

President's Message

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Hello Everyone,

Welcome to ONS 2011!!! I am looking forward to getting a jump start on my new position as Chapter President. This will be a brand new adventure for me and I am so fortunate to have so many wonderful members who I know I can count on to help me. I have been a member of ONS since 1999 and have been directly active with the program committee for three years and the nominating committee for one year prior to being elected to the President Elect position. So...here we go... PRESIDENT!! I also attended the mentorship weekend in Pittsburg last June and I feel that this was very helpful, not to mention the fact that everyone there was in the same boat and quite a bit of networking took place. I strongly recommend this weekend to any future president or for any board member or committee chairperson. Congratulations to Debbie Heim on her newly elected position as Director at Large. Debbie was my very first nursing instructor twenty-two years ago! She is a very dynamic, organized, professional who I know will do a great job and I look forward to working with her. Congratulations also goes out to Sharon Isbell who was elected Treasurer Elect and will be taking over Marla's position after this year. I look forward to working with Sharon as well. Running for a board position and committee chairman is a very exciting and I encourage everyone to consider the challenge. ONS is a wonderful organization and what makes it successful is YOU!!!

One of this year's goals is going to be to increase membership. Please spread the word to your co-workers and encourage them to attend a meeting with a guest pass. Meetings are a great opportunity to network with other nurses and keep up on all the latest oncology nursing has to offer.

If anyone has any questions/comments/suggestions about our local chapter of ONS, please feel free to contact me through my e-mail address @ kathywrn@aol.com . I look forward to seeing everyone at the meetings!!

Sincerely,
Kathy White, RN, OCN
CTC Chapter President



Greetings From the Editor

Amy Voris Editor

This is National Oncology Nursing Month and I would like to take this opportunity to give a huge Kudos to each and every one of you! ONS'S theme this year is Exceptional People. Extraordinary Care.

As you reflect on these words think about how exceptional you are. You deal with a disease which many would prefer did not exist. The patients who come to us are different in every way imaginable: age, educational background, social and economic background, nationality and personality. Yet you treat them all the same, as human beings heading for the fight of their life. You work long hours, clean up many messes, are sometimes short staff, and yet we talk about how we love what we do. You work hard to keep up-to-date on the drugs and treatments which will allow us to provide the best care to our patients. You educate, counsel, treat, support, and comfort out patients and their families. You are there through the good times and bad. And yet when the day is done, when asked what we did that day our only comment is "I just did my job."

The think about the Extraordinary Care you give to your patients. You are experts in starting IV's, assisting with treatments, and dealing with side effects. You have supported your patients and their families through this journey called cancer with compassion and skill. You educate them on every aspect of cancer and treatments from what does the diagnosis mean, to "what do I do when my hair falls out", "too how am I going to get through this". You work as hard to provide the same excellent care whether the patient is just starting their journey or their journey is coming to an end.

You do so much for your patients and their families with little thought of the sacrifice you make. You go the extra mile for your patients with a smile or a touch no matter how bad your day has been. You console patients and families at the delivery of bad news and cheer and celebrate at the completion of treatments. You answer thousands of questions, wipe millions of tears, and quietly go about your day as if it was just normal to deal with such issues. You give so much of yourself with little thought to your own needs and desires. So please take the time to celebrate and take care of yourself.

Here are some ways to celebrate:

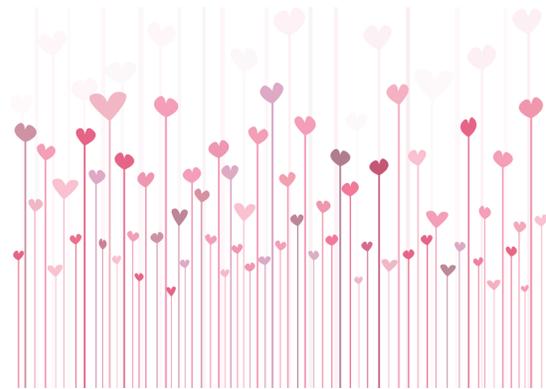
Everyone's busy, but make some time to relax and recognize all you do as an oncology nurse.

- Buy yourself flowers, cookies, or candy.
- Take a bubble bath.
- Drink a glass of wine with a good friend.
- Take a walk in the park on a sunny day.
- Read a good book.
- Do nothing at all.

