



October 2015

Volume 2



# Kinesis

## Message from the President

Welcome to the fall edition of Kinesis. It is my desire to see our meeting attendance grow this year. I wish to thank Sharon Sanker and the whole program committee for their hard work in coordinating these programs and obtaining pharmaceutical support. Please utilize the virtual community for all updates. We definitely want to hear from our members and if you have a suggestion or comment, please feel free to contact anyone of the board.

This year we are bringing back the community outreach committee under the leadership of Arleen Wuesterfield. I believe it is important for us to gather together socially and at the same time help in the community. I believe marketing our name Oncology Nursing Society opportunities. With that being said, if you know of an organization that we could be involved with, let Arleen know. Again watch for updates on the virtual community. Before our October meeting, we will have a speaker from the Hope Lodge and we are asking our members to bring in nonperishable food items and toiletries to help support the Hope Lodge.

Looking forward to a great year.

*Carol Amfahr*, CTC ONS president

## LETTER FROM THE EDITOR

*Ruth Gholz*, RN MS AOCN

Welcome to the fall edition of Kinesis.

As oncology nurses we have the pleasure of caring for many cancer survivors, and assist in their path for the future. Before becoming survivors they are persons with cancer receiving treatment, experiencing a multitude of symptoms and emotional concerns.

The Oncology Nursing Society encourages us all to learn what is needed for us to provide excellence and quality care to all persons with cancer. Are we prepared?

We cannot stop asking questions, learning, reaching out to mentors and others.

Our patients deserve it and so do we.

May this newsletter trigger some questions and challenge you to become a life long learner.

Also please share with me topics of interest, nurses to honor, changes in employment etc. This newsletter is yours!

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## **TriHealth Cancer Institute (TCI) Patient Fall Prevention**

Donna Harris, BSN, RN, OCN, ONC



### **Prévention**

Oncology patients with myelosuppression are at greater risk of injury secondary to a fall. Dizziness and weakness that accompany anemia and increased risk of bleeding secondary to thrombocytopenia from the impact of a fall greatly increased the risk of bleeding. Aggressive anticoagulation and use of narcotics also increase the risk of fall. Aside from injury related to a fall, the economic and psychosocial impact to the patient can be life altering. Falls are considered a hospital acquired condition and cost related to injury treatment is not reimbursed by insurance companies (Dupree, Fritz, Musheno, 2014).

The Agency for Healthcare Research and Quality (2013) recommend regularly assessing fall rates and utilization of prevention strategies in individuals identified as a fall risk. At Good Samaritan both the inpatient unit and the outpatient clinic complete fall assessments to identify fall risk patients. The outpatient clinic places a fall risk note in the electronic health record, place at risk patients close to workstations and near a bathroom. Completing a daily list of fall risk patients at the time of registration is created each morning so patients can be identified and monitored. Interventions for inpatients include identification of fall risk patients with bracelets, stickers on the door, colored socks and a fall contract that commits to calling for assistance before getting up.

These interventions alert all staff members of a patient that is a fall risk. When staff notice a patient attempting to get up or find them up without assistance they can intervene and assist the patient. The best way we impact our falls is through active participation of the entire interdisciplinary team. This includes every staff member that comes into contact with the patient. With all team members actively surveilling at risk patients and offering reminders to fall risk patient up unattended and offer assistance. The TriHealth Cancer Institute encourages working together with all members of the interdisciplinary team which allows continuous education to the patient and family while creating a unified goal of fall prevention among staff.

### **References:**

Dupree, E., Fritz

Journal of Nursing Quality Care, 22 (2), 99

Preventing Falls in Hospitals. January 2013. Agency for Healthcare Research and Quality. Retrieved from: <http://www.ahrq.gov/professionals/systems/hospital/fallpxtoolkit/index.html>



## **From nominations and awards:**

In November we will be voting for a President Elect and a Secretary. President Elect is a three year term. The first year is spent becoming familiar with the duties of the chapter President. At the expiration of the President minutes for all official activities of the chapter (i.e. at all Board and Committee Chairperson meetings).

