



CAPNOTES

A Publication of The Wisconsin Association of Licensed Practical Nurses

June 2020

WALPN

www.walpn.org

(608)515-8057

walpnorg@gmail.com

President's Message

What a year 2020 has been for most of us, some worse than others. We need to see positives during this time, even when it is difficult to do. This year the Pandemic hit the Nation, which is a struggle for Healthcare workers, and patients. We are slowly starting to get back to the NEW normal of living, and I pray that we have continued to be helpful to those in need. LPNs are in need now more than ever, **I wish each and every LPN/LVN across the Nation a safe, and healthy journey through this time.**

WALPN Future is looking bright, many emails, and phone calls come in daily, through the WALPN State Office, asking "how do I join the LPN association?" Carolyn Kaiser (WALPN Treasurer), and myself have been excited to email/call these LPNs to answer their questions. It makes me happy to know that the LPNs that are graduating from Practical Nursing School are taking an interest in their profession. **Being part of the National Association of LPNs/Wisconsin Association of LPNs is the BEST way to be the best at what we do, for our patients, and ourselves!**

Sincerely,
JoAnn Shaw WALPN President
4510 Andrea Ct.
Manitowoc, WI 54220
(920)901-0988
jslpn@sbcglobal.net

Upcoming Events

September 27 th , 2020	WALPN 70 th Annual Conference @ the Wintergreen/Clarion Hotel Wisc. Dells Special room rates \$62/plus tax/night (608) 254-2285 Details at www.walpn.org
September 27 th ,	WALPN Executive Meeting @ The

2020 1pm	Wintergreen/Clarion Hotel: Mt. McKinley Room
September 27 th , 2020 3pm	WALPN Board of Directors Meeting @ The Wintergreen/Clarion Hotel: Mt. McKinley Room
September 27 th , 2020 5pm – 7pm	Meet & Greet, Check-in @ The Wintergreen/Clarion Hotel (Wintergreen Bar/Lounge)
October 12 th – 14 th , 2020	NALPN 71 st Annual Conference Orange Beach, AL “ Empowered To Succeed ” Details @ www.nalpn.org
October 19 th , 2020	Articles for Capnotes (WALPN Newsletter) due to State Office walpnorg@gmail.com
October 25 th , 2020	Capnotes sent out.

*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 October 19th, 2020.. Submit to walpnorg@gmail.com for consideration.

Call to the WALPN 70th Annual Conference!

Now is the time to make arrangements to attend the 70th Annual Conference of the Wisconsin Association of Licensed Practical Nurses. Held at the Wintergreen Conference Center/Clarion Hotel Wisconsin Dells, WI. September 27th -28th, 2020. Special room rates for attendees at \$62 plus tax/night. You will find the agenda,

and registration form in this issue of Capnotes. **Bring a non-member LPN to the Conference and be a drawing.** WALPN will provide continuing education, legislative updates, Vendors to give information to LPNs, networking w/LPNs from across Wisconsin, and FUN, FUN, FUN!!!

For more information contact: Carolyn Kaiser crkaiser369@gmail.com or JoAnn Shaw jslpn@sbcglobal.net

State News

WALPN wants to recognize Irene Rhodes LPN, who passed away this year. Irene was a staunch supporter of WALPN from the Lacrosse, Wi. Area. Judy Ford (current member) and Irene would attend many WALPN State Conferences over the years, and were very active locally. Heaven has gained another ANGEL.

WALPN will be collecting donated toiletries, you have collected throughout the year. June Bahr (active WALPN Member) takes these items to the Homeless shelter, Domestic Violence Center, and the high schools (as there are many high students that are homeless, and don't have these supplies). We will have a tote for collection at the WALPN Annual Conference Sept. 27th-28th, 2020. WALPN thanks you in advance for these items.

National News

The National Association of Licensed Practical Nurses, Inc. office has moved, new address: NALPN 701 Exposition Place, Suite 206 Raleigh, NC. 27615. The contact person is Caroline. Please send any changes in your contact information, including email, address, phone number to nalpn@cahill.com

The 71st NALPN Conference **“EMPOWERED TO SUCCEED”** will be Oct. 12th-14th, 2020 @ the Hilton Garden Inn Orange Beach, Beachfront, 23092 Perdido Beach Blvd. Orange Beach, Alabama 36561. Registration includes Mental Health First Aide Certification, plus 20 more CEU topics. Registration and agenda will be found on the NALPN website nalpn.org. Shuttle from airport in Pensacola, Florida to the Hilton Hotel is available (see the website for more information).

