



FSARN

Florida State Association of Rehabilitation Nurses' Newsletter

Volume 22 Issue 3

November 2012

Mission Statement: The Florida State Association of Rehabilitation Nurses promotes and advances professional rehabilitation nursing practice through education, advocacy, collaboration and research to enhance the quality of life for those affected by disability and chronic illness.

President's Message

Suzanne Sharman, RN, CRRN, CDMS, CCM FSARN President

The ARN 38th Annual Educational Conference in Nashville TN "Rehabilitation Nursing and the Compassion of Caring: NOTES TO SUCCESS" is now a phenomenal memory! Our Chapter was in the forefront of the conference almost each and every day. I was immensely proud to be a member of FSARN!

The leadership pre-conference was well represented by Donna Bagley, Sue Brown and Ellen Ortu. The round tables at the Chapter Leaders reception on Wednesday evening had three presenters from FSARN, Donna (with husband Charles) Bagley and Ina Fletcher. This meant that their presentations had to be repeated many times and they were all exhausted by the end of the evening! It is the second year running that these members have been asked due to the popularity of their presentations on websites, communications and virtual meetings. Congratulations!

On Friday, we had a tough decision, to divide ourselves between two locations to hear two of our very sought after speakers from our Chapter, both scheduled at the same time. Lisa Pervin had standing room only for her presentation on "Better Bowel and Bladder scores..Better FIM Scores". Lisa is also a speaker that has been asked by our national organization to return many times. Must be because of that hard earned Doctorate Lisa! Kevin Glennon was chosen to present to a growing group of Workers' Compensation Rehabilitation Nurses. ARN has not recognized this group before. Hearing the nurses' comments following Kevin's informative presentation on "Long Term Management of these complex claims" I feel confident that he will be a regular speaker on Workers' Compensation at ARN - at last! Thank you Kevin!

The awards breakfast on Saturday was the icing on our cake. Everyone was present at an early hour despite a late night on the town. Sue Brown received "Case Manager of the year" Award. Donna Bagley received "Nurse Manager of the year" Award. Both hard working Board members and also recognized for their "other job" Outstanding leaders! Florida Chapter won the Education Award. The excitement was incredible. Do you see now why it is so important to attend?

Share our pride next year and renew your enthusiasm for our chosen field of rehabilitation. October 2-5, 2013 39th Annual Educational Conference in Charlotte North Carolina. We may catch a glimpse of the autumn leaves.

By the time you read this newsletter our U.S. President will be decided and therefore you can concentrate on our very own Chapter elections.

A new Board will be installed in May 2013 at our Annual Educational Conference and take office in July.

We have a fantastic group of people that represent us don't you agree?
Will you join us?

Please enjoy your Holidays and I wish you all good health and contentment for 2013.



FSARN members at the annual meeting

2011-2013 FSARN Board of Directors

President

Suzanne Sharman, RN, CRRN, CDMS, CCM
(c) 954-647-6344
(f) 954-485-6101
ssharmanflorida@gmail.com

President Elect

Barbara Martelli, RN, CRRN
(w) 954-742-7999
(c) 954-258-9370
Barbara.Martelli@Healthsouth.com

Recording Secretary

Donna Bagley MSN, RN, CRRN, CNML
11388 NW 18th Manor
Coral Springs, FL 33071
(H) 954-234-0260
(F) 954-796-8436
fsarnrecordingsecretary@gmail.com

Corresponding Secretary

Dawn Etman BSN, RN
(c) 727-599-6404
(w) 813-396-6217

Treasurer

Lois Hohl, RN, CRRN
(h) 941-378-2606
(w) 941-917-6282
Hohl1@aol.com

Nominating Chair

Sue Brown, MSN, RNC, CRRN, CCM
516 SW 72nd Avenue
North Lauderdale, FL 33068
(c) 954-829-6185
(h) 954-721-9620
suebrownccrn@gmail.com

Past President

Kevin Glennon, RN, BSN, CDMS
(w) 407-831-7331 x1104
(f) 407-834-9169
(c) 407-448-5879
ktrnnewtms@yahoo.com

www.fsarn.org

The 8th World Stroke Congress in Brasilia, Brazil...An Incredible Experience!

Lisa Pervin, PhD, RN, CRRN

I had the opportunity to attend the 8th World Stroke Congress in Brasilia, Brazil October 10-13, 2012. There were over 2000 attendees from over 60 countries represented at this conference. The quality of the presentations far surpassed my expectations and I learned a lot of new information regarding the current and proposed new acute treatments for stroke. After attending this conference, one really begins to appreciate the magnitude of stroke worldwide and the sense of urgency to implement internationally recognized protocols and guidelines to reduce the incidence of stroke, provide better secondary prevention measures and prepare and acknowledge the importance of the long term care required and the rehabilitative needs of this patient population. We are seeing and hearing more internationally about new treatment protocols such as increased use of hypothermia, newer generation drugs that provide better anticoagulation, more effective clot busting, use of neuroprotective agents and better use of telemedicine.



