

— IOWA BOARD OF NURSING —

# Newsletter

August, September, October 2018

Volume 37, Number 3

## PATIENT

### CONFIDENTIALITY:

*A growing enforcement concern*

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*Read about the*  
**LPN SUPERVISORY  
COURSE CHANGES**

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*See the new ways you can*  
**EARN CONTINUING EDUCATION!**



# MEMBERS OF THE IOWA BOARD OF NURSING

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May 1, 2018 - April 30, 2019

	TERM ENDS
Gwen Suntken, MS, RN Chairperson, Representing Nursing Practice	2020
Nancy Kramer, EdD, ARNP, CPNP, CNE Vice Chairperson, Representing Nursing Education	2019
Kathryn Dolter, RN, PhD Representing Nursing Education	2021
Mark G. Odden, BSN, MBA, CRNA, ARNP Representing Nursing Practice	2019
Sue Putnam, LPN Representing LPN Nursing Practice	2020
BJ Hoffman, Public Member	2020
Patrick Mooney, Public Member	2019

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## BOARD MEETINGS

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OCTOBER 3, 4, 5, 2018 (SEPTEMBER 5, 2018)

JANUARY 9, 10, 11, 2019 (DECEMBER 12, 2018)

APRIL 3, 4, 5, 2019 (MARCH 6, 2019)

## AGENDA AND MINUTES ON THE WEB

*All Board and Committee agendas are on our website. Agendas are posted at least 24 hours in advance of a meeting. Previous agendas will remain posted until replaced by the current agendas. Board and Committee minutes are posted at our website approximately three (3) months following the meetings.*

*You can locate our Agendas and Minutes at our website, [nursing.iowa.gov](http://nursing.iowa.gov), under "About the Board."*

*You may subscribe to email notification of the first posting of a meeting or conference call agenda by sending a blank email to: [ibon.helpdesk@iowa.gov](mailto:ibon.helpdesk@iowa.gov).*

*Requests for establishment of new schools, requests for major curriculum change, other special requests, and regular business will be considered at each meeting. Materials must be received in the board office **four (4) weeks** prior to a scheduled board meeting. For your convenience, behind each board meeting date is the deadline for receipt of materials.*

## THE eNLC – WHAT YOU NEED TO KNOW *by Kathy Weinberg, Executive Director*

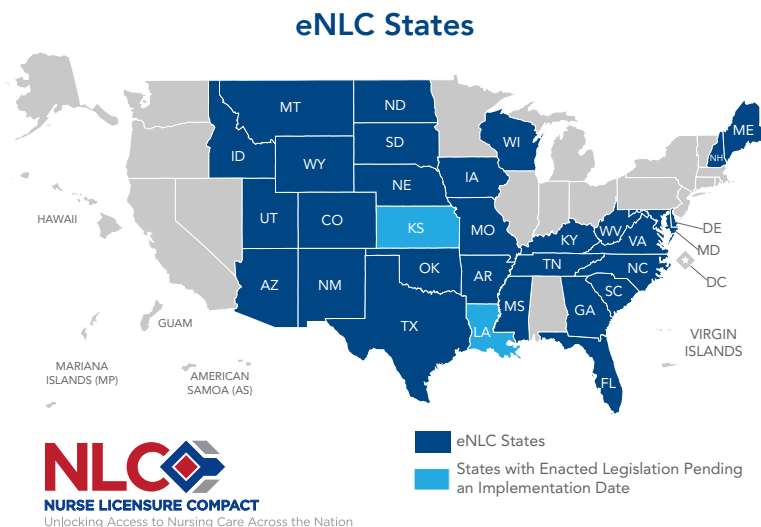
On January 19, 2018, the Enhanced Nurse Licensure Compact (eNLC) was implemented. Iowa had previously been a part of the original Nurse Licensure Compact (NLC) for many years, therefore the transition has been seamless for most Iowa nurses.

As a member of the eNLC, I believe it is a good idea to be informed about how the compact works and what it offers to you as an Iowa nurse.

### WHAT YOU NEED TO KNOW:

- The eNLC is very similar to the original NLC.
- A nurse is issued a license in the state in which they reside, their primary state of residency; for example, where they own a home, have a driver's license, are registered to vote, pay taxes, where they live.
- Any nurse who needs to practice in a variety of states benefits significantly from a multistate license; for example, military spouses, telehealth nurses, case managers, nurse executives, nurses living on borders, nurse engaged in remote patient monitoring, school nurses, travel nurses, call center nurses, online nursing faculty, home health nurses, nurses doing follow up care and countless more.
- States that are members of the eNLC will issue multistate licenses that allow you to practice physically, electronically and/or telephonically across a state border to patients located in other states that are members of the eNLC.
- A multistate license is issued if you have met the uniform licensing requirements (ULR):
  - Meet the requirements for licensure in the home state (state of residency)
  - Have graduated from a board-approved education program
  - Have passed an NCLEX-RN® or NCLEX-PN® Examination or predecessor exam
  - Are eligible for or holds an active, unencumbered license (i.e., without active discipline)
  - Have summited to state and federal fingerprint-based criminal background checks
  - Have no state or federal felony convictions
  - Have no misdemeanor convictions related to the practice of nursing (determined on a case-by-case basis)
  - Are not currently a participant in an alternative program
  - Are required to self-disclose current participation in an alternative program
  - Have a valid United States Social Security number
- A single state license is issued if you do not meet one or more of the ULRs.
- A single state license allows you to practice in Iowa, not in other compact states.
- Check on-line to verify if you have a multistate license or a single-state license through IBON On-line Services which can be accessed through the Iowa Board of Nursing website at [nursing.iowa.gov](http://nursing.iowa.gov).
- Enroll in NURSYS – E-NOTIFY, besides providing licensure verification, licensure expiration and disciplinary actions, E-NOTIFY will notify you about nurse licensure status including multistate and single-state changes within the eNLC. Enroll at [nursy.com](http://nursy.com)
- For more information on the compact go to the National Council of State Boards of Nursing's website [ncsbn.org/enlc](http://ncsbn.org/enlc)
- Read the Iowa Board of Nursing (IBON) newsletter for compact information and visit the IBON website for up to date compact information.

For nurses who practice nursing in other compact states the eNLC provides portability, mobility, and it eliminates the expense and often time-consuming process of individual licenses. The eNLC is a win-win situation for nurses, employers and state Boards of Nursing!





## PATIENT CONFIDENTIALITY – A GROWING ENFORCEMENT CONCERN

by Doug Bartels, Associate Director of Enforcement

A growing area of discipline for the Board in recent years has been associated with patient privacy and social media. The enforcement division is now investigating more cases than ever in which a nurse looks up a patient's private health information without a valid reason to do so. Many of these cases involved looking at the records of a former significant other or their family members, with a social media posting, gossip, or telling someone else often following the breach of privacy. Nearly as often, curiosity is the reason offered for looking at random patient records. The Board often addresses these cases with permanent public discipline for the nurse. The employer almost always responds by termination of employment, and in some cases civil lawsuits have been filed. Pursuant to Iowa Code section 147.55 (3) and 655 Iowa Administrative Code 4.6 (4) *h*, this is a violation of the confidentiality or privacy rights of the patient or client.

Today, technology tracks so much of what we do when we are engaged with it, whether we give it permission to or not. The technology used by many health facilities can track patient records' entry with ease. The Health Insurance Portability and Accountability Act (HIPAA) was passed in 1996 to improve the use of health insurance. In 2003, the "privacy rule" provision of the act went into effect with the purpose of protecting patient confidentiality from abuse. Many health facilities that have tracking software perform routine audits for HIPAA compliance. Many of the complaints our office receives on this arise from such audits.

Poor judgment with social media has also caused a growing number of licensees to receive discipline in recent years. Because nurses often get to know their patients from day to day contact, the potential to connect with one another on social media is always present. Though it may be well intentioned, it is a violation of nursing boundaries to either accept or extend an invitation to a patient on Facebook or other social media platform. Maintaining appropriate boundaries allows for a nurse-patient relationship that is based on the patient's needs. It is the nurse's responsibility to maintain the patient-provider relationship and not let these boundaries be crossed.

There have been 68 investigations on patient confidentiality violations since 2012. Nurses have exchanged phone numbers with patients leading to texting, photos, and complicated relationships among two parties who should have remained in their respective roles as patient and care giver. In one case the nurse was discussing her patients on a social media forum but believed because she didn't mention their names she was not violating their rights. However, others who worked with her could recognize who she was posting about from her entries and she was disciplined. In another case a nurse posted Facebook rants about their workplace inefficiency, questioned the competency of those they worked with, and commented about a patient. Being friendly with your patients is encouraged, but it is up to you to keep your patients separated from your friends and family, and to not share social media connections with them. Posting comments about patients, or photos of them violates their confidentiality, whether or not they approve of the postings.

It is the nurse's responsibility to only access patient records in which they have a valid medical need to do so, as well as the responsibility to maintain the patient-nurse boundaries in all areas, including social media. There are a number of helpful educational resources for those seeking more information including webinars and pamphlets from the National Council of State Boards of Nursing (NCSBN) and investigators from the Board who are willing to come speak to your students or employees on this topic. To request an investigator speak to a group contact me at 515-281-6400 or by e-mail at [doug.bartels@iowa.gov](mailto:doug.bartels@iowa.gov). You may also call the Board office to discuss potential concerns regarding these matters.

# What?



## What is the Iowa Nurse Assistance Program (INAP)?

INAP is a new resource for individual nurses who are impaired as a result of alcohol or drug use, dependency, addiction, or by any mental or physical condition.

It is a voluntary, confidential program and provides an opportunity for licensed professionals to receive proper treatment and maintain their professional status, while protecting the safety of the public.

## Are programs like this successful?

Yes! Similar programs to INAP currently in practice show that an appropriate combination of treatment and support effectively help participants manage their impairment or condition.

# Who?



## Who may be eligible for the program?

- Nurses who voluntarily report themselves
- Nurses with any physical or mental condition affecting their practice
- Nurses who use alcohol or drugs to the extent their practice is affected

## Referrals may come from:

- Self-referral
- Board referral
- Licensure department
- Enforcement
- Employer complaints

# Why?



## Impairment can cost your job and license.

### INAP Serves Nurses:

- Consultation upon entering program
- Early intervention and treatment referrals to local support services
- Ongoing monitoring and support as an effective alternative to discipline

### INAP Serves the Public:

- Public protection through close monitoring to ensure safe practice
- Coordination with employers to assure patient safety and a smooth transition back to nursing practice

## Who Runs INAP?

The Iowa Nurse Assistance Program (INAP) is authorized by the Iowa Board of Nursing to assist nurses in the early identification and treatment of impairment and illness.

INAP is managed by a committee who works with the program coordinator. Committee members include the director of the Iowa Board of Nursing, substance and mental health professionals, nurses recovering from addiction, and a public member.

## IOWA NURSE ASSISTANCE PROGRAM



OFFERED BY THE IOWA BOARD OF NURSING

### The INAP committee may:

- 1) Evaluate on a case by case basis whether candidates are appropriate for the program.
- 2) Submit recommendations to the Iowa Board of Nursing.
- 3) Monitor the recovery process of participants.

### Contact Us:

Iowa Nurse Assistance Program  
400 SW 8th Street, Suite B  
Des Moines, Iowa 50309

Email: [INAP@iowa.gov](mailto:INAP@iowa.gov)  
Phone: 515-725-4008  
Fax: 515-725-4017  
Web: [nursing.iowa.gov](http://nursing.iowa.gov)

### Assuring Safe Nursing Care in Iowa

A confidential monitoring program for nurses in need of assistance



To view the new INAP Participant Handbook, visit [bit.ly/INAP-Participant-Handbook1](http://bit.ly/INAP-Participant-Handbook1).



## BOARD EXPLORES ALLOCATING FEES FOR THE REPAYMENT OF EDUCATION LOANS OR FOR SCHOLARSHIPS

The first meeting of the Loan Forgiveness and Scholarship Workgroup was on Friday, February 16, 2018, at the Iowa Board of Nursing (IBON) office. Members of this workgroup included: Kathy Weinberg, Executive Director; Board staff: Laura Hudson, Jimmy Reyes, Margaret Armagost, and Maggie Schwarck; Board members: Gwen Suntken, and BJ Hoffman. Kendra Williams-Perez, Allen College director; Iowa Nurses Association (INA) representatives, Jann Ricklefs, and Lisa Caffery; INA/Iowa Nurses Foundation (INF) representative, Lorinda Inman; and assistant attorneys general, Laura Steffensmeier and Alan Nagel.

