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# President's Message

I write this message on a beautiful May evening. The 32<sup>nd</sup> ONS Congress was held in Las Vegas just a couple of weeks ago and I'm still excited! It was my honor to accept recognition of our chapter for the 20<sup>th</sup> Anniversary of our charter at the President/SIG Coordinator reception.

I feel fortunate to be part of such a wonderful organization of 35,000 professionals representing a variety of roles, practice settings, and subspecialty practice area. As most of you know, my subspecialty is "Psycho-Oncology," and I was happy to meet colleagues with the same focus at the Psychosocial SIG meeting.

It was amazing to hear about the millions of dollars needed and donated to the ONS Foundation to support members. I enjoyed the 5K Fun Run/Walk, one of the Foundation fundraisers held each year at Congress. I also enjoyed the NCCS Yoga class held early one morning that helped me relax and debrief a bit from the hectic Congress schedule.

At each of the three Congresses I've attended, I've enjoyed the "International Symposia," that many members do not attend because of conflicting talks. Karen Stanley, Immediate Past President of ONS, facilitated presentations by nurses from Palestine, Ghana, and Cypress; countries where Oncology nursing is primitive and focused primarily on palliative care because of late disease states of patients.

Other valuable workshops I attended included "Disenfranchised Grief in Nurses," that offered excellent suggestions for stress management and bereavement ceremonies. "Storytelling-From Bedside to Boardroom," outlined the use of stories by nurses, patients, and public speakers to convey emotion, offer wisdom, and develop this unique form of communication. We will hear more Congress Highlights from members who will present at our 5/17 chapter meeting, thanks so much to those presenters.

As the CTC-ONS calendar year ends, I am inspired by Congress and by our local board and committee meetings with plans for the coming year. I wish you all a happy and healthy summer and I'll see you in September!

Barb Henry  
President



# Greetings From the Editor

Amy Voris

Many veterans receive their care outside of a VA hospital, yet they have a culture of their own. It is imperative that we, as nurses, understand this culture and recognize needs specific to this group.

We are in a war and during war times veterans become hypervigilant and very proud of their service and their country. This must be honored in all aspects of health care. In particular remember to thank them, this is all they want!

## National Statistics

- Total veterans nationally is 23,976,991.
- 687,500 projected veteran deaths for 2006.
- Over 1800 veterans die every day.
- One-fourth of all Americans who die this year will be veterans.
- Veterans age 85 plus triples from 2000 to 2010.

Fast Fact And Concept #152: The Military History as a Vehicle for Exploring End of Life Care with Veterans  
Authors: Lynn Hallarman, MD and Clare Kearns, MSW

54,000 American veterans die each month and account for one quarter of all US deaths. Inquiring about military service has both practical and therapeutic benefits. Hospice care is not a covered benefit for all enrolled Veterans and the Veterans Administration will purchase hospice services from local communities it serves. Military service can be a core experience in defining the way veterans live and the way they die. Knowing the components of a military history can be a useful tool in bridging the silence that often surrounds the war experience and can act as a catalyst for discussions about end of life preferences. Establishing an environment of trust is critical when speaking with war veterans about end of life care. A polite inquiry about military service is a good way to create an atmosphere of respect, keeping in mind that not all veterans will want to speak with you about the details of their war experience. Because a discussion of combat experiences can reactivate deeply buried issues, it is important to make this know to the veteran and ask if he/she wishes to proceed.

Listed below are phrases to help you get started in taking a military history.

