

FLUTTER WAVES

JANUARY 2019

American Association of Critical Care Nurses - Northwest Chicago Area Chapter

P.O. Box 1163 - Arlington Heights, IL 60006-1163

Website: nwchicagoaacn.org

PRESIDENT'S HOLIDAY MESSAGE

The holidays will be here before we know it! NWCAC would like to wish everyone a very Merry Christmas, Happy Hanukkah, Happy Kwanza, and best wishes for 2019!

As we celebrate, many times memories return of past holidays. As the daughter of a Swedish carpenter, I learned in my early years an important rule for life—"Measure twice, Cut once". This rule guided us when putting up the Christmas tree as well. When we set up our real tree, Mom was on one side and my brother and I on opposite sides while Dad held the "plumb" to be sure the tree was straight. A little later, we noticed that the tree was slightly slanted to one side. As Dad double-checked to see why, we noticed that Inga (the cat) was proudly sitting in the tree!

Another life changing memory occurred in December 1986. We were in Sweden for Christmas and visiting family. On December 27th, there was a large party for my Uncle's birthday and all the family was there. Suddenly, my 7 y/o daughter ran to get me. "Mommy, come quick, MorMor (my Mom) is on the floor". We quickly found my Mom unresponsive and pulseless. My husband and I began CPR—cardiac compressions and ventilations. All I could think about was that we were in Sweden and my brother was not there with us. I prayed as we continued CPR. I noticed movement and found a pulse! Transporters arrived and quickly transported her to the local hospital in the station wagon! She survived and lived another 18 years. She gave life to me at birth and I, in return, gave life back to her. As I look back, I know that there is a reason that I became a nurse and I am so grateful!

We care for patients in our facilities when they are ill. We have cared for so many that it may be hard to remember each and every one that we have cared for. I am sure that you may have had a similar occurrence happen to you—whether you are at the store, library, or anywhere in the community. One afternoon, I was at the American Daughters' of Sweden Christmas luncheon. A lady came up to me and said, "Judy, it's you!" She reached out her hand to me. "You were there! I will never forget you!" Quickly my mind raced to try to remember where I had been, and the instance where I must have met this lady. She went on, "Thank you for being there! She's doing well now!" As we talked, she reminded me that I had been at her mother's code blue. After we stabilized her mother, I helped support her

through this traumatic experience. I was glad that her mother is doing well now and able to celebrate the holidays with her family.

Through nursing knowledge and expert clinical data and information, healthcare has improved patient outcomes. As we share our collective voices, and make those voices heard, our strength emerges.

Please let us know how you have used your voices as your strength to improve healthcare. Send your stories to judygiovannelli@yahoo.com

Wishing you a blessed holiday season and all the best for the 2019 New Year!

Judy Giovannelli

NWCAC President 2018-2019

ANNOUNCEMENT!!!



NWCAC is very proud and excited to announce that the American Association of Critical Care Nurses has recognized the Northwest Chicago Area Chapter with four of the 2019 Circle of Excellence Awards!!! We are so grateful to work with such an amazing group of nurses!

Excellence in Chapter Leadership Development, which recognizes our efforts to implement an effective leadership structure that provides guidance, strategic planning, and continuity.

Excellence in Chapter Educational Programming, which recognizes our efforts in providing quality educational programming to your members and constituents.

Excellence in Community Education and Public Service, which recognizes our chapter's contributions to the local community through communication and education.

Excellence in Chapter Collaboration, which recognizes our efforts to achieve a mutually beneficial goal by working jointly with others.

Community Update

November 10th Region 10 meeting and “Snug Hugs for Kids” Sincere thanks to all of you who attended the November educational meeting and the Region 10 meeting. It was a great day, filled with networking, education, and collaboration (and a great breakfast and lunch)! The NWCAC program in the morning was excellent, the “Chicago Style Pizza” lunch; and great Region 10 program in the afternoon. We completed the evening at Nurses’ Night Out at the Chicago Wolves and Rockford Icehog game. We contributed over 16 large bags of outerwear for “Snug Hugs for Kids”—which was sincerely appreciated



November 17th “Blankets of Dreams”. NWCAC assisted in making over 582 blankets which will be distributed to the homeless population in the Chicago area.



Midwest Conference 2019

I am so excited to be the MWC chair this year! We have been hard at work planning the content for this year's conference. We have several dynamic speakers lined up with a variety of topics. The current President of AACN – Lisa Riggs and Kathleen Vollman will be our keynote speakers this year. We have changed the location to *The Stonegate Conference Centre in Hoffman Estates*. We have listened to your past feedback and this new location will offer more parking, free WiFi and we will be including lunch once again!! The brochure will be on line so keep watching our website, nwchicagoaacn.org. and it will be in the mail very soon!! Hope to see you on March 11 and 12th 2019. Happy New Year!