During this meeting the following topics were discussed: Workforce patterns and trends, Iowa College Student Aid Commission's role in the distribution of funds for the loan forgiveness program, IBON revenue, expenditures, and rollovers, and rules and regulations on scholarships from five states. In addition, the workgroup discussed the importance of developing a survey to request the perspectives from Iowa nurses on the use of IBON funds for scholarships and loan forgiveness. The following questions were used in the survey:

- Demographic questions
- Are you in favor of the Board using its money to provide scholarships for nursing students?
- Are you in favor of the Board using its money to provide loan forgiveness for licensed nurses?
- How should the Board fund a scholarship and/or loan forgiveness program?

Board staff developed and implemented the survey based on workgroup member feedback and it was transmitted to licensees on Friday, March 9, 2018, and again on Thursday, May 3, 2018. Methodology, sample size, results and interpretation of findings were summarized.

The results and interpretation of findings were discussed during a second workgroup meeting held on June 15, 2018, at the IBON office. Mr. Todd Brown from the Iowa College Student Aid Commission was an invited guest and provided an overview of the Nurse Educator Loan Forgiveness program (now called the Health Care Loan Repayment Program) which will be in effect as of July 2018. The Board will discuss the survey findings at their board meeting on July 11, 2018.

## COMMUNICATING WITH THE IOWA BOARD OF NURSING



The Iowa Board of Nursing requests that licensees and the public use the board web site [nursing.iowa.gov](http://nursing.iowa.gov) for 24-hour access to online license renewal and verification, address changes and general information.

Use the following contacts for specific questions. If you inquire about your licensure status or request written materials, provide the following information at the beginning of the call/message: Iowa license number, full name, mailing address, and phone number including area code.

QUESTIONS ABOUT	CONTACT
<ul style="list-style-type: none"> <li>• Name/address changes</li> <li>• Request application for license renewal, reactivation, endorsement, or exam</li> <li>• Inactive status</li> </ul>	<ul style="list-style-type: none"> <li>☎ (515) 281-4826</li> <li>✉ <a href="mailto:ibon@iowa.gov">ibon@iowa.gov</a></li> </ul>
<ul style="list-style-type: none"> <li>• Your license renewal or reactivation in process</li> <li>• Lost/stolen licenses</li> <li>• License Verification</li> </ul>	<ul style="list-style-type: none"> <li>☎ (515) 281-3264</li> <li>✉ <a href="mailto:ibon.renewal@iowa.gov">ibon.renewal@iowa.gov</a></li> </ul>
<ul style="list-style-type: none"> <li>• Your license by examination in process</li> <li>• Initial ARNP application</li> <li>• Your ARNP application in process</li> </ul>	<ul style="list-style-type: none"> <li>☎ (515) 281-6488</li> <li>✉ <a href="mailto:newnurs@iowa.gov">newnurs@iowa.gov</a></li> </ul>
<ul style="list-style-type: none"> <li>• Your license by endorsement in process</li> <li>• Your ARNP renewal in process</li> </ul>	<ul style="list-style-type: none"> <li>☎ (515) 281-4827</li> <li>✉ <a href="mailto:endorse@iowa.gov">endorse@iowa.gov</a></li> <li>✉ <a href="mailto:arnpren@iowa.gov">arnpren@iowa.gov</a></li> </ul>
<ul style="list-style-type: none"> <li>• Continuing Education rules</li> <li>• Continuing Education provider rules</li> </ul>	<ul style="list-style-type: none"> <li>☎ (515) 201-2509</li> <li>✉ <a href="mailto:laura.hudson@iowa.gov">laura.hudson@iowa.gov</a></li> </ul>
<ul style="list-style-type: none"> <li>• Special approval of Continuing Education courses</li> <li>• Audits</li> </ul>	<ul style="list-style-type: none"> <li>☎ (515) 281-8258</li> <li>✉ <a href="mailto:ibon.audit@iowa.gov">ibon.audit@iowa.gov</a></li> </ul>
<ul style="list-style-type: none"> <li>• Disciplinary issues</li> <li>• Sanctioned cases</li> </ul>	<ul style="list-style-type: none"> <li>☎ (515) 281-6472</li> <li>✉ <a href="mailto:enforce@iowa.gov">enforce@iowa.gov</a></li> </ul>
<ul style="list-style-type: none"> <li>• Editor, Iowa Board of Nursing newsletter</li> <li>• Website content</li> </ul>	<ul style="list-style-type: none"> <li>☎ (515) 201-2509</li> <li>✉ <a href="mailto:laura.hudson@iowa.gov">laura.hudson@iowa.gov</a></li> </ul>
<ul style="list-style-type: none"> <li>• Scope of nursing practice in Iowa</li> </ul>	<ul style="list-style-type: none"> <li>☎ (515) 326-4400</li> <li>✉ <a href="mailto:nursingpractice@iowa.gov">nursingpractice@iowa.gov</a></li> </ul>
<ul style="list-style-type: none"> <li>• Formal nursing education in Iowa</li> </ul>	<ul style="list-style-type: none"> <li>☎ (515) 326-4400</li> <li>✉ <a href="mailto:nursingeducation@iowa.gov">nursingeducation@iowa.gov</a></li> </ul>
<ul style="list-style-type: none"> <li>• Nurse Licensure Compact Agreement (Multi-state license)</li> <li>• NCLEX accommodations</li> <li>• Foreign applicants for licensure</li> </ul>	<ul style="list-style-type: none"> <li>☎ (515) 281-3255</li> <li>✉ <a href="mailto:ibon.helpdesk@iowa.gov">ibon.helpdesk@iowa.gov</a></li> </ul>
<ul style="list-style-type: none"> <li>• Alternative to Discipline Program (Iowa Nurse Assistance Program)</li> </ul>	<ul style="list-style-type: none"> <li>☎ (515) 725-4008</li> <li>✉ <a href="mailto:inap@iowa.gov">inap@iowa.gov</a></li> </ul>

## WEBSITE UPDATE

The Iowa Board of Nursing, on May 1, 2018, launched their updated website, along with publishing a Facebook page. In addition to new headings and improved contrast and font size, the information has been rearranged for easy access from mobile devices. The new site also has drop-down boxes along the main tabs for easier access to information with a simple click on a topic. Additionally, the Board added an important section on Opioid Awareness for licensees to stay current on the efforts to fight the national opioid epidemic. Check out the site at [nursing.iowa.gov](http://nursing.iowa.gov).

Follow the Board on Facebook by liking our page at [www.facebook.com/IABoardofNursing/](http://www.facebook.com/IABoardofNursing/). Find us on Twitter with the name @IABdofNursing.



The screenshot shows the Iowa Board of Nursing website homepage. At the top left is the logo and name "Iowa Board of Nursing" with the Executive Director's name, Kathleen R. Weinberg, MSN, RN. A search bar is located at the top right. Below the header is a navigation menu with tabs: Home, About Us, IBON Online Services, Licensure, Practice, Continuing Education, Nursing Education Programs, and Enforcement. The main content area features a large image of a laptop and stethoscope. To the right of this image is a section titled "IOWA CENTER FOR NURSING WORKFORCE" with a description and a "Nursing Workforce Info" button. Below the image are three columns of content: "WHAT'S NEW?" with a "Read What's New" button, "FREQUENTLY ASKED QUESTIONS (FAQS)" with a "More FAQS" button, and "IOWA NURSE ASSISTANCE PROGRAM" with an "INAP Information" button. At the bottom of the main content area are sections for "OPIOID AWARENESS" with links to "NCSBN Opioid Toolkit", "IDPH Opioid Update Newsletter", and "Iowa Board of Pharmacy", and a "CONNECT" section with social media icons for Facebook and email.

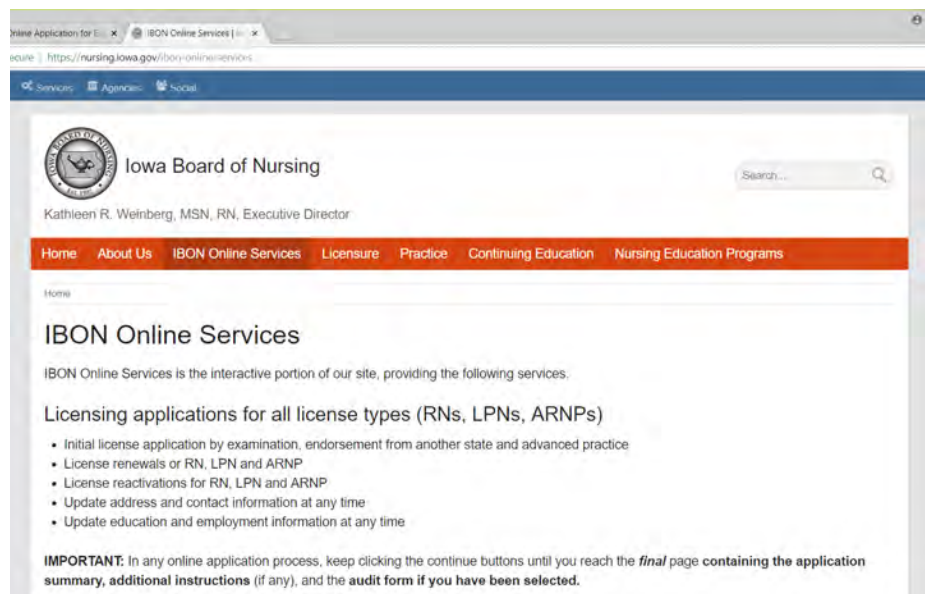
 **WWW. NURSING.IOWA.GOV**

 **FACEBOOK.COM/ IABOARDOFNURSING**

 **@IABDOFNURSING**

The Iowa Board of Nursing highly recommends that all applicants complete their applications online on our website. By doing so it will decrease the time to process your application and eliminate potential errors caused by illegible handwriting.

Please apply at [nursing.iowa.gov](http://nursing.iowa.gov) and select IBON Online Services. If it is the first time that you have used IBON Online Services, you will need to create an account with a user name and password that you will use every time you utilize this service. It is important that you keep your user id and password in a place where you can easily retrieve it.



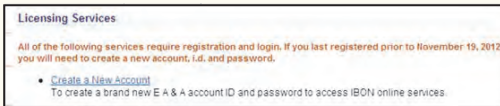
The screenshot shows the "IBON Online Services" page. The header is identical to the homepage. The main heading is "IBON Online Services" with a sub-heading: "IBON Online Services is the interactive portion of our site, providing the following services." Below this is a section titled "Licensing applications for all license types (RNs, LPNs, ARNPs)" with a bulleted list of services: Initial license application by examination, endorsement from another state and advanced practice; License renewals or RN, LPN and ARNP; License reactivations for RN, LPN and ARNP; Update address and contact information at any time; and Update education and employment information at any time. At the bottom, an "IMPORTANT" note states: "In any online application process, keep clicking the continue buttons until you reach the final page containing the application summary, additional instructions (if any), and the audit form if you have been selected."



# Creating an Online User Account

If you have ever done business online with any state agency (such as for college aid), you would use the same account id that you have already created. Otherwise, all license related processes begin with user registration, including updating contact, employment or educational information. Secured Access and ordering a roster also require the visitor to register.

The main menu displays the following option:



If you click on "Create a New Account," you will be taken directly to the registration page and tab that you need in order to register:

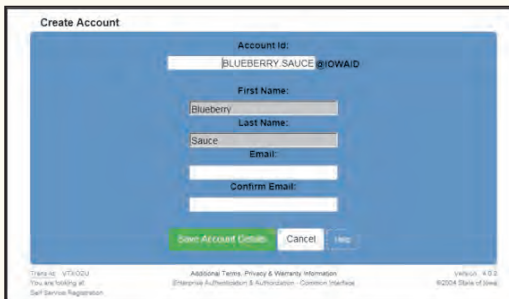


This registration site is maintained by the state's technology division as a global login for the entire state enterprise.