Go see a good movie

Thank you for all your do as oncology nurses. As you celebrate Oncology Nurses Month please celebrate YOU!

**HAPPY ONCOLOGY
NURSES MONTH**





THE “PSYCH” CORNER

Barb Henry, APRN-BC, MSN

TO EVERYTHING THERE IS A SEASON

Many of us are familiar with the Ecclesiastes verse and the Byrd’s song that set the verse to a pleasing melody. The winter season came early this year with hazardous driving conditions that again forced a CTC-ONS meeting cancellation! I originally wrote this column while eagerly awaiting the spring season. Now that April showers have bogged us all down, I’m ready for May flowers and summer!

Many of you know that I have embarked on a new season in my career. After five and a half years in a community mental health setting, I joined a private psychiatric practice. I now have the ability to see more cancer survivors, caregivers, and staff members for therapy and psychiatric medication management, which I was only able to do in my “spare time” while at Central Clinic.

Prior to recent years at Central Clinic, my experience at Oncology Hematology Care and The Jewish Hospital Bone Marrow Transplant Program put me in touch with my true clinical passion, psycho-oncology. The Oncology Nursing Society has provided me with new outlets for that passion.

I’ve been on the ONS Psychosocial Needs team for the past two years. The team was convened by ONS in response to the 2007 Institute of Medicine report emphasizing the importance of integrating psychosocial care in cancer care. Under the leadership of ONS staff member Tracy Kastenhuber, our team has put together a number of resources to make 2011 “The Year of Psychosocial Care” for ONS members. You will be hearing more about our plans and interventions like the web course “Integrating Psychosocial Care into Oncology Practice,” for more information: http://www.ons.org/CourseDetail.aspx?course_id=87

I enjoyed facilitating the course with about 35 participants this fall; it will run again in May, August, and November lead by other team members. The cost is \$69 to ONS members \$100 to nonmembers and offers 8.2 CEU’s; participants have three weeks to review all the materials and complete the course. There are multiple psychosocial references and resources in the course, some discussion board posting requirements, and a test for each module. The team also put together a poster about our project that some of you may have seen at Congress in Boston.

Another new ONS professional adventure I’ve taken on is blogging for The Cancer Journey website on a page called, “Traveling Companions.” This page was designed to support cancer survivors and caregivers: <http://blog.thecancerjourney.org/> Please check it out, share with survivors and caregivers you know, and feel free to blog back, it can be very therapeutic to all participants, including myself!

My last round of ONS activities involved in some speaking engagements like coordinating the 2010 IOL session entitled, “Cancer as a Family Diagnosis,” presenting at the Outreach Ohio leadership conference in Columbus, and at the Dayton ONS chapter meeting in April.

I was unable to attend Congress this year and feel a little like the girl who didn’t get asked to the prom! So I look forward to the coming seasons...a relaxing and fun summer followed by a beautiful Cincinnati fall season when we’ll resume chapter meetings and learn from colleagues about their Congress and Boston experiences.

Author Contact: Bjzh@aol.com

TIDBITS From Across ONS

Local & National



Congratulations

At our annual awards banquet and products fair held in March we recognized many in the chapter who have contributed greatly to the profession of oncology nursing.

The past year we have had several members who have presented posters at the 2010 National Oncology Nursing Society Congress. Jennifer Hester, RN, DNP, AOCNS, ACHPN,;Kyra Whitmer, RN, PhD,;and Colleen Bass, RN, BSN presented a poster entitled "THE EFFECT OF AN ORAL CARE PROTOCOL ON THE INCIDENCE AND SEVERITY OF CHEMO-INDUCED ORAL MUCOSITIS".

Jeanene Robison, RN, MSN, AOCN and Cathy Greene, RN, BSN, MSN presented a poster entitled: "INCREASING PATIENT SATISFACTION THROUGH DISCHARGE FOLLOW UP PHONE CALLS".

We also presented the chapter awards for Pearl Moore and Excellence in Oncology Nursing. Congratulations to 2010 award recipients. This year's Pearl Moore recipient is Ann Furman who is a nurse at the Christ Hospital. The Excellence in Nursing Award was presented to Kim Blanton who is manager of the outpatient cancer center at Good Samaritan.



ONS PEP in National Guidelines

ONS's Putting Evidence Into Practice guidelines are now included in the National Guideline Clearinghouse, an initiative of the U.S. Department of Health and Human Services' Agency for Healthcare Research and Quality.

