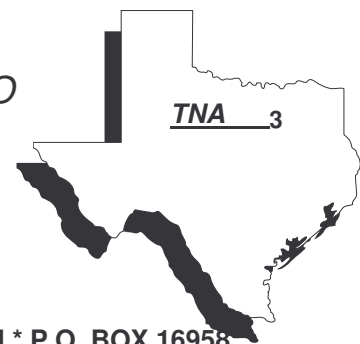


ERATH \* HOOD \* JOHNSON \* PALO PINTO



# DISTRICT 3 NEWS

PARKER \* SOMERVELL \* TARRANT

PUBLISHED BY DISTRICT 3 TEXAS NURSES ASSOCIATION \* P.O. BOX 16958  
Fort Worth, TX 76162 \* 817-249-5071 \* [tna3@usapathway.com](mailto:tna3@usapathway.com) beginning June 1, 2005  
Website: <http://www.tna3.org>

May 2005

## District Three Board Members 2004-2005

### President

*Bonnie Higgins*  
[tna3@mindspring.com](mailto:tna3@mindspring.com)

### President-Elect thru 2005

*Sharon Ransom*

### Vice President thru 2006

*Mary Alice Stam*

### Secretary thru 2006

*Suzy Lockwood-Rayermann*

### Treasurer thru 2005

*Phyllis Norman*

### Directors thru May 2005

*Mary Robinson*

### Directors thru May 2006

*Sandi McDermott*  
*Susie Hood*  
*Kiran Sharma*

### Past-President

*Stella Kohn*

### Executive Secretary

*Renee James*  
Office: 817-249-5071  
[tna3@mindspring.com](mailto:tna3@mindspring.com)

## President's Message

Dear Membership,

TNA3 was represented at the House of Delegates by Sharon Ransom, Sandi McDermott, Josie O'Quinn, Susie Hood, and me. We sold \$600 worth of Nursing pins for District 3, and spent over \$400 at the TNA Foundation's silent auction. All in all we were great delegates *and* TNA3 received a certificate for growth in membership!

Many topics were discussed at the House of Delegates. The following were just a few: **"Quality is the framework of our profession."** **"Nurses bring the value to the healthcare system."** **"Whatever we measure we improve."** **"Nursing happens because we are willing to do the work to make the practice survive."** **"It is a great time to be a nurse."**

Having felt the physical strain from being a bedside nurse, I was delighted with the **"Handle with Care"** program that was discussed at the HOD. This program envisions no manual lifting of patients except in emergencies. This does not mean that the patient will not be lifted. It means that nurses will have technology to assist in the lifting. This should allow nurses to work at the bedside longer and without causing lifetime injuries from lifting patients.

My privilege to serve as District 3's president will be complete after the annual May banquet. Sharon Ransom will serve as president for the next two years. Sharon has the heart of a nurse and a vision for the future of TNA3. I hope that you will join me in supporting Sharon, serving the District membership, and making a difference.

I hope you never lose your passion for nursing. Some nurses are employed in positions that are more visible and they may receive more accolades. However, all nurses who have shared the passion to make a difference, whether working or retired, deserve an award. Therefore, the true award comes from intrinsically knowing that you made a difference. **On May 5<sup>th</sup> TNA3 will celebrate ALL Nurses at the annual TNA3 Banquet.** We have a wonderful bond between us. **Come celebrate us!**

My best to you always,  
Bonnie Higgins

# Meet the Board

"One professional year in the life of Three board members"