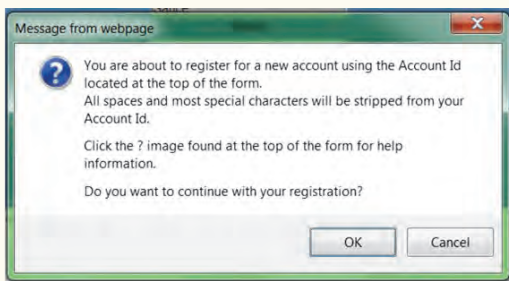
Enter your first and last name:



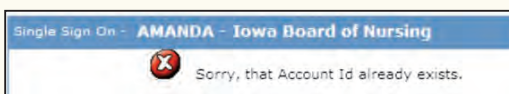
The registration automatically combines first and last names into a suggested user i.d., and appends "@iowaid." But if the first name/last name combination already exists, the i.d. field will appear blank, and you will need to create your own account i.d. In either case, anything can be substituted ahead of the "@", but the i.d. that is created is permanent so it will need to be memorable.



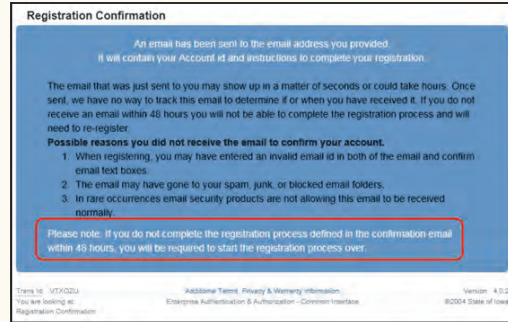
Enter your email address twice in the screen pictured above, and click "Save Account Details." A popup box gives a final caution.



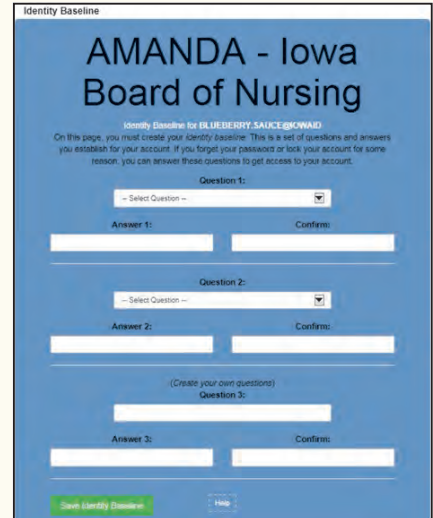
If you created an i.d. with your first name.lastname as your i.d., and someone else with the same first and last name has already registered to do any kind of business with the State of Iowa, you will receive the following error message.



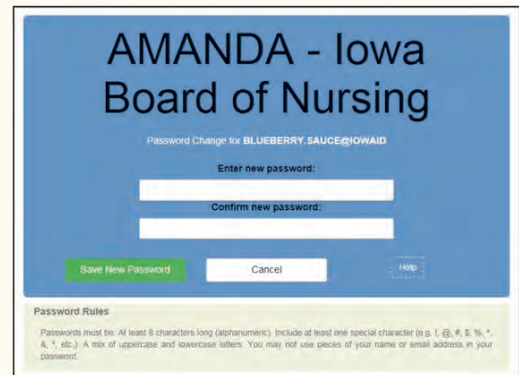
After successfully selecting an i.d., entering the email address twice and clicking "continue," you will see the following screen advising you that an email has been sent with information to complete the registration. Note that there is a time limit of 48 hours to complete the registration.



The email will include a link to come back to the registration site. This is done as verification that the email address is a real one. Clicking the link in the email returns the user to the following screen at the EAA website to complete the registration by selecting security questions and answers.

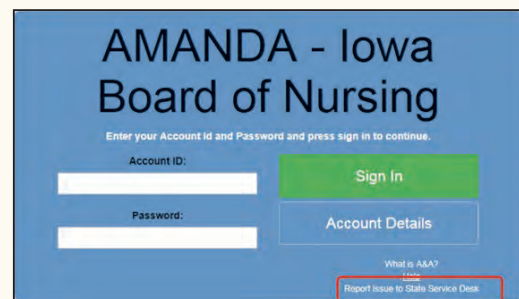


The next screen requires the user to create their password:



Also note that on most screens there is a "Help" button. This will take you to a help library maintained by the state's Office of the Chief Information Officer (OCIO), and may take you to the relevant portion of an extended FAQ system.

It is only on the login screen itself, that you will find a link to report an issue to the OCIO Help Desk.



This link will take you into the state's OCIO site to submit a service request or inquiry.

## CHANGE OF ADDRESS/NAME

State law requires you to keep the Board of Nursing apprised at all times of your current mailing address. Notification of NAME changes must be made in writing. For your convenience, you may utilize the following form to submit your address/name change, within 30 days of the change.

TODAY'S DATE: \_\_\_\_\_

LAST NAME: \_\_\_\_\_

FIRST NAME: \_\_\_\_\_

MIDDLE NAME: \_\_\_\_\_

SSN: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

RN/LPN# \_\_\_\_\_

RESIDENT STATE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

NAME CHANGE:  YES  NO

PREVIOUS NAME: \_\_\_\_\_

### OLD ADDRESS

HOME ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

### NEW ADDRESS

HOME ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

I'M ON ACTIVE MILITARY DUTY

I'M A FEDERAL EMPLOYEE

I'M AN LPN CURRENTLY IN THE PROCESS OF OBTAINING AN RN LICENSE

MY LICENSE EXPIRES IN LESS THAN 2 MONTHS AND WOULD LIKE A RENEWAL FORM MAILED TO ME

MAIL TO:

Iowa Board of Nursing  
400 SW 8th Street, Suite B  
Des Moines, IA 50309

OR

Email information to: [ibon@iowa.gov](mailto:ibon@iowa.gov)  
Update address online at [nursing.iowa.gov](http://nursing.iowa.gov)  
Select IBON online services

## TO CHANGE YOUR EMAIL ADDRESS

If your email address changes, it needs to be updated in two different places: your IBON record, and your login account. These are hosted separately.

### To update your IBON record:

Although you can wait until you renew your license, it may be wiser to update it immediately, as follows:

1. Go to IBON Online Services and select "Update Contact Information."
2. This will take you to the Enterprise login screen mandated by the State of Iowa.
3. Enter your account i.d. and password, and click "Sign In."
4. You will be returned to the Iowa Board of Nursing Online Services, and the proper screen to update your information.
5. Update all available fields on the screen – including your email address, and click Continue.

### To Update your login i.d.

Your login email is different from the email address in your license record. The login email is used by the state's mandated authentication services for all state business. If you forget your login i.d, the system can send it to you – but it will go to the email address they have on record in the login account, not to the address in your license record.

1. Go to IBON Online Services and select "Update Contact Information." This will take you to the Enterprise login screen mandated by the State of Iowa.
2. On the login screen (below), enter your account i.d. and password, **BUT instead of clicking on "Sign In," click on "Account Details."**

The screenshot shows the Board of Nursing login interface. It includes fields for Account ID and Password, a Sign In button, and an Account Details button which is highlighted with a red box. There are also links for 'What is A&A?', 'Help', and 'Report Issue to State Service Desk'.

3. This will take you to the following screen, where it is apparent that you need to enter your new email twice and click save.

The screenshot shows the 'Change Account Details' screen. It has fields for First Name (Connie) and Last Name (Cranberry). The Email field contains 'ibontest33@iowa.gov' and is highlighted with a red box. Below it is a Confirm Email field with the same address. There are buttons for 'Continue to Board of Nursing', 'Save', and 'Help'. On the right, there are 'Other Actions' buttons for 'Change Password' and 'Change Baseline'.

### Additional note:

If you can remember neither your login i.d. nor your password, AND your email address has changed, you have two choices:

1. Create a new and different login i.d. and password. The new login i.d. must be different from the one you initially created, i.e., Suzy.Smith@iowaid could become Suzy.Smith2@iowaid.
2. You can request assistance through the state's Help Desk from the links available in the lower right of the login screen, or by calling 515-281-5703, or 1-800-532-1174.

## RENEWAL REMINDER

Licensees should plan to renew their nursing license 30 to 60 days prior the expiration date. A nursing license may be renewed until midnight of the expiration date without penalty, but this practice is discouraged. Online system problems can occur and late fees will be assessed for any renewal completed after midnight of the expiration date.

A \$50 late fee is required for licensees who renew within the 30 days after the license lapses. Licenses that are not renewed will automatically be placed on inactive status on the 16th of the month following the expiration date of the license.

EXPIRATION DATE OF CURRENT RENEWAL	RENEWAL DATES	LATE FEE ASSESSED	INACTIVE STATUS IF NOT RENEWED
July 15, 2018	May 15, 2018 – July 15, 2018	July 16	August 16, 2018
August 15, 2018	June 15, 2018 – August 15, 2018	August 16	September 16, 2018
September 15, 2018	July 15, 2018 – September 15, 2018	September 16	October 16, 2018
October 15, 2018	August 15, 2018 – October 15, 2018	October 16	November 16, 2018

The continuing education requirement for all license renewals is 36 contact hours (3.6 CEUs) of nursing continuing education. Before you renew, you should have your documentation in-hand to confirm you have what you need. As soon as you renew, you will know if you have been chosen for audit. Remember, if it is not documented – it is not done!

Effective 1/1/2018, all license renewals require 36 contact hours of continuing education, regardless of the term of the

## LPN SUPERVISORY COURSE – RULE CHANGES

As a reminder, the Iowa Board of Nursing (BON) approved new curriculum for the *Supervisory Course for Iowa's Licensed Practical Nurses*, offered by the National Healthcare Institute (NHI) in the summer of 2017. The course is completely online and accessible to all Iowa Licensed Practical Nurses (LPNs). See information about the course at <http://bit.ly/Supervisory-Course-For-Iowas-Licensed-Practical-Nurses>.

On April 4, 2018, the BON adopted revisions to the Iowa Administrative Code 655, Chapter 6.5(1). These rules allow the Licensed Practical Nurse (LPN) working under the supervision of the Registered Nurse (RN), to supervise in a nursing facility. The LPN shall complete the online National Healthcare Institute's *Supervisory Course for Iowa's Licensed Practical Nurses* within 90 days of being put in a supervisory role. It is the responsibility of the LPN to maintain his or her certificate documenting completion of the course.

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**Editor's Note:** On June 13, 2018, a letter was sent to all Iowa healthcare facilities regarding important rule changes pertinent to Licensed Practical Nurses who supervise in Iowa facilities. Excerpts from the letter are included in this article.

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Effective June 13, 2018, the new rules were implemented for Iowa facilities. A Licensed Practical Nurse (LPN) shall be entitled to supervise without completing the course if the LPN was working in a supervisory role on or before October 6, 1982. In addition, an LPN currently enrolled as a full-time student in a Registered Nurse (RN) program who is scheduled to graduate within one year is not required to complete the course. It is the LPN's responsibility to inform the employer of their educational status. In addition, the facility is responsible for monitoring the completion of the RN coursework and RN licensure.

Along with the rule change, effective immediately, waivers of the LPN supervisory course education requirement will no longer be issued. If the LPN does not obtain a RN license within one year, the LPN must take the NHI course to continue supervisory duties.

Health facilities supervisors and their administrative teams should hold inservice events for their nursing staff to disseminate the information so that every LPN is well informed about this process. If you have any questions about the role of the LPN in a supervisory capacity or the NHI supervisory course, please contact Jimmy Reyes, Associate Director of Education and Practice, by emailing [nursingpractice@iowa.gov](mailto:nursingpractice@iowa.gov).



## IOWA CENTER FOR NURSING WORKFORCE

### NATIONAL FORUM OF STATE NURSING WORKFORCE CENTERS ANNUAL CONFERENCE RECAP

*By Laura Hudson, Associate Director, CE/Workforce*

The Iowa Center for Nursing Workforce is a member of the National Forum of State Nursing Workforce Centers (the Forum). The Forum exists to address nursing workforce shortages and “contributes to the national effort to assure an adequate supply of qualified nurses to meet the health needs of the U.S. population” (Retrieved from <https://nursingworkforcecenters.org>). There are currently 35 member centers who focus on data collection and reporting, research and programming, to advance the Forum’s mission: “Lead a national network for collaboration among state nursing workforce entities and partners.”

