



# HEALTHCARE HEARTBEAT

TENNESSEE'S NURSING WORKFORCE NEWS Spring Edition 2008

**In This Edition**

National Nurses Week T-LINE 2008  
 Lisa DeFrancis Nurses Memorial Fund Women's Health Week  
 Regional SIM Training at ETSU Simulation Conference '08 Imagination Library

## 2008 National Nurses Week: May 6-10



STATE OF TENNESSEE  
**PROCLAMATION**  
 BY THE GOVERNOR

**WHEREAS**, nursing is Tennessee's largest profession, counting more than 100,000 licensed practical, registered and advanced practice nurses; and

**WHEREAS**, these qualified professionals serve in roles such as direct caregiver, administrator, teacher, policy maker, business owner and consultant in settings such as hospitals, nursing homes, offices, clinics, schools and homes; and

**WHEREAS**, while the scope of practice among categories of nurses may vary, the underlying values of excellence of care, compassion, patient advocacy, safety and professionalism are universal; and

**WHEREAS**, the profession of nursing has been demonstrated to be an indispensable component of the provision of health care and quality of care; and

**WHEREAS**, the demand for nursing services continues to grow due to the aging and growth of Tennessee's population, the continuing expansion of life-saving and life-sustaining technology, and the growth of home health care services; and

**WHEREAS**, that more qualified nurses will be needed in the future to meet the increasingly complex needs of health care consumers in the State of Tennessee; and

**WHEREAS**, the week of May 6 - May 12 has been designated as National Nurses Week to recognize the unique and invaluable role nurses hold in the wellbeing of our citizens;

**NOW, THEREFORE**, I, Phil Bredesen, Governor of the State of Tennessee, do hereby proclaim the week of May 6 - May 12, 2008, as

### NURSES WEEK

in Tennessee, and urge all citizens of this great state to join me in honoring the nurses who care for all of us, and encourage the residents of Tennessee to celebrate the accomplishments of the nursing profession and its efforts to improve our health care system by showing appreciation of Tennessee's nurses not just during this week, but at every opportunity throughout the year.



**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the official seal of the State of Tennessee to be affixed at Nashville on this 25th day of April, 2008.

*Phil Bredesen*

Governor

*Riley C. Darvell*

Secretary of State



**M**ay 6, 2008 is **National RN Recognition Day**, part of National Nurses Week which is held May 6-12 every year. The purpose of **National RN Recognition Day** is to raise awareness of the value of nursing and help educate the public about the role nurses play in meeting the health care needs of the American people.

In honor of the dedication, commitment, and tireless effort of the nearly 73,000 fully licensed registered nurses in Tennessee to promote and maintain the health of Tennesseans, TCN is proud to recognize registered nurses on this particular day for the quality work they provide seven days a week, 365 days a year.

### TN Leadership Institute for Nursing Excellence (T-LINE)'08



**E**ach year, approximately thirty-five nurses from across the state and from every area of practice ranging from acute care to public health, are invited to participate in T-LINE, an innovative program designed to prepare nurses to contribute as leaders in their profession.

Nurses are selected based on defined criteria related to demonstrated clinical leadership skills, supervisor recommendations, the nurse's stated career goals, and potential for professional leadership.

This four day, all expense paid institute introduces RN's to many of the competencies and skills necessary to become effective leaders both in the workplace and their community. This growth opportunity is offered in an infor-

mal group setting. Nurses will have the opportunity to interact with motivational speakers and nursing leaders on a variety of topics relevant to practice, personal development, client advocacy, and leadership. This year, the Institute will be held the second week in September at Fall Creek Falls State Park, one of Tennessee's premier State Parks.

Eligibility requirements for participants are that the nurse:

- must be prepared with an Associate Degree or Bachelor of Science, or currently in pursuit of a BSN;
- must be primarily involved in direct patient care and within the first five years of starting their professional career;
- show an interest in professional leadership

The employing agency must provide only travel expenses and consider the four days at the Institute as work days. There is **NO COST** to the individual nurse! All food and housing is provided by the Institute and continuing education contact hours are awarded for participation.