## **Phyllis Norman, RN, MBA, CNA, BC** Treasurer



- Vice President, Patient Care Services--Harris Methodist Fort Worth Hospital
- Certification: Nursing Administration Advanced (ANCC)
- American Organization of Nurse Executives
- Magnet Nursing Recognition Award for Excellence in Nursing Service – granted to HMFWS in February 2005
- YWCA Outstanding Women in Business Award
- Sigma Theta Tau International, Delta Theta Chapter
- Outstanding Nurse in Practice and Management, Sigma Theta Tau, Beta Alpha Chapter
- FWISD Career and Technology Advisory Board
- Children and Youth Field of Service Panel, United Way of Metropolitan Tarrant County
- Volunteer - Union Gospel Mission & St. Paul Lutheran Church, Medical/Dental Mission
- Adjunct Faculty – University of Texas at Arlington
- Past Chairman, Benbrook Chamber of Commerce
- Married to husband, Ken, for 35 years. They have one son and a one year old granddaughter, Brooke.
- Hobbies—Fishing and Travel. They have fished in many beautiful places in the world, including Alaska, Canada, Cost Rica, Guatemala, Nicaragua, and the Amazon basin.



## **Kiran Sharma, RN** Director

- Operating room nurse at JPS Health Network for thirty years
- Team leader in the operating room for the night shift
- To keep her practice strong, Kiran also works in Endoscopy
- She has been married for 30 years
- She has 2 children, Rahul and Rashmi

## **Mary Alice Stam, RN, MS, CNS** Vice President



- 24 years pediatric nursing experience
- Pediatric faculty—12 years
- Pediatric oncology staff nurse, John Peter Smith Hospital
- Pediatric staff nurse, Cook Children's Medical Center
- Numerous committees for TNA, District Three, including Program Committee Chairman
- Dual member Sigma Theta Tau Beta Alpha 1980 and Delta Theta Chapter 1995
- Past President of Beta Alpha Chapter
- Archivist of Delta Theta Chapter
- Society of Pediatric Nurses Charter Member—11 years
- Texas Christian University, Harris College of Nursing Alumni Association—President for 4 years
- Texas Woman's University Alumni Association
- Board Member of Women's Ministries & Medical Committee at Stonebriar Community Church
- Colleyville Garden Club
- Colleyville Woman's Club

**Texas Nurses Association, District Three**  
is very grateful to each of the organizations  
who sponsor our monthly meetings. We  
would like to extend our gratitude to:

**JPS Health Network**  
**University of North Texas Health Science Center**  
&  
**Harris Methodist Fort Worth**  
for hosting our meetings & workshops



**Harris Methodist Fort Worth**  
for providing the Continuing Education Credits.

And each of our  
Continuing Education Program Sponsors



**Arlington Memorial Hospital**  
**Baylor All Saints Medical Center**  
**Cook Children's Medical Center**  
**Harris Methodist Fort Worth**  
**Harris Methodist Southwest**  
**Huguley Hospital**  
**Medical Center of Arlington**  
**North Hills Hospital**  
**Plaza Medical Center of Fort Worth**  
**Walls Regional Hospital**

## Point of Care Bar-Code Scanning A Patient Safety Initiative

Patient safety in medication administration has been in recent national news, with reports from Congress on an ever increasing number of medication errors resulting in poor patient outcomes. Harris Methodist H•E•B Hospital implemented AdminRx, a handheld, wireless bar code scanning system,, at the point of care to stop medication errors before they occur and ensure patient safety is a top priority. The literature,(Harvard Study) notes that approximately 38 percent of medication errors occur at the bedside with none being caught before reaching the patient.

Our project is a multidisciplinary program that began with the implementation of RobotRx in the pharmacy to barcode and deliver medications to the nursing units with the appropriate medication for the right patient. This system has been in place since 1998 and reduced errors in dispensing medications. In June of 2004, a rolling implementation of AdminRx began. In just eight months, all 14 inpatient and outpatient nursing units were live and functioning on AdminRx.

The benefits of AdminRx include:

- Eliminate medication errors with the most potential for harm: Wrong Drug, Wrong Dose, Wrong Patient;
- Improved ability to track medication administration data;
- Improved legibility of medication record;
- Better access to information; and
- Support of the Five Rights of Medication Administration.
  - ✓ Right Patient
  - ✓ Right Medication
  - ✓ Right Dose
  - ✓ Right Time
  - ✓ Right Route

A huge additional benefit is the tracking and reporting capability of the system. Issues such as early, late, missed and on-time dosing can be tracked for real time review.