Globally, stroke is the second highest cause of death and the mortality rate is strongly related to the economy...the poorer the country, the less resources, the less care that is available. The UN and the WHO have endorsed initiatives that will begin to impact stroke care throughout the continuum as they both recognize stroke as the biggest threat in the category of non-communicable diseases. The WHO's goal is to reduce stroke in the world by 25% by 2025 which will include blood pressure control, treatment and diagnosis of atrial fibrillation, and primary and secondary prevention measures. Healthier lifestyles that start early in life is a key objective as well as consistent evidence based protocols across the continuum will be addressed. Many of the presentations also addressed stroke fatigue, depression after stroke, caregiver issues, and quality of life. Evidence based practice and primary research was very prevalent. The presentation by Allergan, titled, "Improving Life After Stroke" introduced the checklist, PSC (Post Stroke Checklist) that has been piloted in Singapore and the UK. It covers 11 domains with the potential to capture most if not all unmet needs of stroke survivors. The intent is for it to be used by primary care physicians, early onset and throughout the stroke survivor's life. Both pilots identified high levels of satisfaction from both the interviewer and the stroke survivor related to ease of use and feeling more confidence in the level of care given. I hope to see it here in the US soon. The implications and value for this checklist are great that will benefit all stroke survivors throughout their lives.

There were over 700 posters displayed at this conference covering a plethora of topics from new treatments, advanced practices, diagnostic testing, interdisciplinary care and outcomes of care. My poster, that was accepted, was titled, "Stroke Rehabilitation Outcomes...What really makes a difference?" reported nine (9) key indicators comparing 30 inpatient rehabilitation facilities, using UDSMR data to identify some of the reasons that hallmark best practices. I was not surprised that it showed that team commitment, leadership and acute care support for early IRF referral provided some of the strongest reasons for better outcomes. The ability of the team to be able to take patients early on combined with the confidence and ability to care for the medically complex patient was also important. Passion and creativity of the team...doing whatever it takes for their patients provided for better outcomes and to learn whatever needs to be learned. My poster was well received and the word that seemed to strike a chord with many, was the term, 'passion' regardless of what country they came from. I frequently heard in several languages, positive affirmation for what we often refer to as 'soft' and less potent criteria.

One could hear over and over the need and importance for rehabilitation...the need to provide post-acute services and the global implications for not doing so. The World Stroke Organization, in the past, has focused its efforts on the acute side of stroke. This is not that unlike many of our national organizations I am afraid. It has been long overdue to recognize that if we continue to save and treat over 80% of those who suffer a stroke, then we have to accept responsibility for the quality of life and care in the post acute continuum. I met a PM&R physician from Sweden and we talked about the importance of representation at conferences such as this...the last conference in 2010 had one session on rehabilitation, this one had three...we are getting there but we still need a stronger voice than 5% of the total presentations.

In past conferences, nursing and other allied health care professionals have not been well represented either. These tend to be very physician driven conferences. This year, at this conference was the first nursing session. Hopefully the momentum will continue. I frequently heard references to the need for more inclusion from the post-acute and non-physician side. I hope this is true and continues. I had the opportunity to interact with some really phenomenal people. Yes, you can bet I collected contact information. This conference is held only every other year and the next one will be in Istanbul, Turkey October 23-25, 2014...I plan on being there with a bigger voice as a rehab professional and as a nurse whose passion is reducing the incidence of stroke and improving the quality of life for stroke survivors...how about you?

The Future of FSARN Part 3

Linda Bertino, RN, MSN

In previous issues of our newsletter there was articles which identified the different FSARN elected positions: President-elect, Recording Secretary, Corresponding Secretary, Treasurer, and Nominating Chairperson, as well as the board committees: ARN Liaison, Advisory Board, Bylaws, Communication, Continuing Education and FHA Liaison. These positions are appointed by the President but she needs to know your interest so you will be considered. Committee positions include members and a chair. We are looking for our members to be more active in our chapter so we can set an example for other ARN chapters.

This article identifies the remaining FSARN committees that are: Finance, Health Care Policy, Historian, Membership, Newsletter Editor, and Scholarships. These committees are open to any active member of ARN & FSARN. Committee chairs are appointed for a 2 year term after the installation of the newly elected officers at the May annual FSARN Conference. The chair of a committee is required to submit regular reports are required and attend board meetings which are now held telephonically with only one in Orlando at our conference hotel in August after elections. However, if you are interested in being a committee member, that can be done any time by the president, during their term of office.

Finance - Assist the Treasurer with duties of office as directed, advise and report to FSARN Board expenditures of funds, lead the Finance Committee in development of an annual budget, submit a written report to the FSARN Board at each scheduled Board Meeting for approval and coordinate with auditor an audit report at the end of the fiscal year and present to the FSARN Board. Prior knowledge and/or experience with Excel or other spreadsheet and finance programs helpful.