JoAnn Shaw (NALPN New State Chapter Chairperson) currently working on getting more states to open a State Chapter of NALPN in their state. They are Illinois, and South Carolina.

Making Education Possible: is offering a NEW Pharmacology Certification. Remember, as a member of NALPN/WALPN, membership fees of \$79/year has been waived for you and your family members. For more information visit <https://nalpncertsprep.com/home> or email Julie Baron (online coordinator) @ jbaron@online-ep.com.

State Chapter Challenge is going on NOW! Make your state chapter grow, participate in this chapter state challenge between March 1-Oct. 1, 2020. The State who has a greater increase in members will win \$250, and recognition at the NALPN Annual Conference in Orange Beach Alabama.

Legislative News

LPN path in WI

The mission of WI Association of Licensed Practical Nurses (WALPN) has stood strong as the needs of care have evolved when new medical diagnosis are defined. There have many diagnosis 'before our time' that greatly affected public health; but some recall the Aids epidemic as a hot button issue in the day, the debate, and steps we were part of in the process. Now we are in Covid-19 era, are you voicing your concern? Are you standing up for safety? What are your words to quality assurance?

When addressing today's health care; it is important to have a little history; so you have a foundation Licensed Practical Nurses have been integral to caregiving for many decades.

In 1945, the legislature passed a law that to be a Trained Practical Nurse (T.P.N.) an exam was to be instituted. First formal practical nursing program was taught @ Kenosha. In 1949 a separate examining board was created.

In 1950 practical nurses met to organize. The association was known as Wisconsin State Practical Nurses Association (WSPNA). In 1953 WI affiliated with the National Federation of Licensed Practical Nurses (NALPN).

The association grew quickly and divisions were formed WI enjoyed the division aspect as it brought "geographical areas" together for frequent face to face meetings, community service events, and learning events. Divisions hosted annual conventions around the State and one day fall seminars were held. We built relationships with legislative rep's., they knew our concerns. We were successful in getting two LPN positions to the Board of Nursing, we were aware to be heard; you needed to be at the table.

The struggles have been real, the last ten years have been extremely tough for health care workers, laws

have been passed that has made our work more difficult and voices are attempted to be drowned out. Communication styles have changed. We have adapted many changes in the WI Association of Licensed Practical Nurses. We need everyone's input to provide an encouraging future.

A positive that was passed in the 2009- legislative session was that to renew your nursing license a survey would need to be completed. LPN's have been part of the process, working with DWD, and WI Center of Nursing. The survey gives data so Wisconsin can make better decisions, look at the needs, adapt curriculum, etc. What the needs in Wisconsin? What age bracket are people in and will they retire soon? What employment setting are LPN's working in? The recently released 2019 survey shows 28.5% of LPNs are in the age group of 55-64. 42.8% work in extended care identified as long term care, assisted living, etc. Ambulatory care (outpatient, clinic, surgical center) have 31.3% of the licensed LPN's working in those settings.

This is a time to read about caregiving past, speak for caregiving quality and safety, and work to plan for future Licensed Practical Nurse roles that will develop our future.

Carolyn Kaiser, WALPN

IMPORTANT NOTICE!!!

WALPN/NALPN needs to know when you have a change in address, phone number or email. **IF YOU HAVE AN EMAIL, PLEASE BE SURE WALPN KNOWS**, this is the quickest and most cost-effective way to communicate, **AND WE ASSURE YOU WE DO NOT GIVE YOUR EMAILS OUT TO ANYONE.** We want you to receive all correspondence on upcoming issues which are important to each of you, however if we do not have this information, we cannot get this valuable information to you in a timely manner.