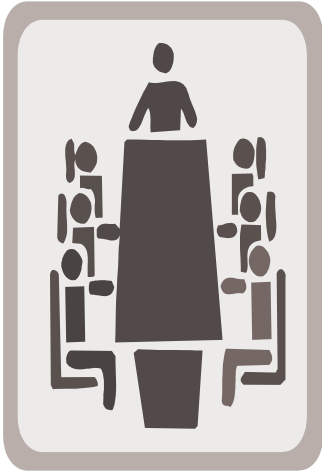
Medication event reporting has steadily climbed and we have noted a decrease of 45 percent in medication errors such as Wrong Patient, Wrong Drug, and Wrong Dose. This system provides an immediate warning when something is not right. Examples of this are Additional Dose, Dose Checking, Overdose, and Under Dose, which requires a nurse to clarify the procedure, creating a true “Double Check.”

The AdminRx project was implemented by a steering committee that included a Project Coordinator, the vice president of Patient Care Services, Director of Pharmacy, Director of Inpatient Services and several Nursing Unit Managers. This committee met weekly to discuss the progress of the program and to address issues associated with the unique needs of specialized units. Now that implementation is complete, a monthly meeting is held so that managers and staff can continue to address any developments or receive further information. A web site on the intranet was also created so all employees can receive updates and find information on the project status.

Patient safety is our number one priority, and providing AdminRx as another tool to enhance it has made Harris Methodist H•E•B Hospital a leader in the community. As we look to the future, which promises smart pump technology and electronic records, we know that nursing has always been ready to deliver quality, safe patient care and taking advantage of the ever- changing technology is a continued challenge to our profession.

David Cox, RN, BSN, MBA  
Admin Rx Project Coordinator  
Harris Methodist HEB

## 2005—2006 Board of Directors



**President**—Sharon Ransom

**Vice President**-- Mary Alice Stam

**Treasurer**—\* Stephanie Eckstein

**District Secretary**-- Suzy Lockwood

**Directors thru May 2006**

Susie Hood

Sandi McDermott

Kiran Sharma

**Directors thru May 2007**

\* Marinda Allender

\* Melissa Sherrod

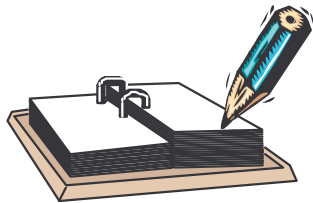
**\*Nominating Committee**

Jean Ashwill, Chair  
Bonnie Higgins

Stella Kohn  
Sandi McDermott

Mary Robinson

\* = Newly elected



## Mark Your Calendar!

**Thursday, May 5, 2005—TNA-3 Annual Awards Dinner—6:00pm**

Baylor All Saints Medical Center Atrium

1400 8<sup>th</sup> Ave; Fort Worth, TX 76104

Cost: \$25.00

Please contact the Office at 817-249-5071 or [tna3@mindspring.com](mailto:tna3@mindspring.com) to make your reservation by **May 3, 2005**

**Wednesday, May 11, 2005—The Fifteenth Annual Great 100 Nurses Celebration**

Morton H. Meyerson Symphony Center

2301 Flora, Dallas, Texas 75201

6:30pm to 7:30pm--Cocktail hour with cash bar

7:30pm to 8:30pm--Awards program

8:30pm to 10:00pm.--Reception

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### THE UNIVERSITY OF TEXAS AT ARLINGTON

Continuing Education Offerings

For More Information: 817-272-2778 or [jjenkins@uta.edu](mailto:jjenkins@uta.edu)

**Mexico: Travel, Study, Learn**

May 20, 2005

Co-Provided with the Center for Hispanic Studies in  
Nursing and Health

Cuernavaca, Mexico

Faculty: Dr. Wendy J Barr ([barr@uta.edu](mailto:barr@uta.edu))