The Secretary term is two years. Please consider becoming more involved in our chapter by running for one of these offices.

Please also consider nominating one of your coworkers for our two awards given in March at the Products Fair. The Pearl Moore Career Development Award recognizes a professional staff nurse for meritorious oncology nursing practice by providing financial assistance to attend a continuing education program that will further the nurses CTC any type setting. Nominations must be received by the February meeting. The rules for both awards are found on the virtual community. There will also be some paper copies at the meetings.

Resurrected this year is a CTC must be used for education, and winners will be required to either present what they learned at a meeting or write an article for the Kinesis. There will be 2 scholarships for \$200 each. Deadline for the scholarships will be November 1.

*Carol Turner* BSN, RN

Assistant Nurse Manager 5th Floor 300 Tower

# Psych Corner

## The PSYCH Corner

By: Barb Henry, DNP, APRN-BC

**WANTED:** Dedicated oncology RN and/or APRN interested in attending an annual girl's weekend with awesome breast cancer survivors and fly fishermen/women in the wilderness three hours from Cincinnati every September (ride share with me).

**SALARY:** Zero...but the emotional, physical, relaxation, and "learn new things" opportunities more than pay for your volunteer work for Casting for Recovery Ohio.

**OFFICE LOCATION:** East of Columbus out in the boonies where cellphone and Internet are a little slow but available: <https://www.facebook.com/indianbearwinery?fref=ts> That's right... I said WINERY! Though we don't promote excessive alcohol use, the winery was a nice addition to our retreat this year. The lodge is a gorgeous heated/air conditioned rustic charming facility with a Jacuzzi, bonfires, fly fishing pond, tee pee, trails, delicious homemade meals, and more.

**JOB DESCRIPTION:** CfR Ohio is looking for a medical and psychosocial trainees to back up the ones we already have in case they move or can't make it. You will observe your first year and help the team facilitate a Friday afternoon through Sunday afternoon free retreat for breast cancer survivors that provides psychosocial support, medical education, and fly fishing instruction. Please contact Barb Henry if interested: [Bjzh@aol.com](mailto:Bjzh@aol.com) or (513) 237-6840. Below is the photo of 2015 Casting for Recovery Ohio participants.



**STILL INTERESTED?!** If you're really interested you can read my dissertation J lol! Even if you can't make a commitment to volunteer as a facilitator, you can help us get gifts for participants, corporate gifts/donations. Please enjoy more photos and promote our group at: <https://www.facebook.com/CastingForRecoveryOhio?fref=ts> especially during October when other 501 (c)3 organizations are seeking funding-I think CfR is the best of them all: <http://castingforrecovery.org> The Ohio CfR retreat is held the second weekend in September. This is my 5<sup>th</sup> retreat as psychosocial facilitator and I can't even put into words the therapeutic benefits to participants as well as volunteers (shout out to Lynne Brophy for recruiting me). Please view this one minute YouTube video put together by one of our River Helpers that can give you a glimpse into what the participants get out of the experience. THANKS!

