

**News for Busy Student
Nurse Leaders**

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OUR SPONSORS



APPLY FOR OPEN BOARD OF DIRECTORs POSITION



Two positions on the OSNA Board have recently opened for interested candidates. Those individuals who are excited to practice their skills as nurse leaders, please look over the positions and turn in an application as soon as you can for this great opportunity!

VICE PRESIDENT

1. Be a voting member of the Board of Directors.
2. Serve as temporary President of the Association at any time the president cannot serve.
3. Serve as interim President of the Association at any time the President cannot permanently serve until the Board of Directors can appoint a permanent replacement.
4. Perform other such functions as may be deemed proper activity for an officer of this association by the Board of Directors.
5. Prepare a year-end summary to be presented to the incoming Board of Directors as directed by the policies and procedures.
6. Serve as an advisor for the succeeding Vice President.

ANNUAL CONVENTION DIRECTOR

1. Be a voting member of the Board of Directors.
2. Serve as the chair of the Convention Committee.
3. Appoint a secretary for the Convention Committee whose duties include developing and maintaining records and files related to community outreach efforts of OSNA for their term of service.
4. Prepare and organize annual convention including but not limited to finding speakers, sponsors, exhibitors, and venue.
5. Perform other such functions as may be deemed proper activity for an officer of this association by the Board of Directors.
6. Prepare a year-end summary to be presented to the incoming Board of Directors as directed by the policies and procedures.
7. Serve as an advisor for the succeeding Convention Director.

Email [Paula Ongmanchi](mailto:oregonsnanominations@gmail.com) at oregonsnanominations@gmail.com for

application packet and inquiries.

New Board Spotlight

As Nominations and Elections Director, it is my goal to inspire nursing student leaders of our state, to take on leadership positions that have a role in promoting the interests of the nursing student population in Oregon. I am here to help other students cultivate their strengths, by getting them connected to resources, and encouraging them to grow and act on their potential to lead our state in the country and the world.

Paula Ongmanchi

oregonsnanominations@gmail.com



Paula Ongmanchi

Nominations & Elections Director

NEW BOARD SPOTLIGHT

My name is Joci Guth. I am your newly elected Professional Development Director for the Oregon State Nurses' Association for the term of 2014 and 2015. I'm very excited to work alongside this new board. I'm a recent graduate nursing student from Portland Community College, starting OHSU in this upcoming year. I worked as a Certified Nursing Assistant in a hospice foster home for two years prior to admittance to nursing school. Last year I spent a good chunk of time on Fundraising for the PCC Student Nurses Association. I worked with other board members to set up fundraisers, raffles, rummage sales, community events, and volunteer work.

Previous to pursuing my career in nursing, I was a business major with focus on marketing, advertising, and management. While I enjoyed this path, it didn't feel like my true calling. I enjoy using these previously acquired skills for fundraising, leadership, and event planning. I look forward to developing these skills further in my new board position. I think these skills will be useful in networking with the community and schools.

Joci Guth

oregonsnadevelopment@gmail.com



Joci Guth, Professional

Development Director



Sarah Carter, Midyear
Convention Director

NEW BOARD SPOTLIGHT

Hello Everyone! My name is Sarah Carter and I am the 2015 Mid-Year Convention Director. I am excited to be a member of the Board of Directors for the first time. My goal is to help create a positive learning environment that is not only informative for students but also leaves them with a newfound excitement for the nursing profession.

I am finishing up my first year of nursing school at OHSU, Portland campus, where I serve as the Class Senator for my cohort. I am also involved with The Oregon Veteran Affairs Nursing Academic Partnership (VANAP), where I have the privilege of working with our

Veterans and learning how to provide quality Veteran centered care. When I am not in school, I enjoy volunteering with the Special Olympics and Big Brothers Big Sisters. I love dancing and my dog, Sir Maximus. I also enjoy working out and I love the Seahawks.

I look forward to meeting you at this year's Mid-Year Convention. Please feel free to reach out to me with your ideas and suggestions regarding the convention or if you are interested in getting involved!

Sarah Carter

oregonsnamidyearconvention@gmail.com



**Janna Mae Boren –NSNA COSP
Chair and OSNA President**

Message from the OSNA President

I had the amazing opportunity to join the new NSNA Board of Directors in New York earlier this month for a busy week of meetings and planning for the upcoming year. As member of the Convention, Community Health and Disaster Preparedness National Committees, I was able to see how dedicated and creative this national board really is. We all have big plans for the upcoming year, including planning exciting opportunities for NSNA events and improving the resources NSNA offers to busy nursing students.

