



# FSARN

## Florida State Association of Rehabilitation Nurses' Newsletter

Volume 22 Issue 1

April 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

This is the time of year when all of us delight in living here in Florida. It should also be a time when we congratulate all the hard working volunteers that year after year bring you a conference unique in its content and professionalism. This year "RESILIENCE IN REHAB...REFINING SKILLS FOR SUCCESS" is all set to go May 2nd-4th.

If you are reading this message and have not sent in your registration and reserved your hotel room at the Wyndham- shame on you! There is *NO* excuse this year that will suffice missing this conference. The conference committee have had challenges in their personal lives beyond belief and yet nothing has or will stop this conference from taking place. They all deserve your support, so let's make it the best attendance ever.

Please don't be tempted to stay anywhere but the Wyndham. The reason that we manage to keep such good rates a few minutes' walk from Down Town Disney is due to meeting a quota of rooms. We shall be holding special events after the highly educational portion of the day, so you will need to be available on site at the Wyndham. There will be a party for all District Presidents, a meet and greet your Board, a Newcomers Niche and lots more! Prizes and surprises are *PROMISE!*

It has been my privilege to be a member of this unique Chapter since the early 1980's. During that time it has been my experience that 20% of members do 80% of the work. Recently, I spoke at length to Renee Rosomoff who was the founder of FSARN and President of ARN 1985-86. She said "I wondered back then if FSARN would survive." Renee is an inspiration to us all and continues to be very active in our rehabilitation community despite retirement.

Please, lets unite and work together to build our organization so that it is never a worry again. We have survived and continue to thrive but we need more help to continue this successful Chapter, many hands make light work..... Please contact me or one of your Board immediately if not sooner!

Do you like our new website? [www.fsarn.org](http://www.fsarn.org)  
Congratulations are in order to Donna Bagley and Linda Bertino for a professional job. This has been a time consuming project but the result worthy of many thanks when you see them in person in May.

So my fellow rehabilitation nurses join me in wishing everyone and their loved ones good health in the future and good luck to the many that have changed jobs or looking for a new challenge.  
See you all in May at the Wyndham.

### 2011-2013 FSARN Board of Directors

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# A Wonderful Journey in Rehabilitation Nursing

Margaret Riccardi, MS BS GNP-C CRRN

In 1974 the first president of the Association of Rehabilitation Nurses (ARN), Sue Novak, and other ARN leaders came from Illinois to Rusk Institute in New York seeking interested persons to join ARN and form a chapter. A small group of RNs joined, and we formed the first New York chapter. I was the second president of this chapter, and, needless to say, am a charter member of ARN. I continued to be very active, recruiting rehabilitation nurses not only at Rusk but other NY rehabilitation and acute care facilities. I frequently took on more than one office as officers “dropped out.” As a member of ARN, I was chosen to participate in developing the first Standards of Rehabilitation Nursing Practice in conjunction with the American Nurses Association. I will never forget feeling very important during that trip to Chicago. Little did anyone know how great and essential to rehabilitation nursing ARN would become. Upon moving to Florida in 1987, I joined FSARN, then one of the districts, Broward Association of Rehabilitation Nurses, (BARN), and, subsequently, assisted with the formation of the Palm Coast Association of Rehabilitation Nurses (PCARN), becoming the second president and serving as its treasurer for 3 years. In 2009, due to circumstances beyond anyone’s control, we had to disband PCARN, and I am now an active member of BARN once again.

My love and devotion to rehabilitation nursing has grown throughout the years. When the certified rehabilitation registered nurse (CRRN®) designation came about in 1984, I, along with several other nurses from Rusk, attended several review classes offered at Rusk and sat for the first exam. I was very fortunate, after much studying, to pass the first time, thereby becoming a CRRN. It has been very important to me to keep up this certification every 5 years because rehabilitation nursing has affected every aspect of my career. I have worked as a staff nurse, nurse manager, supervisor in an acute rehabilitation facility, rehabilitation educator, rehabilitation coordinator for home health, case manager, expert file reviewer, supervisor in a long-term care facility, and researcher, and am now a gerontological nurse practitioner. Becoming a rehabilitation nurse, maintaining certification as a CRRN, and remaining involved in ARN, FSARN, BARN, and PCARN have only added to my success as a nurse. I love rehabilitation nursing. Professionally, we use rehabilitation techniques and principles in every aspect of nursing. How fortunate that I chose such a field!