Cindy Ruiz
Midwest Conference Chair

SAVE THE DATE!!

2019 Midwest Conference

Monday, March 11, 2019

Tuesday, March 12, 2019

Keynote Speaker:

Lisa Riggs, National AACN President

Location:

**The Stonegate Conference Centre
2401 West Higgins Road
Hoffman Estates, IL 60169**

Sponsored by Northwest Chicago Area Chapter AACN
We are still looking for speakers. In lieu of posters we are
also looking for people to present a 20 minute oral
presentation about your project. Deadline for submissions is
November 1, 2018

Questions contact: Cindy Ruiz at cindylruiz@yahoo.com



NTI 2019

Share the experience of AACN's NTI with your colleagues, and take home new evidence-based knowledge to make an impact at the bedside. With more than 37.5 continuing education (CE) contact hours, the outstanding and diverse learning opportunities and inspirational gatherings promise to reignite your commitment to your practice and our profession. 2019 NTI is being held in Orlando, Florida, May 20th to May 23rd. Housing is now open and is sure to fill up fast. Start planning now, request the time off and book your accommodations!! If you have never been to NTI before, plan on making this your first! You won't be disappointed! Information on attending NTI is available at <https://www.aacn.org/conferences-and-events/nti>

NWCAC EDUCATIONAL OFFERING

Saturday, January 12, 2019

7:30 AM to 12:30 PM

Agenda

7:30—Breakfast and Networking

8:00—General Chapter Meeting and Educational Program

Location

Northwest Community Hospital

Classrooms 1-6/1-7 (Across From The Auditorium)

800 Central Rd.

Arlington Heights, IL

Topics

“Cardiac Contusions: How Do You Know And What To Do?”

by Melva Price, MSN, RN, CCRN

“What The Inpatient Nurse Needs to Know About Cardiac Devices”

by Kim Shapiro, MSN, FNP-C

“Stop The Bleed”

by Rocco Wlodarek

(Participants will receive a certificate of basic training and can apply to be instructors. For more info go to www.bleedingcontrol.org)

No Registration Required Free Parking

Continental Breakfast Provided

Free for all NWCAC Members; \$30.00 for non-members

For further information contact

Marie Hagman: marie.hagman@advocatehealth.com

“This activity has been submitted to the American Association of Critical-Care Nurse for approval to award contact hours. The American Association of Critical-Care Nurses is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.”



Community Events Coming in 2019

Jan 12th “Stop the Bleed” One of the sessions for the January 12th education meeting will be information on the “Stop the Bleed” program. Participants at our Jan 12th meeting will receive the basic training information and information on how to teach this content. The licensed nurses in the group can then be full instructors after this training. The nursing students can be part instructors, working with a full instructor present until they are licensed.

March 11 & 12 American Red Cross At Midwest Conference this year, our beautiful silent auction baskets will be raffled. All of the profits from the auction will be donated to the American Red Cross to help those in need.

Hospitality

The Hospitality Committee will again sponsor a silent auction at the 2019 NWCAC/AACN Midwest Conference. The silent auction baskets will support the American Red Cross.

The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. The American Red Cross shelters, feeds and provides emotional support to victims of disasters, supplies blood, teaches life-saving skills, provides international humanitarian aid and supports military members and their families.

Contributions for our silent auction baskets are appreciated and can be brought to our January meeting or contact me at mapopsgrande@comcast.net.

I have received some fun items and have some basket ideas going which include: gardening, boys and girls, Vintage tea time, Easter and St. Patrick's Day. The basket corner of my basement is filling up.

Greetings

Joy Speciale, one of our previous chapter presidents, sends her regards to the Chapter and looks forward to stopping in at a spring meeting. She and her husband will be spending time in Florida over the winter months. We enjoyed catching up while shopping at Target.

Rosi Grande

Hospitality Chair

Our Voice Our Strength

11am: It was a typical morning at school when a teacher walked into the nurse's office complaining of SOB. The teacher was anxious and eyes wide open. The Certified School Nurse (CSN) Janice asked me to step in and assess the teacher. The nurse's office is part of a larger room that also contains Physical therapists, Occupational Therapists and Speech Therapists (32 staff).

I took a pulse ox: 70. The teacher's B/P 180/100 and Heart Rate 125. The teacher stated she had no past medical history (cardiac, respiratory or allergies,) and that she had no one to pick her up at school. My first response was to call 911. The teacher said she wanted to go home and get some rest and if she still did not feel good she would go to the immediate care center. I talked to the teacher in a low calm voice and told her we could not let her go home at this time because her pulse ox was so low. Janice, CSN asked what would I advise. I advised to immediately call 911. The vital signs did not improve. Janice called the principal and the principal wanted to come and talk to the teacher. I said time is of the essence! The principal arrived and started talking and talking and talking...I interrupted the principal and said "I am here to "Stand Up and be counted and called 911". The ambulance arrived at 11:15am and took the teacher to the closest university hospital and the teacher was taken immediately to surgery". In the meantime after the ambulance left, I was instructed by the CSN that I had to apologize to the principal. As Dave Hansen always said, "Nurses always make it look too easy".