The Forum held their annual meeting in Chicago, Illinois, from June 6-8, 2018. The conference was planned by a Midwest consortium of states including representatives from Illinois, Indiana, Iowa, Michigan, Minnesota, Missouri, Ohio, South Dakota and Wisconsin. Over 100 attendees gathered for keynote speakers, breakout sessions and poster presentations around the theme of P4 – Policy, Practice, Populations and Possibilities. Key sponsors for the event included the Center to Champion Nursing in America and the National Council of State Boards of Nursing (NCSBN).

In addition to many breakout sessions, keynote speakers included Susan B. Hasmyler, PhD, RN, FAAN, Senior Adviser for Nursing at the Robert Wood Johnson Foundation, and Director of the Campaign for Action, who described the opportunities for nurses to get involved in helping people live healthier lives; Mr. Chuck Underwood, BBA, President, The Generational Imperative, Inc., who provided a fascinating historical perspective and comprehensive picture of the five generations of workers seen in the workplace today; Julie Willems VanDijk, PhD, RN, FAAN, Director, University of Wisconsin Population Health Institute, who encouraged participants to use their own state’s county health rankings to improve the health of their communities; and Pam Cipriano, PhD, MN, BSN, RN, President of the American Nurses Association, who inspired attendees and gave examples of nurses who are leading transformational change to improve health in the U.S.

Thursday’s events included guest speakers of interest to nurse educators, and 20 additional participants attended one day of the conference to hear the focused presentations. Speakers included several of the NCSBN staff including Mary Ann Alexander, PhD, RN, Chief Officer, Nursing Regulation, who described the changes seen in the nursing workforce, education and practice and the implications for the future of nursing; Phil Dickison, PhD, RN, Chief Officer, Operations and Examinations, who described the research behind the anticipated changes to the NCLEX exam; and Jim Puente, MS, MJ, CAE, Director of the Nurse Licensure Compact (NLC), who provided information and updates about the enhanced NLC passage and ongoing efforts.

The conference presentations may be viewed by visiting the Forum’s website at the following link at [nursingworkforcecenters.org/2018-forum-presentations/](https://nursingworkforcecenters.org/2018-forum-presentations/). Check out the information and begin thinking about the ideas and possibilities that YOU can implement in your practice to impact the health of your community.



*Pam Cipriano, ANA President*

The Iowa Healthiest State Initiative and the Iowa Action Coalition is counting on nurses to help them get their message out! What could you do, as an individual, to get involved? Or, how about getting your co-workers together for a work project? Although directed at children, the concepts in this campaign apply to all ages. Take a look at the fact sheets provided by the 5-2-1-0 Health Choices Count campaign. If the 60,000+ Iowa nurses would adopt these suggestions in their households and workplaces, imagine the impact we could make on the health of our communities! Check out the available resources by registering with the 5-2-1-0 campaign at <http://bit.ly/5210campaign>.

## 5 EAT AT LEAST FRUITS + VEGETABLES EVERY DAY

### REDY'S RULES

#### Try it!

- Try fruits and veggies different ways and try at least a couple of bites each time. It can take 7 to 10 tries before you like a new food, so be open to trying again and again. It may become your new favorite!
- Many fruits and veggies taste great with a dip or dressing. Try salad dressing, yogurt, nut butter, or hummus.
- Make a fruit smoothie with yogurt.

#### Mix it!

- Add veggies to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.
- Add fruit to your cereal, pancakes, or other breakfast foods.

#### Slice it!

- Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.
- Most people prefer crunchy foods over mushy ones. Enjoy vegetables fresh or lightly steamed, and avoid overcooking.

#### Did you know?

A diet rich in fruits and vegetables provides vitamins, minerals, and phytonutrients, important for supporting growth and development, and for optimal immune function.

This resource is adapted from Let's Go! materials. [www.letsgo.org](http://www.letsgo.org)

#### What is a serving?

##### Kids

- Size of the palm of their hand

##### Adults

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruits



[www.iowahealthieststate.com/5210](http://www.iowahealthieststate.com/5210)



## 2 LIMIT RECREATIONAL SCREEN TIME HOURS OR LESS EVERY DAY

Keep TV/Computer out of bedroom. No screen time under the age of 2.

### Life is a lot more fun when you join in!

#### Try These Activities Instead of Watching TV.

- Ride a bike.
- Go on a nature hike.
- Put together a puzzle.
- Turn on music and dance.
- Read a book or magazine.
- Spend time catching up with your family.
- Take your kids to the park or beach.
- Play board games.
- Walk, run, or jog.
- Start a journal.
- Play ball (basketball, catch, soccer, etc.).
- Go to the library.
- Explore free activities in your community.
- Rollerblade.
- Play charades.
- Go play in the snow (e.g. sled, ski, snowshoe, build a snowman or fort).

#### Tame the TV and Computer! Set Limits and Provide Alternatives.

- Set some basic rules, such as no TV or computer before homework or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings, it's time to turn off the TV.
- Eliminate TV time during the week.
- Set family guidelines for age-appropriate shows.
- Make a list of fun activities to do instead of being in front of a screen.
- Keep books, magazines, and board games in the family room.

#### Healthy Screen Time Means:

- No TV/computer in the room where the child sleeps.
- No TV/computer under the age of 2.
- One hour of educational TV/computer time between ages 2 and 5.
- After the age of 5, two hours or less per day.

#### Did you know!

- Screen time includes time spent on TVs, computers, gaming consoles/handhelds, tablets, and smartphones. It's important to limit the use of ALL screens.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.



[www.iowahealthieststate.com/5210](http://www.iowahealthieststate.com/5210)

This resource is adapted from Let's Go! materials. [www.letsgo.org](http://www.letsgo.org)

## 1 GET AT LEAST HOUR OF PHYSICAL ACTIVITY EVERY DAY

### Move an hour every day!

#### Physical Activity Can Be Free and Fun!

- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Take the stairs
- Park the car at the end of the parking lot
- Make snow angels

#### Make Physical Activity Easier.

- Make gradual changes to increase your level of physical activity.
- Track the level of your physical activity using a pedometer, fitness band, or online tracker.
- Choose toys and games that promote physical activity (e.g. balls, hula hoops, jump ropes, scarves).
- Do physical activities together with friends or family.
- Turn off the TV and computer and keep them out of the bedroom.
- Limit recreational screen time (e.g. TVs, computers, video games, etc.).
- Encourage lifelong physical activity by incorporating it into your routine.
- Keep physical activity fun! You'll be more likely to do it.



#### Did you know!

One hour of moderate physical activity means:

- Doing activities where you breathe hard, like fast walking, hiking, or dancing.

20 minutes of vigorous physical activity means:

- Doing activities where you sweat, like running, aerobics, or basketball.

Physical activity...

- Makes you feel good.
- Makes your heart happy.
- Makes you stronger.
- Makes you flexible.

#### Be a Role Model.

- Schedule active family play time daily.



[www.iowahealthieststate.com/5210](http://www.iowahealthieststate.com/5210)

This resource is adapted from Let's Go! materials. [www.letsgo.org](http://www.letsgo.org)

## 0 SUGARY DRINKS... DRINK WATER!

### Put limits on juice!

- Juice products labeled "ade," "drink," or "punch" often contain 5% juice or less. Sometimes, the only difference between these "juices" and soda is that they have added Vitamin C.
- Always try to choose whole fruits over juice.
- Suggest a glass of water or milk instead of juice.
- If you choose to serve juice:
  - Buy 100% juice.
  - Each day, juice should be limited to:
    - 4-6 ounces for children 1-6 years old.
    - 8-12 ounces for children 7-18 years old.
    - No juice for children 6 months and under.

#### Did you know!

Soda has no nutritional value and is high in sugar. Just 9 ounces of soda has up to 150 empty calories. Many sodas also contain caffeine, which kids don't need.



[www.iowahealthieststate.com/5210](http://www.iowahealthieststate.com/5210)

### Water!

#### Keep It Handy, Keep It Cold:

- Keep bottled water or a water bottle on hand.
- Fill a pitcher of water and keep it in the fridge.

#### Live It Up, Make It Fruity:

- Add fresh lemon, lime, or orange wedges to water for some natural flavor.
- Try mixing seltzer with a splash of juice.

#### Be a Role Model:

- Drink water when you're thirsty.
- Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

#### Water is fuel for your body:

- Between 70-80% of our body is made up of water.
- When you exercise, you sweat, and when you sweat, you LOSE water—it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!



This resource is adapted from Let's Go! materials. [www.letsgo.org](http://www.letsgo.org)

# BOARD ORDERS

## PREVIOUSLY NAMED SANCTION CASES

Sanctioned licenses should be verified through our website to determine current status.

Follow the instructions below to see case information from the Board's database.

### MARCH 2018

### APRIL 2018

LAST NAME	FIRST NAME	CASE #	LAST NAME	FIRST NAME	CASE #
Kelsey	Rebecca	2013-0591	Weilbrenner	Christine	2017-0653 & 2018-0013
Steensen	Leanne	2017-0290	Loeffelholz	Lucinda	2017-0036
Harrington	Shalynn	2016-0669	Anderson	Kerrie	2017-0447
DeFrance	Brittany	2016-0728	McQuown	Kathee	2017-0693
Hullinger	Marci	2017-0021	Landsom	Debra	2017-0735
Anderson	Jennifer	2017-0274	Sands	Lisa	2017-0736
Hager	Rebecca	2017-0348	Puente Morales	Nicole	2017-0740
O'Neill	Molly	2017-0603	Millard	Kimberly	2015-0761
Dawson	Anita	2017-0638	Kinzie	Dawn	2017-0126
Barker	Michaelene	2017-0643	Lanning	Tammi	2017-0186
Olsen	Janice	2017-0690	Morgan	Zachary	2017-0233
DeArmoun	Nicole	2017-0291	Burk	Jeanille	2017-0311
Schmauss	Jodi	2017-0317	Happ	Gretchen	2017-0480
Lester	Lucretia	2017-0442	Degner	Jennifer	2017-0508
Leach	Dawn	2016-0145	White	Candace	2017-0523
			Dukes	Kathleen	2017-0550
			Atwell	Michelle	2017-0588
			Wilda	Lindsey	2016-0472
			Wiggins	Christina	2017-0750

LAST NAME	FIRST NAME	CASE #
Paskman	Patience	2017-0423
Bohr	Laura	2016-0560
Shipley	Marcia	2016-0566
Caldwell	Amy	2017-0644
Beik	Angela	2018-0104
Disrud	Kristine	2017-0389
Lindstrom	Johnna	2016-0481
Weilbrenner	Christine	2017-0653 & 2018-0013

LAST NAME	FIRST NAME	CASE #
Beall	Denise	2016-0029
Bubon	Cindy	2016-0570
Trusty	Stephanie	2017-0075
Phillips	Hollie	2017-0091
Baumker	Anne	2017-0128
McIntire	Katherine	2017-0275
Hacker	Brittany	2017-0276
Edenfield	Erin	2017-0282
Winters	Karmen	2017-0606
Gibson	Patricia	2017-0651
Quesada	Grace	2017-0766
Earnest	Kathleen	2018-0079
Sitzmann	Leann	2018-0084
Chase	Linda	2018-0091
Simms	Tara	2017-0704
Vaccaro	Victoria	2018-0011
Gaumer	Jessie	2017-0434
Thornburg	Darci	2017-0437
Fristo	Samuel	2017-0615
Livermore	Richard	2017-0725

## BOARD DATABASE INSTRUCTIONS

- 1 Type in the following URL in your web browser: [eservices.iowa.gov/publicportal/iowa/IBON/](http://eservices.iowa.gov/publicportal/iowa/IBON/)
- 2 Then click on **DISCIPLINE DOCUMENTS**. When the screen appears, click on the drop-down arrow, Query **DISCIPLINE DOCUMENTS BY:**
- 3 After clicking on the drop-down box, you will be given the choice to query documents by license number, case number or licensee name.

- 4 Enter the case number and click on **SEARCH** to view the case documents. Click on the underlined Case Number link, and then View to download the documents on file for the particular case number.

# FENTANYL<sup>†</sup>

## SAFETY RECOMMENDATIONS FOR FIRST RESPONDERS

<sup>†</sup> For the purposes of this document, fentanyl, related substances, and synthetic opioids (herein after referred to as fentanyl<sup>†</sup>) includes fentanyl analogues (e.g., acetylfentanyl, acrylfentanyl, carfentanil, furanylfentanyl), novel synthetic opioids (e.g., U-47700), and other drugs that may be laced with these substances.

