



CAPNOTES

A Publication of The Wisconsin Association of Licensed Practical Nurses

June 2016

WALPN

www.walpn.org

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President's Message

The warmth of summer is finally around us. Many will take a nice vacation, while others may stay at home and make their yards beautiful with gardening. Whatever you are doing this summer, I hope you enjoy your time with friends and family.

Family can be described as foundation or the iconic cornerstone. The very definition of FAMILY; a basic social unit (WALPN) consisting of people who have a common goal (Licensed Practical Nursing). Yes, we are a family of LPNs across the United States that care for people who need our help in healthcare. There are over 1.2 million LPN/LVNs in the United States. It is important that we continue to promote the importance of LPNs and provide opportunities for those within the field.

LPNs have an opportunity to grow, enlighten themselves, and enhance their careers by becoming a member of the National Association of Licensed Practical Nurses. Relevant and new continuing education is provided by the NALPN and WALPN annually at a reduced cost to members. These CEUs have been invaluable to me during my 43 plus years as an LPN. I encourage each LPN to be invested in their professional future by becoming a member of the WALPN, which is a chapter state of the NALPN. If you are already a member, I thank you for your continued support of Licensed Practical Nursing.

Feel free to contact me at any time with questions or concerns about WALPN or our parent organization, NALPN.

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

Upcoming Events

- Oct 4-7th, 2016 NALPN Annual Convention
'Taking Your Nursing Career to the Next Level: Let's Get Certified'
Biloxi, Mississippi @ IP Casino & Spa Visit www.nalpn.org for more details.
- Oct 28th, 2016 WALPN Exec. Committee Mtg.
(Friday) 7pm @ Wintergreen Hotel in Wisconsin Dells, WI
- Oct 29th, 2016 WALPN Board of Directors Mtg.
(Saturday) @ 9am @ The Wintergreen Hotel in Wisconsin Dells, WI
- Nov 5th, 2016 Articles for Capnotes due to the State Office @ walpnorg@gmail.com
- Jan 25th, 2017 Articles for Capnotes due to the State Office @ walpnorg@gmail.com
- Apr 30-May 1st, 2017 WALPN Exec. Committee Mtg, Board of Directors Mtg and **WALPN 67th Annual Convention** @ The Wintergreen Hotel in Wisconsin Dells. Visit www.walpn.org upcoming details.

*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 November 5th. Submit to walpnorg@gmail.com for consideration.

State News

A few important points...

- WALPN will continue to mail out WALPN Convention agenda and registration to each member, in addition to providing it at www.walpn.org, in Capnotes, and also via email.
- WALPN membership is up by 11% this past month...let's continue to grow!
- We warmly welcome and congratulate the following newly elected WALPN officers:
 - a. Eileen Collins, re-elected to Vice President
 - b. June Bahr, Secretary
 - c. Nomination Committee to include Chairwoman Linda Kaiser, Connie Kasted, Carolyn Kaiser
 - d. Delegates and Alternates to the National Convention 2016 to include Sharon Buckson, June Bahr, Annette Hooker, Eileen Collins, Mary Tess-Barber
- Contract for Kalista Consulting Services, LLC was renewed for another six month term to continue to carry out our state office duties.
- WALPN Executive Committee meeting and WALPN Board of Directors meeting has been changed due to a scheduling conflict. They will be moved to Friday, October 28th, 2016 to include the WALPN Executive Meeting at 7pm and Saturday, October 29, 2016 to include the WALPN Board of Directors meeting at 9am; both to be held at the Wintergreen Hotel Wisconsin Dells.
- WALPN 67th Annual Convention will be held at the Wintergreen Hotel in Wisconsin Dells, April 30th-May 1st, 2017. More information to follow in the November Capnotes and at www.walpn.org.
- WALPN State office will be sending out reminders for renewals of dues. If you receive this and have already renewed, please disregard. This is due to a change in NALPN policy and to ensure that your information is not removed from the membership immediately following its expiration date.
- Continue to send any updates in contact information to Carolyn Kaiser at 2964 35th Ave. Elk Mound, WI. 54739 or crkaiser369@gmail.com WALPN wants to make sure you stay current!

- Take note of our new WALPN logo.....