40 Contact Hours

**Physical Assessment of the Adult by the RN**

August 9-12, 2005

Faculty: Dolores Clark, MSN, RN, GNP, PNP

Pickard Hall, UTA School of Nursing

24 Contact Hours

## District Three Welcomes our New Members

Beth Ann Arthur	Janice Louck
Lori J. Donovan	Cecelia Null
Donald K Falson	Ireti Odubela
Rebecca A. Finley	Deborah A. Rubinson
Dianne Guerry	Jamie T. Steinert
Sheree Hussey	

We're glad you're here. We look forward to visiting with you at meetings and events.

## Texas Peer Assistance Program for Nurses

TPAPN volunteers act as an advocate providing peer support for their nurse colleague. If you would like to volunteer or refer someone call 1/800-288-5528 (24-hour helpline) or 1/512-467-7027, fax 512/467-2620, or email [www.tpapn.org](http://www.tpapn.org). Additional information and forms can be downloaded at the following website:  
<http://www.texasnurses.org/tpapn/index.htm>.

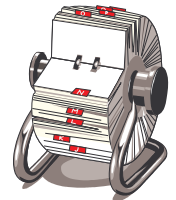
## Information Update

Have you moved? Changed your name?  
Changed your e-mail address?

Please contact the District 3 office, and let us know about your changes. We would like to update your information to ensure that you receive your newsletter and the latest information about TNA-3.

Texas Nurses Association, District 3  
P.O. Box 16958  
Fort Worth, TX 76162

Phone: 817-249-5071  
Fax: 817-249-5071  
Email: [tna3@mindspring.com](mailto:tna3@mindspring.com)



## Texas R.N. Pins

On Sale Now

TNA-3 is now selling a Texas Registered Nurse pin designed by the Ways & Means Committee. **Every RN** can wear this pin with pride. These pins will be available at all TNA-3 events and they may be purchased by mail, using the order form below.

**Size:** 7/8" Texas Shaped Pin

**Color:** Two tone gold.



**Description:** RN & outside edge raised & polished with sandblasted background.

**Cost:** \$8.00 each

Please return this order form with your payment to:  
TNA-3, PO Box 16958, Fort Worth, TX 76162

Enclosed is \$ \_\_\_\_\_ for \_\_\_\_\_ Texas RN Pin(s).

Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

# Clinical Aromatherapy – Beyond Soap and Candles

**Clinical Aromatherapy** is the controlled use of essential oils from plants to enhance health and well being. A group of 10 nurses at Harris Methodist Fort Worth Hospital recently completed an 18-month course that entailed almost 250 classroom and clinical hours to become certified in clinical aromatherapy.

The use of essential oils to promote health and healing is thousands of years old. The ancient Egyptians used frankincense extensively. It is rooted in herbal medicine, but today's clinical aromatherapy practitioners must know the chemistry of the essential oils and be able to predict their clinical effects from the molecular structure.

Clinical aromatherapy is not all about pleasant smells – or even about smells exclusively. It is about the therapeutic effects of essential oils, which are steam distilled from plant substances or expressed from citrus rinds. It is used not only to promote healing and relaxation, but it can also help fight infection and relieve symptoms of chronic illness. It is not necessarily inhaled, although direct and indirect inhalation are two possible routes of administration. It sometimes more appropriate to use a topical application. (Internal use of essential oils is not within the scope of nursing practice.) Clinical aromatherapy utilizes research findings to prescribe appropriate essential oils in effective routes to relieve symptoms and promote health.

