



# CAPNOTES

A Publication of The Wisconsin Association of Licensed Practical Nurses

November 2016

WALPN

[www.walpn.org](http://www.walpn.org)

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## President's Message

As 2016 comes to an end we celebrate Thanksgiving and Christmas. First we reflect on things we are thankful for, and realize we are fortunate to live in the United States of America. I look at the many other countries who are less fortunate than we are, and wonder why do we ever complain about our lives.

I am most grateful for my family, which include my 5 sisters, 3 brothers, Father, my son and daughter-in-law, and my amazing 3 grandkids.

Next I am thankful for my profession as a Licensed Practical Nurse, and to serve as the Wisconsin Association of Licensed Practical Nurse President. I take this position very seriously, and am here to serve the LPNs for Wisconsin to the best of my ability. What I ask of each of you, is to stay focused on the importance of being a LPN, to be the best at what you do, and continue your membership of YOUR professional organization. **YOU are an important part of the Health Care Team.**

I wish you and your families a very Merry Christmas and a Blessed New Year. As always, I am here for you, so feel free to contact me with any concerns.

Sincerely,  
JoAnn Shaw WALPN President  
(920)901-0988  
[jslpn@sbcglobal.net](mailto:jslpn@sbcglobal.net)

## Upcoming Events

Jan 25 <sup>th</sup> , 2017	Articles for February CapNotes due @ WALPN State Office <a href="mailto:walpnorg@gmail.com">walpnorg@gmail.com</a>
April 30 <sup>th</sup> , 2017	WALPN Exec. Com. Mtg. 5pm @ Wintergreen Hotel in Wisconsin Dells, WI
April 30 <sup>th</sup> , 2017	WALPN Board of Directors Mtg. 7pm @ Wintergreen Hotel in Wisconsin Dells, WI
May 1 <sup>st</sup> , 2017	<b>WALPN 67<sup>th</sup> Annual Conference</b>

May 25 <sup>th</sup> , 2017	Articles for Capnotes due to the State Office @ <a href="mailto:walpnorg@gmail.com">walpnorg@gmail.com</a>
Sept. 27 <sup>th</sup> – 30 <sup>th</sup> , 2017	NALPN 68 <sup>th</sup> Annual Conference Orlando, FL. @ Rosen Shingle Hotel \$149/night, Watch for Details
Oct. 20 <sup>th</sup> , 2017	WALPN Exec. Com. Mtg. @ 7pm Wintergreen Hotel Wisconsin Dells, WI
Oct. 21 <sup>st</sup> , 2017	WALPN Board of Directors Mtg. 9am Wintergreen Hotel Wisconsin Dells, WI
Oct. 25 <sup>th</sup> , 2017	Articles for Capnotes due to the State Office @ <a href="mailto:walpnorg@gmail.com">walpnorg@gmail.com</a>

## \*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 January 25th. Submit to [walpnorg@gmail.com](mailto:walpnorg@gmail.com) for consideration.*

## State News

### Convention Preview

Greetings to members, students and instructors  
Looking forward to having you join us at the 2017 WALPN Conference on April 31 and May 1.  
We are honored to have Dr. Kirk Lane from the Krohn Clinic in Black River Falls share with us on tentative subjects as Women's Health-Uterine Ablation Therapy and Cardiac Health-Cardiac Echograms.  
Save the date, hoping to see you there.

## WCN Report

WCN (Wisconsin Center for Nursing) has moved their office to 2820 Commons West, Madison, WI. 53718. They meet both in person and telephone conferences.

The new Nurse License plate will be available in Spring of 2017, Monies to go to WNA (Wisconsin Nurse Association).

Visit the WCN website for the RN survey for anyone interested in passing this information to their employer.

Judi Hanson WCN Executive Director is retiring at the end of this year, WALPN is thankful for all the expertise that Judi brought to WCN. Barbara Nichols has been hired to take her place, and WALPN wish her well in her new position.

Mark Kures, Community Development Specialist UW Extension Center for Community and Economic Development. Key elements of the presentation:

1. Population in moving to metro areas.
2. Wisconsin Metro growth is slower than US average.
3. In 2049 45% of Wisconsin Counties will have the population of 65 and older, which is 25% or more of the population (getting older)
4. Health needs of our population will grow faster than the workforce.
5. Millennials will have many factors for the future of the workforce. (Marry later, children later, more education, more debt)

Representing WALPN on the WCN Board of Directors, I serve on the Marketing and Communications Committee, I am Chairperson of the Bylaws Committee, and attend the WCN Board meetings in person and phone. The WALPN has appointed me to continue as your representative for the next 2 years.

*Eileen Collins LPN WALPN Representative on WCN*

## Membership Report

A common goal that we share is gaining membership. One important way to gain membership is to be relevant to the needs of the working LPN. I see one of WALPN's role is assisting the new licensed person to the laws (Board of Nursing, white papers, Code of Ethics, Scope of Practice) and how to interpret them. That can give confidence in how they communicate with leadership and provide care for their patients.

Listening and communicating to know where they as students are at, is VITAL. It helps to know the needs they have, how LPNs can grow in Wisconsin. Thank you, Eileen Collins, for introducing Kathy Lopp now, Educator Director of Health Occupations in the WI. Tech College System to WALPN. She is an asset!

