



WINTER 2013

# CENTRAL LINE

WEST CENTRAL OHIO ONCOLOGY NURSING SOCIETY  
[www.wcoho.vc.ons.org/](http://www.wcoho.vc.ons.org/)

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WEST CENTRAL OHIO  
CHAPTER OF THE  
ONCOLOGY NURSING SOCIETY

## PRESIDENT'S MESSAGE

Jill Reese, RN, BSN, OCN

Happy New Year to each of you! As I embark on my journey as your President for 2013 I would like to say thank you to each of the board members for all of their hard work and dedication this past year. A special thank you to Patti Adams for the wonderful job she did as our 2012 President. We had a great year! Our chapter won the National ONS Award for Chapter Excellence, we donated over \$1000 to local charities, and we had members of our chapter win both National and local awards.

As I was deciding on the topic for my first President's message, I thought that maybe it should be about a political topic, since last year was an election year, but decided that was not weighing on my heart. I recently read an article in the December 2012 issue of ONS Connect: "Is Nursing a Lost Art?"

<http://www.onsconnect.org/2012/12/reconnect/is-nursing-a-lost-art> ) Do nurses really lack the empathy they once started with? After reading the article and thinking about the environments in which we all work and specifically my day to day role, we all show empathy in our own unique way but maybe sometimes need to be reminded of the special care we provide and our impacts on those around us.

As I thought about this article, I sometimes do see nurses that have lost, or never had, a lot of empathy. To me, this is part of the art and personal aspects of being a nurse, especially those in the oncology field. Being an oncology nurse, most of us have and show a lot of empathy not only for our patients but their families too. I do not think one can be an effective oncology nurse and not have some empathy. I feel very fortunate that the nurses I work with are all empathetic to their patients, the families, and each other. I am sure we all encounter new nurses at work that do not stay very long on the job. Oncology is not for everyone. It takes a strong and special nurse to handle the day to day situations and struggles that our patients and families are dealing with.

How many different ways do we show empathy each day? I am providing a few here but as we all know, there are many more ways we show empathy to our patients, family members and coworkers. Holding a patients hand, providing that extra reassurance that is needed before a patient begins treatment, giving a much needed hug, sitting next to your patient and listening to show them that you truly care, helping a patient find much needed transportation, providing a shoulder for a family member to cry on, and always smiling no matter how hard the day is. We sometimes forget that we are all in this together and also provide support for coworkers. Showing empathy and helping another nurse through a tough time because a patient they

continued on next page....

were close to has lost their battle, or when a patient's cancer is progressing and seeing how hard it is physically and emotionally for the patient and family. We are there to support each other; as nurses in the field of oncology, our jobs are tough but very rewarding.

There is a lot on each of our plates each day we walk into work. From new emerging therapies, learning your institutions EMR system, safe handling of drugs in order to protect ourselves, staying abreast of side effect management, etc. Then, on top of all that, our compassion for our patients needs to be in top form. There may be days that you are not on top of your game, we all have them, but even in our worse days, remember that it does not even compare to anything our patients are going through at that moment. To be an oncology nurse you need to be empathetic. Remember, whether you are new to the field of oncology or an experienced oncology nurse, we are all mentors to each other; we still learn each day and need help to remind ourselves and each other of the role that we play in our patients lives and their journey through this experience.

So take the time you need to regenerate yourself. Go for a walk, read a book, get a massage or pedicure, go to dinner with friends or family. You deserve it! Your patients will appreciate that you have taken the time to care for yourself, so you are at the top of your game in the care you provide for them. Being an oncology nurse is a great profession, let's all show our patients, their families and our peers that it is not a "lost art."

I look forward to serving as your 2013 WCO-ONS President. If you have any suggestions and/or concerns, please feel free to contact me at [sjzcreese@earthlink.com](mailto:sjzcreese@earthlink.com)

## **FUTURE MEETING**

**February 21, 2013**

**McCormick and Schmick's/The Greene**

**Updates in Managing Metastatic Breast Cancer**

**Registration begins at 5:30pm**

**Program begins at 6:00pm**

**RSVP to Nan no later than Monday, February 18<sup>th</sup>**

WCO-ONS members are welcome and encouraged to attend.



Contact Mary Murphy @ 937-256-4490 x4417 Go green as efforts are made to carpool to the event with other members

## **COMMUNITY CORNER**

### **2012 FDA AND ONCOLOGY SUCCESSES**

Here is a link to an informative site submitted by Susie Newton: <http://oncofacts.com/archives/a-look-at-2012s-fda-and-oncology-successes/>



## FORTIFY RESILIENCE IN THE COMING YEAR

Hi Chapter Members,

I found this article helpful as I start the New Year and set my goals for the next 12 months. The website is also a helpful resource. All the best, Susie Newton

The Resilience Group Newsletter: Winter 2013

[www.theresiliencegroup.com](http://www.theresiliencegroup.com)

As we transition into 2013, we're thinking about resilience - ours and our client's. In light of these dark winter days and the aftermath of hurricanes and school shootings, all of us need a bit of a boost to our sense of resilience and a positive outlook.