## Starting Questions

- *Are you a veteran?*
- *Tell me about your military experience.*
- *What did you do in the military?*
- *When and where did you serve?*
- *What branch of the military were you in?*
- *How has it affected you?*

## Detailed questions

- *What was your highest rank?*
- *Did you see combat or were you in a combat area? Did you see enemy fire or casualties?*
- *Were you a prisoner of war?*
- *Were you wounded or hospitalized?*
- *Do you currently receive care at a VA?*
- *Do you have a service-connected condition? If not, are you enrolled?*

## Deepening the Military History:

- *Do you think you were changed as a result of being in the military? Please describe the changes.*
- *Do you think your experiences in the military are affecting you today?*
- *Is there anything about your experiences in the military that is still troubling you today?*
- *Do you have nightmares about the war?*
- *What was your homecoming like? Is there anything about your homecoming that is still troubling you today?*
- *Do you think your experiences in the military and your homecoming affected your relationships with family and friends when you returned?*

(Continued on page 3)



# THE “PSYCH” CORNER

Barb Henry  
UC Central Clinic &  
Psycho-Oncology Consultants, LLC

## Case Analysis

I am happy to announce that I will soon be taking on a new venture as editor of the column, “Case Analysis,” that appears in each issue of the Clinical Journal of Oncology Nursing. Don’t worry; THE “PSYCH” CORNER will live on in each KINESIS issue. However, “Case Analysis,” will allow me to stay fresh in skills and knowledge of oncology and primary care issues that I do not see as often in my current clinical setting. I will need writers to choose topics and write about complex cases. I will assist new or seasoned writers in doing evidence based practice searches on case topics. I will be writing some columns as well as calling on CTC-ONS experts!

As many of you know, Joyce Marrs, a member of the Dayton chapter, has been writer and editor of this column for the past few years. I would like to thank Joyce for her guidance and will summarize some main points from a “Case Analysis” column Joyce wrote in June 2006 on “Stress, Fears, and Phobias: The Impact of Anxiety.”

Joyce summarized the DSM-IV anxiety disorders: Generalized Anxiety Disorder, Panic Disorder With or Without Agoraphobia, Social Anxiety Disorder, many of which may be pre-existing in people with cancer or develop as a result of the diagnosis and unpredictable courses of treatment and prognoses. Medications for anxiety include: antidepressants-SSRI’s, SSNI’s, (Selective Serotonin or Norepinephrine reuptake inhibitors), drugs that inhibit reuptake of both brain chemicals, as well as Tricyclic antidepressants. “Benzodiazepines are used to reduce the symptoms of anxiety (Bottomley, 1998). They are best used in

conjunction with antidepressants. Because of the potential for abuse, use should be restricted to 10–14 days (Simon & Korbly, 2002). Side effects include over-sedation and withdrawal symptoms,” (Marrs, 2006). In practice, benzodiazepines are used for periods of months or years when clients benefit and do not show signs of tolerance, abuse, or have a history of chemical dependency.

In addition to these medications, low dose antipsychotic medications may be used to help people with anxiety and/or depression who do not respond to trials of various antidepressants, benzodiazepines, or combinations. There are many types of antipsychotic medications, the atypical and newer antipsychotics often have the lowest incidence of side effects but require psychiatric prescriptive expertise. As I’ve discussed in previous columns and presentations, one of the best guidelines for which medication(s) to choose is to ask people what they have tried before that has worked.

As Joyce points out: \*Educate patients about (anxiety). \*Review potential side effects of medications. \*Promote self-management activities such as relaxation techniques and deep-breathing exercises. \*Identify what the effects of alcohol, tobacco, caffeine, and other stimulants have on symptoms of anxiety (Antai-Otong, 2003; Rollman, Belnap, Reynolds, Schulberg, & Shear, 2003). \*Provide patients with support group information or other self-help resources.

<http://www.ons.org/publications/journals/CJON/Volume10/Issue3/1003319.asp> written by Joyce A. Marrs, MS, APRN-BC, AOCNP, June 2006, and accessed 5/15/2007.

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Greetings from the Editor  
(Continued from page 2)

- *Do you keep in touch with your war buddies?*
- *Do you think your military experiences are influencing the way you are now coping with your illness?*

If veteran experiences significant anxiety and needs psychological assistance, or if you would like guidance, you can contact your local VA Medical Center to access their mental health clinics, or Vet Centers.

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## References:

1. VA Trainee Pocket Care: [www.va.gov/oaa/pocketcard](http://www.va.gov/oaa/pocketcard)
2. [www.va.gov](http://www.va.gov): Search for “Veteran Fact Sheets”
3. VA Transforms End of Life Care: Monograph; Beresford, Larry. Department of Veterans Affairs. 2004.