<http://www.guidelines.gov/>

Celebrate National Cancer Survivors Day June 5

National Cancer Survivors Day is an annual "Celebra-tion of Life" that is held all over the United States and world. The day is a great opportunity to show the world that life after a cancer diagnosis can be meaningful and productive.

ONCC Certification Renewals

- **June 15, 2011** [Apply for certification renewal, enter to win a lifetime of free renewal](#) (and save \$100)
- **July 6, 2011** [Early bird application deadline for November OCN[®], CBCN[®] & CPHON[®] Tests](#) (save \$100)

NOVEMBER ELECTIONS

Would you like to become more active in our Tri-State ONS chapter? We will be electing a secretary and president-elect in November. For a complete job description for secretary and president-elect, please go to the virtual community at www.cincinnati.vc.ons.org. Read the following endorsements from past officers.

“Being President of the local chapter was a great experience professionally and personally. It is a lot of work but it is a wonderful way to get to know the members of the chapter. We also have the chance to positively impact oncology nurses in the TriState which results in a positive effect for those with a cancer diagnosis in our area.” Arleen Wuestefeld

“Being President was one of the greatest things I have ever done. I ran because I wanted to promote the value of ONS to our fellow oncology nursing colleagues. What I gained was so much more: great collegiality, a better understanding of what ONS stands for, and a confidence in myself. I would encourage everyone to run for president. It is more fun than work.” Amy Voris

“The role of Secretary is a gateway to a leadership role in the local chapter of ONS. By being secretary, you attend the board meetings, seeing first hand the work and commitment of others in the chapter. It is inspiring to be involved on the ground floor of the ONS chapter. Your voice is heard and appreciated. The time commitment is very manageable.” Carol Amfahr

“Being elected to a board level position is an honor and a privilege. It shows others within the ONS organization that you care for your chapter. It enhances your values and gives you an opportunity to "give what you've got". It also shows your employer that you are an achiever outside of work as well as inside.”Kathy White

“As secretary, it is the simplest way for me to start to get involved locally without a large time commitment. You take minutes for the board meetings, get them to the website and you're done until the next board meeting.” Nancy L. Whitehill, MSN, RNC,OCN,CRNI

If you are interested in running please send or give the nominating committee your bio by the October meeting.

Melanie Kroger-Jarvis at krogerma@ucmail.uc.edu or Carol Turner at carol_turner@trihealth.com.



CTC-ONS JOURNAL CLUB NEWS: 2011

Cancer Survivorship: CTC-ONS Journal Club Topic on 3/30/11

BY: Gigi Robison, MSN, RN, AOCN

Cancer Survivorship is a growing specialty. It is aimed at addressing the needs of more than 11 million adult cancer survivors in the U.S. (ACS, 2010). That number is expected to double by 2050. In 2005, an Institute of Medicine (IOM) report identified cancer survivorship as a distinct phase of the cancer continuum (IOM, 2006).

On March 30th, Barb Henry, Debbie Heidrich, Lisa Maggio, Marla Skoog-Prues, and Gigi Robison met to discuss various articles and resources related to Cancer Survivorship. Here are some of the highlights of our discussion:

Question 1: What are the Components of Survivorship Care?

Different authors had different frameworks / components.

A. In one article, Patterson (2010) identifies 4 components of the Institute of Medicine's Model of Care for Survivorship visit:

- | |
|---|
| 1) Surveillance for disease recurrence: Addresses the frequency of visits and diagnostic tests |
| 2) Monitoring for late effects of cancer treatment: Includes assessment for late effects and implementation of appropriate management strategies |
| 3) Risk reduction and early detection: Includes education and counseling related to lifestyle modification and age-appropriate cancer screenings |
| 4) Psychosocial functioning: Addresses emotional, financial, and social stressors related to cancer diagnosis and treatment |

B. Another article described 3 aspects of cancer survivorship interventions for survivors and family members (Grant & Economou, 2008): (1) Prevention (promoting health behaviors); (2) Detection (screening / follow up care); and Treatment of Side Effects / Long Term Effects

Question 2: What are Models for Providing Survivorship Care?

Consultative Model – for one time consultations

Clinic-directed by a Nurse Practitioner, using established Plans of Care

A specialized, multidisciplinary Survivorship Clinic

(Grant and Economou, 2008)

Question 3: How do I develop survivorship guidelines for my practice?