*Barb*

<https://youtu.be/9upGR Cepamg>



# NCCN In-Service with Credit

2015 NCCN Immuno-oncology Webinar Series for Pharmacists - Identification and Management of Toxicities with Immuno-oncologic Therapy	Pharmacist Other	1.00	Live Webinar	11/17/2015 - 2:00pm - 01/04/2016 - 2:00pm
NCCN 2015 Congress Series™: Genitourinary (GU) Cancers	Nurse Pharmacist Physician Other	3.48	Live Course	11/11/2015 - 12/31/2015
NCCN 2015 Congress Series™: Melanoma	Nurse Pharmacist Physician Other	3.00	Live Course	11/07/2015 - 12/31/2015
2015 NCCN Immuno-oncology Webinar Series for Pharmacists - Immuno-oncologic Therapy: Efficacy Measures and Outcomes	Pharmacist Other	1.00	Live Webinar	11/04/2015 - 12:00pm - 12/18/2015 - 12:00pm
2015 NCCN Oncology Case Manager and Medical Director Program™ - Case Manager Techniques: Managing Symptoms and Reducing Complications	Nurse Pharmacist Physician Other	1.50	Live Webinar	11/03/2015 - 01/01/2016
Monthly Oncology Tumor Boards: A Multidisciplinary Approach to Individualized Patient Care - Melanoma: Advanced Disease	Nurse Pharmacist Physician Other	1.00	Live Webinar	10/26/2015 - 4:00pm - 12/18/2015 - 12:00am

## Revival of Community Outreach Committee

We are in the process of reviving our Community Outreach Committee and invite you to become involved on the committee and/or take part in a project. If you are interested please contact Arleen Wuestefeld at [awuestefeld@ohcare.com](mailto:awuestefeld@ohcare.com) or call or text to 513-638-7299.

Our first project is to have a speaker from the American Cancer Society Hope Lodge come to our program meeting on October 27<sup>th</sup> and tell us about the wonderful service provided at the Hope Lodge. Anyone bringing a donation for the Hope Lodge to the October meeting will be entered into a prize drawing. Please bring toiletries, paper products, non-perishable foods, or other donations to the meeting.

Examples of other activities we are considering include involvement in health fairs and walks and providing meals to groups such as the Ronald McDonald House. The possibilities are endless. Please contact Arleen to join the committee, become involved in a project, or just share your ideas.



## Free course on Evidence-Based Practice (EBP) in Nursing and Health Sciences

The Ohio State University College of Nursing with support from the Office of Distance Education and eLearning (ODEE) is launching a Massive Open Online Course (MOOC) to anyone with an interest in health sciences and nursing. This open course, Foundations of Evidence-Based Practice in Healthcare, will be offered online from September 14 to October 27. You can take the course at your own pace and sign up anytime while the course is running.

More information and to register: [go.osu.edu/ebp](http://go.osu.edu/ebp)  
Learn more about Ohio State MOOCs: [go.osu.edu/MOOCs](http://go.osu.edu/MOOCs)

This self-paced, fully online course is taught by world-renowned EBP experts, Bernadette Melnyk and Lynn Gallagher-Ford, who will guide you through a broad overview of the steps of EBP. It includes discussion boards and activities to help embed some of the key skills. And not only is it self-paced and fully online... IT'S FREE!!

Again, let me reiterate, this is a BROAD overview of EBP. That being said, Lynn and Bern will walk your friends, colleagues and co-workers through the process. This should help to bring more people onto the same page with you until you can either get them to an immersion or bring CTEP to your organization for your very own immersion experience that is tailored to your needs!

Please feel free to pass this on to your friends and colleagues so we can spread EBP throughout the healthcare world and beyond! Just think of the impact we will have on the quality of healthcare, patient outcomes and satisfaction and staff satisfaction as EBP becomes the way we think rather than something else to do!



## Hello CTC-ONS Members!

Our year of **Educational Dinner Programs** got off to a great start at Moerlein Lager House September 23rd featuring presentations from four of your colleagues on topics from ONS Congress, including: Distress Screening; HPV Vaccination; Fungal Infections in Neutropenic Patients; and Innovation, Change and Resilience.

Our upcoming schedule contains more topics which reflect your responses from the spring Needs Assessment Survey: October 26th, Bone Marrow Biopsy Results at Cooper's Hawk presented by Dr. James Essell; November 19th, Chemotherapy/Biotherapy Drug Updates at Eddie Merlot's presented by Katie Hanger, Pharm D; and January 26th, New Radiation Techniques and Options at The Redmoor in Mt. Lookout presented by Dr. Guarnaschelli.