Health Care Policy - Stay abreast of legislative issues through personal contacts, review of the literature, professional organization involvement. Notify board of issues/concerns needing immediate attention. Recommend being an ANA/FNA member; access to lobbying activities, etc. Submit current information for newsletter. Historian - Chronicle the events of the Florida Chapter of the Association of Rehabilitation Nurses, Inc. since inception. Review

continued on page 4



ARN Conference Leadership Reception

Donna Bagley, MSN, RN, CRRN, CNML

On October 3, 2012, the Association of Rehabilitation Nurses held a Leadership Reception for all the state chapter leaders at the 38th Annual conference. The event was very well attended with 80+ participants. Chapter Leaders were able to take home a lot of vital information to help their chapters thrive in the next year. Ina Fletcher and Donna Bagley both spoke at this event. Ina presented chapter leaders with information on virtual meetings and Donna presented website development. Other topics included: Recruitment, Education/Meeting Topics, Chapter of the Year Table, Nominating and Leadership Development, Chapter Information table, Open Forum table, and Newcomers Niche. The Leadership Reception was a round table discussion in which participants spent about 15 minutes at each table. A singing bowl was used to alert participants when it was time to switch tables. There was food, drinks and networking. Everyone had a great time.



Ina Fletcher presenting to a group at the Leadership Roundtable
Sue Sharman and Barbara Martelli listen in

Nominations Committee Report

Sue Brown MSN, RN-C, CRRN, CCM
Nominations Chair

We will be holding elections for the 2013-2015 FSARN Board of Directors in the winter of 2013. The 2013-2015 FSARN Elected Board of Directors will be installed at the 2013 Annual Educational Conference.

Positions for election include: President-elect, Recording Secretary, Corresponding Secretary, Treasurer, and Nominating Chair. Job descriptions of all positions were described in the April 2012 issue of the FSARN newsletter.

Several nominations have been received; however, there is always room for more. In order for the ballots to go out timely, I would like to present a slate of nominees to the board at the first board meeting in 2013. Therefore, all submissions of potential candidates must be submitted by January 15th, 2013 to: Suebrowncrrn@gmail.com.

Candidates must be members in good standing in ARN, FSARN and local districts if applicable.

Florida State Association of Rehabilitation Nurses Newsletter Advertising

The FSARN Newsletter is currently published three times yearly: March, July and November. It is distributed to members and rehabilitation professionals throughout the state. The newsletter and association is a not-for-profit organization with the purpose of providing educational information, professional events, updates and resource information. The closing date for submitting articles, advertisements and other professional information is the 15th day of February, June and October.

Rates: Business Card Size (2x3) - \$35/issue, Quarter Page (4x5) - \$80/issue, Half Page (5x6.75) - \$135/issue. All prices listed are for inside pages only. Ad acceptance is subject to the discretion of the Board

For more information, please contact: Sue Brown, FSARN Newsletter Editor, 516 SW 72nd Avenue, North Lauderdale, FL 33068
Phone: (954) 829-6185 E-mail: suebrowncrrn@gmail.com

Board members maintain throughout the year a process of disseminating new information and decision-making via telecommunications.

Conference Update

FSARN Conference Committee

The 2013 conference planning committee has been busy planning the upcoming conference. Planning actually began before the end of the 2012 conference. This year promises to be another great conference! This year there will be 5 optional contact hours offered in addition to the regular program format. On Wednesday evening, a two hour presentation on Medical Errors will be given by Lisa Pervin. Lisa makes this presentation fun! This meets the mandatory requirement for FL license renewal.

Thursday morning will kick off with our opening speaker discussing Generational Competence. There will be a presentation by the Wounded Warriors, outlining their programs and services. The breakout sessions last year were a big hit and requested by several attendees. This year, Lisa Pervin will address FIM scoring and leadership. Rafael Gonzalez will present Medicare Set Asides. New and updated information will be presented. These sessions will be informative and interactive.

The Annual Membership Meeting and Installation of Officers will commence the Friday morning program. Actually, for those early risers a yoga and relaxation session will be offered. This optional session will provide one contact hour. Dr. Riggenbach from Orlando Orthopedics will discuss Elbow Replacement Surgery. Dr. Miskolczi will provide an update on Interventional Stroke Treatments. Additional topics that will be presented during the conference include pain management, protein rich plasma/stem cell treatments, new technology for tetraplegics, to name a few.

Poster presentations will be offered throughout the conference. Diana Allen is chairperson for this-please see the Call for Posters on page 6 in this newsletter. This is the 4th year that poster sessions will be available. Please consider presenting a poster on the new and innovative strategies that you are using at your facility, wound care topics, fall reduction; customer satisfaction, case management initiatives; community programs, or any topic of interest to rehabilitation nurses! This is your chance to show off the good work that you are doing! This would also be a great project for a district to work together on. One optional contact hour is available for the poster session.