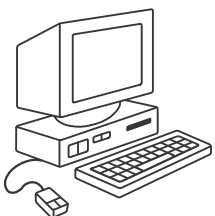
As part of their certification requirement, each of the nurses who studied aromatherapy at Harris was required to complete a research project using one or more of the 33 essential oils they studied in the course. All who used human subjects went through the IRB approval process before conducting their studies. The studies were wide-ranging and included measuring the effects of the use of essential oils in such diverse situations as:

- Bowel motility among post surgical patients and rehabilitation patients
- Symptom relief for patients at the end of life
- Skin toxicity prevention among breast cancer patients undergoing radiation therapy
- Visualization of veins in patients who required outpatient IV medications.
- Anxiety among patients undergoing cardiac catheterization
- The effect of light touch on newborns undergoing circumcision

Each student was required to present her study to a panel of reviewers and answer questions about her research methodology and the results of the study.

In addition to the research component, each student was required to complete a three hour written examination and an hour of practical demonstration of a trademarked touch technique used in the topical application of essential oils.

Now that certified practitioners are available on staff, Harris Methodist Fort Worth Hospital plans to incorporate the use of essential oils into its nursing practice. Guidelines are currently being written for their use and implementation will occur within the next couple of months. The next step in the process is to train a core group of practitioners as instructors so that the knowledge of clinical aromatherapy can be retained and spread throughout the organization. The aromatic enhancement to caring and healing will assist patients on their journey to wellness.



Don't forget to check the website, for the latest TNA-3 information.

[www.tna3.org](http://www.tna3.org)

The following items can now be found on the website:

- \* Calendar of Events
- \* TNA Membership Application
- \* Texas RN Pin Order Form
- \* TNA-3 Photo Gallery

## Notice of Email Address Change

Effective June 1, 2005, TNA-3 will be using a new email address. You may contact the district office at:

[tna3@usapathway.com](mailto:tna3@usapathway.com)

# Congratulations to the 2005 Great 100 Nurses!

Lori Akins, Texas Scottish Rite Hospital  
Marinda Allender, TCU Harris School of Nursing  
Lori Allums, Parkland Health & Hospital System  
Mindi Anderson, UTA School of Nursing  
Elizabeth Arseneau, Arlington Memorial Hospital  
Bonnie Baker, Tarleton State University  
Loretta Bass, Baylor Medical Center Garland  
Benny Bolin, Baylor University Medical Center  
Patricia Bradley, TCU Harris College of Nursing  
Kevin Brewer, Las Colinas Medical Center  
Linda Brown, Richland College  
Brennan Bryant, Baylor Medical Center Irving  
Stacie L. Bussey, MASTER CTR. Laparoscopic Surgery  
Judy Callicoatt, Trinity Valley Community College  
Clare Card, Parkland Health & Hospital System  
Marvin C. Cloud, Walls Regional Hospital  
Jennifer Cooley, Baylor University Medical Center  
David Cox, Harris Methodist HEB  
Phyllis Czarnecki, Medical Center of Plano  
Barbara Danielson, Presbyterian Hospital of Dallas  
Lori Donovan, Harris Methodist HEB  
Marilyn Duran, TCU Harris School of Nursing  
Rose Elam, Medical Center of Arlington  
Kathleen Evans, Harris Methodist Erath County  
Janet Figueroa, JPS Health Network  
Oscar Fimbres, Cook Children's Medical Center  
Sonya Flanders, Baylor University Medical Center  
Bret Freeman, Presbyterian Hospital Greenville  
Annette Garcia, Baylor Medical Center Waxahachie  
Vicky Gerdes, Harris Methodist HEB  
Kathryn Griffin, Terrell State Hospital  
Gary Hamrick, Baylor Medical Center Irving  
Susan Harvey, Medical Center of Plano  
Rose Ann Hazlett, El Centro College  
Catherine M. Hefko, Golden Acres (DHJA)  
Linda C. Hollis, Baylor All Saints Medical Center  
Lenora Horton, JPS Health Network  
Susie Hubbard, Presbyterian Hospital of Dallas  
Sylvia H. Ivie, Presbyterian Hospital of Dallas  
Gracy James, Harris Methodist HEB  
Debbie Joiner, Baylor Medical Center Irving  
Jacqueline Jones, Parkland Health & Hospital System  
Patricia A. Kelly, Presbyterian Hospital of Dallas  
Kerri Kennedy, Denton Regional Medical Center  
Furqan "Alex" Khan, VA North Tx Health Care System  
Cheryl Kirby, Parkland Health & Hospital System  
Stella Kohn, Harris Methodist HEB  
Dawn Kregel, Denton Regional Medical Center  
Mollie Kuchta, Cook Children's Medical Center  
Diana Beal Kunce, Tarleton State University