Thank You, WALPN Staff

WALPN Executive Board

President: JoAnn Shaw 4510 Andrea Ct. Manitowoc, WI. 54220 (920)-901-0988 jslpn@sbcglobal.net

Vice President: Mary Tess-Barber W1211 Riverview Dr. Lot 172 Sullivan, WI 53178 (414) 510-5345 marytessbarber@gmail.com

Secretary: Sue Gillett 2443 Hayden Avenue Altoona, WI 54720 gillettone@aol.com

Treasurer: Carolyn Kaiser 2964 35th Ave. Elk Mound, WI 54739 (715) 874-5156 crkaiser369@gmail.com

Director: Marcie Spencer 121 Pain St. Apt. 2 Kiel, WI 53042 (920) 627-5436 marcie.spencer37@gmail.com

Director: Mary Jo Brixius 1840 City Road II Apt. #9 Neenah, WI 54946 mjbrix2003@gmail.com

WALPN Committees

Convention/Education:

**JoAnn Shaw, Marcie Spencer, Mary Jo Brixius

Finance/Fundraising:

**Carolyn Kaiser, Karen Kofka, Rita Dietsche

Legislation/Bylaws:

**Mary Tess-Barber, Carolyn Kaiser, Bonnie Schindler

Membership/Publicity:

**Mary Jo Brixius, Marcie Spencer

**Denotes Chairperson

Educational Corner

In memory of my Mother Bette Czekala who died of lung CA 1/17/1989, my sister Jeannie Loberger who died of lung CA 1/4/2018 sister Kathy Hauch, who died of lung CA 5/26/2020.

LUNG CANCER: Lung cancer is one of the most common types of cancer in the United States and, the leading cause (25%) of all the cancer deaths. According to the American Cancer Society, 228,820 Americans will be diagnosis with lung cancer in 2020, and 135,720 deaths will be attached to the disease, more than colorectal, breast, and prostate cancers combined.

The lungs are spongy organs that sit on both sides of the chest. The left lung has two lobes, the right lung has 3 lobes. When a person inhales, air passes through the windpipe into the lungs, where the oxygen is removed and delivered to the blood stream. When a person exhales, carbon dioxide is expelled from the body. Like a tree or plant, the lungs have branches called bronchioles, which lead to tiny balloon-like sacs called alveoli. Most lung cancers are considered adenocarcinomas, which form in mucus-secreting glands, such as alveoli.

What are Lung Nodules? Lung nodules, also called pulmonary nodules, are small growths found inside the lung. Most lung nodules are benign and develop no

symptoms. In fact, many lung nodules are discovered during chest x-ray or CT scans to diagnosis other conditions. Most lung nodules range in size from a little smaller than a marble to about the size of a golf ball. Lung nodules can be cause by an infection, but they can also be caused by smoking tobacco.

Some lung nodules are cancerous tumors, and may grow over time, causing breathing problems and other issues. If a nodule is discovered during an imaging test, your doctor may want to monito it to see whether it grows or changes shape.

WHO Gets Lung Cancer? As with many cancers, the risk of developing lung tumors increases significantly with age. According to the NCI:

1. More than 90% of all new lung cancer cases are diagnosed in people older than55
2. The median age of a patient @ diagnosis is 70.
3. Men are at a higher risk of developing lung cancer than women.
4. African-Americans are in the highest risk group of developing lung cancer.

Although tobacco smoking significantly increase a person's risk of developing lung tumors, people who have never smoked may develop lung cancer too. Secondhand smoke, exposure to pollutants or asbestos, and expose to radon may increase risk if developing lung cancer. People with a family history of lung cancer may also be at higher risk.

Types of Lung Cancer: There are two main types of lung cancer:

1. Non-small cell lung cancer: this type of cancer accounts for 80-90% of lung cancers. Non-small lung cancer has several subtypes, but most are adenosarcomas of the lung, Lung adenocarcinomas account for 30% of all non-small cell lung cancers and 40% of all lung cancer, according to the American Cancer Society. Adenocarcinomas form in glands and are found in many other cancers, including prostate, colorectal, and esophageal. Adenocarcinomas of the lung form in the gland that secrete mucus. Symptoms include coughing, bloody sputum, and fatigue.
2. Small cell lung cancer: 10-20% of lung cancers are small cell lung cancers. This type of lung cancer is most commonly associated with tobacco smoking.