- ▶ **The abuse of drugs containing fentanyl<sup>†</sup> is killing Americans. Misinformation and inconsistent recommendations regarding fentanyl<sup>†</sup> have resulted in confusion in the first responder community.**
- ▶ You as a first responder (law enforcement, fire, rescue, and emergency medical services (EMS) personnel) are increasingly likely to encounter fentanyl<sup>†</sup> in your daily activities (e.g., responding to overdose calls, conducting traffic stops, arrests, and searches).
- ▶ This document provides scientific, evidence-based recommendations to protect yourself from exposure.

## WHAT YOU NEED TO KNOW

- ▶ Fentanyl<sup>†</sup> can be present in a variety of forms (e.g., powder, tablets, capsules, solutions, and rocks).
- ▶ Inhalation of airborne powder is MOST LIKELY to lead to harmful effects, but is less likely to occur than skin contact.
- ▶ Incidental skin contact may occur during daily activities but is not expected to lead to harmful effects if the contaminated skin is promptly washed off with water.
- ▶ Personal Protective Equipment (PPE) is effective in protecting you from exposure.
- ▶ Slow breathing or no breathing, drowsiness or unresponsiveness, and constricted or pinpoint pupils are the specific signs consistent with fentanyl<sup>†</sup> intoxication.
- ▶ Naloxone is an effective medication that rapidly reverses the effects of fentanyl<sup>†</sup>.

### Actions to take . . .

#### To protect yourself from exposure

- ▶ Wear **gloves** when the presence of fentanyl<sup>†</sup> is suspected.
- ▶ **AVOID actions that may cause powder to become airborne.**
- ▶ Use a properly-fitted, NIOSH-approved **respirator ("mask")**, wear **eye protection**, and minimize skin contact when responding to a situation where small amounts of suspected fentanyl<sup>†</sup> are visible and may become airborne.
- ▶ Follow your department guidelines if the scene involves large amounts of suspected fentanyl<sup>†</sup> (e.g., distribution/storage facility, pill milling operation, clandestine lab, gross contamination, spill or release).

#### When exposure occurs

- ▶ Prevent further contamination and notify other first responders and dispatch.
- ▶ Do not touch your eyes, mouth, nose or any skin after touching any potentially contaminated surface.
- ▶ Wash skin thoroughly with cool water, and soap if available. **Do NOT use hand sanitizers as they may enhance absorption.**
- ▶ Wash your hands thoroughly after the incident and before eating, drinking, smoking, or using the restroom.
- ▶ If you suspect your clothing, shoes, and PPE may be contaminated, follow your department guidelines for decontamination.

#### If you or other first responders exhibit

- **Slow Breathing or No Breathing**
- **Drowsiness or Unresponsiveness**
- **Constricted or Pinpoint Pupils**
- ▶ Move away from the source of exposure and call EMS.
- ▶ Administer naloxone according to your department protocols. Multiple doses may be required.
- ▶ If naloxone is not available, rescue breathing can be a lifesaving measure until EMS arrives. Use standard basic life support safety precautions (e.g., pocket mask, gloves) to address the exposure risk.
- ▶ If needed, initiate CPR until EMS arrives.



#### Collaborative Support From:

- American College of Emergency Physicians
- American College of Medical Toxicologists
- American Industrial Hygiene Association
- Association of State and Territorial Health Officials
- Association of State Criminal Investigative Agencies
- Fraternal Order of Police

- International Association of Chiefs of Police
- International Association of Fire Chiefs
- International Association of Fire Fighters
- Major Cities Chiefs Association
- Major County Sheriffs of America
- National Alliance of State Drug Enforcement Agencies

- National Association of Counties
- National Association of County and City Health Officials
- National Association of Emergency Medical Technicians
- National Association of EMS Physicians
- National Association of State EMS Officials

- National Governor's Association
- National HIDTA Directors Association
- National Narcotic Officers' Associations' Coalition
- National Sheriffs' Association
- National Volunteer Fire Council
- Police Executive Research Forum
- Police Foundation

<https://www.whitehouse.gov/ondcp/key-issues/fentanyl>



# IMPORTANT NOTE:

**THE NATIONAL TRANSPORTATION SAFETY BOARD** issues the following recommendation for licensed professionals with prescriptive authority: "Remember to routinely discuss with patients the effect a person's diagnosed medical conditions or prescription medications may have on his or her ability to safely operate a vehicle in any mode of transportation."

In respect to best practices, also remember to document patient teaching regarding the above recommendation.

## WHAT QUALIFIES FOR CONTINUING EDUCATION?

by *Laura Hudson, MSN, RN, Associate Director, Continuing Education/Workforce*

At the beginning of this year, the administrative rules governing nursing continuing education (CE) in the state of Iowa were revised. Among the changes, licensed nurses will now be able to use additional sources to obtain the CE needed to renew their nursing license.

Reminder: Every nurse needs 36 contact hours of nursing CE to renew their license. To be used for license renewal, all CE needs to be earned between the issue date of the license and the expiration date listed on the license. Before a nurse renews their license they should be able to answer the attestation statement on their renewal form that they have completed their nursing CE.

Before a nurse takes continuing education they should make sure it falls under the appropriate subject matter according to the 655 Iowa Administrative Code (IAC) chapter 5 CE rules:

### 5.2(4) Appropriate subject matter.

a. Appropriate subject matter for continuing education credits reflects the educational needs of the nurse learner and the health needs of the consumer. Appropriate subject matter is limited to offerings that are scientifically founded and predominantly for professional growth. The following areas are deemed appropriate subject matter for continuing education credit:

- (1) Nursing practice related to health care of patients/clients/families in any setting.
- (2) Professional growth and development related to nursing practice roles with a health care focus.
- (3) Sciences upon which nursing practice, nursing education, or nursing research is based, e.g., nursing theories and biological, physical, behavioral, computer, social, or basic sciences.
- (4) Social, economic, ethical and legal aspects of health care.
- (5) Management of or administration of health care, health care personnel, or health care facilities.
- (6) Education of patients or patients' significant others, students, or personnel in the health care field.

b. Continuing education credit shall not be awarded for the following:

- (1) Self-help and self-care that are not scientifically supported.
- (2) Cardiopulmonary resuscitation and basic life support classes.
- (3) Orientation in-service activities.

c. Academic offerings shall meet the qualifications of appropriate subject matter as specified above or meet the requirements of a nursing education program which extends beyond the education completed for the original nursing license. The licensee shall retain a transcript exhibiting a passing grade for each academic offering.

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*Editor's Note: Portions of this article originally appeared in the Iowa Association for Nursing Continuing Education (IANCE) Provider Focus Summer 2018 newsletter. Reprinted with permission.*

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There are certain providers of nursing CE from which nurses may earn their CE credit. The following excerpt from 655 IAC 5.2(5) details from whom a nurse may take their CE coursework:

- (1) Board-approved providers.
- (2) Other approved providers from state boards of nursing that have mandatory continuing education requirements. For more information visit [bit.ly/list-mandatory-continuing-education-states](http://bit.ly/list-mandatory-continuing-education-states).
- (3) American Nurses Credentialing Center (ANCC) Commission on Accreditation.
- (4) National League for Nursing (NLN).
- (5) National Federation of Licensed Practical Nurses Continuing Education (NFLPN) and the NFLPN Education Foundation.
- (6) National Association for Practical Nurse Education and Service, Inc. (NAPNES).

In other words, if a nurse takes a CE course and their certificate of completion for the course lists one of the above-named providers, a nurse may use the credit toward their license renewal requirements.

The new allowances in the CE rules follow:

- National certification or recertification which is related to the practice of nursing and is current at the time of a license renewal. The national certification or recertification shall be recognized as 36 contact hours of continuing education.
- Completion of a board-approved nurse refresher course. Hours of participation will be recognized as contact hours of continuing education.
- Participation as a preceptor for a nursing student or employee transitioning into a new clinical practice area, for a minimum of 120 hours in a one-to-one relationship as part of an organized preceptorship program. A licensee shall maintain documentation issued by the institution supervising the student or employee demonstrating the objectives of the preceptorship and the hours completed. A preceptorship shall be recognized as 12 contact hours of continuing education.
- Completion of a nurse residency program. A residency program shall be recognized as 36 contact hours of continuing education.

As with the prior rules, licensees may also count formal education provided by community colleges, public and private colleges and universities or governmental academies towards the CE requirements. If a formal class is taken, it still must fall within the appropriate subject matter guidelines listed earlier. For documentation, the licensee must be able to produce a formal transcript with the credit hours showing earned during the license renewal period.

Nurses may use credits from self-study courses, live webinars, or on-site courses attended outside of Iowa if they qualify as appropriate subject matter, are offered by one of the approved providers listed earlier in this article.

If a nurse takes self-study courses, live webinars or on-site courses and they were not offered by an approved provider, they may submit the course for consideration under the special approval process. See the IBON website for the paperwork needed to submit special approval requests at [bit.ly/special-approval-application](http://bit.ly/special-approval-application).

For courses attended outside of the United States, contact the board office at 515.201.2509.

# Are you looking for a **quick, easy, secure and FREE** way to keep on top of your nurse licensure status?

In just a few minutes, you can self-enroll into **Nursys e-Notify®** and receive licensure status updates, track license verifications for endorsement and create and manage multiple license expiration reminders. Keeping on top of your license status can help you prevent fraudulent licenses or certificates being issued in your name.



# nursys

E-NOTIFY®

Powered by the U.S. boards of nursing, Nursys e-Notify is the National Council of State Boards of Nursing database. It is the only national database for licensure verification of registered nurses (RNs), licensed practical/vocational nurses (LPN/VNs) and advanced practice registered nurses (APRNs).

Nursys is live and dynamic, and all updates to the system are pushed directly from participating boards of nursing (BON) databases through frequent, secured data updates.

This innovative nurse licensure notification system was previously only available to institutions that employ nurses but is now available free of charge to you.

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# CONTINUING EDUCATION OFFERINGS

## ABBREVIATIONS

SPON: SPONSOR

FAC: FACULTY

INFO: MORE INFO ONLINE

AUD: AUDIENCE

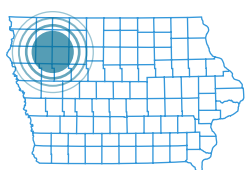
INC: INCLUDES/INCLUDING

REG BY: REGISTER BY

TBA: TO BE ANNOUNCED

NG: NOT GIVEN

NR: NONRESIDENT



### REGION I

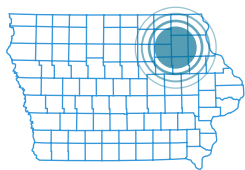
#### NORTHWEST COUNTIES OF IOWA

📅 October 17; 9:00 am – 3:30 pm

📍 Sioux City, IA

#### 34th Annual Perinatal Conference

**Spon:** UnityPoint Health - St. Luke's #321. **Contact:** Naomi Holtz. **Phone:** 712-279-8941. **Summary:** This conference is designed to provide the most current information on cardiology health topics and educate on strategies for improved cardiac patient outcomes. **Fac:** Dr. Stephen Kopechy, Mayo Clinic. **Aud:** RN, LPN, APRN with interest in cardiac nursing. **Reg by:** 10/17. **Fee:** \$89.00. **Contact Hours:** 5.0.



### REGION II

#### NORTHEAST COUNTIES OF IOWA

📅 June 28; 8:30 am – 3:30 pm

📍 Cedar Rapids, IA

#### Brain Health: Mood, Metabolism, & Cognition

**Spon:** Institute for Natural Resources (INR) #288. **Contact:** Deborah Cheung. **Phone:** 925-609-2820 x 238. **Summary:**

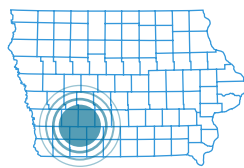
The course will examine what the brain needs to be healthy and resilient, so as to prevent mental health disorders, as well as cognitive decline. **Fac:** Michelle Albers, PhD, RD. **Aud:** RN, LPN, NP, Case Managers. **Reg by:** 6/28. **Fee:** \$81.00. **Contact Hours:** 6.0.