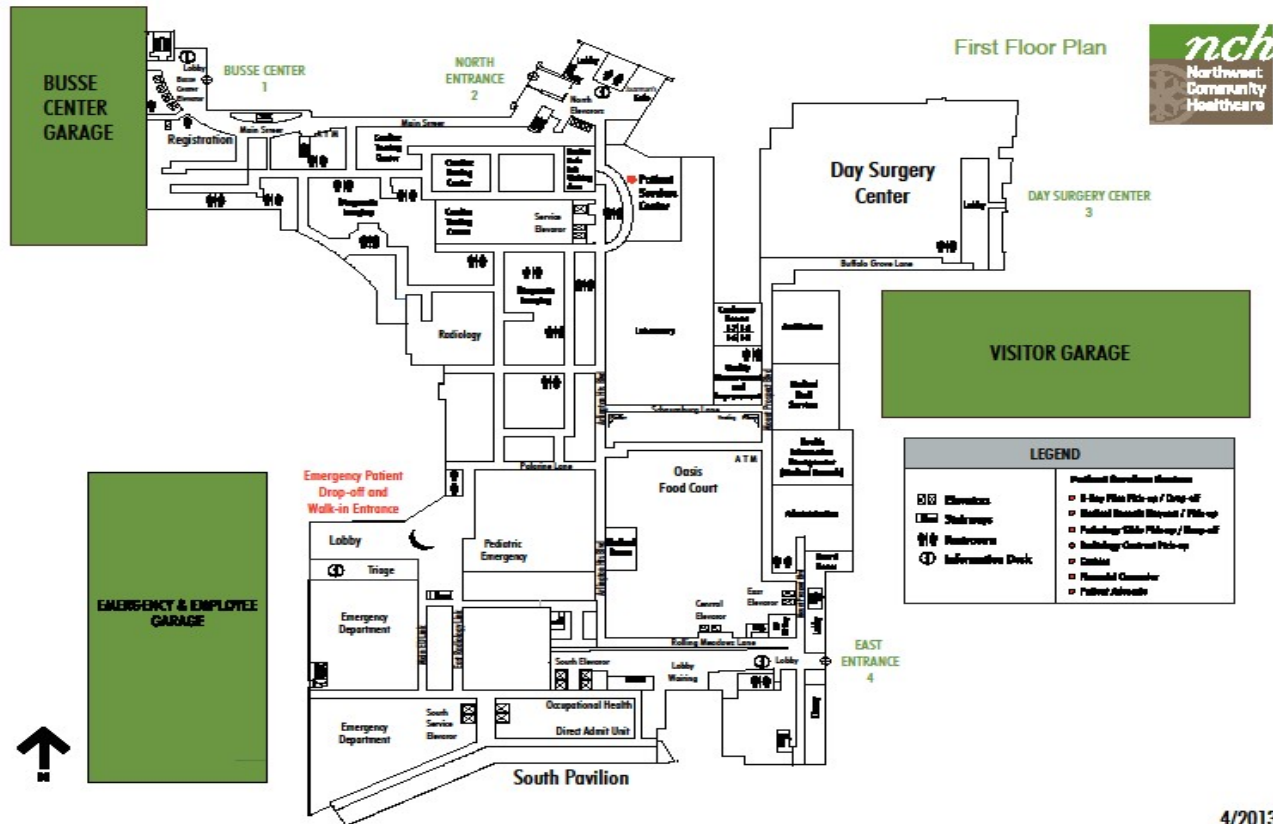
Sheila Coogan MSN



Directions to the Chapter Meeting

This month's meeting is located in Classrooms 1-6/1-7

(located across from the auditorium)



4/2013





President

Judy Giovannelli, RN, MSN,
CCRN, PCCN, FACCN-II

Past President

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Debbie Kantoris, MSN,
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Marie Hagman, MSN,
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Membership

Kirsten Howe, RN, BSN,
CCRN

Midwest Conference

Cindy Ruiz, APN, CCRN

Media Relations, Newsletter

RoseMary Pieniazek, RN,
BSN

Hospitality

Rosina Grande, RN, MS,
CCRN, CGRN, CMSRN

Awards & Scholarships

Sheila Coogan, RN, MSN

Community Liaison

Sheila Coogan, RN, MSN

Board Learning Partner

Nancy Haberichter, RN

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<http://nwchicagoacn.org>

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