# News From National ONS

## Order New Pharmacology CD

Pharmacology Update - Volume 1 is the first of a new series of in-depth, self-paced CD-ROMs designed to present detailed information on pharmacotherapy in cancer care. Reserve your copy now to take advantage of prepublication pricing. <http://esource.ons.org/ProductDetails.aspx?sku=INCD0174>

## New! Cancer Biology Webcourse

You don't want to miss the Cancer Biology Online Education Series that is designed to meet the educational needs of oncology nurses and others interested in gaining a fundamental understanding of cancer biology. You will receive cutting-edge information that enables you to provide the quality care your patients deserve. Registration is now open. <http://onsopcontent.ons.org/Education/DistanceEducation/CancerBiology/index.shtml>

## New Breast Cancer Book-Reserve Your Copy

This new volume in the Site-Specific Cancer Series provides you with an up-to-date and comprehensive resource on one of the most widely discussed, publicized, and feared forms of the disease. Available later this month, order now to receive the prepublication price of \$30. <http://esource.ons.org/ProductDetails.aspx?sku=INPU0572>

## ONS Connect Brings You the Latest Oncology Nursing and Society News

We've listened to your feedback, and as a result, *ONS News* has transformed into *ONS Connect*, a new monthly news magazine designed for busy oncology nurses. As the official Society news magazine, *ONS Connect* brings you pertinent ONS announcements, the latest oncology news, engaging feature articles about oncology nurses working in a variety of specialties, and much more. <http://www.ons.org/publications/journals/connect/>  
[http://onslists.ons.org/trk/click?ref=zqsquigo\\_0-303x3103x337135](http://onslists.ons.org/trk/click?ref=zqsquigo_0-303x3103x337135)

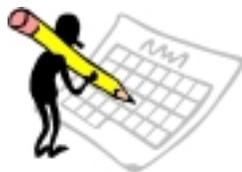
## We've Got a Mentoring Program for You

Mentoring comes in all shapes and sizes. From helping newer, younger nurses as they enter the profession to guiding veteran RNs into leadership roles, ONS has a mentoring program for you. Getting involved is easy, and participation is free. <http://www.ons.org/membership/mentoring/index.shtml>

## The American Association of Colleges of Nursing (AACN) response to ONS on the questions regarding the DNP

To read ONS's letter to the AACN, visit <http://www.ons.org/clinical/Professional/QualityCancer/documents/ONSLettertoAACN.pdf>

To read the AACN's response, visit <http://www.ons.org/clinical/Professional/QualityCancer/documents/AACNresponse.pdf>



## Mark Your Calendars & Save The Dates

Below are the dates set for CTC-ONS Meetings and CEU Programs.

Please mark your calendars now and look for further details on topics, locations, speakers that will be mailed in August. Have a great summer!

Thursday, September 20, 2007  
Tuesday, October 23, 2007  
Thursday, November 15, 2007  
Tuesday, January 22, 2008  
Thursday, February 21, 2008  
Thursday, April 17, 2008  
Thursday, May 29, 2008  
(Congress 5/15-18)

# ANCHORS AWAY!!!

## Join Us in Our 20<sup>th</sup> Anniversary Celebration!!

By: Gigi Robison

In May 1987, the Cincinnati Tri-State Chapter was awarded its status as an ONS Chapter at the ONS Congress in Denver, Colorado!! In 2007, we celebrate 20 years together as a professional oncology nursing organization!!

On **Saturday, October 6, 2007**, CTC-ONS members will meet at the Destiny Yacht at 6:30 PM! We will begin boarding, and Destiny Yacht will take off at 7:00 PM SHARP! The ride will last for 3 hours, and we will return to the dock around 10 PM. Do you need more information about the cruise? Visit the website at [www.destinyyachtcharters.com](http://www.destinyyachtcharters.com).