Along with our national NSNA goals, the OSNA was able to join the NSNA in creating the first ever joint Midyear Conference here in Portland! In previous years, the OSNA has held our own career development convention, but because the NSNA is coming to Oregon for the first time, the state board and NSNA have decided to combine efforts to make this the best conference yet.

To encourage Oregon student nurses to attend, we will be having several Oregon Speakers presenting on the OSNA's behalf. Some of the current topics and breakout sessions include: LGBTQ Rights, the Nurse's Role in Preventing Sex Trafficking, and Practical Applications of Motivational Interviewing. Keep your eyes peeled for these sessions in the conference pamphlet! During the convention, we will also be hosting the OSNA Community of Oregon Chapter Presidents meeting at the Hilton in Downtown Portland. If you are a chapter President, officer, or interested in starting a new chapter, please plan on attending the conference hat Saturday November 8th, 2014. More details to come!

The OSNA is currently working on some new t-shirt and sweater designs that are not your usual nursing school images. So far, they are looking pretty awesome! Everyone on your unit and class will be jealous, so bring a little extra cash to support nursing students around the state. There will also be a Community Outreach project that will take place at the Conference, with more information to follow in upcoming newsletters.

Finally, please also read through the upcoming NSNA *IMPRINT Back to School* newsletter where you will find Bios for the new NSNA officers and hopefully an article from me about the true meaning of Servant Leadership. I hope everyone across the state is having a great summer and is looking forward to starting a new school year! Until next month, please feel free to contact me or any other OSNA Director with any questions about continuing your dreams as a nurse leader!

Sincerely,

Janna Mae Boren

OSNA State President

**Brooklyn and Manhattan Bridge
Outside NSNA Headquarters**



The NSNA members in the photo include [Craig Reuscher](#), [Rebeka Rivera](#), [Kimberly H. Korn](#), [Martin W. Rivera](#) and [Janna Boren](#). Photo credit: Kelly Hunt



Changes in Nursing and Healthcare: Purposeful Hourly Rounding

By: Joci Guth

The idea of patient rounding came about in the late 1980's in the United States. Nurses found that patients were constantly being called back into patient rooms, right after they had left. The interest in "rounding" came about due to patient dissatisfaction and nurse frustration. The patients didn't feel their needs were being met quickly enough and the staff didn't feel like they had enough time. Many different implementations have taken place over the last few decades to increase patient outcomes (Davies, 2014).

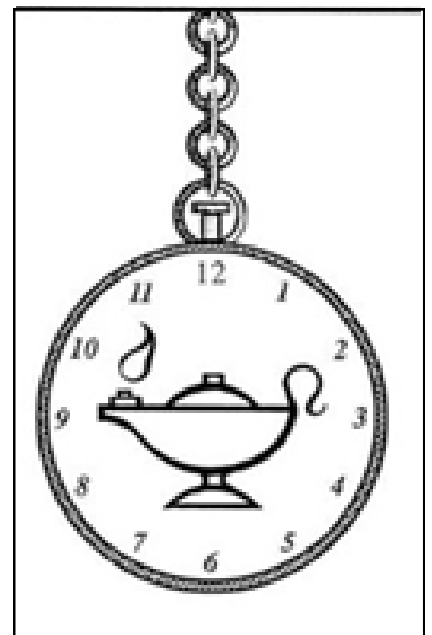
The most common model of rounding is "hourly rounding". In this model, the nurse rounds on each one of their patients every hour during the dayshift and every two hours during the nightshift. It is important to take into consideration that patients shouldn't be woken unnecessarily during these rounds. It is possible to round every two hours during dayshift if requested by the patient. Hourly rounding allows the nurse and patient to negotiate, as long as all patient needs are being met (Davies, 2014).