I have witnessed firsthand the changes of rehabilitation nursing and how it has been affected by changes in the insurance industry. It has become necessary to be very creative and find innovative ways

to include rehabilitation principles in care as the reimbursement factor diminished through the years. For example, although rehabilitation used to be conducted almost solely in acute rehabilitation facilities, it is now performed in skilled nursing facilities or in the home.

In conclusion, my ultimate goal and purpose in becoming a nurse is to increase and maintain a person’s optimal level of functioning both mentally and physically and, subsequently, to decrease their years of morbidity. Choosing rehabilitation nursing at the beginning of my career, becoming a charter member of ARN, becoming certified as a rehabilitation nurse and maintaining my CRRN certification, and continuing with rehabilitation principles have allowed me to achieve that goal. I strongly believe that people trained and working in rehabilitation can apply rehabilitation principles and be successful in every aspect of the nursing profession. Studying for and becoming a CRRN has only added to my success.

## Southeast Regional ARN Conference “2012... A New Beginning in Rehab”

Wednesday, April 25<sup>th</sup> beginning at 12 noon through  
Friday April 27, 2012 12 noon

Hyatt Regency Greenville  
220 North Main Street  
Greenville, South Carolina 29601

For General Conference or Registration Information  
contact:

Cynthia Bishop Trout Phone: 864 455 3717 Email:  
ctrout@ghs.org

For Hotel and Accessibility Information/Questions:

Mary Owens Phone: 864 455 6735 Email:  
mowens@ghs.org

For Vendor Information, Please contact:

Marianne Shannon Phone: 864 455 8871 Email:  
mshannon@ghs.org



Members of the Spinal Cord Injury Support Group (SCISG) participated on the SCI Panel of the 2012 BARN Conference (left to right): Sherrod Nelson, Captain of the Sunrise Suns, the wheelchair basketball team of SCISG, Alex Lutin (Vice President and founder of SCISG), Ryan Gebauer (Past President), Sue Krinsky, RN, CRRN (founder and member of Board of Directors), Peggy Domitz (Fundraising Chairman), Richie Salidor (Community Awareness), Christine Kent (Motivational Speaker), Rob Bereolos (President of SCISG).

# The Future of FSARN

Linda Bertino, RN, MSN

FSARN is one of the largest and strongest chapters in ARN. Our chapter has been able to attain this status through the active participation of the membership. It is important for members to take an active role in FSARN to continue our strong presence in ARN. This can be accomplished in several ways. One way is for members to participate in their district as an officer or committee member. Another way is for members to hold an elected position on the FSARN board or an appointment to a chapter committee. This article and a follow-up in the next issue of the newsletter will provide information about the different FSARN Chapter board and committee positions. The information is based on our Chapter Policy and Procedure and Bylaws.

The elected positions include: President-elect, Recording Secretary, Corresponding Secretary, Treasurer, and Nominating Chairperson. These positions are elected by the membership, and installed at the annual meeting following elections. The term of office shall last 2 years beginning July 1st. Committees are designated by the president based on need and positions are appointed by the newly elected president. The current committee positions include: ARN Liaison, Advisory Board, Bylaws, Communication, Continuing Education, FHA Liaison, Finance, Health Care Policy, Historian, Membership, Newsletter Editor, and Scholarships. The first article will begin by describing the elected positions.

The President's position is automatically filled by the President-elect and will supervise and control all the affairs of the Chapter. The president presides at all meetings of the Chapter and is the Chairman of the Board. Complete and submit required reports in a timely manner and keep Chapter Board members informed of communiqués. President attends ARN and regional meetings and provides feedback to the board.