In the article by Patterson (2010), the steps in the process are clearly identified. We thought that this process was quite useful / practical:

(1) Identify the team; (2) Create or Adopt a Framework; (3) identify the Patient Population; (4) Identify the End-Users; (5) Conduct a Literature Review; (6) Summarize each article; (7) Draft the Guidelines; (8) Finalize the Guidelines; and (9) Track outcomes.

This article had a wonderful algorithm for Prostate Cancer and Survivorship Care

Cancer Survivorship: CTC-ONS Journal Club Topic

(cont from page 6)

Question 4: What are some useful Resources / Websites for Survivorship Care?

A review of multiple articles identified the following resources:

(More resources exist – this is just a sampling!!)

For Clinicians:

Resource / Organization:	Contact Information
<u>American Cancer Society (ACS): Guidelines on Nutrition and Physical Activity for Cancer Prevention</u>	www.cancer.org
<u>CancerCare</u> – a national nonprofit group that gives free support services to those affected by cancer.	www.cancercare.org 1-800-813-4673 (HOPE) Email: info@cancercare.org
<u>Cancer.Net</u> [®] - the award-winning patient information site of the American Society of Clinical Oncology (ASCO).	www.cancer.Net
<u>Booklets by NCI for persons after cancer treatment:</u> 1) Facing Forward: Life After Cancer Treatment 2) Life after Cancer Treatment 3) When Someone you love has completed cancer treatment	www.cancer.gov
<u>NCI Cancer Information Service</u>	www.cancer.gov
<u>From Cancer Patient to Cancer Survivor: Lost in Transition</u> (Video): A short film by the Institute of Medicine. It features stories of cancer survivors and supports the need for a Survivorship Care Plan.	YouTube.com
<u>Lance Armstrong Foundation (LAF)</u>	www.livestrong.org
<u>The Livestrong Survivorship Center of Excellence Network:</u> This is a collaborative effort to improve survivorship care.	Ohio State – James Cancer Center: 614-293-6401
<u>National Coalition for Cancer Survivorship (NCCS)</u> – the oldest survivor-led cancer advocacy organization in the country.	www.canceradvocacy.org 1-888-650-9127
<u>The Wellness Community</u>	www.thewellnesscommunity.org

Cancer Survivorship: CTC-ONS Journal Club Topic

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Additional Resources / Websites for Survivorship Care?

For Clinicians AND Patients:

Resource / Organization:	Contact Information
American Cancer Society (ACS): Guidelines on Nutrition and Physical Activity for Cancer Prevention	www.cancer.org
CancerCare – a national nonprofit group that gives free support services to those affected by cancer.	www.cancercare.org 1-800-813-4673 (HOPE) Email: info@cancercare.org
Cancer.Net® - the award-winning patient information site of the American Society of Clinical Oncology (ASCO).	www.cancer.Net
Booklets by NCI for persons after cancer treatment: 1) Facing Forward: Life After Cancer Treatment 2) Life after Cancer Treatment 3) When Someone you love has completed cancer treatment	www.cancer.gov
NCI Cancer Information Service	www.cancer.gov
From Cancer Patient to Cancer Survivor: Lost in Transition (Video): A short film by the Institute of Medicine. It features stories of cancer survivors and supports the need for a Survivorship Care Plan.	YouTube.com
Lance Armstrong Foundation (LAF)	www.livestrong.org
The Livestrong Survivorship Center of Excellence Network: This is a collaborative effort to improve survivorship care.	Ohio State – James Cancer Center: 614-293-6401
National Coalition for Cancer Survivorship (NCCS) – the oldest survivor-led cancer advocacy organization in the country.	www.canceradvocacy.org 1-888-650-9127
The Wellness Community	www.thewellnesscommunity.org

Cancer Survivorship: CTC-ONS Journal Club Topic

(cont from page 8)

Lisa Maggio shared a wonderful resource entitled: "Journey Forward: Guiding Survivors as they move ahead". This can be accessed at www.JourneyForward.org and was developed as a collaborative effort of NCCS; Genentech; Wellpoint, Inc; & UCLA Cancer Survivorship Center at the Jonsson Comprehensive Cancer Center. This booklet includes a CD-Rom that clinicians can use to create survivorship care plans.