Iowa Practical Nurse Students at the WALPN Convention

At the WALPN 66th Annual Convention we were blessed with the presence of 14 Iowa PN Students and their Instructor, Barbara Adlam. Each WALPN Board of Directors member was presented with a framed poem. I would like to share that beautiful poem with all of you.

FOR A SPECIAL NURSE
Long before you entered nursing,
The Lord had played HIS part,
Planting seeds of love and kindness,
In the portals of your heart.
For it's clear that you've been gifted,
With a sympathetic ear.
And blessed from the beginning,
With a willingness to cheer.
And the people who you care for,
Are better off by far.
When they're touched by your compassion,
By the person that you are.
For in times of woe and worry,
When they're frightened or they're blue,
No one could be more consoling,
Than the friend they'll find in YOU.

WALPN Board of Directors is sending out a BIG thank you for your attendance at the WALPN Convention, and for your decision to become a Licensed Practical Nurse. We send each and every one of you best wishes for both your journey and future as LPNs.

Convention Thank You

Many thanks go out to each person who attended the 66th Annual WALPN Convention. The speakers shared their personal stories, and gave much insight into sensitive topics. A round of applause goes to PTSD Secondary to Sexual assault, presented by Rachel McWilliams, Veteran and Sexual Assault Advocate, who presented PTSD Secondary to Sexual Assault, Patrick Mateer Sr., U.S. Army retired, who presented PTSD Secondary to War Experiences, and Kathy Loppnow MSN, RN, who spoke on Now and in the Future, LPNs ARE an Important Part of the Healthcare System. These powerful presentations were enjoyed by all the convention attendees.

We must also thank those WALPN members who stepped up to serve: Chairwoman Mary Morris, Bonnie Schindler, and Carolyn Kaiser of the Minutes Committee, tellers Helen Klister and Sr. Mary Ellen Schmitz, and those serving on the Credentials Committee; Chairwoman Sharon Buckson, Eileen Collins, and Linda Kaiser.

WALPN 66th Annual Convention Raffle

Congrats to the lucky winners including Joan Matchey, West Central Division; Sharon Buckson, Milwaukee Division and two time winner; Mary Tess-Barber, Waukesha Division.

Many thanks to these generous donors including Connie Bandt, daughter of Florence Falk of Rock River Division, Mary Kay Basket; Florence Falk, Rock River Division, Wine and Gas Card; WI River Valley Division, Wisconsin Basket; Chippewa Valley Division, Fountain Basket.

Congrats to the lucky winner of the 50/50 raffle, Eileen Collins, West Central Division.

Much appreciation goes out to all our donors and supporters who purchased tickets. A detailed report will be sent to all the division presidents.

-WALPN Finance Committee

Legislative News

by Carolyn Kaiser, WALPN Legislative Committee Chair

Although the official legislative sessions are currently closed, activity is bustling. People are currently campaigning for your vote. As pillars of the healthcare community, it is important to ask yourself, do I know where their positions stand and how does that affect me, my family, and my career?

Messaging and TV ads can be confusing and often times misleading. It is important to separate propaganda from

fact. You can do that by going to <http://legis.wisconsin.gov>. Here, you can directly view what bills your senator and assembly representatives have authored, supported, or chosen to take no action. There are opportunities to attend a listening session, ask your questions, and get direct answers. This not only helps you validate the positions in which leaders take on current issues, but also provides educational opportunities for our leaders to learn from those directly in the field of nursing.

Go the extra step to prepare for the vote. Take a look at what the ballot will look like before you head to the polls at www.myvote.wi.gov.

Polls will be open August 9, 2016 for a partisan primary and November 8, 2016 for general election. Wisconsinites can vote during the polls open hours of 0700 hours to 2000 hours.

WALPN urges you to take action, educating your local legislators about LPN's. It is paramount that we are able to educate them about our licensure, accountability, certifications, and our professional associations that strive to create a voice for LPNs and ultimately for our patients. LPNs continue to be the heart of nursing, we hope you join us for every beat.