The vendor committee is working hard to plan evening festivities. Last year, entertainment was provided by a local band, playing hits from the 70's. Let's see what Anabel has up her sleeve this year! We have already had confirmations from sponsors; so we are off to a good start! A round table discussion will be held for vendors that are interested. Details to follow as they become available. This year, one optional contact hour will be offered to the participants for visiting the vendors. We are fortunate to have great vendors that assist us throughout the year meeting our clients' needs. This is a chance to learn more about their products and services and meet them face to face! Breaks and evening events will also provide more time to socialize with the exhibitors. These are the people that help us out by responding to our panicked calls after hours and on weekends to provide equipment, medications, staffing and squeezing in another appointment. Let's make sure we thank them properly.

The Silent Auction is returning again this year. This event is well supported by the shopaholics in our membership! This is a great opportunity to demonstrate your creativity! Baskets are donated by districts, members and organizations. The bidding gets downright competitive! This activity has proven to be very lucrative! Please visit the website for up to date information at www.fsarn.org Updates will also be sent out periodically via constant contact. Also, like us on face book. Brochures will be ready after the holidays. This promises to be a great conference. Plan ahead now to attend.

Career Corner

Kathleen Sobczak, RN, BS, CRRN, COHN-S, CNLCP, CCM

Editor's Note: "Career Corner" is a new feature that will discuss evolving roles of rehabilitation nurses and job enhancement skills. FSARN would like to hear from you about how your role has evolved with the many changes in healthcare. Please submit your article to suebrowncrrn@gmail.com Read below as Kathy describes her role as Healthcare Navigator/Case Manager.

Medical Reserve Corps

If a natural disaster strikes Florida, thousands of trained volunteers are ready to assist local doctors, nurses, paramedics and other emergency responders. They are registered members of the Medical Reserve Corps that was formed by President George W. Bush after the 9-11 attacks. The MRC is dedicated to pre-identification, advance preparation and credentialing of local health professionals to respond to a large scale medical or public health emergency. The reserve corps is composed of people trained in basic life-saving skills, disaster preparedness and crisis response. Volunteers include medical professionals, nursing, physicians in all specialties, paramedics, psychologists, and other community members to assist with controlling crowds and setting up equipment and communications. 2012 is the 10th Anniversary of the Medical Reserve Corps, engaging volunteers to strengthen public health, emergency response, and community resiliency. The program has grown to over 200,000 volunteers, nationally, serving in almost 1000 units. Good health comes from receiving medical care and stopping disease before it starts. MRC units have served in public health activities ranging from flu vaccination campaigns, school immunizations clinics, and large public events such as marathons. Volunteers have been activated after tornados, hurricanes and other natural disasters.

I have been an MRC volunteer for 5 years. I have experienced high level training and participated in a variety of activities, including immunizations, radioactivity equipment handling, preparedness for hurricane shelter activities, disaster drills and much more. On-going training is provided at no charge. The training includes triage training using advanced equipment (simulator dummies), CPR and IED training, radiation training, administering immunizations and much more. Specific training before an assignment is provided. Computer training for initial mandatory courses explaining the national incident command system and biohazards is provided from local universities. For assignments with children and elderly, the volunteers are entered into a national data base and fingerprinted for clearance.

You have worked hard in your career to master a variety of skills. Consider joining the Medical Reserve Corp. Volunteering is a simple way to use and improve those skills, helping to keep your family and neighbors safe and healthy. Your commitment can be frequent or once in a while. Whether retired or in active practice, your skills are needed.

To volunteer, visit the State Emergency Responders and Volunteers of Florida at: www.servfl.com
or go to: www.medicalreservecorps.gov

2013 SCHOLARSHIPS APPLY NOW AND AVOID THE RUSH!

It's easy to apply! Just go to www.fsarn.org and click on the "Scholarship Application" link on the left side. Then scroll down the type in the scholarship you want that's highlighted in blue and click on it to bring up the application. Save the document to your computer. Fill it out and then email it back to: fsarn.scholarship@msn.com

This year's deadlines:

Thursday February 28th - Continuing Education (college expenses) scholarship

Friday March 15th - 2013 FSARN Conference

Friday August 16th - 2013 ARN Conference

Having trouble uploading or emailing? Call Karen Dimick 561-596-3939

FYI! caringweb.utoledo.edu

This is a website that is related to stroke. Survivors and care givers can ask questions and receive live responses from nurses.

Legislative Update

Ina Fletcher, ARNP, MSN, CRRN, RNC
Healthcare Policy Chair

The election is over and the American citizens have chosen Barack Obama as the next President of the USA. This ensures that the Affordable Care Act will continue to be instituted. Looking forward, here are some of the highlights to expect:

Your FSA contributions are decreased to \$2500/yr.

Employers will report the value of your health care benefits on your W-2 form.

Tax itemization deductions for medical expenses will increase to 10% of your adjusted gross income.

Cosmetic surgery will be taxed.

Readmission penalties will be assessed on providers of healthcare.

The launching of value based purchasing which ties Medicare payments to quality performance as measured by patient satisfaction and best clinical practices will begin in 2013. 2014 will add this same payment scheme to LTAC, IRU and Hospice providers.

