



*Maryland Chapter
Association of Rehabilitation Nurses
December 2008 Newsletter*

President's Message

!! Hello and happy December to ALL!!

Winter is officially here. The days are now way too short, the yard is still full of leaves, the Skins and Ravens are winning and I absolutely demolished the Thanksgiving Turkey, stuffing and cranberry sauce.....

The holidays and New Year are just around the corner.

Despite the time absolutely flying by, it has indeed been a busy fall though for ARN.

The September half-day workshop at Sinai Hospital entitled “**Exciting Career Paths for Rehabilitation Nurses**” was a success - and the weather even cooperated.

We had 20 some people attend as well as several vendors.

Bet Martin and Mary Ann Quinton presented on the role of the Legal Nurse Consultant. They were certainly challenged during the course of their studies. They drove to Delaware every Saturday for school for a year, but learned an enormous amount and actually got to practice testifying in court in front of a judge. We learned all about the law, medical chart reviews and testifying as an expert witness.

Kathleen Kuntz also led a fascinating discussion about her role as a Life Care Planner. How she got started, her coursework and certification, how her business has grown into working with families of disabled children, individuals who have sustained a traumatic disability, and how she works with the insurance companies and lawyers to advocate for her patients.

Our November meeting at Laurel Regional Hospital was a great success with 24 people attending to hear Diane Tew RN, CMT discuss **Holistic Health** and demonstrate massage therapy. She taught us how to gently stretch to maintain our health and relieve stress. This may be an exciting new modality we can also use with our patients.

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The National ARN Conference was held in San Francisco, Ca. October 1-4 Ca. Several local members were able to attend.

- Char Koller presented a poster entitled "Bridging Past Documentation to Current and Future Documentation".

And was also able to attend the half day Leadership Seminar. She brought back some excellent ideas on how to grow our chapter and become more member friendly.

- Alice Mason of Laurel Regional Hospital was this year's winner of the MD Chapter scholarship award. This scholarship is awarded in honor of our former member Shirley Denson, who was an active member of the chapter for many years. The scholarship covers the cost of registration for one member of our chapter who has attended 3 out of 4 meetings during the year. The winner is drawn annually at the June business/planning meeting.

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Upcoming Chapter meetings - mark your calendars now;

- **Wednesday 1/21/09** Sue Pugh will update us on **Stroke** at Good Samaritan Hospital
- **Wednesday 3/18/09** We will meet at Kennedy Krieger Institute to learn about Transverse Myelitis
- **Mav Social and Planning Event** Date and Place to be decided

Chapter News

We hope that many of you have decided to sit for the December CRRN exam and join the 10,000 or so other CRRNs across the country. This is an opportunity to demonstrate your skill and commitment to caring for individuals with physical disability or chronic illness.

Remember the CRRN exam is offered twice a year in December and June by the RNCB.

Further information on the exam, contents, eligibility requirements etc. can be found at www.rehabnurse.org. Or by calling 800/229-7530

!! Best of luck to you!!

As we go forward in our strategic planning, we have been discussing the possibility of offering a CRRN review course for our MD members in 2009. We would like to grow new rehab nurses,

News From the National Rehabilitation Association

Rehabilitation Nursing Journal Goes Digital

ARN members and journal subscribers are now able to access an electronic version on the journal. This started with the September/October 2008 Issue. The online features include search capabilities and archived issues. Log on today and check it out.

ARN Releases Position Statement on Rehabilitation Nursing Criteria for Documentation of Medical Necessity

Be sure to read the new statement titled *Rehabilitation Nursing Criteria for Determination and Documentation of Medical Necessity in an Inpatient Rehabilitation Facility*. The objective of the statement is to establish and present a set of appropriate guidelines that define the criteria of 24-hour availability of rehabilitation nursing with specialized training or experience in rehabilitation for determination of medical necessity in an inpatient rehabilitation facility (IRF).

Documenting Evidence of Rehabilitation Nursing

The recent ARN Webcast "A Global Approach to Documenting Evidence of Rehabilitation Nursing" received a positive response from many of the attendees. The lecture and PowerPoint slides can be purchased thru the ARN Bookstore to help us all meet the documentation requirements of 24 hr Rehabilitation Nursing as the RAC auditors look at our practice and documentation.