Susan Laird, JPS Health Network  
Judy LeFlore, UTA School of Nursing  
Rita Lindbom, Harris Methodist HEB  
Robin McCune, Medical City Dallas Hospital  
Melinda Kaiser-McGowen, VA North Tx Health Care System  
Flora McManus, Baylor Medical Center Irving  
Jennifer McMeens, Harris Methodist Erath County  
Annita Macho, Baylor Medical Center Irving  
Peggy Mancuso, TWU Parkland Campus  
Anthony Martinez, Medical City Dallas Hospital  
Ilda Martinez, Harris Methodist Erath County  
Dan Mason, Medical City Dallas Hospital  
Janice Meroney, Denton Regional Medical Center  
Frances Nell Morrison, VA North Tx Health Care System  
Nuala Murphy, Presbyterian Hospital of Dallas  
Roseann Murphy, Parkland Health & Hospital System  
John Ogburn, Medical City Dallas Hospital  
Gerry Ouellette, Las Colinas Medical Center  
Caseann Oyer, JPS Health Network  
My Pham, Medical Center of Plano  
Kathy Powell, JJ Pearce High School  
Mary Powell, Harris Methodist HEB  
Elizabeth Presley, Harris Methodist Southwest  
Yolanda Velez-Reyna, Presbyterian Hospital of Dallas  
Grace Richardson, JPS Health Network  
Nicki Roderman, Medical Center of Plano  
Amy Sageser, Medical City Dallas Hospital  
Alethe Sannes, Medical Center of Plano  
Vanessa Shaw, Baylor Medical Center Irving  
Melissa McIntire Sherrod, TCU Harris School of Nursing  
Sally Smith-Sisson, Harris Methodist Erath County  
Meagen Stillwagoner, Harris Methodist HEB  
Phyllis Sullivan, Harris Methodist HEB  
Cynthia Tate, VA North Tx Health Care System  
Roz Tepper, Harris Methodist Southwest  
Emily Thomas, Baylor Medical Center Irving  
Sharon Thompson, Harris Methodist Southwest  
Shirley Thornton, VA North Tx Health Care System  
Linda VanPelt, Medical Center of Plano  
Barbara VanWart, Harris Methodist Fort Worth  
Richard Vignaux, VA North Tx Health Care System  
Lori Vinson, Children's Medical Center  
Carol A. Vlasich, Plaza Medical Center Ft. Worth  
Shelley Wallace, Baylor Medical Center Irving  
LaWanna "Sue" Waller, Presbyterian Hospital Greenville  
Julie Watts, JPS Health Network  
John Weimer, JPS Health Network  
Lucinda Wheeler, JPS Health Network  
Scott Williams, Baylor Medical Center Irving  
Jaimie Wilson, Medical Center of Plano



Texas Nurses Association  
District Three  
2005 Annual Awards Dinner

**Honoring:**  
Scholarship Recipients  
TNA-3 Award Recipients  
Board of Directors  
Great 100 Nurses from District Three

Please join us at the Baylor All Saints Medical Center Atrium as we celebrate the nurses of District Three.

Date: Thursday, May 5, 2005  
Time: 6:00 PM  
Place: Baylor All Saints Medical Center Atrium  
1400 8<sup>th</sup> Ave; Fort Worth, TX 76104  
Cost: \$25.00

Reservations are required by **May 3, 2005**. Please call the TNA-3 office at 817-249-5071 or email [tna3@mindspring.com](mailto:tna3@mindspring.com) to make your reservation.