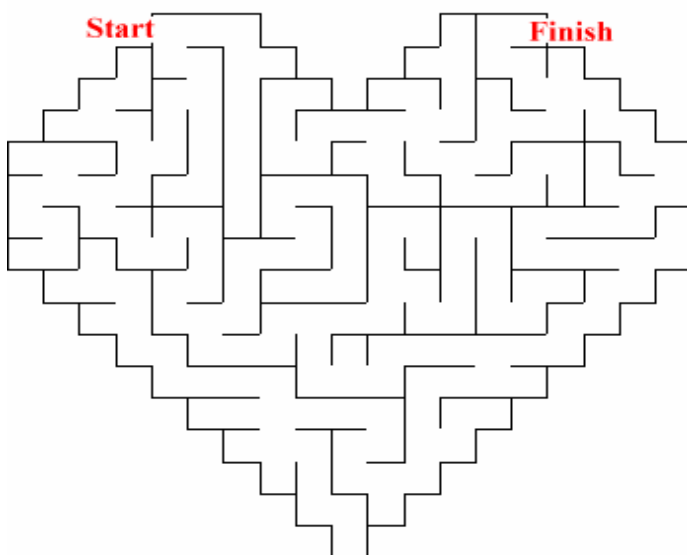
11. *Old sheets shall be washed and given the Surgeons for Dressings.*

12. *No Surgeon shall suffer his Servant to perform any Operation; dilate or cut open Imposthumes, or Sinuous Ulcers, except the Master of such Servant be present, and direct the same.*

13. *No Dead body shall opened, Dissected or Dis-membered without leave from the Treasurer, or Steward in the Absence of the Treasurer.*

14. *The Sexton shall keep the Chapel and yards clean and make graves six feet deep, six feet long and three feet wide at eighteen pence each.*

## Valentines Day Maze



# Meeting Minutes

-Cecilia Garrabrant, RN, CNOR

Board of Directors/Chapter Meeting Date: January 13, 2009  
 Meeting Place: St. Ann's Hospital Westerville, Ohio  
 Educational Offering: Future Technologies Effect on Perioperative Nursing  
 Speaker: Kimberly J. Svoboda, RN, BSN, CNOR,  
 Clinical Product Specialist, Surgical Information Systems  
 Meeting presided by: President Michael Burnett

## TOPICS

## DISCUSSIONS

1. **Ohio Council Luncheon at Congress:** As per e-mail by Clare Kiser the Luncheon of the Ohio Council will be held at 11:30am- 1:00pm on Monday, March 16, 2009 at the Marquette Room at the Hilton Chicago. Jarit/Integra is sponsoring this luncheon free for all Ohio AORN members. Reservation deadline: February 21, 2009.
2. **Ohio Council Pre-Congress Meeting:** All Ohio Chapter Congress delegates, Ohio Council members, chapter representatives, and Congress attendees are invited to attend the meeting at noon on Saturday, February 21, 2009 at the Dutch Heritage Restaurant, 720 SR97 West, Bellville, Ohio (419) 886-7070. **Action:** To discuss issues brought to the House of Delegates & the Candidates to the AORN National Board to be voted on At Congress.
3. **February Webinar of AORN of Central Ohio:** "Suturing the Generation Gap: Eliminating Generational Frustration Among Perioperative Nurses" a web-based audio-visual conference at 7:00-8:30 pm on February 10, 2009 led by President Michael K. Burnett. Reservation deadline: January 23, 2009
4. **Nominating Committee Report:** Chairman Mary Rogers encouraged everyone to be an active participant by submitting names for the 6 open spots for the Board of Directors. Nominations are open for President-Elect, Newsletter Secretary, Treasurer, Board of Directors, Nominating Committee & Ohio Council Delegate.
5. **Congratulations to the following members:** Joyce Cox, Kay Ball & Michael Burnett
  - Joyce will receive the Award for Public Advocacy at the Awards Ceremony at 6:30-9:00pm on Sunday, March 15, 2009.
  - Kay wrote the article "Do-Not-Resuscitate Orders in Surgery: Decreasing the Confusion" in the most recent issue of the AORN Journal. It offers 1.7 continuing education hours through AORN.
  - Michael wrote the article "Men as Change Agents" in the most recent issue of Men in Nursing Journal.

*Respectfully submitted,*

*Cecilia Garrabrant, RN, CNOR*

*Recording Secretary, AORN of Central Ohio #3603*





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## The Mardi Gras Story

- Erick Cermelj

Mardi Gras came to New Orleans through its French heritage in 1699. Early explorers celebrated this French Holiday on the banks of the Mississippi River. Throughout the years, Orleanians have added to the celebration by establishing *kerneves* (organizations) which host parades and balls. Carnival quickly became an exciting holiday for both children and adults.

Mardi Gras means "Fat Tuesday" and of course is celebrated on that day of the week. The date can fall between February 3 and March 9 depending on the Lunar calendar, used by the Catholic Church to determine the

date of Easter. Mardi Gras is always 47 days before Easter Sunday. The official colors for Mardi Gras are purple, green, and gold. These colors were chosen in 1872 by the King of Carnival, Rex. He chose these colors to stand for the following:



In the early 1700s, hidden behind masks, people behaved so raucously that for decades in the early 19th century masks were deemed illegal in New Orleans.

- Purple represents justice
- Green stands for faith
- Gold stands for power
- 

The Mardi Gras season begins on January 6 and continues until Fat Tuesday, the day before Ash Wednesday. On the Christian calendar, the twelfth day after Christmas is known as "Epiphany", "Twelfth Night", or "Kings Day." It is the day the gift-bearing Magi visited the baby Jesus, and is celebrated with its own unique rituals.

Mardi Gras is February 24th this year.

- Wikipedia, 2009