Nurses must be nominated by their CNO/CEO and submit a 700 word essay explaining clinical excellence and why they are interested in leadership. Nomination forms will be sent out to all hospitals and long term care facilities on May 5th or may be found on the Tennessee Center for Nursing website at

<http://www.centerfornursing.org/leadershipinstitute.htm>



## Fund Helps Nurses Get a Break!

### *The Lisa DeFrancis Memorial Nurses Fund*

Submitted by: Kallie Bienvenu  
Communications Associate  
The Community Foundation of Middle Tennessee



*Lisa DeFrancis and her daughter*

Lisa DeFrancis, her husband Henry Isaacs and their three children enjoyed traveling to new places and meeting new people. The energy collected and stored from these times helped fuel Lisa's fight against the breast cancer that was slowly stealing her life.

Being sick got in the way for Lisa. She absolutely had no patience, let alone time to be sick. She was told one year, she demanded 70. She got eight long torturous years. She got to see her youngest turn six, but not seven. She got to see her oldest daughter go to college but not graduate. She got to see her son be accepted to college but not attend. She got to be 46, but not 47 years old.

Lisa DeFrancis cared. She cared about art, about every book and poster that came out of her graphic design studio. What she respected was work. What she appreciated was humanity. She was cared for...by her family, by her community, and by doctors. Most of all she was cared for by nurses.

Just prior to her death, Lisa DeFrancis established a fund to help nurses get a much-earned "break." Lisa hoped to recognize these men and women whose long hours and difficult work conditions do not deter them from showing extraordinary devotion and care to their patients. Lisa hoped that through these grants she would be able to provide a small bit of peace and rejuvenation for those that were there for her and her family and continue to be needed by others.

In 2007, her husband, Henry Isaacs, worked with The Community Foundation of Middle Tennessee to enhance the Lisa DeFrancis Memorial Nurses' Fund, offering respite and rejuvenation to caregivers in Tennessee. This transformation allows RNs, LPNs and nurse aides addressing a variety of medical conditions, not just cancer, the ability to receive these awards.

Mr. Isaacs was moved to make these changes through his experiences with the Office of Cultural Enrichment at Vanderbilt University Medical Center and its emphasis on the wellbeing of the nursing staff. Mr. Isaacs began his relationship through the Nursing Wellness Program by providing painting classes to nurses as an option for stress relief.

Inaugural awards from the Lisa DeFrancis Memorial Nurses' Fund were awarded in September, 2007 to five Vanderbilt nurses whose tireless dedication to their work deserved recognition, adding to Lisa's legacy.

For more information about the Lisa DeFrancis Memorial Nurses' Fund, call The Community Foundation of Middle Tennessee at 615-321-4939 or visit <http://www.cfmt.org/pin/>

## It's Your Time: Get Inspired. Get Healthy.

### National Women's Health Week

The Tennessee Department of Health joins the United States Department of Health and Human Services' Office on Women's Health in celebrating National Women's Health Week **May 11 through 17, 2008**. This nationwide initiative calls attention to the importance of women's health and educates women on simple steps they can take for longer, healthier and happier lives.

"National Women's Health Week is important because it encourages women to make their own health a top priority," says Health Commissioner Susan R. Cooper, MSN, RN. "Women are often the caregivers for their families and forget to take care of themselves. With this health observance, we remind women that a commitment to their best health is also a commitment to the health of their families."



## Regional Simulation Training Now Offered



Dr. Martin Eason, director of the Center for Experiential Learning at the ETSU James H. Quillen College of Medicine, discusses a medical scenario programmed into a mannequin with nursing students from the Tennessee Technology Center at Elizabethton, from left, Ashley Trombley of Greeneville, Scott Collier of Kingsport, Terra Whaley of Johnson City, Eddie Thomason of Elizabethton.

Students enrolled in the 12-month Practical Nursing Training Program at the Tennessee Technology Center at Elizabethton are dealing with life and death situations without putting patients at risk.