📅 September 26; 11:30 am – 5:00 pm

📍 Waterloo, IA

#### Why Won't My Patient Take My Advice? Ethical Considerations and Non-Adherence

**Spon:** Wheaton Franciscan Healthcare Iowa #128. **Contact:** Iva Ruehs. **Phone:** 319-272-5156. **Summary:** To discuss reasons for patient non-adherence to treatment and to outline strategies to address non-adherence. **Fac:** Francis Degnin PhD. **Aud:** RN, LPN. **Reg by:** 9/10. **Fee:** \$45.00. **Contact Hours:** 4.0.



### REGION III

#### SOUTHWEST COUNTIES OF IOWA

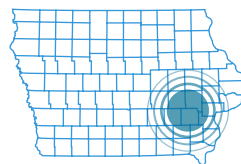
📅 October 26; 8:00 am – 4:00 pm

📍 Council Bluffs, IA

#### Southwest Iowa Trauma Conference

**Spon:** Iowa Western Community College #6. **Contact:** Sheri Splichal. **Phone:** 712-325-3265. **Summary:** To

provide current clinical information on the management of trauma patients. **Info:** <https://www.eventbrite.com/e/2018-southwest-iowa-trauma-conference-tickets-45944301643>. **Fac:** Dr. Bendorf. **Aud:** Nursing & EMS. **Reg by:** 10/22. **Fee:** \$25.00. **Contact Hours:** 7.0.



### REGION IV

#### SOUTHEAST COUNTIES OF IOWA

📅 August 27; 8:00 am – 5:30 pm

📍 Davenport, IA

#### ACLS - OB

**Spon:** Genesis Health System #59. **Contact:** Amy Licht. **Phone:** 563-421-2282. **Summary:** To educate perinatal care providers on the current concepts in emergency cardiac care as defined by the American Heart Association (AHA) with a focus on the obstetrical patient. **Fac:** Julie Grothusen. **Aud:** OB Registered Nurses. **Reg by:** 8/17. **Fee:** \$200.00. **Contact Hours:** 8.0.

📅 August 17; 8:00 am – 11:00 am

📍 Iowa City, IA

#### Basic Life Support (BLS) Provider Course

**Spon:** Mercy Iowa City #87. **Contact:**

Mercy Iowa City. **Phone:** 1-800-358-2767. **Summary:** To successfully demonstrate the BLS protocols according to AHA guidelines. **Fac:** BLS approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Health Care Providers. **Reg by:** 8/10. **Fee:** \$50.00. **Contact Hours:** 0.0.

📅 August 17; 11:30 am – 3:30 pm

📍 Iowa City, IA

### ■ ACLS Provider Renewal Course

**Spon:** Mercy Iowa City #87. **Contact:** Mercy Iowa City. **Phone:** 1-800-358-2767. **Summary:** To successfully demonstrate the ACLS protocols according to the AHA guidelines, prerequisites include a completed self assessment. **Fac:** ACLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Health Care Providers. **Reg by:** 8/3. **Fee:** \$80.00. **Contact Hours:** 0.0.

📅 August 22; 8:30 am – 12:30 pm

📍 Iowa City, IA

### ■ ACLS Provider Renewal Course

**Spon:** Mercy Iowa City #87. **Contact:** Mercy Iowa City. **Phone:** 1-800-358-2767. **Summary:** To successfully demonstrate the ACLS protocols according to the AHA guidelines, prerequisites include a completed self-assessment. **Fac:** ACLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Health Care Providers. **Reg by:** 8/8. **Fee:** \$80.00. **Contact Hours:** 0.0.

📅 August 23; 8:30 am – 12:30 pm

📍 Iowa City, IA

### ■ PALS Provider Renewal Course

**Spon:** Mercy Iowa City #87. **Contact:** Mercy Iowa City. **Phone:** 1-800-358-2767. **Summary:** To successfully demonstrate the PALS protocols according to AHA guidelines, prerequisites include a completed self-assessment. **Fac:** PALS Approved

Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Health Care Providers. **Reg by:** 8/9. **Fee:** \$80.00. **Contact Hours:** 0.0.

📅 September 6; 11:30 am – 3:30 pm

📍 Iowa City, IA

### ■ ACLS Provider Renewal Course

**Spon:** Mercy Iowa City #87. **Contact:** Mercy Iowa City. **Phone:** 1-800-358-2767. **Summary:** To successfully demonstrate the ACLS protocols according to the AHA guidelines, prerequisites include a completed self assessment. **Fac:** ACLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Health Care Providers. **Reg by:** 8/23. **Fee:** \$80.00. **Contact Hours:** 0.0.

📅 September 7; 8:30 am – 12:30 pm

📍 Iowa City, IA

### ■ ACLS Provider Renewal Course

**Spon:** Mercy Iowa City #87. **Contact:** Mercy Iowa City. **Phone:** 1-800-358-2767. **Summary:** To successfully demonstrate the ACLS protocols according to the AHA guidelines, prerequisites include a completed self assessment. **Fac:** ACLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Health Care Providers. **Reg by:** 8/24. **Fee:** \$80.00. **Contact Hours:** 0.0.

📅 September 13; 7:30 am – 5:10 pm

📍 Iowa City, IA

### ■ TNCC Provider Course

**Spon:** Mercy Iowa City #87. **Contact:** Mercy Iowa City. **Phone:** 1-800-358-2767. **Summary:** This intense 2 day course will provide standardized training according to the Trauma Nurse Core Course 7th Edition curriculum. Fee includes all course materials and recording fees. Contact hours provided by ENA. **Fac:** TNCC Approved Providers. **Info:** www.mercyiowacity.org. **Aud:** RN's and Health Care Providers. **Reg by:**

8/23. **Fee:** \$300.00. **Contact Hours:** 17.65.

📅 September 27; 11:30 am – 3:30 pm

📍 Iowa City, IA

### ■ PALS Provider Renewal Course

**Spon:** Mercy Iowa City #87. **Contact:** Mercy Iowa City. **Phone:** 1-800-358-2767. **Summary:** To successfully demonstrate the PALS protocols according to the AHA guidelines, prerequisites include a completed self assessment. **Fac:** PALS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Health Care Providers. **Reg by:** 9/13. **Fee:** \$20.00. **Contact Hours:** 0.0.

📅 September 28; 8:30 am – 12:30 pm

📍 Iowa City, IA

### ■ ACLS Provider Renewal Course

**Spon:** Mercy Iowa City #87. **Contact:** Mercy Iowa City. **Phone:** 1-800-358-2767. **Summary:** To successfully demonstrate the ACLS protocols according to the AHA guidelines, prerequisites include a completed self-assessment. **Fac:** ACLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Health Care Providers. **Reg by:** 9/14. **Fee:** \$80.00. **Contact Hours:** 0.0.

📅 August 21; 8:45 am – 4:00 pm

📍 Iowa City, IA

### ■ Basic Fetal Monitoring

**Spon:** University of Iowa Hospitals & Clinics #34. **Contact:** Melissa Stimmler. **Phone:** 319-356-1238. **Summary:** To provide basic information on methods of fetal monitoring recognition of changes/interventions to assist in the management of patients and documentation issues. **Fac:** Jeana Forman, MSN, RNC. **Info:** <https://uihc.org/nursing-continuing-education-schedule>. **Aud:** RNs working in obstetrics. **Reg by:** 7/31. **Fee:** \$110.00. **Contact Hours:** 5.4.

📅 September 11; 8:00 am – 4:30 pm

📍 Coralville, IA

### 15th Annual Neuroscience Nursing Conference

**Spon:** University of Iowa Hospitals & Clinics #34. **Contact:** Melissa Stimmler. **Phone:** 319-356-1238. **Summary:** The purpose of this two-day conference is to optimize the care of neuroscience patients by providing advanced knowledge and innovative care strategies impacting neuroscience nurses and patients across the lifespan. This information will also be useful in preparing for the Certified Neuroscience Registered Nurse (CNRN) or Stroke Certified Registered Nurse (SCRN) exams and for individuals seeking The Joint Commission Stroke Center Certification Education. **Fac:** Michael Edmond, MD, MPH, MPA, Chief Quality Officer and Associate Chief Medical Officer, Clinical Professor of Infectious Diseases, Department of Internal Medicine. **Info:** <https://uihc.org/nursing-continuing-education-schedule>. **Aud:** Licensed nurses and other health care professionals. **Reg by:** 8/21. **Fee:** \$97.00. **Contact Hours:** 13.0.

📅 September 11; 7:30 am – 4:30 pm

📍 Iowa City, IA

### Site Specific Oncology Clinical Enrichment

**Spon:** University of Iowa Hospitals & Clinics #34. **Contact:** Melissa Stimmler. **Phone:** 319-356-1238. **Summary:** The purpose is to provide site specific oncology information to nurses. Open to nurses from across the state interested in learning more about hematology/oncology and cancer diagnoses. **Fac:** UI Hospitals and Clinics staff. **Info:** <https://uihc.org/nursing-continuing-education-schedule>. **Aud:** Licensed nurses. **Reg by:** 8/21. **Fee:**

\$96.00. **Contact Hours:** 6.8.

📅 September 20; 8:00 am – 4:00 pm

September 21; 8:00 am – 2:00 pm

📍 Iowa City, IA

### Fundamentals of Chemotherapy and the Patient Experience

**Spon:** University of Iowa Hospitals & Clinics #34. **Contact:** Melissa Stimmler. **Phone:** 319-356-1238. **Summary:** This two-day program is designed to enhance the nurse's understanding of chemotherapy and care of patients receiving chemotherapy. The content will include the principles of cancer chemotherapy, the administration of chemotherapy, physiological and psychosocial effects of chemotherapy and the nursing management of the patient receiving chemotherapy. **Fac:** UI Hospitals and Clinics staff. **Info:** <https://uihc.org/nursing-continuing-education-schedule>. **Aud:** RNs providing chemotherapy. **Reg by:** 8/31. **Fee:** \$254.00. **Contact Hours:** 11.0.

📅 September 20; 7:30 am – 4:30 pm

📍 Coralville, IA

### 34th Annual Gastroenterology Nursing Conference

**Spon:** University of Iowa Hospitals & Clinics #34. **Contact:** Melissa Stimmler. **Phone:** 319-356-1238. **Summary:** The 33rd Annual Gastroenterology Conference will focus on a variety of topics related to the practice of GI nursing. The conference content will be of interest to nurses who work in all settings. **Fac:** UI Hospitals and Clinics staff. **Info:** <https://uihc.org/nursing-continuing-education-schedule>. **Aud:** Licensed nurses and other health care professionals. **Reg by:** 8/31. **Fee:** \$52.00. **Contact Hours:** 0.0.

📅 October 2; 7:30 am – 4:15 pm

📍 Coralville, IA

### Women's Health and Obstetrical Nursing Conference

**Spon:** University of Iowa Hospitals & Clinics #34. **Contact:** Melissa Stimmler. **Phone:** 319-356-1238. **Summary:** These annual conferences are designed to explore patient care innovations for neonates, infants, children, adolescents and women throughout their life span. Presentations on new evidence-based standards of nursing care as well as new technologies, procedures, and research illustrate the constantly evolving nature of nursing practice in a changing health care environment. Topics address both behavioral and clinical issues that are relevant to nurses and ancillary professionals in a variety of settings including acute care, ambulatory, and community-based. **Fac:** Cheryl Jones, ARNP, CPNP, FAANP, Director of Policy and Advocacy, Health Services Coordinator, Ottumwa Regional Center, Child Health Specialty Clinics, Stead Family Department of Pediatrics. **Info:** <https://uihc.org/nursing-continuing-education-schedule>. **Aud:** Licensed nurses and other health care professionals. **Reg by:** 9/7. **Fee:** \$62.00. **Contact Hours:** 6.6.

📅 October 3; 7:30 am – 4:00 pm

📍 Coralville, IA

### Neonatal Nursing Update

**Spon:** University of Iowa Hospitals & Clinics #34. **Contact:** Melissa Stimmler. **Phone:** 319-356-1238. **Summary:** These annual conferences are designed to explore patient care innovations for neonates, infants, children, adolescents and women throughout their life span. Presentations on new evidence-based standards of nursing care as well as new technologies, procedures, and research illustrate the constantly evolving nature of nursing practice in a changing health care environment.