The President-elect will perform the duties of the president, when the president is unable to perform their duties. The president-elect will have all the powers of the president and be subject to all the

restrictions upon the president, and shall perform such other duties as from time to time may be assigned by the President or by the chapter Board of Directors. The President-elect will serve as Parliamentarian during all Board meetings and use *Robert's Rules of Order* for procedural issues. They will also serve as chair for the Chapter's annual educational conference committee. The President-elect shall automatically succeed to the office of the President.

Recording Secretary keeps the minutes of the meetings of the Chapter Board of Directors. Complete and distribute minutes within one month of meeting to all Board members, Advisory Board members, and ARN. Secure and maintain sign-in sheet from board meeting with minutes. They shall perform all duties of the office of Recording Secretary and other such duties as may be assigned by the President or Chapter Board of Directors.

Corresponding Secretary shall see that all notices are duly given in accordance with these bylaws, perform the duties of the Recording Secretary in their absence. Acts as primary communication link within the Chapter between the Districts, Chapter, and ARN. Distribute copies of Chapter Communiqués to other Chapter officers and District Presidents and to present communications to the Chapter Board for appropriate action and to keep ARN informed of Chapter activities. They shall perform all duties of the office of Corresponding Secretary and such other duties as may be assigned from the President or Chapter Board of Directors.

Treasurer shall be in charge and custody of and be responsible for all funds and securities of the Chapter. Maintain checkbook, write checks to members, balance checkbook monthly and annually. File all appropriate state and federal forms as needed to maintain compliance with tax laws. Sit on Finance Committee to assist in developing annual budget. The Treasurer is responsible for maintaining tax and incorporation records through the years and meeting with Legal Counsel and CPA as necessary. They shall perform all duties of the office of Treasurer and such other duties as may be assigned from the President or Chapter Board of Directors.

Nominating Committee Chair shall be elected by the voting membership. The President, with the approval of the majority of the Board of Directors, shall confirm membership on the nominating committee. The committee recruits members to run for office, confirms eligibility criteria and making recommendations concerning candidates to the membership. The committee will send out ballots and tally results. Installation of new officers will be held at the FSARN Annual meeting.

Elections are a year away, but now is the time to consider how you can help our chapter remain strong in ARN. Please take the time to read the above elected positions and consider how you could help FSARN remain a strong ARN Chapter by getting involved. If interested in a position on the board please contact: Sue Brown, Nominations Chair at [suebrowncrrn@gmail.com](mailto:suebrowncrrn@gmail.com). You can also go to our website [www.FSARN.org](http://www.FSARN.org) to see the current officers and their contact information if you wish to speak with a current board member. You can also review the Chapter Bylaws ARTICLE VII - DUTIES OF OFFICERS for complete information about these positions on our web site <http://www.fsarn.org/bylaws.html>

## 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 15<sup>th</sup> day of February, June and October.

Rates: Computer Generated (Quark Xpress), High Res Adobe PDF, or MS Word (text only) advertisements only  
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  
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Board members maintain throughout the year a process of disseminating new information and decision-making via telecommunications.

Our Sincerest Sympathy  
to Barbara Martelli who  
recently lost her Father



# District Updates

## Broward (BARN)

BARN continues to hold their monthly educational meeting the 3rd Tuesday of the month. On March 3 they hosted their Rehab Update 2012 to a successful one day conference. We had 111 attendees and 36 vendors attend. The speakers wowed the participants with new information and technology that received outstanding reviews.

