



CAPNOTES

A Publication of The Wisconsin Association of Licensed Practical Nurses

February 2017

WALPN

www.walpn.org

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President's Message

Hope all who read this is having a great New Year in 2017. Time can go so fast, that you wonder what has happened in the past year. For me I started with spending quality time with my 3 grandkids, they keep me young! Next I was asked to be a guest speaker at the first graduating class of Practical Nurse from Bryant Stratton College in Milwaukee, what an honor. Then illness which lasted over a week, one of those nasty colds that hangs on. I truly now believe, "the older you get the harder it is to recover."

Now is the time to "SAVE THE DATE" for the 67th Annual WALPN Conference scheduled for April 30th-May 1st, 2017. This is the one time of year LPNs from Wisconsin get together to network with others, learn from others, and have a great time with all who attend. We have interesting topics this year, and I encourage every WALPN member to attend. Bring a fellow LPN along, and introduce them to their professional organization. Send your registration in early before March 15th and be entered into a contest to WIN a prize.

There are a lot of good things happening for LPNs in Wisconsin, such as the reopening of 4 standalone LPN program: LTC, FVTC, NWTC, MATC. Plus, a NEW LPN program that just graduated their first PN class at Bryant Stratton College Milwaukee. Do you remember when rumors were that LPNs would be no longer be a entry into nursing? Well I have heard this every 10 years for the last 44 years, and look it still has NOT happened. Instead LPN programs have reopened and WE are STRONG as ever!!! Stand tall, be proud of the LPN you are, and stay connected with your professional organization The NALPN/WALPN. You will informed on current issues involving LPNs throughout the Nation, receive Continuing Education, and help to keep this important part of Heath Care marching on.

Sincerely,
JoAnn Shaw WALPN President
(920)901-0988
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Upcoming Events

April 30 th , 2017	WALPN Exec. Com. Mtg. 5pm @ Wintergreen Hotel in Wisconsin Dells, WI
April 30 th , 2017	WALPN Board of Directors Mtg. 7pm @ Wintergreen Hotel in Wisconsin Dells, WI
May 1 st , 2017	WALPN 68th Annual Conference
May 25 th , 2017	Articles for Capnotes due to the State Office @ walpnorg@gmail.com
Sept. 27 th – 30 th , 2017	NALPN 68 th Annual Conference Orlando, FL. @ Rosen Shingle Hotel \$149/night, Watch for Details
Oct. 2017	Fall WALPN Board Mtg. to be determined.
Oct. 25 th , 2017	Articles for Capnotes due to the State Office @ walpnorg@gmail.com

*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 are you 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 May 25th, 2017.. Submit to walpnorg@gmail.com for consideration.

Proposed Bylaw Revisions for 2017

State News

Legislative News

by Carolyn Kaiser, WALPN Legislative Committee Chair

Wisconsin's budget for the next two years will be addressed this spring and early summer. As you know the fiscal year for WI ends each June 30th. As citizens of Wisconsin it is up to each of us to be vigilant, aware, and take action when needed.

Governor Walker has publicized that he plans to move forward with an effort to slow the increase in occupational licensing requirements in Wisconsin. Department of Safety and Professional Services (DSPS) currently has an Acting Secretary Eric Esser. He was appointed in January of 2017. I've have been working to fact find, what licensures is he referring to and what the rationale would be. I have not heard a response, I ask you to contact your legislator to also fact find.

Another issue that will be brought up is usage of medical marijuana. Currently it is legal in 28 states. It is a time to study the issue so one can speak to it. What would be criteria? Is it reasonable? Is it totally off limits?

Regulations and licensing are put in place to protect the consumer. A couple of Wisconsin Statutes that reflect to most of us include Wisconsin Statutes 146 (Misc. Health Professions) and 441 (Board of Nursing) which includes the Nurse compact licensure.

It is vital that we ask questions, have discussions, educate, and work for the public good.

Membership Report

by Carolyn Kaiser, WALPN Membership Chair

At our 2016 Convention we received data showing that LPN's were utilized in the West Central of Wisconsin much lower than the rest of the State. Now in 2017, many of us recently received a letter from Mayo Clinic inviting us to apply for positions in Western WI and Southeast MN for various LPN vacancies.

If you are a member of WALPN, working with someone who is not familiar with us, please ask them to share their contact information so we can help with education. A quick piece of information to share with them is our website www.walpn.org. Do you need any business cards LPN's *The Heart of Nursing*? For questions and/or concerns please send an e-mail to crkaiser369@gmail.com.

We look forward to networking with you in person at our May convention!

Thanks for being on the team ☺

ARTICLE V ---MEMBERSHIP

Section 8. c. Retired members seeking an office on the National level must pay active member dues.

Proposed: Retired members seeking an office on the National level must pay active member dues and continue to pay active member dues while in office.

Rationale: A person cannot switch to retired dues once in office.

ARTICLE VIII---DUTIES OF OFFICERS

Section 3. c. The retiring recording secretary shall deliver to the newly elected recording secretary within one (1) month after the annual convention all such properties as are held in their possession.

Proposed: The retiring recording secretary shall deliver to the newly elected recording secretary within a responsible time between the secretaries, but at least 60 days before the next scheduled Board of Director's meeting.

Rationale: Allows a more reasonable time schedule, but well in advance of the next Board meeting.