Mark you Calendars now and help ARN Celebrate 35 years of Rehabilitation Nursing Practice

The 35th Annual Educational Conference will be held October 21-24, 2009 Albuquerque, NM

A reminder from Liz Siskey our secretary; For those of you needing EASY CEUs, go to the ARN web site <http://www.rehabnurse.org> You will get one CRRN CEU for simply using the web site, reading a brief article and taking the post-test. The one posted is good until January 31,2009. Pressure Ulcer Update.

Visit our updated website at www.arnmaryland.org

increase membership and meeting attendance, and also provide a forum for current CRRNs to obtain CEUs. We hope to be able to partner with one of the local Rehab Hospitals to co- sponsor a course at a discounted rate to all. Stay tuned for more on this.....

Please feel free to call or email myself or any of the officers with questions, concerns and/or suggestions. We are here to represent YOU !

A safe and blessed Holiday and New Year to all.

Carolyn Sorensen RN MSN CRRN, Maryland Chapter President Nurse Educator, National Rehabilitation Hospital

MEMBER SPOT LIGHT

The last Newsletter introduced you to the various Board Members who have graciously given of their time to advocate for the advancement of Rehabilitation Nursing. This month we would like to introduce Debbie Self in our Member Spot Light

I have been in the nursing profession since 1971. I attended the Prince George's Hospital School of Practical Nursing after I graduated from high school. I worked at Prince George's Hospital for 8 years on the orthopedic unit before transferring to Laurel Regional Hospital a new facility within the system. I worked M/S for about 10 years and then switched to rehab. I then went back to school, obtained my Associate Degree in Nursing at Prince George's Community College, and in 1996 graduated with honors at 40 years old, as I became an RN. Working rehab has been an honor for me as I have learned from the best Rehab nurses in the area. I am preaching to the choir when I say how rewarding being a rehab nurse can be. That feeling of seeing a patient return to visit and know that they are living life to they're fullest and you were partially responsible for their recovery. It gives me goose bumps... To continue to learn more about rehab nursing,

I joined the MD chapter of ARN in 2000 and have been active in the group with different events that have been planned. I worked my 5 years as an RN in rehab and then became certified as a rehab nurse, another proud accomplishment in my life. I have also attended several national rehab conferences with many of the chapter members. Outside the hospital, I am married 26 years, have 3 grown children, 1 grandson and am very active at my church and county volunteering for charitable organizations.

HISTORY OF ARN AND OF THE MARYLAND CHAPTER

The Association of Rehabilitation Nurses was established in 1974. In 1975 the first chapter was established and the first educational conference was held in Washington D. C.

The first Standards of Rehabilitation Practice were published in 1977. Work on the first CORE curriculum began in 1978. ARN also earned accreditation as an approver and provider of continuing education for nurses in this year as well.

The first CORE entitled Concepts and Practice A CORE Curriculum was published in 1981. This was the first step towards certification of Rehabilitation Nurses. The Maryland Chapter was assisted with writing of several chapters for this CORE. By 1982 a contract had been drawn up with the Psychological Corporation for administration of a certification examination and membership in ARN had grown to 2000 members. In December of 1984 the first certification examination was given and membership was now at 3000 members.

The Maryland Chapter was chartered in 1975 and has remained in active existence since that time. The original Chapter was combined with Washington D.C. and was known at that time as the Maryland /D.C. Chapter. In the early 1980's under the guidance of Malcolm Maloof the Washington D.C. nurses formed their own Chapter. This Chapter remained in existence until the early 1990's when they again joined with the Maryland Chapter. The group originally met on a monthly basis. Traveling one month to Holy Cross Hospital in Silver Spring and the next month to various Rehabilitation Hospitals in the Baltimore area. The Chapter has always met on the third Wednesday of the month.

The Chapter now meets every other month from September to May providing educational sessions for all rehabilitation nurses. The Chapter also hosts a half-day conference once per year. The Maryland Chapter also produced two regional directors since its conception in 1975. We currently have 102 chapter members and are growing all the time.

Come out to the next meeting in January and see what we are all about.