They are diagnosing complex medical conditions programmed into mannequins in the Simulation Lab at the ETSU James H. Quillen College of Medicine. As a result, graduates of the nursing training program will be better prepared to treat diabetes, heart disease and cancer, the most common diseases in the region and nationally, as well, according to Dr. Martin Eason, director of the lab.

Eight mannequins, including five adults, a child, baby and birthing mannequin, are used in the Simulation Lab. Students interact with mannequins, acting as patients, which simulate medical emergencies usually seen at trauma centers or in surgery. The mannequins have pulses, heart sounds, bleed and can speak to their caregivers... "my chest hurts, my leg is broken."

The Simulation Lab teaches "certain levels of complexity" in the diagnosis and treatment of patients. There are two labs, designed for two different purposes. One is more for a hospital room type environment. The other one is for more ICU, Operating Room, Emergency Room type training.

Terri Blevins, director of the Practical Nursing Program at TTC-Elizabethton believes the hands-on training students receive in the Simulation Lab boosts the student's level of confidence and expertise in providing proper health care to patients.

Training in the Simulation Lab offers another dimension to the experiences students receive in hospital and nursing home settings two months into the training program.

Lisa Blackburn, TTC Nursing Instructor, said "The first day we came, it made a difference in giving the student's confidence. It was amazing. There was a tremendous increase in their skills and students are more interested in learning. They are more willing to jump in and try to find out what is wrong with the patient."

### From the nursing student's perspective, how is Simulation Lab training beneficial?



Ashley Trombley of Greeneville "It offers experiences you never get to do in clinicals."



Eddie Thomason of Elizabethton "Students are placed into more critical situation scenarios and learn how to react and what to do. You build your confidence by doing that. You learn what to address first, respiration or circulation. Dr. (Martin) Eason explains, in layman's terms, students can understand."



Kim Davis of Jonesborough "It offers more training in one day than you would get in one week in clinicals. Because it is hands on, you get to think and do and the patient talks back to you. We get to make decisions here. You learn a whole lot more by doing than just observing."



Scott Collier of Kingsport "The simulation lab allows students to place their hands on a patient. They can put any scenario in front of us to diagnose. The sky is the limit. That's what is exciting about it. We get to work with the patient. You can learn a lot more from your mistakes than from doing the right things. Mistakes will not jeopardize the mannequin as it would a live patient."

Since 2004, when the lab opened, hundreds of trainees, including medical students and residents in internal medicine, surgery, family medicine, obstetrics, psychiatry and allied health personnel, such as nurse anesthetists, nurses and respiratory therapists, have been trained in the lab.

The Quillen College of Medicine, which began operation in the early 1980s, graduates an average of 60 doctors, and an even greater number of doctors in residency, each year.

“My goal is to make this (Simulation Lab) available on a regional basis...to involve medical students and allied health professionals, as well. In 2007, TTC-Elizabethton expressed an interest in having nursing students participate.”

Lab simulations last about 20 to 30 minutes. “We usually have a scenario depending upon the learning objective of the instructor. For example, last week, one scenario for nursing students at TTC-Elizabethton involved recognition of low blood sugar or hypoglycemia. The student’s goal was to talk to the patient and based on their conversation and examination of the patient, determine what is wrong with the patient and arrive at a treatment plan.

“Pretty much anything you need to simulate we can do. We have a surgical simulator that we developed ourselves. We run an emphysema scenario quite often. We also do acute coronary syndrome or heart attack and another scenario on diabetic complications. Because this is a Level One Trauma Center, we do a lot of trauma scenarios, as well.

“All sick patients react the same way, whether you are a physician, a registered nurse, respiratory therapist, or LPN. The key is to recognize the problem and to understand the process of the disease. We try to teach the thought process in appropriate patient care,” Dr. Eason said.

Dr. Eason, an anesthesiologist by training, was involved in simulation training at the University of Louisville prior to coming to ETSU in the summer of 2003 to establish a Simulation Lab. The lab was up and running six to seven months later.

The Simulation Lab at the Quillen College of Medicine is already providing distance-learning training to nurse anesthetists at Virginia Commonwealth University, Richmond, through its satellite campus in Abingdon, Va.