To help us celebrate, we are inviting all current members of CTC-ONS, and all past officers of CTC-ONS. After August 1, we will send out additional invitations (if there is space) to other past members of CTC-ONS. So we will have a boatful of oncology nurses – all kicking

up our heels and having a grand time together!! We will have plenty of food and drinks! There will be a buffet dinner with desserts!! Also – there will be a bar with beer and wine!

On the three hour cruise, we will have a slide show, we will give out prizes, we will have fun music (a wonderful guitar player), we will dance (or watch others dance!), and we will have some fun games! Do you have some ideas for sponsors, prizes, or gifts? Please contact Arleen Schuman soon!!

Invitations will be sent out by the beginning of June. Please return your Reply Card by August 1<sup>st</sup>, in order to secure your spot on the yacht. Space is limited (truly!!), so reply early!

We are looking forward to you joining us!!  
Gigi Robison and Lynne Brophy (Co-Chairpersons)



## Position Papers

Amy Voris

Recently the Oncology Nursing Society has been reviewing and updating their position papers. These updates have been presented at the recent ONS Congress and been published in recent issues of ONS Oncology Nursing Forum. What are position papers and why does the ONS feel that it is important to present and frequently update these papers? Position papers are just as they sound—ONS positions on issues of importance in oncology care and newly emerging practices that may impact patient safety, the work environment, and other areas of interest. There are over 20 position papers that cover 5 general categories: 1) nursing practice; 2) education, certification, and role delineation; 3) ethics and human rights; 4) cancer research; and 5) health care policy and consumer advocacy. The need for a position paper may come from the membership or the ONS Board of Directors. Any member, chapter, special interest group (SIG), or advocacy group may write to the ONS Board of Directors suggesting the need for a new position paper on the item of the choosing. A subcommittee is then convened

composed of ONS Board members and experts in the area, including those outside the field of nursing, if appropriate. Those positions that have been most recently revised are Cancer Research and Cancer Clinical Trials, Cancer Pain Management, Cancer Predisposition Genetic Testing and Risk Assessment Counseling, and The Role of the Oncology Nurse in Cancer Genetic Counseling. I found the ones on genetics of special interest as genetic testing and the matching of chemotherapy regimes to the genetic make-up of tumors are becoming more common in the oncology arena. To review these position papers as well as any of the other papers of importance just go to the ONS website [www.ons.org](http://www.ons.org) and click on the Publications tab and the ONS Position on the left hand side of the page.

We as oncology nurses should know the standards to which the ONS holds us to be knowledgeable professional nurses giving excellent oncology care to our patients. We need to understand the extent of that care lies not just in the hands-on but in all aspects of oncology care including education, both patient and nurse, prevention, and advocacy issues.

# ONS Chapter Virtual Community

ONS Chapter Virtual Communities (VC) have been developed to improve communication among chapter leaders and members.

To navigate to your individual chapter VC, visit the Main ONS VC at <http://chapter.VC.ons.org/> and select “Find a Chapter” from the side navigation on the home page.

There are many useful features in each Chapter VC that are useful to members. Below is an outline of what useful information can be found on your Chapter’s VC.

## My Chapter’s Page

From the main page of your Chapter’s VC there is an option to subscribe to Chapter announcements, calendar events and the discussion forum. Once subscribed to these areas, an e-mail will be sent to you every time an announcement, event, or discussion has been posted.

**Announcements** are posted frequently with important information pertaining to your chapter such as scholarship, leadership, and meeting information.

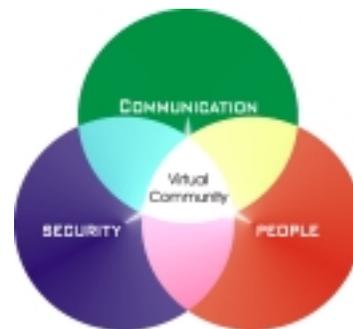
**Chapter events** are posted on the Chapter calendar and are showcased on the main page for your convenience. Simply click on each event for detailed information.

## About Us

**From the About Us** area of the VC you will find out who your Chapter leaders are as well as your Chapter’s mission, vision, and goals.

