

April 2014



The Official Newsletter of the
Northeast Texas Chapter

Rehab in the  of Texas

EDUCATION COMMITTEE MEMBERS



The NETX Education Committee and Board members want to thank all the participants for attending our one day conference at Baylor Hospital on January 18th 2014.

We would also like to extend to you a special invitation to become more active in the NETX ARN Chapter. We have chapter meetings with CE every other month this year. You may access the chapter website at www.netxrehab.org to find the calendar of this year's meeting locations and dates. You can also read our newsletter on the website too.

This year's Annual ARN Conference will be in Anaheim, California and it promises to be another great experience for all who attend.

Maria Guerrero RN, BSN, CRRN and

Beth Hudson, RN, MS, CRRN

Chapter Meeting

May 7, 2014

3 pm at
Select

Rehabilitation
Hospital of
Denton

Meeting and
Presentation

Mission

Statement of ARN

The Association of Rehabilitation nurses promotes and advances professional rehabilitation, nursing practice through education, advocacy, collaboration and research to enhance the quality of life for those affected by disability and chronic illness.

The Northeast Texas Chapter supports the same mission and values of [ARN](http://www.netxrehab.org).



NETX ARN Chapter

May Presentation

"Parkinson's Big and Loud Program"

Presenter: LeeAnn Elliot, CRRN, MSN

May 7, 2014 at 3 pm

Select Rehabilitation Hospital of Denton

2620 Scripture

Denton, TX 76201

RSVP to Kendra Neuendorff, RN at 940 765 6822



ARN's

New Community Website is Now Available

FIVE WAYS NURSES CAN ACHIEVE WORK-LIFE INTEGRATION

Burned out. Drained. Drowning. From the medicine room to the break room, nurses repeatedly echo these sentiments.

How can nurses keep from becoming overwhelmed by the demands of their professional and personal lives? How do they prevent work-related events from spilling into other areas?

In the December 2013 issue of *Bold Voices*, Vicki Good, RN, MSN, CENP, president of the American Association of Critical-Care Nurses (AACN), suggests a paradigm shift. Rather than grasping for the elusive work-life balance, she encourages a work-life blend.

“Our step forward becomes one that recognizes the inevitable push-and-pull of the spiritual, family, work and community elements in our lives and seeks to blend them so each element brings support to others,” Good shares in “Blend or Balance?”

Nurses can take steps to create synergy and be more effective in all areas of their lives, including these practical suggestions offered by nurses in the field:

1. Set reasonable expectations and recruit support.

Get support from your significant other, family, co-workers or anyone qualified to provide that assistance.

2. Carve out a career path that fits your skills and preferences.

Job dissatisfaction can add to feelings of stress, working at the bedside for a solid five years will help hone critical and practical thinking skills.

3. Monitor personal vital signs and act appropriately.

As nurses, we need to recognize when we are becoming stressed or burned out, we need to give ourselves permission to take a mental health day.

4. Invest in making a difference in your profession.

Involvement with professional nursing organizations, leadership, or shared-governance committees opens doors for nurses to participate in the development and implementation of evidence-based tactics to improve the delivery, safety and efficiency of patient which help enhance nursing practice.

5. Engage in meaningful activities outside of work.

Habitually working overtime or working multiple jobs can lead to burn out. We need to reward hard work by doing something meaningful on your free time.

The essence of nursing is to stay committed and passionate about making a difference in our patients' lives. When this is no longer the case, it may be time to take a break from nursing or find another profession.

By: Leilani Fraley, RN (*NurseZone.com-March 11, 2014*)

To read the full article visit <http://www.nursezone.com/Nursing-News-Events/more-features/Five-Ways-Nurses-Can-Achieve-Work-Life->

About a Nurse



“I realize you’re still hopeful that you’ll get that dream nursing job, but since it’s been six years since you interviewed with them, I suggest you face reality.”

KUDOS KORNER:

Congratulations to the newly elected officers of the Chapter for 2014-2015!

Secretary—Lynda Cook

Treasurer—Linda Marler

Board Members:

Joy Lohrbach

Holli Torres

LET’S FIM:

Kevin bathes his chest, arms, abdomen, and perineal area while sitting on a tub bench in a shower. A helper washes, rinses, and dries all other body parts. What is Kevin’s FIM rating for Bathing?

(Answer on page 4).

LET'S FIM ANSWER:

Level 3, Moderate Assistance: Kevin completes 50 percent of his bathing tasks. (Source: UDS).

*Newsletter Editor:
Maribeth Fontabla*

2013 - 2014 Board Members

President

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Immediate Past President

Cyndi Murphy, MBA, RNBC, CRRN

FEATURED REHAB FACILITY: SELECT REHABILITATION HOSPITAL OF DENTON

Select Rehabilitation Hospital of Denton offers you a new direction in medical rehabilitation.

At our 44-bed, state-of-the-science hospital, we provide unparalleled treatment to individuals with stroke, brain injury, spinal cord injury, amputation, neurological conditions, joint replacement and other orthopedic trauma, as well as general rehabilitation needs.

Here, patients work with an experienced team of rehabilitation professionals who are committed to excellence. Together they provide the specialized care, advanced treatment and leading-edge technologies to help each patient recover the strength, skills, confidence and independence to return home -- to family, to friends, and to work, school or community activities.

Select Medical is a recognized leader in medical rehabilitation. We combine clinical expertise and national experience with the convenience and comfort of community-based care to best serve patients in the Denton and greater Dallas-Fort Worth region.

Website: www.selectrehab-denton.com

VISIT THE NORTHEAST
TEXAS CHAPTER
WEBSITE FOR CURRENT
ACTIVITIES:

WWW.NETXREHAB.ORG