The complete schedule for our September through May program year was emailed through our website in early September. Hopefully, a copy has been printed and posted on your unit. If not, please do so...and talk it up! Please join us, enjoy a delicious dinner and spend time with your colleagues while listening to experts provide information which will enhance your daily practice...and receive CEs!

If you know of anyone who is not receiving the Eventbrite invitation and would like to be added to the list, please contact Debbie Heim at [heimcats@yahoo.com](mailto:heimcats@yahoo.com).

Guest Passes may also be used again this year, one pass per member per program year...so ask a friend!

Thank you and looking forward to seeing you at the next program!

*Sharon Sanker,*  
CTC-ONS Program Chair



## NEWS FROM NATIONAL ONS

### New Online Course Addresses the Fundamentals of Chemotherapy Biotherapy Administration

Coming in January 2016, the [Chemotherapy Biotherapy: Fundamentals of Administration](#) course will give you all the essential information you need to safely administer chemotherapy and biotherapy.

The course is designed for nurses who administer chemotherapy at a low volume or a minimum number of agents on an infrequent basis. Even more, nurses successfully completing this course will earn both CNE and an ONS Provider Card.

#### New ONS Core Values Define Society's Strategic Objectives

Wednesday, October 7, 2015

The ONS Board of Directors worked to consolidate and streamline the Society's core values from six to three  
*Innovation. Excellence. Advocacy.*

As part of the strategic planning process, the ONS Board of Directors worked to consolidate and streamline the [Society's core values](#), narrowing them from six values to three. The resulting [three values](#) lead and define ONS's strategic objectives for the 2015-2018 strategic plan

Strategic objective #1: Innovation in knowledge and learning

Strategic objective #2: Excellence in oncology nursing and quality patient care

Strategic objective #3: Advocacy for patients and the profession

### Nurse in Washington Internship Grants Available

The 2016 [Nurse in Washington Internship \(NIWI\) program](#) will be held March 5-8, 2016 in Washington, DC. NIWI enables nurses to learn how to influence health care through the legislative and regulatory processes. Participants learn from health policy experts and government officials, network with other nurses, and visit members of Congress

ONS has a limited number of grants available for NIWI. Grants provide full registration for NIWI, expenses for travel, hotel, and related travel expenses (e.g. meals, airport parking) per ONS Travel Policy. Application requirements are

Current ONS membership (minimum of 2 years)

Current activity in the legislative arena

Past ONS activities

Description of how the internship will benefit the recipient's professional role and role in ONS

Willingness to serve as a chapter or special interest group legislative liaison

Strong communication skills.

Candidates should submit a letter stating application for a NIWI grant, required accompanying information listed previously, and a curriculum vitae, plus three additional copies of the materials, to the ONS Health Policy Team, 125 Enterprise Drive,



## Introducing the Chemotherapy Biotherapy: Fundamentals of Administration Online Course

Coming in January, 2016, the Chemotherapy Biotherapy: Fundamentals of Administration course will give you all the essential information you need to safely administer chemotherapy and/or biotherapy. The course is designed for nurses who administer chemotherapy at a low volume, or a minimum number of agents on an infrequent basis. These nurses may not require the level of detail that the ONS/ONCC Chemotherapy Biotherapy Certificate Course includes. Nurses successfully completing this course will earn both CNE and an ONS Provider Card.

See our [informational chart](#) and [frequently asked questions](#) to learn more about our upcoming offering.

Have more questions? Check contact Customer Relations at [help@ons.org](mailto:help@ons.org) or 866-257-4667.

*Oncology Nursing Society*

### **Board Members 2015**

**President:** Carol Amfahr

**Secretary:** Sarah Godfrey

**Treasurer:** Sue Partusch

**Director-at-Large:** Brenda Burns

### **Committee Chairs**

**Program:** Sharon Sanker

**Membership:** Amy Voris

**Nominating/Awards/Elections:** Carol Turner

**Archive:** Gigi Robison

**Newsletter:** Ruth Gholz

**Community Outreach:** Arlene Wuesterfield