



CAPNOTES

A Publication of The Wisconsin Association of Licensed Practical Nurses

November 2015

WALPN

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President's Message

We have seen the scary goblins and witches, eaten all the candy our kids or grandkids collected, it is NOW time to give THANKS.

It is my great honor to lead the Wisconsin Association of Licensed Practical Nurses. I am thankful for the continued membership, commitment to your profession, and contribution to the organization from each of you. Without dedicated LPNs, our organization can't exist. The profession of LPNs has, and will be part of the healthcare team for many years to come. Yes, there are changes, and if you're like me, change is difficult. However, LPNs can rise to the occasion, think outside the box, receive CEUs, be informed, and stay connected with the National Association of LPNs and the Wisconsin Associations of LPNs.

Also, I am thankful for my wonderful family which includes my son, Luke, his wife, Jennifer, grandchildren, Grace, Jackson, Marshall, my Father, 5 sisters, 3 brothers, nieces, nephews, great nieces, and great nephews. Christmas is a super event each year, and the celebrating goes on all day for the Czekala Annual Christmas Party. This year will be no different. So I thank God for the gifts He has given, I pray for those who have seen pain, and for heartaches over the past year.

In closing, I would like to take this opportunity to thank you for being you, and remember YOU are an important part of the LPN profession. Stand tall and be proud of who you are!

Sincerely,
JoAnn Shaw, WALPN President
1102 E. Cedar Ave. Manitowoc, WI. 54220
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Upcoming Events

- May 1st-2nd, 2016 WALPN 66th Convention at the Wintergreen Hotel Wisconsin Dells, WI. Room Rate \$69.60/night (includes tax)
- May 1st, 2016 WALPN Executive Committee Mtg. 3pm at the Wintergreen Hotel Wisconsin Dells, WI
WALPN Board of Directors Mtg. 4 pm at the Wintergreen Hotel Wisconsin Dells, WI
(Any WALPN may sit in on the meeting w/voice and no vote)
- May 2nd, 2016 WALPN Executive Comm. Mtg. to follow the WALPN Convention
WALPN Board of Directors Mtg. to follow WALPN Executive Comm. Mtg.
- June 2016 Capnotes Publication (*Submissions must be received by June 1st. Submit to walpnorg@gmail.com for consideration)
- Oct. 4th - 7th, 2016 NALPN Annual Convention Biloxi, MS, IP Casino & Hotel "Let's Get Certified" Room Rates \$89/night plus tax
- Oct. 2016 WALPN Executive Committee Mtg. & Board of Directors Mtg. Date/Time TBA

*We Want to Hear From You...

Here is your opportunity to tell us about you, what you are doing for LPNs, and what part of the community you are benefitting! Submit an article, photo with caption, or story for consideration into the next edition of Capnotes. This publication is for you...let's use your story to inspire us all.

Submissions must be received by June 1st. Submit to walpnorg@gmail.com for consideration.

State News

WALPN President Awarded Lillian Kuster Award

WALPN President, JoAnn Shaw, was shocked, as the National President, Beverly Morgan, read the following:

Madame President,

It is with great pleasure that I nominate JoAnn Shaw for the Lillian Kuster Award. JoAnn has been a member of this organization for over 20 years. She has served on the NFLPN Board of Directors on 2 separate occasions. She also served as chair of the Membership committee. JoAnn has been an outstanding nurse in long term care. One of her best qualities is her ability to mentor nurses new into practice, and to PAY IT FORWARD. JoAnn has paid membership and conference fees for new nurses. She wanted the new nurse to experience our conference first hand. JoAnn is a kind and loyal leader.

Respectfully Submitted,

Ottamissiah Moore

JoAnn was then presented with the Lillian Kuster Award stating “to JoAnn Shaw For Her Tireless Work On Behalf of the Nursing Profession”. The WALPN membership is proud of JoAnn!



