

April 2014



The Official Newsletter of the
Northeast Texas Chapter

Rehab in the  of Texas

INTERESTED TO BE INVOLVED?

The NETX Chapter is looking for more volunteers to be part of the following committees: Education, Membership and Social Committee.

If you are interested to join the Education Committee please email Cyndi Murphy at CynthiaMurphy@texashealth.org. The Committee is responsible for the planning and implementation of educational events.

If you want to encourage other rehab nurses to join the chapter and plan activities for the members then you can sign up for the Membership Committee. If you are interested please email Maria Guerrero at MGuerrero@atriumhealthcare.net.

The Social Committee will plan networking events and fun activities for the members. If you are interested to be part of this committee please email Maribeth Fontabla at Maribeth.Fontabla@healthsouth.com.

Those that have already signed up to the different committees please plan on attending our next chapter meeting as committee meetings will follow after.

Thank you and we look forward to having fun with you!

The NETX Board Members

Chapter Meeting

July 16, 2014
3 pm at

HealthSouth
Rehabilitation
Hospital of
Arlington

Meeting and
Presentation

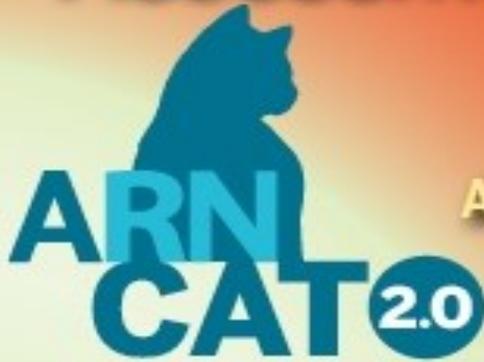
Mission

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](#).

ARN's Free Competencies Assessment Tool **Updated**



Quick and Effective
All New Content in 16 Practice Areas
Updated Assessment Questions

NETX ARN Chapter

July Presentation

"EarlySense All-in-One"

Presenter: Todd E. Barnett, RN, MBA

July 16, 2014 at 3 pm

HealthSouth Rehabilitation Hospital of Arlington

3200 Matlock Road, Arlington, TX 76015

RSVP to David Jones, BS, RN, CRRN at 817 419 4288



40th Annual
Educational Conference

October 29–November 1, 2014 • Anaheim, CA

FROM THE HEART OF A NURSE: A TALE OF CARING, BURN OUT AND THE PATH TO SELF-CARE

Why nurses burn out

Nurses become burned out because we are nurses. We choose to step into another person's world and take care of them physically with our touch, emotionally by holding them up when they can't hold themselves up, and mentally by helping them feel safe when their worlds are in chaos. By the way, this is usually with complete strangers. We step into the most stressful moments in our patients' lives, and do this time after time, because we want to make a difference.

Our shoulders can only bear so much before we feel the effects of compassion fatigue. Our hearts get heavier and heavier. We begin to see the world from a different lens. Everything changes, but we continue to work and continue to care for others, putting our own needs at the bottom of our priority list. Slowly, our hearts begin to shut down and our minds protect us by putting up barriers so we can pretend we don't care, and that suffering is just part of the job and we signed up to deal with it.

Balancing passion, compassion and self-care

There are so many aspects about being a nurse that helps me hold onto my passion for nursing. The most important is that when you truly choose to care for another who is sick, you can transcend all misconceptions and stereotypes and meet another person on a basic human level. To understand that everything that has happened to them and everything that has happened to you prepares you for how you will interact with each other. You can connect with them in a way that will change you both forever.

Before we enter the room, before we take the vitals, we must take our own vitals and provide ourselves with the same compassion and love we give our patients.

How we can help each other be better nurses

As a profession, we need to inspire each other not only to hold onto our passion for being a caring nurse with our patients and families, but to realize the importance of showing the same care for ourselves.

We need to build into our framework a place for nurses to focus on self-care. That the concept of taking care of yourself, so that you can then take better care of others, is not just a nice idea. There is an important ideal and even an ethic to be found in the importance of handling your own stress and meeting your own needs before you attempt to care for another.

By: Chris Griffin, BSN, RN, CPN (NurseZone.com-May 08, 2013)

To read the full article visit http://www.nursezone.com/nursing-news-events/more-features/From-the-Heart-of-a-Nurse-A-Tale-of-Caring-Burnout-and-the-Path-to-Self-care_41326.aspx

About a Nurse



KUDOS KORNER:

Congratulations to all those who passed the CRRN examination in June!

LET'S FIM:

A helper brings Tom's clothes to him in the morning. The helper threads Tom's right arm into his sweatshirt, after which Tom threads his left arm, pulls the sweatshirt over his head, and pulls it down over his trunk. What is Tom's FIM rating for Dressing

(Answer on page 4).

LET'S FIM

ANSWER:

Level 4, Minimal Assistance: Tom performs 75 percent or more of the effort to dress himself; he requires assistance for one of four steps. (Source: UDS).

*Newsletter Editor:
Maribeth Fontabla*

2013 - 2014 Board Members

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Immediate Past President

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FEATURED REHAB FACILITY: HEALTHSOUTH REHABILITATION HOSPITAL OF ARLINGTON

HealthSouth Rehabilitation Hospital of Arlington is an 85-bed inpatient rehabilitation hospital that offers comprehensive inpatient and outpatient rehabilitation services designed to return patients to leading active and independent lives. Our hospital provides a wide range of physical rehabilitation services, a vast network of highly skilled, independent private practice physicians and HealthSouth therapists and nurses, and the most innovative equipment and rehabilitation technology, ensuring that all patients have access to the highest quality care. Designed with our patient's care in mind, HealthSouth Rehabilitation Hospital of Arlington offers 21 private and 64 semi-private rooms, each with televisions, telephones and wireless internet capabilities.

In addition to caring for general rehabilitation diagnoses such as orthopedics, cardiac and respiratory, HealthSouth Rehabilitation Hospital of Arlington has specialized inpatient programs for stroke, brain injury and neurological conditions. Other services offered include inpatient and outpatient aquatic therapies. This 77,000-square-foot hospital serves patients throughout the Dallas/Fort Worth area and is located at 3200 Matlock Road in Arlington.

Website: www.healthsoutharlington.com

VISIT THE NORTHEAST
TEXAS CHAPTER
WEBSITE FOR CURRENT
ACTIVITIES:

WWW.NETXREHAB.ORG