WALPN 2016-2017 Executive Committee

President: JoAnn Shaw 1102 E. Cedar Ave. Manitowoc, WI. 54220 (920)-901-0988 jslpn@sbcglobal.net

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Past President: Carolyn Kaiser 2964 35th Ave. Elk Mound, WI 54739 (715)874-5156 vankaiser@wwt.net

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Treasurer: Sharon Buckson 1504 Johnson Ave. Racine, WI. (262) 639-1684 sbuckson1@wi.rr.com

WALPN Board of Directors Presidents

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**Denotes Chairperson*

National News

A few important points...

- The new NALPN (formerly NFLPN) website can be viewed at www.nalpn.org. Our new contact at the National office is Sara.
- NALPN Education Foundation will give out nine PN Student scholarships and five \$500 scholarships for any interested LPN who wishes to attend the Wound Care Certification during the 67th Annual NALPN Convention being held from October 4th-7th, 2016. Email Beverly Morgan, NALPN President, for more information at Beverly.morgan13@yahoo.com.
- NALPN Awards to be given out include LPN of the Year Award, LPN Community Service Award, LPN Hospice Award, LPN Wound care Award, LPN Long Term Care Award, LPN Military Award, State President's Award, and Lillian Kuster Award. Contact the NALPN office for nomination forms.
- NALPN 67th Annual Convention Oct. 4th-7th, 2016 will be held at the IP Casino Resort Spa in Biloxi, Mississippi. The theme is "Let's Get Certified." Certifications included in the convention registration are Mental Health First Aide, Gerontology, ELNEC (End of Life).

Reserve your room by calling (228)436-3000, room rates \$90/night plus tax. The IP Casino Resort Spa has three floors of gambling, buffet and high tide dining, sports bar and grill, Italian dining, deli, club entertainment, and special performances on certain nights. Discount special for convention registration \$225 until September 1, 2016. After September 1, cost is \$295.

- a. Mental Health First Aide Facts:
 1. 42,773 people die by suicide in the United States each year.
 2. 117 people die by suicide each day on average.
 3. 25 people attempt suicide for every 1 person who has completed suicide.

Facts are from the National Council for Behavioral Health. It is important to be educated on Mental Health First Aide both for your professional and personal life.

- b. Wound Care and Certification is also available during this convention for LPN/LVCN, RN, NP, PA, MD, DO, DPM, PTA/PT, OT. This is a separate certification offered by the Wound Care Education Institute and is NOT included in the convention registration. For more information, contact the NALPN office.
- Long Term Care Insurance discounts are now available through NALPN. Contact NALPN office for details
 - Black Nurses Rock organization has partnered with NALPN for the 2017 Convention to be held in Florida. NALPN and Black Nurses Rock will have their own CEU track and you will have the opportunity to choose the CEU of your liking in which you want to attend.
 - NALPN mails out all membership renewals approximately 30 days prior to your expiration date. Renewals can be mailed in or completed online at www.nalpn.org.
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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

Summer Allergies Symptoms and Treatments

1. Runny nose
2. Watery or itchy eyes
3. Sneezing
4. Coughing
5. Dark circles under your eyes

Over the Counter Treatments

1. Antihistamines
2. Decongestants
3. Nasal Spray Decongestants
4. Eye Drops
5. Nasal irrigation

Prescription Treatments

1. Corticosteroid nasal spray
2. Leukotriene receptor antagonist
3. Ipratropium bromide nasal spray (Atrovent)
4. Immunotherapy (you'll get tiny forms of shots, tablets or drops of allergens)

Treatment for Insect or bug bites

1. Severe allergy: Epinephrine shot (always carry two) & call 911 after the shot is given
2. Mild reaction: Ice to bite areas
3. Tylenol or Ibuprofen for pain
4. Hydrocortisone or Calamine lotion to help itching
5. Antihistamine

How to Make Allergy Season Easier

1. Stay inside when pollen and smog levels are high
2. Keep your doors and windows closed and run air conditioning to keep allergens out (use air purifier)
3. Clean air filters in home often, also clean bookshelves, vents and others places where pollen collect
4. Wash bedding and rugs in HOT water to get rid of dust mites and others allergens
5. Wash your hair, shower and change clothes after you have been outside
6. Vacuum often and wear mask, use HEPA filter
7. Wear mask when you mow the lawn to avoid grass pollen
8. Keep humidity in your house between 30%-50%, dust mites won't thrive

From WebMD, Reviewed by Stanley M. Fineman, MD, MBA Oct. 17, 2014