## News

The News section of the VC gives important



information such as minutes from past meetings and newsletters. Educational news and photos can also be found here.

## Discussions

Every Chapter VC has a discussions area. This is very similar to the ONS List Serves which can be found at <http://listserv.VC.ons.org/>. Simply choose the “Discussions” button on the top navigation of your VC. From here you can post a message, thought, or questions which is oncology related. Fellow chapter members can read your message and respond.

## ONS National Announcements

Check this section every month for updated information from ONS such as CNE offerings, events, and important information.

If you have questions or problems navigating your Chapter’s VC please contact Jenny Shinsky at [jshinsky@ons.org](mailto:jshinsky@ons.org).



## Announcements

Remember our 20<sup>th</sup> Anniversary Yacht Cruise on October 6<sup>th</sup>. The seating is limited. Invitations will be mailed soon. Watch for it and be quick to reserve your seat!

Many counties and areas will be having their annual Relay for Life. Highland County Relay for Life Rally is Friday, June 22, 2007 through Saturday, June 23<sup>rd</sup> at the Highland County Fairgrounds. Come out for a fun time and great cause.

Light the Night will be at Sawyer Point Thursday, 9/20/07. Mary Suhre will be point person again this year. Save the date.

## Top Ten Reasons For Writing For Kinesis

Carol Amfah

10. The field of oncology is continually advancing: research and publishing is one way of continuing this advancement.
9. We all have expertise, which can be shared in a non-threatening manner.
8. 2 points toward ONC-PRO for each publication in a professional newsletter.
7. Meets criteria for clinical ladder.
6. Practice makes perfect.
5. Sharing Pearls.
4. For professional certification renewal.
3. Method for mentoring.
2. Let your voice be heard for nursing, legislative, and patient advocacy.
1. We need you !!

# FROM THE ARCHIVES: HISTORY OF OUR CHAPTER

By: Gigi Robison



Who are the Founding Members of CTC-ONS?? Over the last few months, I have had multiple requests – especially from members of the CTC-ONS 20<sup>th</sup> Anniversary Party – for the names of the Founding Members of CTC-ONS in 1987. Instead of having this information buried in a binder, I thought that we would print the names of these pioneer oncology nurses in the mid-1980's!

Our Founding Members of CTC-ONS are:

Connie Abolfatzdeh; Ruth Bailey; Pat Berning; Bonnie Bolinger; Sue Bruegge; Carol Campbell; Bob Cannon; Jane Cassidy; Susan Colding; Sue Ann Cole (Weber); Charolet Frederick; Janet Fulton; Deborah Gaddis; Karen Hagar; Josephine Hawkins; Linda Hilgeman; Linda Hill; Joyce Jones (Bowser); Eleanor Keiser; Frances Kirton; Victoria Hargrave Koertge; Carol Litkenhaus; Sonya Margolin; Donna Oliver; Alice Palmer; Karen Rushman; Ann Schmidt; Paula Schuster; Mary Stacey; Rita Stober\*; Rebecca Taylor; Ruth Toebe; Peggy Trentman; Janet Trigg \*; Elyce Turba; and Amy Wallace!!

\* = deceased

Do you have contact information, or a married name, for any of these pioneers in CTC-ONS? If so, please send Ruth Gholz an email at [gholzcanty@fuse.net](mailto:gholzcanty@fuse.net) or Arleen Schuman at [aschuman@ohcmail.com](mailto:aschuman@ohcmail.com)!! Thanks!!

We look forward to recognizing these amazing women at our 20<sup>th</sup> Anniversary Celebration!!

## Kudos

**Amy Voris** for winning the ONS membership at the last meeting. This prize was given based on the attendance at the CTC-ONS chapter meetings to help encourage attendance at the local meetings.

**Janet Goeldner** has been giving many presentations to other Ohio Chapters of ONS on Health Policy Liaisons and participation in ONSTAT.

**Gail Johnson** has been appointed to help on a National ONS panel looking at care of breast cancer patients.

**Barb Henry** along with the **Black Nurses Association** presented a poster at Congress entitled “Outcomes of a Cervical Cancer Awareness Project.”