JoAnn Shaw, LPN, WALPN President, NALPN Director upon receipt of The Lillian Kuster Award, May 2015

WALPN Convention 2015 Photos



WALPN attendees at 2015 Convention



PN students from Iowa with Instructor Barbara Adlam.



Speaker Detective Joel Dhein, WCPA talking on 'Personal Safety in the Workplace and Beyond'

WALPN 2015-2016 Executive Committee

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***Wisconsin Center For Nursing:**

*Eileen Collins W4115 CTHQ Mindoro, WI. 54644
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**Denotes Chairperson*

been referred to committee.

Legislative News

by Carolyn Kaiser, WALPN Legislative Committee Chair

You may be aware that the fall legislative session is coming to a close--- that gives us time to educate ourselves and each other on a couple of bills that have been introduced.

Assembly Bill 307 was introduced in August. The analysis by the Legislative Reference Bureau summarizes the bill. The three points they reference are:

1) establishes certain requirements and prohibitions for complementary and alternative health care (CAHC) practitioners; (2) provides exemptions for CAHC practitioners from prohibitions against acting without certain health-care related licenses, certificates, and other credentials if they comply with provisions in the bill; and (3) modifies the authority of the Department of Safety and Professional Services (DPS) to investigate and take action against individuals who practice or use a title without license, certificate, or other credential. (in essence desist and desist) not discipline.

The CHAC would not be licensed, certified or registered. the current bill reads in part... Finally the bill eliminates the authority of DPS to investigate and take other actions, including issuing a special order and petitioning a circuit court for a restraining order, with respect to whether a person has engaged in a practice or used a title without a credential. The instead provides that DPS may only investigate and take those actions with respect to whether a person has violated provisions in the bill. I have not seen where this bill has had a public hearing yet. The WI Health Freedom Coalition has signed on in support of this. Registered against this bill is the WI Medical Society and WI Nurses Assn.

PLEASE ask your legislator for a copy of bill draft - read entirely so a good conversation can be held for next steps....

Assembly Bill 267 and Senate Bill 200: These companion bills speak to the issue of human trafficking. Groups in WI are working to provide a safe harbor for victims. Education is number one in helping people understand the depth of the issue in our State. There is much education that needs to be done; we as adults need to be aware and alert for the younger persons in your life (female and male). There are nine groups have signed on in support: City of Milwaukee, Columbia St. Mary's, WI Coalition Against Domestic Violence, Ministry Health Care, National Assn of Social Workers (Wisconsin Chapter), State Bar of WI, WI Catholic Conference, and WI Coalition Against Sexual Assault. One public hearing was held on October 28th. These bills have

This is AN ACTION item:

- 1) I ask that you either contact your legislator to send you a copy of said bills or go online to thewheelerreport.com Then click on Legislative tab and write in bill numbers for search.
- 2) Once you have read these bills -- see what education is in your community, write your legislators to ask them to support (co-sponsor) if you see the need for safe harbor. Some of these things are much easier done in conversation -- instead of e-mail and reading short articles. Important to look at the entire picture.

National News

The National Annual Convention was held in Annapolis, Maryland Oct. 5th-10th, 2015. The speakers were some of the best CEUs speakers I have had the privilege to hear. We were also visited by Ambassador Susan Rice, National Security Advisor, and she gave a talk on Ebola, and spoke on the importance of Nursing.



Susan Rice, National Security Advisor, 3rd from Right Front Row

Eleven LPNs joined for the first time at this convention. They were from Maryland, Florida, Washington DC, Virginia, and California.

At the close of convention the National Federation of Licensed Practical Nurses announced it will now be known as The National Association of Licensed Practical Nurses, INC. (NALPN)

Officers elected to the NALPN: President: Beverly Morgan (Maryland), Treasurer: Gwendolyn Dunn (Louisiana), Directors: JoAnn Shaw (Wisconsin), Margie Monroe (Louisiana), Nominating Committee: Tina Johnson (Mississippi), Wahnita Hawk (Maryland), Shirley Jackson (Mississippi) and, Katrina Evans (Florida).