After this Journal Club, we left the meeting with MANY feelings:

- Compelled to create Survivorship Care Plans based on the IOM recommendations (2005) and the 2012 Commission on Cancer Standards;
- Challenged at the broad responsibility to provide Survivorship Care;
- Supported by our many resources; and
- Encouraged in our journey to move forward to help provide a survivorship care plan to our cancer patients.

References:

Grant, M. & Economou, D. (2008) The evolving paradigm of Adult Cancer Survivor Care. Oncology Nursing Edition, 22(4): 13-27.

Institute of Medicine and National Research Council. (2006) From Cancer Patient to Cancer Survivor: Lost in Transition. Washington DC: The National Academies Press.

Patterson, M. (2010) Cancer Survivorship: Developing Clinical Practice Guidelines. J Adv Pract Oncology, 1(4):273-278.



ANNOUNCEMENTS



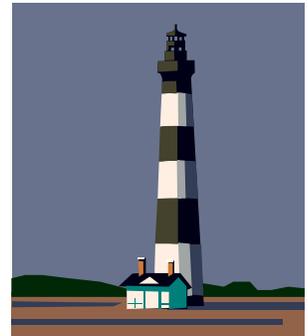
UPCOMING EVENTS

As nurses we all know the value of exercise, especially walking. As oncology nurses we know the value of research and raising funds to combat the disease we face daily. The following is a list of upcoming walks that will benefit all of us. If anyone wants to form a team for our local chapter let Community Outreach know and we will get the information out to get more members. Or you can form a team at your workplace. There are probably more but these have been publicized so far.

- ◇ June 5 Kidney 5 K Walk at Winton Woods Park. Check-in 0830 starts at 10A. Sponsor National Kidney Foundation. Register at KidneyWalk.org.
- ◇ June 12 Ride Cincinnati for Breast Cancer Research starting at Yeatman's Cove. More info at www.ridecincinnati.org.
- ◇ July 16 Panties Across the Bridge cervical cancer awareness at Purple People Bridge 9a-6p. Sponsor Jaymie Jamison Foundation for Hope. Outreach Ohio plans to have a booth for education.
- ◇ September 10 Prostate Cancer Walk sponsored by the Great Prostate Cancer Challenge. 5K. Starts 9A at The Urology Center in Norwood. Register online at www.greatprostatecancerchallenge.com.
- ◇ September 15 in Mason and September 22 at Sawyer Point-Light the Night Walk sponsored by Leukemia & Lymphoma Society. To register go to www.lightthenight.org.
- ◇ September 24 Komen Race for the Cure downtown Cincinnati. 5K starts 9A. Register at www.komencincinnati.org.

- ◇ September 24 Hike for Hospice of Hamilton.
- ◇ October 15 Hike for Hospice of Cincinnati. For information on both Hospice walks contact jerri_spurlock@trihealth.com for information.
- ◇ October 9 Making Strides Against Breast Cancer walk sponsored by American Cancer Society 10A at Yeatman's Cove. Register at makingstrides.acsevents.org/Cincinnati

Community Outreach



After a brief hiatus, Community Outreach is ready to get back in the swing of things. Our next project will be to support the Jaymie Jamison Foundation for Hope event July 16, 2011. If you attended the March ONS meeting you saw the touching presentation about Jaymie Jamison and her journey with cervical cancer. Panties Across the Bridge will be 9a-6p with family activities, food and booths. Community Outreach will have a booth for educating the public on cervical cancer. We also want to collect panties-new-that will help line up across the Purple People Bridge. Please try to collect panties from your friends, coworkers and families for this worthy cause. CTC-ONS collected 63 pairs of panties for the Panties Across the Bridge project at our May meeting! If you are able to work at the booth for 1-2 hours or have panties to be picked up please notify a Community Outreach member. Also, if anyone wants to work the booth July 16 contact Arleen W. who has a list for folks to sign up.

Susan Colding at jscolding@fuse.net
Andrea Rosenthal at acrosenthal@fuse.net
Donna Wetick at dwetick@cinci.rr.com
Carol Turner at carol_turner@trihealth.com
Arleen Wuestefeld at awuestefeld@ohcmail.com

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NEWSLETTER

Editor

Amy Voris DNP, AOCN, CNS

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, editor of **Kinesis**, by **September 15, 2011**.