Section 4. d. Procure a security bond for the treasurer and president at the expense of WALPN.

Section 4. e. Submit account books for audit not less than two (2) weeks prior to the annual convention.

Proposed: Delete d and e.

d. Account books to be audited before a new treasurer takes office.

f. would become a new **e.**

Rationale: We haven't procured a security bond for either president or treasurer.

ARTICLE XIII ---ELECTIONS.

Section 5. On the first day of the annual convention of this association, the president shall appoint four (4) tellers.

Proposed: At the Annual Meeting of this association, the president shall appoint (2) tellers.

Rationale: We have only a one day meeting. Due to the lower membership, 2 tellers should be adequate.

ARTICLE XV --MEETINGS

Section 2. Special meetings may be called at the request of three (3) members of the Board of Directors or thirty (30) members of the association. Notice of special meetings shall be sent to each member of the association at least seven (7) days before the meeting and must state the business to be transacted and no business shall be transacted except that stated in the call.

Proposed: Special meeting may be called at the request of the three (3) members of the Board of Directors or twelve (12) members of the association. Notice of special meetings shall be sent to each member of the association at least seven (7) days before the meeting and must state the business to be transacted and no business shall be transacted except that stated in the call.

Rationale: Member numbers were reduced due to lower membership numbers.

Revisions Committee Report

The committee has communicated several times by email to propose revisions to WALPN Bylaws. Please review these prior to our Annual Meeting.

Eileen Collins, Chair
Sharon Buckson
Rita Dietsche
Karen Kofka

WALPN 2016-2017 Executive Committee

President: JoAnn Shaw 1102 E. Cedar Ave. Manitowoc, WI. 54220
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Treasurer: Sharon Buckson 1504 Johnson Ave. Racine, WI. (262)
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WALPN Board of Directors Presidents

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WALPN Committees 2016-2017

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National News

During the months of March and April, the national Association of Licensed Practical Nurse will be holding a membership drive to recruit new members to their professional association. Please keep checking their web site for details, www.nalpn.org.

When you become a member of the National Association of Licensed Practical Nurse, you are automatically a member of your state organization called The Wisconsin Association of Licensed Practical Nurse, and also in Wisconsin we have Local Divisions, so depending on where you live, will determine your local division. WALPN (Wisconsin Association of LPNS) has a website for you to get more information on the state level. I encourage you to check NALPN and WALPN websites for more information. **EVERY LPN, JOINED TOGETHER CAN MAKE A DIFFERENCE.** Your professional organization provides Continuing Education on the most current health care practices, National, State, and Local developments regarding LPNs, networking with over LPNs from across the United States, annual National and State Conferences, Leadership development, National certifications in IV Therapy, Wound Care, Gerontology, and best of all the forming of wonderful lifelong friendships. **BECOME A MEMBER TODAY!!! IF YOU ARE A MEMBER, CONTINUE MEMBERSHIP, AND TAKE ADVANTAGE OF CEUS PROVIDED AT EACH AND EVERY ANNUAL NATIONAL AND STATE CONFERENCE.** You will not be disappointed.

Sincerely,
JoAnn Shaw WALPN President

A Day in the Life, LPN Style

“To do what nobody else will do, in a way that nobody else can, in spite of all we go through; is to be a nurse.” -Raws Williams

Capnotes Educational Corner

Influenza A

Flu (Influenza) viruses are divided into three categories: Influenza A, B, or C. Influenza A is the most common type. H1N1 flu is a variety of Influenza A. H1N1 indicates the viral serotype: it's a kind of short hand for characteristics that identify the virus o your immune system and allow the virus to enter your cells. There are many different strains of H1N1 flu. Each year's flu vaccine includes varieties of Influenza A, both H1N1, H3N2 and Influenza B.

Incubation period for the flu is about one to four days. **INFLUENZA IS CONTAGIOUS** and symptoms may last up to seven to fourteen days. Flu is diagnosed by the patient's history, physical exam and labs tests.

Flu is spread directly and indirectly; directly from person to person by airborne droplets produced by sneezing or coughing, and indirectly when contaminated droplets land on surfaces that are subsequently touched by uninfected individuals.

Influenza viruses are divided into three types A, B, and C, with Influenza A usually causing the most problems in humans. Most people who get the conventional or seasonal flu recover completely in one to two weeks, but some people develop serious or potential life threatening medical complications such as pneumonia. The flu can make chronic health problems worse.

MUCH OF THE ILLNESS AND DEATH CAUSED BY CONVENTIONAL OR SESONAL FLU CAN BE PREVENTED BY ANNUAL INFLUENZA VACCINE. Influenza A undergoes frequent antigenic changes that require new vaccine to be developed and people to obtain a new vacc9ine every year. New vaccine technology is being developed.

In April 2009, a new flu virus termed novel H1N1 s2wine flu developed in Mexico, rapidly spread worldwide and caused the WHO (World Health Organization) to declare a flu pandemic. Eventually the WHO declared the pandemic over in 2010. In 2012 a new type flu strain developed, H3N2v, but has not developed into any epidemic situations currently.

Effectiveness of the flu vaccine varies year to year because strains causing fly also vary yearly. Like the influenza virus, drug treatments are constantly changing and improving, but currently, timely vaccines is still considered to be the best defense against the flu. However, the CDC (Center for Disease Control) considers antivirals an important adjunct to the flu vaccine in the control of disease process.