NALPN website will be updated over the next year, and will have a webmaster to do a quarterly newsletter. Email any articles to Caitlin at the National office nflpn@caphill.com. NALPN encourages LPNs to get involved with community outreach programs such as American Heart Association, Diabetes Association, and Domestic Violence Centers, etc. Send NALPN articles about your contribution to these programs; enclose a picture of your efforts as well.

The next NALPN Annual Convention will be Oct. 4th-7th, 2016 in Biloxi, Mississippi at the IP Casino and Hotel. The theme will be "LET'S GET CERTIFIED". Room rates will be \$89/night. Registration as follows: Early Bird (by Sept. 1st, 2016) \$225 members, \$325 non-members, after Sept. 1st, members \$295, non-members \$395, \$50 for PN students. Save the date!

JoAnn Shaw NALPN Director

A Day in the Life, LPN Style

TAKE NOT FOR GRANTED!

Take not for granted your next glass of water, for the man on dialysis can hardly have any.

Take not for granted your appetite, for the lady who had radiation has none.

Take not for granted being able to walk and run, for someday your legs may need to be amputated.

Take not for granted your breath, for someday you may be out of it and gasp for more air.

Take not for granted your speech, for the lady who had a stroke can talk, but in a language all her own.

Take not for granted your mind, for someday it may wander away.

Take not for granted your life, live each day to the fullest, and be happy with what you have.

By Lisa Rayford ,6/6/1998

A Note From June

Hey, fellow LPNs!

Many of us travel on occasion and stay at hotels/motels that offer many very nice amenities which may include shampoo, conditioner, soap, lotion, etc. They are yours for your use for

staying in that room. If you happen to not use them, could you please collect them and take them home with you? I would be more than happy to collect these toiletry items.

Or, when you go to the dentist and they offer a nice new toothbrush, toothpaste, and floss? I would be happy to collect them as well.

There are so many agencies that are so happy to receive these things. They give them to those who might be temporarily displaced from their homes due to fire, or natural disaster, to those who may be in a shelter or are homeless. Some may be in a drug or alcohol rehab program, or just plain down on their luck with minimal funds to support themselves and their families. Some agencies combine these items with a towel and wash cloth to complete a kit. Whatever the use, if you don't need or use these items, please consider donating them to make a difference in someone's life. SUCH A SIMPLE THING FOR US, BUT SUCH A BIG THING FOR OTHERS.

Look for the ice cream bucket at the next Fall Board meeting or Spring convention.

Thank You,

June Bahr (Northeastern Division)

Capnotes Educational Corner

How Do You Know if It's a Pulmonary Embolism?

By [Beth W Orenstein](#), Reviewed by [Niya Jones, MD, MPH](#)

Don't ignore shortness of breath and coughed-up blood that may mean a blood clot. Quick treatment could save your life.



Chris Bosh, pictured with his son Jackson, thanked fans for their support and well-wishes while in the hospital. [chrisbosh/Instagram](#)

FAST FACTS

- Shortness of breath and worsening chest pain are common symptoms of a blood clot in the lungs.
- At the first sign of symptoms of pulmonary embolism, seek help immediately.
- Getting a blood clot treated quickly can save your life.

Miami Heat forward Chris Bosh is being treated for blood clots in the lung, according to a [statement](#) issued by his team. The [Miami New Times](#) reported Bosh had been experiencing fatigue and pain in both sides before getting screened at [Baptist Health System Hospital](#) in Miami.

Bosh was very fortunate to have been quickly diagnosed with the condition, known as a pulmonary embolism (PE). Pulmonary embolism survival rate is excellent only if detected early and treated quickly. You might think that something potentially fatal would be easy to detect. But with a pulmonary embolism, that's not necessarily the case.

People often don't know they have a pulmonary embolism until they rush to an emergency room with symptoms. "It's not one of those conditions where you'd be walking around for days," says [Alan Ackermann, DO](#), founder and medical director of Aventura Institute for Cardiovascular Wellness in Aventura, Fla.