**What is Resilience?** Resilience is the ability to manage the stress of difficult situations, land on our feet, and keep moving forward. Natural abilities to face adversities vary greatly but the good news is that we can all learn skills to strengthen our resilience and expand our capacity to maintain it.

Here are 10 Reminder-Tips for Increasing Resilience and successfully meeting the challenges in the New Year:

**1. Become Mindful.** "Mindfulness" has recently become a buzz word, and it's a good thing. Mindfulness is an awareness of our experience -our emotions, our reactions, our body sensations, our beliefs and our impulses. Cultivating mindfulness helps us notice when we are bogged down in the past, or reacting to a future we can't yet know and it keeps us present in here-and-now time.

**2. Accept Life Involves Setbacks, Hurts & Disappointments.** The Harvard Business Review in April 2011 was entirely dedicated to failures and to the successes that followed. Beth often tells the story of how she was once a graduate student in American History: "I was a dismally poor student at the time and dropped out feeling terrible and inadequate. With hindsight I know that the set back was what turned me towards my real calling ---working with the living and facilitating change in the here and now." Keeping perspective on life's roller coaster helps us manage intense emotions and maintain openness to a positive future.

**3. Identify What We Can & Can't Control.** Resilience involves staying realistic and taking action when that action can affect an outcome. It also involves recognizing when a situation cannot change and managing the feelings that come with that awareness.

**4. Broadening Perspectives.** Resilient people look through a wide lens that opens up new perceptions, promotes seeing outside the box, as well as above and below it. Expanding our perspective reveals opportunities formerly unseen.

**5. Build Emotional Intelligence Skills.** Emotional intelligence is the ability to manage our own emotions and deal with the feelings of others. In the workplace, developing higher levels of emotional intelligence (EI) is a critical skill for increasing satisfaction, performance and the bottom-line. Resilient people deepen their understanding of the intelligent use of emotion and use that awareness to guide them.

**6. Maintain Relationships & Grow Strong Social Networks.** Resilience often depends on remembering that "it takes a village" to survive and thrive. Relationships don't just maintain themselves, they take effort. We strengthen resilience when we stay well networked and build a community in which we can give and receive support.

**7. Question Assumptions & Beliefs.** Beth used to jog. There were times when she thought she was seeing a dog, and would become fearful, assuming it would run after her. Most often the dog she saw was, in actuality, a fire hydrant. Many of our fears get activated by the stories we tell ourselves. We need to remember to examine our assumptions.

**8. Claim Your Strengths, Gifts & Talents.** Too often, we focus on what we have not yet learned or not yet accomplished. It's a common way to zap energy and dampen our outlook. Resilience and confidence are maximized by acknowledging our strengths and celebrating our accomplishments.

**9. Identify Thought Distortions & Resist Them.** "Cognitive distortions" are all those ways in which we personalize situations, engage in all- or-nothing thinking, over-generalize and make negative predictions. When we become familiar with the way cognitive distortions operate, we can summon our Inner Coach to move us forward and feel a greater level of satisfaction.

**10. Keep on "Truckin."** Thomas Edison discovered the light bulb after multiple failures. He said, "The three great essentials to achieve anything worthwhile are, first, hard work; second, stick-to-itiveness; third, common sense." Kathryn Stockett, author of the best-selling book "The Help" was rejected by 60 editors before signing a contract with a publisher. Winston Churchill said, "Success is stumbling from failure to failure with no loss of enthusiasm." So, as Jerry Garcia and The Grateful Dead would say "keep on trunkin."

## **24<sup>TH</sup> ANNUAL SPRING CONFERENCE KALEIDOSCOPE OF ONCOLOGY CARE**

Columbus Chapter of Oncology Nursing Society (CCONS) is having their 24th annual Spring Conference Kaleidoscope of Oncology Care on Thursday and Friday, April 4 and 5, 2013, at the Bridgewater Banquet and Conference Center, 10561 Sawmill Parkway, Powell, Ohio 43065.

For registration and information, go to [www.columbus.vc.ons.org](http://www.columbus.vc.ons.org)  
Registration closes on March 23, 2013.