**Adrienne Lane** presented a poster at Congress entitled “HANYs Model Application to a Rural Breast Cancer Screening Program.”

**Lynn Brophy** received the Outreach Ohio Mentorship Award.

**Pat Berning** received the Excellence in Pain Management. She is also retiring after 47 years in Oncology Nursing. Congratulations and Thank You.



# Virtual Community Member of the Month for April and May

## April Member of the Month

Melissa Gaunce

Melissa graduated from Bethesda Hospital School of Nursing. She has worked in rural hospitals, skilled long-term care, and pediatric home care. She has done staff development, restorative nursing consultation, ER nursing, and OB. She currently works at Jewish Hospital on the BMTU/OICU unit. She is working on her BSN and will be taking her CCRN test this year. Melissa is married and has 3 children and 2

grandchildren. She enjoys family, listening to contemporary Christian music, attending her Baptist church, and cuddling with her husband, Tom. She also enjoys making women feel good and look good with her cosmetic business. Melissa received the "Excellence in Oncology Nursing Award," at the CTC-ONS Products Fair/Awards Banquet in January, 2007. Melissa is also on the CTC-ONS 20th Anniversary party

## May Member of the Month

Susan Colding

I have been in nursing since 1963 and was greatly impacted by hearing Dr. Elizabeth Kubler-Ross speak at a conference on death and dying. As a result, I wrote to her and still have her note of response. I felt a real need to be involved in the care of cancer patients and, although I worked in other specialties through the years, I educated myself in the area of oncology by attending conferences and seminars. In 1974 I had my first opportunity to work in the field, giving chemotherapy in an office setting. I can still remember drawing up Adriamycin on the counter next to the coffee pot –no hoods available back then! From that point on, I have worked with oncology patients, both in direct patient care and now in research and feel like this is the area where I'm meant to be. I have never regretted my decision.

that, the more we can give, like an endless fountain of reserve. For that reason, I have always tried to balance my professional life with my private life. I love music and have made a Southern gospel CD with my husband, Jim, and our son, David. I also grow African Violets and have learned to fish and hunt because there's always something in nature to enjoy and put the proper perspective on things. My latest challenge is learning to bow hunt! However, I continue to face the daily challenge of doing my best for the patients I see everyday and to hope that I have made a difference in their lives.

Susan has also been an active member of CTC-ONS. Currently she is co-chairperson of the Community Outreach committee.

I believe that in order to work in this field, we need to continually nourish and restore our spirit. The more we do



## Pan Ohio Hope Ride

The CTC-ONS chapter will be providing a rest stop at Lunken Airport for the inaugural Pan Ohio Hope Ride, a cycling event to benefit Ohio's Hope Lodges in Cleveland and in Cincinnati. Participating cyclists will travel about 300 miles between the two cities; each cyclist pledges to raise \$2650 to participate in the full route, beginning Aug 9 and finishing at Sawyer Point on Aug 12. Riders can also participate in the one day finale ride with a fund raising pledge of \$650.

Becky Bolt is chairperson of this project, so if anyone would like to be involved, please contact her at [langbolt@hotmail.com](mailto:langbolt@hotmail.com). She will need from 5-9 people to assist; the time commitment at the site is estimated to be from mid morning to mid afternoon. The ACS will be providing a tent and port-a-potties. We will be providing water and a snack. We are encouraged to promote our chapter as a sponsor in any way we'd like—shirts, banners, etc. The conclusion of the ride will be at Sawyer Point.

# Look Who Was At Congress



# KINESIS

TriState Chapter  
of the  
Oncology Nursing Society  
P.O. Box 42791  
Cincinnati, Ohio 45242-0791



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## NEWSLETTER

### Co-Editors

Adrienne Lane EdD RN C  
Amy Voris MS RN AOCN

### **Deadline for Contributions to the next issue of Kinesis**

**PLEASE** remember to have any articles you would like to have included or regular information to Amy or Adrienne, co-editors of **Kinesis, by Sept. 15, 2007.**