2012 Meeting dates, locations and topics will be posted on the web site as they become available at: [www.browardarn.org](http://www.browardarn.org)

**South Florida Members, be on the lookout for a survey regarding possible educational meetings in Miami-Dade County.**

## 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.

Here is the list of the new 2012 Board Members for CFARN

President: Paulette Howard

email: [paulette.howard@newtms.com](mailto:paulette.howard@newtms.com)

Phone: 407-448-6661 (cell)

Fax: 407-710-1661

Vice President: Kevin Glennon

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phone: 407-340-4164

Newsletter: Frank Fredryk

email: [frank.fredryk@newtms.com](mailto:frank.fredryk@newtms.com)

phone: 321-262-6600

## North East (NEFARN)

Current membership is 20. Elections were held and installation of officers was held at the December Holiday party. Installation ceremony was based on Herbs & Spices which were presented to the incoming officers. 2012 Officers are: President Robin Walker-Johnson; President-elect: Kerry Nowroozi; Secretary: Carrie Franklin; Co-Secretary: Diana Allen; Treasurer: Sheri Andrews; Past President: Linda Bertino. Rose Butler was recognized for her service to

the district. In an effort to increase attendance, we will start offering daytime meetings, the first one being held in February. We are planning for two more daytime meetings this year with the rest of the meetings in the evening from 5-7pm. We are working on a community project for the year and details will be provided as they become available.

## Tallahassee (TARN)

Contact [Jharris022@embarqmail.com](mailto:Jharris022@embarqmail.com) for information

## West Coast (WCARN)

WCARN has been very busy planning for the 2nd Annual Conference on "Promoting Quality of Life in Persons with Disability," held Friday March 30 at James A. Haley Veterans' Hospital. The program provided 6 contact hours and was available to Nurses, Physical Therapists, Occupational Therapists, Social Workers and Speech Language Pathologists.

WCARN continues to meet monthly. Please contact [Dawnetman@mailuch.org](mailto:Dawnetman@mailuch.org) for meeting times and locations.



Members of Spinal Cord Injury Support Group participating in the 2012 BARN Conference: Richie Salidor, Ryan Gebauer, Rob Bereolos, Sue Krinsky, RN, CRRN (Moderator), Christine Kent, Peggy Domitz, Alex Lutin.

**SAVE the DATE**  
**ARN 38th Annual Conference**  
**Nashville, TN**  
**October 3-6, 2012**

visit the ARN website for additional details  
[www.rehabnurse.org](http://www.rehabnurse.org)

The deadline for application for FSARN Scholarship for the 2012 ARN Conference is August 3, 2012.

**Mark L. Hyland**  
 Financial Advisor

**Edward Jones**  
 MAKING SENSE OF INVESTING



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## 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.

## District Contact Information

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# FSARN Membership

Linda Bertino, RN, MSN

Membership Chair

FSARN is sponsoring a membership challenge to our members. It started at the May 2010 conference and is scheduled to end April 30, 2012. The person with the most ARN Memberships will receive a FREE FSARN Conference Registration that can be used for this year or 2013. The winner will be announced at the FSARN General Meeting during our conference. If you referred someone to ARN for membership, please send me your name and the name of the person you referred to: rainbeaus@live.com.

An additional challenge was presented to the members at the May 2010 conference – reach 500 members by the May 2012 conference. FSARN has had a 9% decrease in membership since last August. It is a time when people have to choose what to spend their money on and association membership may not be a priority. As members of ARN/FSARN, you know the benefits we offer. We continue to provide at least 50% of our budget on member benefits (conferences, scholarships, newsletter, Webinars, etc). We need 25% of our member to recruit one (1) member to reach the goal of 500 members. I'm sure there are enough members that know at least one person who is not an ARN/FSARN member. The time is now to encourage them to join and you may be the winner of the Magical Membership Challenge!

## Magical Membership Challenge

Did you refer a person to ARN for membership?

The challenge will end April 30, 2012  
Winner with the most ARN/FSARN  
referred members will receive  
a FREE FSARN Conference Registration  
for 2012 or 2013.

Winner will be announced at  
the FSARN Annual Meeting

## Communications

Linda Bertino, RN, MSN

Bylaws Chair

FSARN has spent the past few months developing a data base of vendors and facilities to be used for our email blasts about upcoming FSARN events and activities. We are getting good responses to our emails with an average of 25 – 35% opens. If an email address we have in our data base is bounced for any reason the name is removed from the email list and added to the snail mail list. This assures us that we are meeting a broad variety of vendors and facilities that could support/sponsor our events and conferences. If you are not receiving FSARN emails and are on our list, please contact me so I can try to resolve the matter for you. If you have the name of a vendor or facility that would like to be added to our data base, please send me their contact information.