# EDUCATION AND SUPPORT

## HOSPICE & PALLIATIVE NURSING ASSOCIATION CINCINNATI TRI-STATE CHAPTER

### Save the Date

Wednesday, March 6, 2013  
Management of Bowel Obstruction

Thursday, May 9, 2013  
Ethics in Practice: Professional Boundaries

Tuesday, July 9, 2013  
Care of Persons with ALS

#### UPCOMING WCO-ONS 2013 BOARD MEETING DATES:

Members are invited, welcome and encouraged to attend!

**WHEN:** March 5, 2013  
May 7, 2013

Meetings are on Tuesday evenings unless otherwise specified. Complimentary dinner is served at 5:30 pm, meeting immediately following at 6:00 pm. Please contact Mary Murphy at 937-256-9507 ext. 4417 to make reservations for the meal.

**WHERE:** Location is the Dayton Hospice, South Board Room. Enter the Shaw building.



Log on to our WCO-ONS website at

[www.wcoho.vc.ons.org/](http://www.wcoho.vc.ons.org/)

Log on to our national website at

[www.ons.org](http://www.ons.org)

**Central Line** is the official newsletter of the West Central Ohio Chapter of the Oncology Nursing Society. It is published quarterly. Submissions are encouraged and will be published, subject to editing. Please submit your information, ideas, and accomplishments to: [Julie Barker](mailto:JulieBarker@hotmail.com) at 771 Bridlewood Street, Beavercreek, OH 45430 or [jumibarker@hotmail.com](mailto:jumibarker@hotmail.com)

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**Central Line Published On:** January 30, **April 30**, July 30, and October 30



# WEST CENTRAL OHIO - ONCOLOGY NURSING SOCIETY ALICE JORDAN MENTORSHIP AWARD

The Alice Jordan Mentorship Award was established in 2010 by the West Central Ohio Oncology Nursing Society (WCO-ONS) in memory of our colleague, Alice Jordan. Alice was a long time member of the West Central Ohio Chapter and was active in our chapter until her death in November 2007. From 1974-2005, Alice was an RN in women's health nursing and gynecologic oncology at Miami Valley Hospital. She advocated for excellent patient care by educating and mentoring numerous oncology nurses throughout her career.

## Scholarship

The recipient of this award will receive a \$250 scholarship to apply toward an activity that supports the oncology nurse's practice as a mentor/educator. This may include, but is not limited to, areas such as certification, registration for an educational activity, *or reimbursement for national dues*.

## Selection Criteria

The Alice Jordan Mentorship Award will be granted by a competitive selection process. **All applicants must meet the following criteria to be considered:**

1. The Applicant must be a member of WCO-ONS and be a registered nurse in the field of cancer nursing.
2. The Applicant must use the award for an activity that supports the oncology nurse's clinical practice as a mentor or educator.
3. The Applicant must submit a brief summary of the activity for an article in the WCO-ONS newsletter, the Central Line, during the year awarded.
4. The Nominator must submit the completed award application, nomination form, and a copy of the form completed for the activity. **Nominator must include all items at the time of submission.**

## Selection and Review Committee

The Scholarship Committee, appointed by the WCO-ONS, will review all applications and will use a grant scoring record. Names and other identifying information will be removed prior to the selection process. All decisions will be final.

## **Application Information**

Application forms and information for submitting the application will be available by contacting a member of the WCO-ONS Board, or by request by contacting Susie Newton, Scholarship Chair at [snewton23@hotmail.com](mailto:snewton23@hotmail.com) or LaDonna Hinkle at [graciesmama06@att.net](mailto:graciesmama06@att.net) or by calling 267-3972. The application may also be accessed online by visiting the Chapter's Virtual Community at [www.wcoho.vc.ons.org](http://www.wcoho.vc.ons.org).

## **Submission of Completed Application:**

Applications will be accepted electronically, typed or neatly written by the deadline. Completed applications will be submitted to:

LaDonna Hinkle  
2011 WCO ONS Board Member  
4311 Tarnview Ct.  
Dayton, OH 45424  
or via email at [graciesmama06@att.net](mailto:graciesmama06@att.net)

**Application deadline: TBD**

**Scholarship will be awarded at the WCO ONS May Meeting.**

West Central Ohio Oncology Nursing Society  
Alice Jordan Mentorship Award  
Application Form

**Biographical Information**

Nominee Name:

Credentials:

Home Address:

City/State/Zip:

Position/Title:

Place of Employment:

Department:

Home Phone:

Work Phone:

E-Mail:

Practice Setting:

Hospital/Medical Center     Private Practice     Clinic

Home/Hospice                      Other: \_\_\_\_\_

Employment:

Full time     Part time

Are you an:

OCN     AOCN     AOCNP     AOCNS

Applying for Certification

Are you a member of WCO-ONS? *(required)*  YES     NO