Symptoms of Lung Cancer: Symptoms of early-stage lung cancer may include a cough, shortness of breath, and general fatigue. As the disease develops, symptoms may include:

1. A change or worsening of chronic cough
2. Coughing or pitting up blood
3. Pain in the chest or back
4. Hoarseness
5. Wheezing

Diagnostic tools for lung cancer are used not only to identify and stage cancer, but to help treatment options and monitor progress during treatments. Diagnostic procedures may include:

1. X-ray
2. Lab tests, including advance genomic testing
3. Biopsy
4. CT Scan, CT angiogram, and PET/CT scan
5. Autofluorescence, navigation and/or robotic bronchoscopy

Treating Lung Cancer: Treatment options for lung cancer may vary depending on the type and stage of the disease, and the needs of the patient. Treatments may include:

1. Surgery
2. Chemotherapy
3. Interventional Pulmonology
4. Radiation Therapy
5. Immunotherapy
6. Targeted Therapy

All 3 of my family members who died from lung cancer, were smokers, I beg anyone who reads this to consider your choices, as the passing of my family members has taken a toll on our entire family. Thank you!

WISCONSIN ASSOCIATION OF LICENSED PRACTICAL NURSES

70th Annual Conference · Sun. 27th-Mon. Sept 28th, 2020
Wintergreen Resort and Convention Center
60 Gasser Road · Lake Delton, WI 53940 (WI Dells Area I-90 I-94 Exit 92)

Join us at the “Meet & Greet” · Sunday, September 27th· 5-7PM

Conference attendees will enjoy complimentary appetizers. We look forward to meeting, networking, and sharing with all conference attendees. Opportunity for conference check in and to get any questions answered.

Hotel Reservations:

Call by midnight September 14, 2020: 608-254-2285 or 800-648-4765

Wintergreen has reserved a block of rooms (single/double) for \$62.00 a night.
You must call by midnight on September 14th remember to ask for the WALPN rate.

Questions? Email Carolyn: crkaiser369@gmail.com

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WALPN Conference · Sun. Sept. 27th-Mon. Sept. 28th, 2020

Registration Deadline: September 14, 2020

*One registration per form; please make copies of this form
No refunds 72 hours of event; no on-site registration*

Name: _____ Date: _____

Address: _____ City: _____ State: _____

Zip: _____ Phone:(L or C) _____ E-mail: _____

Circle ONE of the following:

MEMBER · NON-MEMBER · STUDENT · FACULTY

Please designate school if student/ faculty: _____

Registration Fees:

- Member Package (includes meal): \$65.00
- Non-member Package (includes meal): \$75.00
- Student/ Faculty (includes meal): \$25.00

Dietary Restrictions - be specific: _____

Send completed registration form with payment to:

Carolyn Kaiser, WALPN Treasurer
2964 35th Ave · Elk Mound, WI 54739 · crkaiser369@gmail.com

WISCONSIN ASSOCIATION OF LICENSED PRACTICAL NURSES

70th Annual Conference · Sunday, September 27 and Monday, September 28, 2020
Wintergreen Resort and Convention Center

W.A.L.P.N celebrates 70 years

Sunday, Sept. 27:

1:00PM WALPN Executive Committee Meeting: Mt McKinley
3:00PM WALPN Board of Directors Meeting: Mt McKinley
5:00-7:00PM Conference Check-In at the Wintergreen Bar /Lounge
Meet & Greet sponsored by WI Assn. of LPN's

Monday, Sept. 28:

7:45AM Conference Check, Vendors and Bazaar Grand Ballroom

8:15AM Conference Check-In Closes
Bazaar Closes
Welcome: JoAnn Shaw
Pledge of Allegiance: Mary Tess Barber
Invocation: Marcie Spencer
WALPN Summary of Events: Sue Gillett
Greetings: Mary Jo Brixius

8:30AM Clinical Session: ***LPN Scope of Practice/ Delegation***
Presented by Joey Pettis, RN, DON-CLTC, WCC, DWC

9:20AM Break (Bazaar/ Vendors Open and Room Check-out)

9:40AM Clinical Session: ***Cutting Edge Updates-Pressure Mapping & Dementia Care***
Presented by Joey Pettis, RN, DON-CLTC, WCC, DWC

10:30AM Break (Bazaar/Vendors open)

11:00AM Clinical Session: ***Wound Care – Dressing a Wound to Make it Look Good***
Presented by Joey Pettis, RN, DON-CLTC, WCC, DWC

11:50AM Memorial Service:

12:00PM Lunch

12:45PM Clinical Session: ***Mental Health: How do we handle stress? How do we make choices? Relate to others?***
Presented by Lauren Fahl, BS Psychology, MS Community Psychology. AODA Counselor. Mental Health Therapist