Did you change your email address recently? If so please remember to notify ARN and FSARN. We use the membership list from ARN for our data base and it is updated about every 6-8weeks.

## Webpage

Linda Bertino, RN, MSN

Webmistress

FSARN has decided to make some changes to our web site. The Web page committee will now manage the web site. The address is the same but the look is different. You will find most of the same information but a little different format. We are making some additions to keep up with the trends. There is now a link to Facebook – Florida Chapter Arn. Please LIKE us. We are also making PayPal available for FSARN Conference registration, and Exhibitor Registration fees. The Job Mart will soon have a PayPal option added.

We would like to hear from the members about the new Web Site – PROs & CONs and any suggestions for additional information. The web site is for the members and we want to be sure we are meeting your needs.

### Editors Note:

Regular features including Legislative Update and District Development will return in future issues. There will also be a new column entitled "Career Corner," which will discuss the evolving roles of rehabilitation nurses and job enhancement skills. Refer to Margaret's article on page 2 to get a taste of the some of the diversity that rehab nursing has to offer. If you would like to contribute an article about your professional role, please submit to suebrownrnr@gmail.com. Articles will be printed on a space available basis.

*Sue Brown*



# Resilience in Rehab...Refining Skills for Success

**Our Goals:** The primary goals for the annual educational conference are to increase attendee's awareness of new trends in rehabilitation healthcare and to support the continued growth of rehabilitation nursing and individual nurses.

**Objectives:** The participant will be able to:

1. List the three most challenging visual problems resulting from TBI.
2. Discuss the use of computers, robots and bioness for stroke patients.
3. Verbalize the rationale for total knee replacements in younger patients.
4. Be introduced to hand transplantation as a viable option for amputees.
5. Identify new surgical techniques for lumbar fusion.

---

Linda Bertino, RN, MSN, CRRN  
Jacksonville, FL

Linda Cendales, MD  
Emory University

Kathy Doeschot, MSN, RN, CRRN  
Case Management, Inc.

W. Dalton Dietrich, PhD  
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Rafael Gonzalez, Esq.  
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Dawn Ketz, MSN  
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Robin Star, MSW, CRC, CCM  
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Benjamin W. Newman, Esq.  
Gray Robinson, P.A.

Alan Novick, MD  
Rehabilitation Physicians of South Florida

Lisa Pervin, RN, CRRN, PhD  
Milestone Healthcare

Huntington Potter, PhD  
University of South Florida

Juan M. Raposo, MD  
Badia Hand to Shoulder Center

Brian Reuss, MD  
Orlando Orthopaedic Center

Stacy Williams, OTR/L  
Healthsouth

## Wednesday May 2, 2012

- 6-7pm Domestic Violence  
Speaker: Lisa Pervin, RN, CRRN, PhD
- 7-8pm Wound Care Management in the Hospital Setting  
Speaker: Ben Newman, Esq.

## Thursday May 3, 2012

### Poster Presentations running throughout conference

- 7:00 –8:15 Registration and Breakfast with Vendors
- 8:15-8:30 Welcome  
Sue Sharman, RN, CRRN, President  
Barbara Martelli, RN, CRRN, Conf. Chair
- 8:30-9:30 Resilience in Rehabilitation Nursing  
Speaker: Kathy Doeschot, MSN, RN, CRRN
- 9:30-10:30 Spasticity Management: Breaking the Barrier  
Speaker: Dawn Ketz, MSN
- 10:30-11:00 Break & Networking with Vendors
- 11:00-12:00 Hypothermia in SCI  
Speaker: W. Dalton Dietrich, PhD
- 12:00-1:00 Sit Down Lunch (provided) with the Vendors

### TRACK 1

1:00-2:00 A Service Animal's Journey  
Speaker: Linda Bertino, RN, MSN

2:00-3:00 Achieving Compliance: How To Take Medicaid and Medicare's Interest Into Account  
Speaker: Rafael Gonzalez, Esq.