HHC payments will be based on current mix of services and intensity of care provided.

2014 will require most individuals maintain minimal insurance coverage or be fined.

Florida had 2 constitutional amendments related to healthcare on the ballot. The first proposed amendment prohibited laws forcing Floridians to purchase health insurance and would have allowed Florida to opt out of the federal health care reform. This amendment was rejected. The anti-abortion amendment that would have enshrined the federal ban on tax money for abortions to prohibit public funding of abortions was rejected.

Condolences to Sue Brown whose Step-Father recently passed away

Future of FSARN-Part 3

and maintain available records in chronological order including Articles of Incorporation and the Seal. Maintain as complete a history of the Chapter as possible.

Membership - Maintain current listings of all ARN members on a national as well as state and local level, reviews ARN reports and follows up on prospective members. Keep information current on web site and in newsletter

Newsletter Editor - Gather information, edit, publish, and distribute our newsletter with the mission to keep the membership and those interested in rehabilitation nursing informed of FSARN activities and news.

Scholarships - Maintain current applications for education, conference, and CRRN scholarships. Review applications and respond to applicants in a timely manner.

Web Manager - Manage the web site and keep information current. Review information submitted and enters data on web page as indicated. Review submissions for Job Mart, Vendors and Hospitals.

We need your help and support and hope you will consider a position with the FSARN Board as either an elected or appointed committee member. Both require a commitment of hard work and time on your part, but the satisfaction gained from helping our organization become the best that it can be is immeasurable. You can also get involved by supporting your district as an officer or committee member. We hope this information will help you in making your decision to become an active member of the FSARN Board or a committee.

If you think you may be interested in an elected position please contact Sue Brown at suebrowncrrn@gmail.com or Sue Sharman at ssharmanflorida@gmail.com for committee positions or information.

2012 ARN Scholarship Essays

Jane Grieger

Prior to changing the focus of my nursing practice in 1986, I was working in public health in Broward county. The pivotal person at this juncture of my career was a well- respected rehabilitation nurse with roots in both public health and rehabilitation nursing and a strong supporter of ARN, FSARN and BARN, Doris Donnelly. She hired me as a rehabilitation nurse case manager. She taught me to practice with ethical values and always keep the focus on the injured person. She also taught me the value of supporting ARN, FSARN and BARN. How fortunate for me and I have always strived to follow her teachings!

In 1994, I chose to become self- employed and continue to practice as an independent rehabilitation nurse case manager to this day. Over all these years, I have been a proud member of ARN, FSARN and BARN and have attended at least three or four ARN conferences as well as many of the FSARN conferences and always participate (Yearbook chair and wherever else they need me) in the local BARN conference. I am also proud to have obtained my CRRN credential on 1996 and vow to never let that lapse !

In addition to my professional involvement, I have used my rehabilitation knowledge and skills for volunteer activities which has been received wholeheartedly by friends and those in the community.

Needless to say, my years as a rehabilitation nurse case manager have been fulfilling for both the injured person (whether in an official capacity or volunteer basis) and myself. The skills and always changing knowledge is monumental for both my professional and personal life. Thus, attending the ARN conference in Nashville this year will continue to support my ongoing effort to remain a responsible and knowledgeable rehabilitation nurse, both professionally and pRN Personally.

Kathleen Sobczak

I joined ARN in 1987, after attending an FSARN conference. My employer encouraged professional organizational membership and participation. I achieved my CRRN certification in 1993. My rehabilitation nursing practice has been a journey through a minefield of insurance and financially influenced corporate changes. The companies I worked for have been bought out, downsized, swallowed up by national firms and sometimes eliminated.

I have worked in a rehabilitation facility; for Public Health; workers' compensation carriers; general health insurance carriers; a small hospital; a physician group practice; a large public hospital system; a medical cost auditing firm; a private case management firm; and worked as the Executive Director for an Organization of Nurse Executives, which involved medical political activities and arranging 5 large annual nursing educational conferences. I have often worked full time in one position and part time in another. This continues today.

Every position required a broad based educational and practice experience to provide effective results for the patients and professional staff involved. It has been an exciting career.

I quickly learned the advantages of belonging to a professional nursing organization. I assisted in the Broward Association with conference planning beginning in the 1980's. I was president of the organization in 1998. Because of my political activities with health and workers compensation legislation, I was the FSARN Legislative Chair in the 1990's. I have been the FSARN Continuing Education Chair since 2004.

The networking and educational opportunities with the organization are invaluable. You only get as much out of the organization as you put into it.

Rhonda Brock

For nearly the past thirty years I have worked as a rehabilitation nurse within the insurance industry. I have learned about the delivery of medical care within different insurance systems but the focus of my practice has been within the field of workers' compensation. Over the years I have worked with people who sustained a variety of workplace injuries and have assisted them in many different ways with their recoveries.