Topics address both behavioral and clinical issues that are relevant to nurses and ancillary professionals in a variety of settings including acute care, ambulatory, and community-based. **Fac:** Cheryll Jones, ARNP, CPNP, FAANP, Director of Policy and Advocacy, Health Services Coordinator, Ottumwa Regional Center, Child Health Specialty Clinics, Stead Family Department of Pediatrics. **Info:** <https://uihc.org/nursing-continuing-education-schedule>. **Aud:** Licensed nurses and other health care professionals. **Reg by:** 9/7. **Fee:** \$62.00. **Contact Hours:** 5.8.

📅 **October 4; 7:30 am – 4:15 pm**

📍 **Coralville, IA**

### 📌 Pediatric Nursing Update

**Spon:** University of Iowa Hospitals & Clinics #34. **Contact:** Melissa Stimmler. **Phone:** 319-356-1238. **Summary:** These annual conferences are designed to explore patient care innovations for neonates, infants, children, adolescents and women throughout their life span. Presentations on new evidence-based standards of nursing care as well as new technologies, procedures, and research illustrate the constantly evolving nature of nursing practice in a changing health care environment. Topics address both behavioral and clinical issues that are relevant to nurses and ancillary professionals in a variety of settings including acute care, ambulatory, and community-based. **Fac:** Mary Beth Hovda Davis, MSN, RN, VA-BC, Nursing Practice Leader, Department of Nursing Services and Patient Care. **Info:** <https://uihc.org/nursing-continuing-education-schedule>. **Aud:** Licensed nurses and other health care professionals. **Reg by:** 9/7. **Fee:** \$62.00. **Contact Hours:** 6.0.

📅 **October 9; 7:45 am – 3:30 pm**

📍 **Iowa City, IA**

### 📌 Site Specific Oncology Clinical Enrichment – Solid Tumors

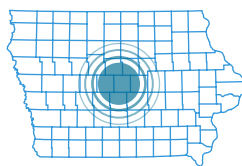
**Spon:** University of Iowa Hospitals & Clinics #34. **Contact:** Melissa Stimmler. **Phone:** 319-356-1238. **Summary:** The purpose of this class is to provide information for nurses on cancer site specific solid tumors. This includes etiology, diagnosis, treatment, symptom management, and expected outcomes. **Fac:** UI Hospitals and Clinics staff. **Info:** <https://uihc.org/nursing-continuing-education-schedule>. **Aud:** Licensed nurses. **Reg by:** 9/18. **Fee:** \$96.00. **Contact Hours:** 6.0.

📅 **October 25; 7:30 am – 4:30 pm**

📍 **Coralville, IA**

### 📌 2018 Medical Psychiatry Nursing Conference

**Spon:** University of Iowa Hospitals & Clinics #34. **Contact:** Melissa Stimmler. **Phone:** 319-356-1238. **Summary:** This conference is designed to provide information and discussion of current trends in the care of patients with dual medical and psychiatric diagnosis. **Fac:** UI Hospitals and Clinics staff. **Info:** <https://uihc.org/nursing-continuing-education-schedule>. **Aud:** Licensed nurses and other health care professionals. **Reg by:** 10/5. **Fee:** \$64.00. **Contact Hours:** 0.0.



**REGION V**

**CENTRAL  
COUNTIES OF  
IOWA**

📅 **August 2; 8:30 am – 4:00 pm**

📍 **Marshalltown, IA**

### 📌 Nurse Aide Instructor Update 2018

**Spon:** Iowa Valley Continuing Education #18. **Contact:** Cheryl Little. **Phone:** 641-752-4645. **Summary:** To provide information about the Rehabilitation Act and the ADA Amendments Act

and the processes for compliance through student accommodations and modifications while maintaining the integrity and competencies of the nurse aide program. **Fac:** Iowa Dept. of Education & Vocational Rehabilitation. **Info:** <https://ce.iavalley.edu/workforce-education/health/>. **Aud:** Nurse Aide classroom, lab, clinical instructors. **Reg by:** N/A. **Fee:** \$79.00. **Contact Hours:** 6.0.

📅 **October 4; 11:00**

📍 **Des Moines, IA**

### 📌 2nd Annual Geriatric Psych Conference

**Spon:** Des Moines University #112. **Contact:** Vanessa Ross. **Phone:** 515-271-1596. **Summary:** To educate medical providers, pharmacists, nurses, social workers, and students about dementia and the complications that often accompany the dementing disorders. **Fac:** Varies. **Info:** <https://cme.dmu.edu/geripsych2018>. **Aud:** Nurses in family medicine, geriatrics, psychiatry, and other related fields. **Reg by:** N/A. **Fee:** \$99.00. **Contact Hours:** 9.5.

📅 **Online**

📍 **Des Moines, IA**

### 📌 Online Enduring Materials

**Spon:** Des Moines University #112. **Contact:** Vanessa Ross. **Phone:** 515-271-1596. **Summary:** Des Moines University offers online enduring continuing education opportunities for nurses. Visit the course catalog and select the “IBON” credit type for more information. **Fac:** Varies. **Info:** <https://cme.dmu.edu/courses/>. **Aud:** All Nurses. **Reg by:** N/A. **Fee:** \$20.00. **Contact Hours:** 1.0.

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### Alzheimer's Disease and Related Disorders

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Provides ways to approach problem areas in direct care of those with dementia, with extensive suggestions for effective communication. **Fee:** \$12.00. **Contact Hours:** 2.0.

### Autism Spectrum Disorder

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Reviews changes in diagnostic terminology, common traits, incidence, possible causes and therapies/approaches to help a person function in an outer world that differs from inner experiences. **Fee:** \$18.00. **Contact Hours:** 3.0.

### Care of the Alzheimer's Patient

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD.

**Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Presents suggestions and approaches to management of common behaviors and symptoms of dementia that are not drug based. **Fee:** \$6.00. **Contact Hours:** 1.0.

### Care of Those with Disabilities: Managing Anxious, Aggressive or Combative Behaviors

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Teaches strategies that can help manage anxious, aggressive or combative behaviors arising from limited emotional, mental or physical abilities. **Fee:** \$6.00. **Contact Hours:** 1.0.

### Changing Beds: You May Have Made It but You Don't Have to Lie In It: Mental, Emotional Health

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Teaches strategies that can help manage anxious, aggressive or combative behaviors arising from limited emotional, mental or physical abilities. **Fee:** \$60.00. **Contact Hours:** 10.0.

### Cognito Ergo Sum: Creating an Empowered Image

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Teaches how to recognize and create your own internal power by changing the way you think, using the nursing environment as the milieu. **Fee:** \$30.00. **Contact Hours:** 5.0.

### End of Life: Palliative & Hospice Care

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** This course discusses the controversies of end of

life care, and presents approaches to meet psychological & physical needs encountered in the dying patient, while empowering the patient. **Fee:** \$18.00. **Contact Hours:** 3.0.

### Forgiveness: A Fundamental Health Concept

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Incorporates strategies from both mental health and body-based therapies to approach forgiveness as a way to reduce stress-induced physical and mental/emotional disease states. **Fee:** \$30.00. **Contact Hours:** 5.0.

### Good Grief: Providing Light to Those in Emotional Pain

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Fosters the nurse's ability to listen, console and nurture those involved in loss and changing personal identity, using specific, guided techniques. **Fee:** \$30.00. **Contact Hours:** 5.0.

### HIV/AIDS: A Comprehensive Course

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Provides detailed examination of pathology, transmission, signs and symptoms, prevention, precautions and treatment of HIV. **Fee:** \$18.00. **Contact Hours:** 3.0.

### Intuition in Healthcare: Fostering a Safer, More Therapeutic Process

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Examines physiologic explanations for intuition and become aware of how to facilitate accessing non-conscious information with



greater accuracy and safety. **Fee:** \$24.00.  
**Contact Hours:** 4.0.

### **Mindful Care: Using Positive Thoughts and Emotions as a Catalyst to Healing**

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD.  
**Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Examines body/mind connection, exploring chemistry that links immune system function to ways we think and feel, and teaching more positive thinking patterns and ways to deal with negative emotions. **Fee:** \$30.00. **Contact Hours:** 5.0.

### **Responsible & Compassionate Communication**

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Teaches how language helps or blocks relationships & cooperation in meeting healthcare needs, & provides new communication patterns that foster empowerment, collaboration, & mutual respect. **Fee:** \$18.00. **Contact Hours:** 3.0.

### **Stroke**

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD.  
**Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Studies pathology of various kinds and locations of strokes, the related symptoms and approaches to acute and rehabilitative care. **Fee:** \$30.00. **Contact Hours:** 5.0.

### **Stuck in a Rut: Helping Patients & Clients change Habits that are Interfering with Recovery**

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD.  
**Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Examines anatomy & physiology of habits, teaches necessary factors to change old habits or form

new habits & applies information to motor habits, mental & emotional habits, health habits, language habits & other with consideration to diseases that have significant habit connections. **Fee:** \$18.00. **Contact Hours:** 3.0.

### **Talking With the Docs: Effective Nurse-Physician Communication**

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD.  
**Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Designed to help you increase your power and effectiveness when communicating with physicians in difficult situations. **Fee:** \$24.00. **Contact Hours:** 4.0.

### **The Patient in Pain: Why Are We Managing Pain and Not Healing It?**

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD.  
**Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Physiology of acute and chronic pain perception, factors of pain reaction, attitudes toward the patient in pain that may hinder therapy, effective use of medication and use of non-invasive and alternative pain therapies. **Fee:** \$42.00. **Contact Hours:** 7.0.

### **The Prevention of Medical Errors**

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD.  
**Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Informs nurses of growing national concern over the alarmingly high numbers of errors and provides information to increase patient safety, guidance for reporting and suggestions for systems monitoring. **Fee:** \$12.00. **Contact Hours:** 2.0.

### **Working the Numbers: Nursing Interpretation of Laboratory Tests**

**Spon:** Consultants for the Future #61.  
**Contact:** Linda S. Greenfield, RN, PhD.  
**Phone:** 800-654-2387. **Aud:** RNs and

LPNs. **Summary:** Examines nursing interpretation of CBC, hematologic studies, iron studies, UA, electrolyte survey, kidney function studies and liver function studies. **Fee:** \$36.00. **Contact Hours:** 6.0.

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### **Opioid Addiction and Overdose - Community Epidemic**

**Spon:** Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** This course discusses how to address this very difficult problem. **Info:** [goo.gl/3h6yt6](http://goo.gl/3h6yt6) **Fee:** \$29.00. **Contact Hours:** 5.0.

### **Mental Health and Substance Abuse Emergencies in the Community**

**Spon:** Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** An overview of recommended activities when faced with a mental health or substance abuse emergency in your family, neighborhood, or community. **Info:** [goo.gl/JkP6qy](http://goo.gl/JkP6qy) **Fee:** \$0.00. **Contact Hours:** 2.0.

### **Trauma Informed Care**

**Spon:** Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** Awareness, prevention and early detection of and effective trauma-specific treatment are the keys to positive treatment outcomes. **Info:** [goo.gl/w8MbXL](http://goo.gl/w8MbXL) **Fee:** \$19.00. **Contact Hours:** 5.0.

### Critical Thinking - Improve Your Skills

**Spon:** Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** Improve your critical thinking skills in your nursing practice as well as your daily life. **Info:** [goo.gl/2KnfDo](http://goo.gl/2KnfDo) **Fee:** \$10.00. **Contact Hours:** 4.0.

### Grief - Healing From Loss

**Spon:** Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** Grief is not an illness or a disease, however, grief takes healthy and unhealthy forms, and it is hoped that this course will help you cope with yours grief, as well as your patients in a healthy and constructive way. **Info:** [goo.gl/F4moEQ](http://goo.gl/F4moEQ) **Fee:** \$10.00. **Contact Hours:** 2.0.

### Positive Psychology

**Spon:** Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** A brief overview of the new field of scientific study of human happiness and flourishing, with an applied approach to optimal functioning that enables individuals, families, communities and organizations to thrive. **Info:** [goo.gl/h4NgWJ](http://goo.gl/h4NgWJ) **Fee:** \$19.00. **Contact Hours:** 3.0.

### The Effective Patient Advocate

**Spon:** Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** Advocacy is a critical role for nurses as patients need help finding their way through our health care system, and there is no better choice than a nurse. **Info:** [goo.gl/mqxv4J](http://goo.gl/mqxv4J) **Fee:** \$10.00. **Contact Hours:** 5.0.