### TRACK 2

1:00-3:00 Leadership and Accountability...The Impact of Accurate FIM Scores c  
Speaker: Lisa Pervin, RN, CRRN, PhD

- 3:00-3:30 Break and Networking with Vendors
- 3:30-4:30 Behavioral Issues Following Brain Injury  
Speaker: Robin Star, MSW, CRC, CCM
- 4:30-5:30 Advantages of Minimally Invasive Lumbar Fusion  
Speaker: Juan M. Raposo, MD
- 5:30-7:00 Evaluations, CE Certificates and Vendor Sponsored Reception

Please bring a jacket or sweater for your comfort as the conference room will be air-conditioned and the temperature may vary.

The Annual FSARN Membership Meeting will be held at the Conference on Friday, May 4, 2012 at 8:00am. The meeting is open to all members of FSARN and guests. We welcome and encourage all attendees to attend.

**Registration Form****FSARN Educational Conference May 2 - 4, 2012**

Name: \_\_\_\_\_ RN Licence #: \_\_\_\_\_

Employer: \_\_\_\_\_ ARN Member # \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

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

<b>FEE:</b>	<b>By April 5th</b>	<b>After April 5th</b>	
2 Days ARN Member	\$225.00	\$250.00	\$ _____
2 Days Non-ARN Member	\$275.00	\$300.00	\$ _____
1 Day ARN Member	\$115.00	\$125.00	\$ _____
1 Day Non-ARN Member	\$150.00	\$150.00	\$ _____

**Make Check Payable to: FSARN** (Paypal accepted online at: [www.fsarn.org](http://www.fsarn.org)) **Total Amount Enclosed: \$ \_\_\_\_\_****No Faxed Registrations Will Be Accepted****One Day Registrant Attending: Thurs \_\_\_\_\_ Fri \_\_\_\_\_ I will attend the Wednesday Seminar: Yes \_\_\_\_\_ No \_\_\_\_\_****Mail To:** FSARN c/o Denyce Bensen  
8850 NW 111th Lane  
Chiefland, FL 32626**Early Registration Discount Deadline: Postmarked by April 5, 2012****No Refunds After April 26, 2012****Friday, May 4, 2012**

- 7:00-8:00 Registration & Breakfast with Vendors
- 8:00-8:30 Annual Membership Meeting  
FSARN Board and General Membership.  
Open to all members of FSARN and  
guests. We welcome and encourage all  
attendees to attend.
- 8:30-9:30 The Validity of TKR in the Young Patient  
Speaker: Brian Reuss, MD
- 9:30-10:30 Hand Transplantation  
Speaker: Linda Cendales, MD
- 10:30-11:00 Break & Networking with Vendors  
LAST CHANCE TO REGISTER FOR  
PRIZES AND BID ON SILENT AUCTION
- 11:00-12:00 Visual Perceptual Deficits after Brain  
Injury  
Speaker: Stacy Williams, OTR/L
- 12:00-12:30 Silent Auction Winners Announced,  
Vendor Giveaway Drawings
- 12:30-1:30 Sit Down Lunch (provided)
- 1:30-2:30 New Advances In Alzheimers/Dementia  
Speaker: Huntington Potter, PhD
- 2:30-3:30 Computers, Robots and Bioness for  
Stroke Patients  
Speaker: Alan Novick, MD
- 3:30-4:00 Closing Remarks  
Evaluations & CE Certificates

**About the Conference Location...****Wyndham Lake Buena Vista Resort****1850 Hotel Plaza Blvd****Orlando, FL 32830****Reservations: 800-624-4109****Accommodations:** A barrier free environmentSingle or Double \$111.00 per night plus 12.5% tax  
and \$10/night resort fee. Rate can be extended  
through the weekend at the same rate. Room rates  
based on availability.

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