As with any type of rehabilitation nursing, the goals are to return the patient to the pre-injury status or the highest level of functioning as is feasible for the medical condition involved. My cases have

included many orthopedic and neurosurgical type injuries. Some are minor and recover fully and quickly. Others are of an extensive or even catastrophic nature and may benefit from a rehab nurse's ongoing involvement as they have lifelong needs with which they require assistance.

In my practice, my goals are generally to develop an individualized process for each person with whom I am working in which I assess, plan, implement, coordinate, and evaluate options and services to meet the individual's medical and vocational needs through communication with the patient, their medical providers, the employer, and the insurance carrier. I consider the perspectives of the various parties involved in the claim and facilitate communications amongst all parties with the common goal of quality, well – coordinated, and cost-effective outcomes. A basic understanding of the state workers' compensation laws and benefit systems is helpful in the day to day management of these industrial injuries.

I am currently employed as a field case manager, and services are provided in a variety of settings. Depending upon the circumstances of the case, I may meet with the patients with whom I am working in the acute care hospital, in the rehab hospital, in their homes, at the doctor's office, at the therapy center, at work, or elsewhere in the community. I cover a geographical radius of about 150 miles and deliver services in the states of Florida, Georgia and Alabama.

Numerous services are coordinated for the various types of injuries with which I work. These include inpatient services of a wide variety, outpatient therapies, home health services, durable medical equipment, physician specialty care, diagnostic services, transportation services, interpretation services, and home modification. A thorough knowledge of local and regional resources is an essential tool in managing these cases.

In my practice communication and education are essential elements of my toolkit in working with the patients whose lives I touch. The patient is educated regarding his injury and the treatment plan. He is supported in adjusting to a change in lifestyle. I explain the work setting to the physicians and explore with them the feasibility of a return to transitional duty work as a means of assisting the employee in his return to a productive lifestyle. I discuss with the physicians treatment plans and alternatives to proposed treatment plans and assist in researching these when indicated. I also work with the employer to understand the importance of providing modified work and assist them in identifying options suitable for the particular employee. Families are also educated and involved in the rehabilitation process of the employee when possible. I explain medical conditions and procedures to the claims adjusters and provide recommendations to promote the best outcomes for the employees in their recoveries. I encourage all team members to understand the goals and work in a concerted effort toward achieving them.

CRRN Online Renewal Now Available

Exciting changes are under way with the Certified Rehabilitation Registered Nurse (CRRN®) program and we think these changes will help you better manage your professional development. Online renewal for CRRN certification is now available. A major benefit to using the online system will be the ability to enter points as they are earned during the 5-year certification period and store them in the system. You will be able to tell at a glance the number of points you have earned and how close you are to completing the renewal requirements. The online system can be accessed through the Association of Rehabilitation Nurses (ARN) web site: (www.rehabnurse.org).

(Editors note: If using the online system; must renew more than 6 months in advance.)



Donna Bagley at the Leadership Roundtable with ARN Leaders

District Updates

Broward (BARN)

BARN continues to hold their monthly educational meeting the 3rd Tuesday of the month. The annual holiday luncheon will be Dec. 7th at 11:30am at the Marriott North in Ft. Lauderdale. 2012 Meeting dates, locations and topics will be posted on the web site as they become available at: www.browardarn.org. Contact info: inafletcher@comcast.net

Central Florida (CFARN)

CFARN meets regularly on the third Friday of each month in the community conference room at the Central Florida Educators Building located at 1000 Primera Blvd., Lake Mary, FL 32746. CFARN runs a year long drive to collect items for The Russell Home for Atypical Children, concluding with an annual holiday party in December of each year. Contact: paulette.howard@newtms.com

North East (NEFARN)

We continue to meet monthly at Brooks Rehabilitation Hospital with interesting programs that offer CEU's. We started this year holding several afternoon meetings in an effort to increase our attendance. As this did not obtain our objective we will resume meeting monthly from 5-7pm on the 4th Monday of the month. We are in the planning stage for another CRRN Tea for March 19, 2013 for those who have obtained their CRRN in the past year. For information regarding meeting/speakers please contact rwkr1955@comcast.net

Palm Coast (PCARN)

For more information, contact Abbi Bentz at: abentz@villagehomecare.org

Tallahassee (TARN)

TARN has 10-12 current members. We are in the process of planning meetings for 2013 with a goal of providing an educational meeting every other month and two social events during the year. Schedule will be finalized at the December meeting. Contact: jharris022@embarqmail.com

West Coast (WCARN)

WCARN currently has 17 members. Educational meetings are held the 2nd Tuesday of every odd numbered month. The September meeting was sponsored by Allergan, Inc. and Dr. Venerando Batas spoke on the use of Botox injections for upper limb spasticity. The

CALL FOR POSTERS!

The Florida State Association of Rehabilitation Nurses is pleased to announce a call for posters for the 2013 Spring Conference, "Baby Boomers Generation X, Y and Beyond: Are We Generationally Competent?" held May 8-10, 2013 at the Regal Sun Resort, in Lake Buena Vista, Florida.