### The Affordable Care Act - A FREE Course

**Spon:** Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** An analysis of the Affordable Care Act and all its provisions, as well as what you need to know to get care for you and your family. **Info:** [goo.gl/rj43Re](http://goo.gl/rj43Re) **Fee:** \$0.00. **Contact Hours:** 4.0.

### CE SOLUTIONS, A DIVISION OF VGM EDUCATION

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### Child Abuse for Iowa Mandatory Reporters

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 855-899-2803. **Aud:** RN, LPN, ARNP. **Summary:** Approved by the Iowa Abuse Education Review Panel to meet the Mandatory Reporters' requirements for child abuse education by reviewing and updating information

on incidence, indications, treatment options and legal implications. **Fac:** Angela Johnson. **Fee:** \$23.95. **Contact Hours:** 2.0.

### Child and Dependent Adult Abuse for Mandatory Providers

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 855-899-2803. **Aud:** RN, LPN, ARNP. **Summary:** Approved by the Iowa Abuse Education Review Panel and intended to meet the Mandatory Reporter's requirements for child and dependent adult abuse education by reviewing and updating information on incidence, indications, treatment options and legal implications. **Fac:** Angela Johnson. **Fee:** \$23.95. **Contact Hours:** 2.0.

### Dependent Adult Abuse for Iowa Mandatory Providers

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 855-899-2803. **Aud:** RN, LPN, ARNP. **Summary:** Approved by the Iowa Abuse Education Review Panel to meet the Mandatory Reporters' requirements for Dependent adult abuse education by reviewing and updating information on incidence, indications, treatment options and legal implications. **Fac:** Angela Johnson. **Fee:** \$23.95. **Contact Hours:** 2.0.

### Nurse Leadership Certificate Program

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The nine-part certificate program provides an in-depth understanding of the skills and characteristics necessary to be an effective nurse leader. This series is designed to provide nurses at all levels with practical training that can be put to use in any health care environment. **Fac:** Judith K. Orth, RN, CHPN, BSN,

MA. **Fee:** \$199.95. **Contact Hours:** 12.0.

### ■ **Active Shooter: What You Can Do**

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The purpose of this course is to present health care professionals with a comprehensive understanding of how to respond in an active shooter situation wherever they are, including a hospital, nursing home, outpatient clinic, or any other health care facility. **Fac:** Dorothy de Souza Guedes. **Fee:** \$11.95. **Contact Hours:** 1.0.

### ■ **Antibiotic Stewardship**

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** Health care employees will be able to increase their knowledge of antibiotic use and the benefits of an Antibiotic Stewardship Program to promote the appropriate use of antibiotics, including a system of monitoring to improve resident outcomes and reduce antibiotic resistance. **Fac:** Deb Martin, BSN. **Fee:** \$11.95. **Contact Hours:** 1.0.

### ■ **Emergency & Disaster Preparedness**

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The purpose of this course is to provide the learner with general guidelines to follow during emergency and disaster situations to increase the safety for staff and patients. **Fac:** California Department of Public Health (CAHF). **Fee:** \$11.95. **Contact Hours:** 1.0.

### ■ **Behavioral Health Services**

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The purpose

of this course is to provide education to health care employees who are involved in the care of persons with behavioral health disorders. **Fac:** Leanne Anthon, MSN, RN. **Fee:** \$11.95. **Contact Hours:** 1.0.

### ■ **LGBT in Health Care**

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** This self-study will help health care staff understand the terminology and basic rights of LGBT seniors in long-term care. **Fac:** Heather K. Johnson, MHA. **Fee:** \$11.95. **Contact Hours:** 1.0.

### ■ **Antipsychotics and the Elderly**

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The purpose of this course is to increase the knowledge of the health care professional of antipsychotic medications and implications of their use in the elderly population. **Fac:** Elizabeth Boldon BSN, MSN. **Fee:** \$11.95. **Contact Hours:** 1.0.

### ■ **Advance Directives and DNRO**

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The purpose of this course is to present health care professionals with a comprehensive understanding of advance directives. **Fac:** Denise Warren RN, BSN. **Fee:** \$11.95. **Contact Hours:** 1.0.

### ■ **Dealing with Difficult People in Healthcare**

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** Health care professionals will learn how to identify

and respond to conflict and disruptive behaviors among coworkers. Research on the negative consequences of conflict on staff morale and patient care are reviewed. Various strategies to deal with negative situations that are a part of every workplace are explained. **Fac:** Judith K. Orth, RN, CHPN, BSN, MA. **Fee:** \$23.95. **Contact Hours:** 2.0.

### ■ **Dementia Training Module A**

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** All staff working in the long-term care setting will increase their skills in caring for persons diagnosed with Alzheimer's disease or a related disorder. This bundle of courses includes the following modules: Understanding Alzheimer's Disease, Communication, and Behavior Management. **Fac:** Kara Finger. **Fee:** \$39.99. **Contact Hours:** 4.0.

### ■ **Dementia Training Module B**

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** All staff working in the long-term care setting will increase their skills in caring for persons diagnosed with Alzheimer's disease or a related disorder. This bundle of courses includes the following modules: Philosophy of Care Family & Staff Issues, Activities for Persons with Dementia, Activities of Daily Living Medication & Nutrition, and Ethical Issues. **Fac:** Kara Finger. **Fee:** \$39.99. **Contact Hours:** 4.0.

### ■ **Dying with Dignity**

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** Healthcare providers will place an emphasis on each terminally ill patient's uniqueness

that tends to preserve their sense of dignity. **Fac:** Judy K. Orth, RN, CHPN, BSN, MA. **Fee:** \$11.95. **Contact Hours:** 1.0.

### Elder Justice Act: What it Means for You

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** Healthcare providers will increase their knowledge about the Elder Justice Act of 2010 (EJA) by providing information about its priorities, provisions, and related legal decisions since its enactment in 2010. **Fac:** Judy K. Orth, RN, CHPN, BSN, MA. **Fee:** \$11.95. **Contact Hours:** 1.0.

### Ethical Principles in Nursing

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** To enhance the nurse's ability to utilize ethical principles in nursing practice. **Fac:** Denise Warren RN, BSN. **Fee:** \$35.95. **Contact Hours:** 3.0.

### Infection Control

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** Health care professionals will review and gain knowledge of current and emerging infection control procedures, common health care related infections, and infectious disease outbreaks. **Fac:** Mary McGeough BSN. **Fee:** \$23.95. **Contact Hours:** 2.0.

### Influenza: The Basics

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The health care practitioner will enhance her knowledge of this season's influenza

and best practices for prevention and transmission of the disease. **Fac:** Linda Fisk RN. **Fee:** \$11.95. **Contact Hours:** 1.0.

### Leadership in Health Care: General Principles

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The purpose of this course is to enhance the knowledge base of the audience in the area of general principles of health care leadership skills. **Fac:** Judy K. Orth, RN, CHPN, BSN, MA. **Fee:** \$17.95. **Contact Hours:** 1.5.

### Multi-Drug Resistant Organisms

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The purpose of this course is to provide a detailed overview regarding the clinical importance of multidrug-resistant organisms in the health care environment. This course will also discuss the most common types of organisms encountered and provide recommendations for preventing their spread. **Fac:** Denise Warren RN, BSN. **Fee:** \$11.95. **Contact Hours:** 1.0.

### Nursing Documentation

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** Nurses will gain knowledge and skills related to the documentation of information in the patient's medical record. **Fac:** Mary McGeough BSN. **Fee:** \$17.95. **Contact Hours:** 1.5.

### Nursing CEUs (100+ HR)

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** CE

Solutions is pleased to offer over 100 nursing courses in a variety of healthcare areas. Some the areas include, dementia care, legal aspects of nursing, endocrinology, mental health care and autoimmune diseases to name just a few. **Fac:** Mary McGeough BSN. **Fee:** \$33.95. **Contact Hours:** 100.0.

### Pain Management at Life's End

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The purpose of this course is to integrate recently published pain management evidence into clinical practice and care for the terminally ill. A case scenario approach to this topic will transpire throughout this course to aid in the discovery and application of more effective ways for health care professionals to assist patients and families in the management of pain at life's end. **Fac:** Judith K. Orth, RN, CHPN, BSN, MA. **Fee:** \$23.95. **Contact Hours:** 2.0.

### Preventing Medication Errors

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The purpose of this online course is to increase healthcare professionals understanding of and skills for eliminating medical errors. **Fac:** Mary McGeough BSN. **Fee:** \$11.95. **Contact Hours:** 1.0.

### Staff Retention: Working Together to Achieve Organizational Success

**Spon:** CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** To provide a framework of strategies to create successful organizations through positive, meaningful leadership. **Fac:** Vicki Parsons MBA. **Fee:** \$11.95. **Contact Hours:** 1.0.

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*These activities have been submitted to the Alabama State Nurses Association for approval to award contact hours. Alabama State Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.*

### Stowaways! Diseases That are Sneaking Across the U.S. Border

**Spon:** Words Matter Nurses. #375.  
**Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.  
**Summary:** Health care personnel will be introduced to diseases that may accompany immigrant/refugee children and families to the U.S. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

### "Mommy, I Can't Breathe!" Enterovirus D-68

**Spon:** Words Matter Nurses. #375.  
**Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.

**Summary:** Healthcare personnel will increase their understanding of non-polio enteroviruses, including the enterovirus D68 (EV-D68), which appears to be the pathogen that caused mild to life-threatening illness and deaths in children in multiple states. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

### Zika Virus: What You Need to Know

**Spon:** Words Matter Nurses. #375.  
**Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.  
**Summary:** Healthcare personnel will enhance their understanding of Zika virus. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

### Bumpety-Bump: Diagnosis Mumps

**Spon:** Words Matter Nurses. #375.  
**Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.  
**Summary:** Healthcare personnel will enhance their understanding of mumps. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

### Heart Palpitations - A Cause for Concern?

**Spon:** Words Matter Nurses. #375.  
**Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.  
**Summary:** Health care personnel will enhance their knowledge of heart palpitations, both those that are benign and those that may indicate a more serious health issue. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

### Aortic Aneurysm: A Silent Killer

**Spon:** Words Matter Nurses. #375.  
**Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.  
**Summary:** Health care personnel will

enhance their knowledge of aortic aneurysms, including thoracic aortic aneurysms (TAA) and abdominal aortic aneurysms (AAA). **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

### Anxiety Disorders in Adults and Children

**Spon:** Words Matter Nurses. #375.  
**Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.  
**Summary:** Anxiety disorders can be debilitating for both adults and children. The nurse will enhance her understanding of types of anxiety disorders that affect the individual and the different modalities used to treat them. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

### It's Just a Bug Bite, Right? Vector-Borne Diseases

**Spon:** Words Matter Nurses. #375.  
**Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.  
**Summary:** ANurses will enhance their knowledge of vector-borne diseases: signs & symptoms, diagnosis, treatment, and prevention. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

### Opioids - Friend or Foe? (Part I)

**Spon:** Words Matter Nurses. #375.  
**Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.  
**Summary:** Health care personnel will discuss pain and how medical response has lead in some cases to over-prescribing. Street drugs are another part of the opioid crisis, both issues contributing to ninety-one deaths from drug overdose every day in the United States. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

■ **Opioids - Friend or Foe? (Part II)**

**Spon:** Words Matter Nurses. #375.  
**Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.  
**Summary:** Healthcare professionals will discuss the opioid crisis and become familiar with the program developed by CDC to respond to the crisis. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

■ **Hepatitis A: A New Epidemic?**

**Spon:** Words Matter Nurses. #375.  
**Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter. **Summary:** Nurses will discuss hepatitis A and explain how the disease is transmitted, who is at risk for the disease, signs and symptoms of illness, prevention of hepatitis A, and vaccination guidelines. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

■ **The Aged: Dying From Loneliness?**

**Spon:** Words Matter Nurses. #375.  
**Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.  
**Summary:** Nurses will study the effects of loss and grief on the elderly population. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

■ **Just A Plane Ride Away: Ebola Virus Disease**

**Spon:** Words Matter Nurses. #375.  
**Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.  
**Summary:** To identify the signs and symptoms of Ebola Virus Disease and

the implications for the U.S. based healthcare system. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

■ **When Spiders Bite**

**Spon:** Words Matter Nurses. #375.  
**Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.  
**Summary:** Recognize the signs and symptoms of a spider bite, and care and treatment for the wound. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

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