1:40 PM Last Chance for Bazaar Items – Raffle Drawings will be held

2:00 PM **Business Session:** Grand Ballroom
Call to order: JoAnn Shaw
Roll Call: Sue Gillett

Committee Reports:
Nominations: Bonnie Schindler
Voting

Officer Reports:
President: JoAnn Shaw
Vice President: Mary Tess Barber
Secretary: Sue Gillett
Treasurer: Carolyn Kaiser

Committee Reports:
Convention/ Education: JoAnn Shaw
Finance/ Fundraising: Carolyn Kaiser
Legislative/ Revisions: Mary Tess-Barber
Membership/ Publicity: Mary Jo Brixius

Credentials Report: Carolyn Kaiser
Unfinished Business:
New Business:
Tellers Report: Bonnie Schindler
Installation of Officers: June Bahr
Good of the Order:
Announcements:
Adjournment:

To Follow: WALPN Executive Committee Meeting
WALPN Board of Directors Meeting

Nominations for WALPN 2020 Elections

Article XII of the WALPN bylaws state that in the even year members vote to elect Vice-President, Secretary, and one board of the director.

Annually three members will be elected to the Nominations Committee. It is these people who will work to find next year's slate of officers.

Speaking up for the LPN voice in the work site, the community, and the legislative world is vital. It is essential for people who 'walk the walk' to be part of decision making. One step is getting actively involved in your professional nursing association.

There is LPN representation on WI Center for Nursing and the Board of Nursing. Be part of the action today for a better tomorrow.

Members of WALPN are eligible to hold office, please submit the following information. *Written consent MUST BE RECEIVED* in order to serve. Therefore important to send a copy to Bonnie prior to conference.

NAME: _____ ADDRESS: _____
CITY: _____ STATE: ____ ZIP: _____

Which office would you like to be nominated for?

Please designate: _____

Background Summary: Positions you have held nursing/ community/ volunteer organizations, etc.

Consent to serve if elected: _____

Signature

Date

Send the detached 1/2 sheet to **Bonnie Schindler** @ 508 Macomber St. Chippewa Falls, WI 54729.

PRESS RELEASE

May 12, 2020

CONTACT: Barbara Nichols

WCN Executive Director

info@wicenterfornursing.org

414-801-6877

2019 Wisconsin LPN Workforce Survey Report

MILWAUKEE, WI – The Wisconsin Center for Nursing is pleased to announce the release of the *Wisconsin 2019 LPN Workforce Survey Report*. Wisconsin’s 10,512 licensed practical nurses (LPN) completed the survey. The report provides key information on the status of the LPN workforce and highlights important demographic, education, and employment findings.

The 2019 Wisconsin LPN Workforce Survey is required by Wisconsin State Statute. The survey is conducted by the Wisconsin Department of Safety and Professional Services, the Wisconsin Department of Workforce Development, and the Wisconsin Center for Nursing. A team led by Professor Barbara Bowers from the University of Wisconsin – Madison, School of Nursing, completed the analysis.

The report provides an overview of the LPN workforce demographics by Wisconsin Department of Health Services regions, including employment and education patterns. It also identifies that 66.8% of LPNs have emergency preparedness training, provided primarily by their employer; however, fewer than 1% identified holding membership in the Medical Reserve Corps or Wisconsin Emergency Assistance Registry.

As Wisconsin experiences the current coronavirus pandemic, we also face an impending nursing workforce shortage. This is especially significant for nursing homes, the dominant employer of LPNs. Based on the findings, implications for practice, education, and policy are highlighted. A key implication is that healthcare organizations, in partnership with schools of nursing and communities, should emphasize recruitment, retention, and succession planning for optimum LPN utilization.

Read the full report at [Wisconsin 2019 LPN Survey Report](#)

About WCN

The Wisconsin Center for Nursing is a 501c3 non-profit organization that was created in 2006 to engage nurse and healthcare organizations, public and private academic programs, government agencies and related service providers to work together as collaborative partners in an effort to ensure an adequate, competent and diverse nursing workforce for the people of Wisconsin.

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Molly Gottfried

Executive Administrative Assistant to

Barbara Nichols, Executive Director

Wisconsin Center for Nursing