All abstracts must be submitted by March 28, 2013. Send Abstract with CV to: Diana Allen, 6415 Temple Rd., Jacksonville, FL 32217. Email is acceptable. All posters will be judged by attendees. A minimum of 10 posters is required to offer a CE credit at the conference. Please take this valuable opportunity to enhance your resume and gain experience in presenting your work. If you have questions: Please call Diana Allen at 904-613-2703 or contact via email: Dallenrn5@yahoo.com

For complete information, go to: www.fsarn.org

Mark L. Hyland
Financial Advisor

Edward Jones
MAKING SENSE OF INVESTING



810A Pinebrook Road
Venice, FL 34285
Bus. 941-484-3983 Fax 888-809-4140
TF. 888-484-3983 Pag. 800-946-1920
www.edwardjones.com

next meeting is November 13 at 5:30pm at Maggiano's Little Italy-Westshore, 203 Westshore Plaza, Tampa, FL 33609, (813) 288-9000. Dr. Michael Dvorkin will discuss "VTE Prophylaxis After Knee and Hip Replacement Surgery, sponsored by Jansen Pharmaceuticals, a Johnson & Johnson Company.

Three nursing students were in attendance at the September meeting as part of their academic requirement to learn about rehabilitation nursing. Planning is underway for the December Holiday Party.

Contact: dawn.etman@ahss.org

Spinal Cord Injury Support Group, Broward Chapter

Susan.Krinsky@healthsouth.com

The Broward Chapter has been active in fishing, boating, sailing, canoeing and kayaking at Shake-A-Leg. We visited Butterfly World, Jungle Island, and went bowling. The group also attended Cirque d'Soleil at Bank Atlantic Center and participated in hand cycling marathons. The Sunrise Suns, a program of the SCISG, participated in Nova University's Disability Expo on October 6, 2012 in a wheelchair basketball tournament. Our fundraising events include: Macy's Shop for a Cause, 50/50 fundraisers at Bank Atlantic Center, SCISG Annual Golf Tournament, Bake Sales. A South Florida Softball League will be having a fundraiser for SCISG in November. If anyone is interested in sponsoring a fundraiser, please contact Sue Krinsky at 954-315-3400 Spinal Cord Injury Support Group website is: www.scisg.org. The SCISG has grown to include 3 chapters. The Broward County Chapter meets at Healthsouth Sunrise Rehabilitation Hospital, 10199 NW 44 Street, Sunrise 33351. Contact Rob Bereolos at 954-603-3143 or rbereolos@scisg.org. The Miami-Dade County Chapter meets at the Diagnostic Treatment Center, 1080 NW 19 Street, Miami, 33136. Contact Luis Amaro @786-518-6342 or lamaro31@gmail.com. The Marion County Chapter in Ocala meets at ARC/Marion Adult Training Building. Contact Elvis Minimi at: drummer904@aol.com.

The SCISG Professional Organization was created for the enhancement of education, awareness and knowledge of spinal cord injuries. The professional organization/membership will consist of physicians, physical therapists, PTA's, occupational therapists, COTA's, speech therapists, recreational therapists, psychologists, nurses, medical vendors, and other professionals with an interest as well as students. Membership would require an annual fee that would include: Newsletter, Discount to selected courses and events, Official SCISG professional merchandise, Etc. The fee: \$50 professional \$25 student

Mark Your Calendar!

FSARN 36th Annual Education Conference

May 8-10, 2013

Wyndham Lake Buena Vista Resort
1850 Hotel Plaza Blvd
Orlando, FL 32830

Rehab Nursing: Baby Boomers to Generations X, Y & Beyond...

"Are we Generationally Competent?"

For Information contact:

Barbara Martelli: 954-742-7999
barbaramartelli@healthsouth.com



**ABDUCTION & HEEL OFFLOADING
in ONE Cost-Saving Product.**

www.heelahip.com



FSARN Advisory Board

Linda Hennig, PhD
UCF School of Nursing
P.O. Box 162210
Orlando, FL 32816-2210
407-823-5848
Linda.Hennig@UCF.edu

Gary Newcomer, MD
First Care
4343 Newberry Road
Gainesville, FL 32607

Benjamin W. Newman, Esq.
301 East Pine Street, Suite 1400
P. O. Box 3068
Orlando, FL 32802-3068
407-843-8880
Ben.Newman@gray-robinson.com

Dr. Bryan L. Reuss, M. D.
Orlando Orthopedic Center
25 West Crystal Lake Street, #200,
Orlando, FL, 32806
407-254-2509
TeamReuss@Orlandoortho.com

Renee Steele Rosomoff
MBA, RN, CRC, CDMS, CRRN
Comprehensive Pain and Rehab Center
250 W. San Marino Dr.
Miami, FL 33319
305-532-6281
hrosomoff@aol.com

Susan M. Scribner
Scribner and Associates
1240 E. San Antonio Drive, #311
Long Beach, CA 90807
562-618-6618
Scribnerearth@earthlink.net

Save the Date

**Broward Association of
Rehabilitation Nurses
Annual Educational Conference
Rehab Update 2013**

March 1, 2013
Ft. Lauderdale Marriott
6650 N. Andrews Ave

For Information:
Contact Sue Sharman: 954-714-3333
suzannesharman@regalhomeservices.com

Membership Information

ARN Membership - \$115/year
Florida Chapter fee - \$10
ARN - 1-800-229-7530
Update your personal information
and changes with ARN, then notify
FSARN Membership.