Stand-alone LPN Programs are becoming a reality

AGAIN!!! A snapshot of some programs listed below:

1. **Lakeshore Technical College**-has re-started a Practical Nurse program in the fall 2016. This program is being offered on a part time basis. Both classes and clinical will be offered evenings in hopes that it will be more workable for students.
2. **Fox Valley Technical College**-The Wisconsin Board of Nursing has given authorization for Fox Valley to admit students for the fall of 2016 classes! They are currently accepting application of the spring and summer semesters  
  
Fox Valley also offers seven credit refresher course for LPNs who have been out of the workforce for more than five year. Focus is to update skill in nursing process, infection control, medications, trends, aging population and communication.
3. **North West Technical College**- Their program is up and have graduated students, therefore focusing on accreditation.
4. **Milwaukee Area Technical College**- MATC has had an active accredited Practical Nursing program for over 50 years! Currently one must petition to inform the school Health Science that they are ready and prepared to begin the technical course.

WALPN President (JoAnn Shaw) will send a letter to the Dean of these schools, requesting to give presentation in the class to give a face to the Wisconsin Association of Licensed Practical Nurses.

*Carolyn Kaiser WALPN Membership Chair*

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## WALPN 2016-2017 Executive Committee

President: JoAnn Shaw 1102 E. Cedar Ave. Manitowoc, WI. 54220  
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## WALPN Board of Directors Presidents

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*\*Denotes Chairperson*

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## National News

The National Association of Licensed Practical Nurse held their 67<sup>th</sup> Annual Conference October 4-7<sup>th</sup>, 2016 at the IP Resort Spa in Biloxi, Mississippi. Three certifications were given out to attendees, Mental Health First Aid, Gerontology and ELNEC (End of Life). Speakers were spectacular, and brought a heightened awareness to all.

Check out the NALPN website often for continued updates [www.nalpn.org](http://www.nalpn.org). There is a new section with NALPN Merchandise. Any member can write articles for the NALPN Newsletter, send information to Sara @ the NALPN office, [nalpn@caphill.com](mailto:nalpn@caphill.com).

The 68<sup>th</sup> Annual Conference will be held September 27<sup>th</sup>-30<sup>th</sup>, 2017 in Orlando, Florida @ the Rosen Shingle Hotel. NALPN is partnering with Black Nurse Rock, an organization of ALL Nurses (RNs, APNPs, LPNs). Attendees will be able to pick their interested CEUs which will be provided by both organizations.

Newly elected officers are: Missy Moore Vice President, LeKathryn Gibson Secretary, Tina Johnson Director, Shirley Jackson Director, Patsy Fisher Director for 1 year to complete Missy Moore's term as Director

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## **A Day in the Life, LPN Style**

Hi, my name is MaryTess-Barber, LPN and I am a relatively new member of both the NALPN and by virtue of that association I am automatically a member of WALPN. I am so glad to be part of both those great Associations. I have met wonderful fellow nurses who have a wealth of wisdom and professional experience.

I would like to share an exciting experience I had this fall. I attended my first national convention which was held in Biloxi, Mississippi. It was amazing. Not only did I gain certifications in: Mental Health First Aid and Gerontology and a certificate in: End of Life Care, I also met some of the most incredible LPNs from all over the country. It was quite interesting to talk with them about their practices and how different it can be throughout the country. I would highly recommend attending both the national and local conferences if you can. The knowledge that I gained by being a part of the conference has helped me in my own practice and made me a better nurse by looking at things differently and using the skills I learned.

The next annual conference is being held in Orlando, Florida at the end of September 2017 and the local conference will be in the Wisconsin Dells the beginning of April. I hope to see you there!

*Mary Tess-Barber, LPN Spinal Cord Injury*  
*PS: It was a FUN time, too!*

## **Capnotes Educational Corner**

### **Shingles**

Almost one out of every three people in the United States will develop SHIGLES, also known as Zoster or Herpes Zoster, in their life time. There is an estimated 1 million cases of shingle each year. Anyone who has recovered from Chicken Pox may develop shingles, even children can get shingle. However, the risk of shingles increases as you get older. About half of all cases occur in men and women 60years or older.

**Signs & Symptoms:** Shingles is a painful rash that develops on one side of the face or body. The rash forms blisters that typically scab over 7-10 days and clear in 2-4 weeks. Before the rash develops, people often have pain, itching, or tingling in the area where the rash will develop. This may happen from 1-5 days before any rash is seen. Other symptoms that may appear are: fever, headache, chills, upset stomach.

The virus is sp[read through direct contact with the fluid from the rash blisters. A person with active shingles can spread the virus when the rash is in the blister phase. A person is NOT infectious before the blisters appear, or after the rash develops crusts.

**TIPs:** Keep rash covered. Avoid touching or scratching. Wash your hands often. Until rash is crusted, avoid pregnant women who have never had chicken pox or chicken pox vaccine, premature or low weight babies, people in weakened immune systems.

*Taken from the CDC website*

## **New for WALPN Members**

In healthcare, some days are uncertain and some days are long. On those days and every day, it's important that we remember why we do what we do. These Stamped Pearl Necklaces share that reminder to you and to those for whom you are caring. Order one or more of these as a beautiful, personal gift for you, family, friends, coworkers, or caretakers.



\$5 from the sale of every necklace goes back to WALPN, helping to reach out to LPNs across Wisconsin and providing continuing education to those within the field.

**Choice of Saying:**

GRACE  
FAITH  
HOPE  
BLESSED  
LPN  
NURSE

An order form will be on our site (<http://www.walpn.org>)  
shortly and will also be sent out to all members.

Inquiries can be sent to [walpnorg@gmail.com](mailto:walpnorg@gmail.com).