The most common [signs and symptoms of pulmonary embolism](#), according to the National Heart, Lung, and Blood Institute are:

- Being short of breath for no obvious reason
- Feeling pain in your chest with every breath
- Coughing up blood

"The deeper you breathe, the more painful it becomes," Dr. Ackermann says. Plus, he says, your symptoms are going to be unrelenting and continuous. Pulmonary embolism symptoms don't typically go away on their own.

Most of the time, a pulmonary embolism develops when a clot in the deep veins of the leg — [a deep vein thrombosis \(DVT\)](#) — travels to a lung and lodges there. This usually happens suddenly, but some people gradually develop small pulmonary embolisms over time. Their symptoms may not be as obvious.

Symptoms of smaller pulmonary embolisms may include:

- Lightheadedness
- Anxiety of dread
- Passing out
- Rapid breathing
- An irregular or rapid heartbeat
- Sweating

Pulmonary embolism survival rate is excellent only if detected early and treated quickly.

Developing a DVT is considered a tip-off that a pulmonary embolism could follow. [Signs of DVT](#) include a leg that's swollen, red or discolored, painful, or warm and tender. If you experience any of these symptoms, don't ignore them, Ackermann warns.

Diagnosing a Pulmonary Embolism

If you have symptoms of pulmonary embolism, your doctor will do a physical exam to listen to your heart and lungs and will check your blood pressure, heart rate, and breathing rate. It's

likely that the doctor will also do other tests to check for blood clots in the lungs.

These tests may include:

- **Ultrasound.** This test uses sound waves to detect echoes and create images of your veins to show if there are blood clots in your legs.
- **Computed tomography (CT) scans.** For a CT scan, a dye is injected into a vein in your arm to light up your blood vessels. Using X-rays, the doctor can then see your vessels and determine whether you have a pulmonary embolism. "You'll get an answer within minutes," Ackermann says. This is the most common test. It can't be done on people with kidney problems though, because they can't tolerate the dye.
- **Lung ventilation (VQ) scan.** For this scan, you inhale a small amount of radioactive gas, which helps your doctor see how air flows to your lungs. Also, a radioactive dye is injected into a vein in your arm to see how blood flows to your lungs.
- **Blood tests.** Some blood tests also can help diagnose a pulmonary embolism. For instance, a D-dimer test can measure the amount of a certain substance in your blood that's released when a clot dissolves. Other blood tests can measure the amount of oxygen and carbon dioxide in your blood. (A low level of oxygen could indicate a clot.)

Treating Pulmonary Embolism

Quick treatment is the key to dealing with a pulmonary embolism, according to the [U.S. Centers for Disease Control and Prevention](#). Size matters, too: A small clot may damage some lung tissue but generally can be treated when caught early; multiple clots or a large clot that blocks the flow of blood to the lungs could be fatal without speedy treatment.

To treat blood clots in the lungs, doctors generally start with medication. Anticoagulants (blood thinners), given orally or by injection, are usually tried first. Your doctor may have you stay on blood thinners for 3 to 6 months to help prevent a recurrence.

Treatment is a little trickier, Ackermann says, if you have a large clot and low blood pressure. In that case, your doctor will likely try a thrombolytic, which is a powerful drug that can dissolve blood clots quickly. Occasionally, doctors insert a catheter in the groin or arm and thread it up to the clot to remove it or dissolve it directly with medicine.

The need for quick treatment points to the importance of pulmonary embolism awareness. It's critical that you know the risks for DVT and pulmonary embolism and seek help immediately if you suspect you have a blood clot in your leg or lung.

Though pulmonary embolisms can be fatal, your survival rate is excellent, Ackermann says, if a blood clot is stable, detected early and treated quickly.

Taken from Everyday Health <http://www.everydayhealth.com/news/how-do-you-know-if-its-pulmonary-embolism/>