FSARN Membership

Linda Bertino, RN, MSN

Membership Chair

The ARN Membership Reports have finally been correctly. As of October 9th, there are 421 Florida members – 360 tri-level and 61 prospective. We need to spread the word about benefits of membership to ARN and FSARN. All the necessary information can be found on our web site www.fsarn.org. If you refer someone for membership and they identify you as their referral, you will get a free month of ARN membership.

Communications

Linda Bertino, RN, MSN

Communications Chair

We have been using Constant Contact for Email messages to our members for several years and it is proving to be beneficial and successful. We will be using another one of their programs Event Spot for our conference. This program will offer options to have a home page with conference information, brochure and a direct link to registration. We will also have conference information on our web site with a direct link to Event Spot. We will again offer PayPal for registration fees. Event Spot will also offer the option to register online and mail a check for registration if you choose. We are also working to add the QR code to our web site and brochure to make it easy for those with iPhones and smartphones to quickly access our conference information and registration.

We have a Facebook and Twitter account under Florida Chapter ARN. Please like us and share. We need everyone to help us get the word out about FSARN and our conference to as many rehabilitation professionals as possible.

Webpage

Linda Bertino & Donna Bagley

Web Managers

Have you seen our web site recently? We've added some photos from the ARN Conference in Nashville. The site also has some information about our upcoming conference in May. We will soon be able to add the names of the new CRRNs from the December and June exams. Do you have information or photos from your district? Send them to me and it will be added to our web site so everyone will see what's happening in other districts.

ARN Educational Conference Recap

Barbara Martelli, RN, CRRN

President-Elect

This is my 4th time attending the ARN Educational Conference which was held in Nashville, Tennessee. These conferences always provide me with a renewed purpose and excitement for what we do every day as rehab nurses. There were over 900 rehabilitation nurses from all across the country and I had the pleasure of meeting some new colleagues and sharing some of our common goals and tribulations. We had a significant contingency representing Florida including Donna Bagley presenting a poster. FSARN impressively awarded 7 scholarships this year. Wednesday evening I attended a Chapter Leaders Reception and this was the second year where table topics focused on Challenges and Problems, Recruitment, Nominating and Leadership Development, Virtual Meetings, which was moderated by our own Ina Fletcher, and Chapter Websites moderated by Donna Bagley. At the Annual Meeting, awards were also presented to FSARN as Chapter of the Year, which was accepted by Sue Sharman, our president. Sue Brown was awarded Case Manager of the Year and Donna Bagley was awarded Nurse Manager of the Year. It was so rewarding to see that Florida is definitely a shining star in ARN and we were so proud of all those, whose talents were acknowledged at the national level. Everyday working in rehab, we see patients and families that have undergone life changes that often occur in an instant and the challenges they face and strive to overcome. This year the Keynote speaker was Captain Mark Kelly, who appropriately spoke on "Endeavor to Succeed" and his wife, former Congresswoman Gabby Giffords rehabilitation journey. He related how life changed in an instant for him when he got the phone call that his wife had been shot. He told us of some of their experiences and how they learned about the power of great nurses and how a great team can work together. Realizing that practice, persistence and drive helped him achieve his goal to be an astronaut but paled in comparison to how these skills were even more important for his wife's future. Captain Kelly shared with us that every day when going to rehab Gabby says "fight, fight, fight" and that "daily she denies the option to fail". What an inspiration! He concluded by sharing a message Gabby had sent to all of us which I would like to share with you: "be passionate, be courageous, be strong, be your best and God bless America".





Florida State Association of Rehabilitation Nurses
C/O Sue Brown
516 SW 72nd Avenue
North Lauderdale, FL 33068

FIRST CLASS
U.S. POSTAGE
PAID
Ft. Lauderdale, FL
Permit No. 1856

REGAL

www.regalhomeservices.com

**APPROVED PROVIDER FOR MOST WORKERS' COMPENSATION
& LONG TERM CARE NETWORKS**

Rehabilitation Nurse Owned & Managed

**CALL (954) 714-3333
REGAL'S ONLY NUMBER
FOR BROWARD COUNTY**

LICENSE No. 299990986



**CALL (305) 957-7225
REGAL'S NEW NUMBER
FOR MIAMI DADE COUNTY**

LICENSE No. 299993296

TOGETHER

FSARN CASE MANAGERS REGAL HOME SERVICES

THE BEST RESULTS IN HOME CARE