“We are in the process of acquiring new equipment to provide distance learning training to first responders. I have always felt technology should be used for all health care personnel. Having them involved makes their level of expertise that much greater.

“Students like the Simulation Lab. It is a way to expand their knowledge. It is not that the material is different...it is just taught differently,” Dr. Eason added.



**SAVE THE DATE**

**First Annual Simulation Conference  
Empowering Nurse Educators in Tennessee**

**Theme: From Out of the Box to Curriculum Integration**

**Date: October 9-11, 2008**

**Location: Belmont University - Nashville, Tennessee**

*Full conference details will be available soon. If you have questions, please contact  
Aleshia Garrett at 615-242-8205 or aleshia@centerfor nursing.org.*

*The Partners Investing in Nursing's Future program is a collaborative initiative of the  
Robert Wood Johnson Foundation and the Northwest Health Foundation.*

## Tennessee Nurses Assisting the Imagination Library

Submitted by: Mary Elizabeth Davis  
Communications Director  
Governor's Books from Birth Foundation



Dolly Parton and Governor Phil Bredesen

Can a monthly book delivery during a child's earliest years have an impact on the full extent of their formal education? Governor Phil Bredesen and hundreds of Imagination Library volunteers statewide believe strongly in that very premise. Children who are reading at grade level by the end of third grade are far more likely to be successful in school, receive a high school diploma, even go on to college. A child who has been exposed to books and reading during his earliest years is more likely to acquire these essential reading skills by completion of third grade.

Consider this: Children who are exposed to books and reading during their preschool years enter kindergarten with a listening vocabulary of approximately 20,000 words, versus only 3,000 words for those who don't have this exposure. Kindergarten teachers can immediately identify students who have been exposed to books and reading, and those who have not.

Dolly Parton's Imagination Library mails a new, age-appropriate, hardcover book, every month to children from birth to age five – at no cost to the family, regardless of income. The books in the Library are high-quality, chosen by a blue-ribbon panel of early childhood education experts. Gov. Bredesen founded the non-profit Governor's Books from Birth Foundation® to expand Dolly's program statewide, and to provide Imagination Library organizers with fund-raising, public relations and other support.

Tennessee nurses are essential partners to Imagination Library county sponsoring organizations, helping to maintain momentum in registering eligible children. In many communities, maternity ward nurses register children for the program the very day they are born. Local pediatricians and family physicians also offer parents of their preschool patients a "prescription to read."

The program is available to all 375,000 Tennessee children under age five. Parents can register a child by way of a simple registration form commonly available at public libraries, or online at [www.ImaginationLibrary.com](http://www.ImaginationLibrary.com). (Though, hardcopy registrations are presently accepted in most counties).

Volunteers for Imagination Library sponsoring organizations in all 95 counties are able to stock your hospital or practice with brochures containing the program registration form. Most of Tennessee's birthing hospitals are routinely sending new parents home with these brochures, though it helps to give parents of newborns a friendly reminder on *just how important* it is to **read** to children during the first five years of life, and that an entire library of up to 60 new children's books is available to each child – absolutely free-of-charge upon registration.

Research shows that children who learn to read early come from families where there are books; literacy experiences at home contribute to child development; and shared parent-child reading at an early age leads to higher reading achievement in school. With over 180,000 children registered, the Imagination Library is helping to foster a culture of literacy --a genuine love of reading and learning-- in the next generation, by putting children's books into the homes of Tennessee families.

Contact information for your county's Imagination Library can be found at [www.GovernorsFoundation.org](http://www.GovernorsFoundation.org) or by calling toll-free, 1-877-99-BOOKS.

If you received this message from a friend, you can [sign up for Healthcare Heartbeat newsletter subscriptions](#).

To stop receiving Healthcare Heartbeat eNewsletter, click to [unsubscribe](#). To stop ALL email from Tennessee Center for Nursing's Healthcare Heartbeat Newsletter, click to [remove](#) yourself from our lists (reply via email with "remove" in the subject line). This is a publication of the Tennessee Center for Nursing, 545 Mainstream Drive, Nashville, TN 37228. Visit our website at [www.centefornursing.org](http://www.centefornursing.org).