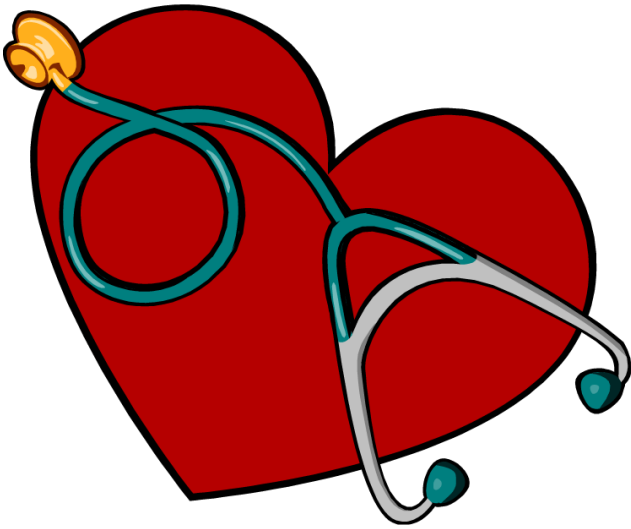
Purposeful Hourly Rounding

Purposeful rounding is a method of checking on patients during their hospital stay. The nurse enters the patient's room at the beginning of the shift and lets the patient know they will be hourly rounding to manage care. Part of purposeful hourly rounding is going into the patient room every hour with a purpose. The nurse will ask the patient about CARES: Comfort and Pain; Anticipation of needs; Repositioning; Elimination; Sensitivity and Safety (Davies, 2014). The components of CARES may also be thought of in the context of the 5 Ps. pain, potty, position, personal effects, and protect. Potty: does the patient need to use the bathroom? Position: is the patient comfortable or do they need repositioning? Personal effects: does the patient have all their personal belongings within reach? Protect: is the patient's bed in the lowest position with bed alarm activated and call light in reach? Asking questions about CARES each visit in the patient room, allows for more efficient and effective care (Christiana Care, 2012).

[...] This model has been used across the Oregon region to standardize patient rounding.

[...] Purposeful hourly rounding was developed to increase patient outcomes through reduced patient falls, decreased patient pain reports, and increased patient satisfaction (Thompson, 2013).





Changes in Nursing and Healthcare: Purposeful Hourly Rounding cont.

Effects on Staff

Implementation of purposeful hourly rounding [can be] a difficult adjustment for many nurses. [as the implementation adds] to nurse responsibility. [An example of purposeful rounding can be seen at Providence Medical Center]. Providence purposeful rounding requires nurses to initial a sign on each door with a dry erase marker each time they check on that patient. Nurses are expected to explain to patients that they will be purposefully rounding every hour and explain why this is important. There is a chart posted next to each communication board that states the

components of hourly rounding (A. Novak, personal communication, April 26, 2014). This standard of practice is constantly being changed to best improve patient outcomes. Staff consistency is measured by random audits from undercover members of the healthcare team (J. Blaud, personal communication, May 8, 2014).

Implementation

[...] Changes can be measured by looking at patient and family satisfaction ratings, fall rates, and reports of pain. Implementing this standard of practice has been useful for improving patient outcomes over the last several months (P. Patten, personal communication, May 3, 2014).

Recommendation

Those working for Portland Providence Medical Center have had to adjust to this new practice, but are now accustomed to it. It is recommended that these positive outcomes continue by making purposeful hourly rounding into a hospital policy. The hospital policy would need to include specific implementation instructions. These should include: an explanation of the policy, specific expectations of the staff, outcomes that will be measured and how they will be measured, external and internal audits to measure effectiveness, and any other changes that will take place. Implementation of purposeful hourly rounding will lead to a consistent increase in patient outcomes and a decreased frustration for hospital staff.

Routine purposeful rounding is an important tool that can be utilized to keep patients safe and satisfied. When the nurse makes him or herself available every hour to address patient needs, the patients show better satisfaction in their overall stay at the hospital (Ulianmo, 2011). Research shows that hourly rounding leads to a reduction in call-light use and falls, a decrease in pain, and an increase in patient satisfaction (Davies, 2014).

CLASSIFIED ADS

Home Healthcare Worker/Caregiver

Disabled female needs dependable, intelligent personal care assistant. Pleasant surroundings in NE Portland home. Provide personal care, housekeeping and meal prep. One year of experience preferred. Non-smokers only. Part-time for both days/nights (12hr AWAKE shifts/8-8). 12-36 hours per week, \$13-18/hour depending on experience. Must be able to drive and have a good driving record. References and criminal back ground check required.

Please send cover letter, resume and references to: lcasemanager@gmail.com. Please indicate if applying for day/night shifts and availability.

References

Christiana Care. (2012, August). What is 'Purposeful' Hourly Rounding? [Video file]. Retrieved from <http://www.youtube.com/watch?v=KsWr4hW81yY>

Davies, K. (2014). Hourly Patient Rounding. Retrieved from <http://nursing.advanceweb.com/Continuing-Education/CE-Articles/Hourly-Patient-Rounding.aspx>

Thompson, B. (2013). Purposeful Hourly Rounding: How Providence CARES. Retrieved from <http://oregon.providence.org/location-directory/p/providence-st-vincent-medical-center/forms-and-information/purposeful-hourly-rounding-how-providence-cares>

Ulianmo, V., & Ligotti, N. (2011). Patient satisfaction and patient safety: Outcomes of purposeful rounding. *Topics in Patient Safety*, 11(4), 1, 4. Retrieved from <http://virginiaulanimo.wiki.usfca.edu/file/view/TIPS-+VA+National+Center+for+Patient+Safety.pdf/388378566/TIPS>

Please visit our website Oregonsna.org to see upcoming events and resources for the busy student nurse.