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Karen Richardson, APRN Baptist Health Family Clinic (Warren)

2015 Outstanding Nurse Educator Award Winner
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The mission of the Arkansas State Board of Nursing is to protect the public and act as their advocate by effectively regulating the practice of nursing.

EXECUTIVE DIRECTOR
Sue A. Tedford, MNSc, RN

EDITOR
LouAnn Walker

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The Arkansas State Board of Nursing is an equal opportunity employer and does not discriminate on the basis of race, color, religion, sex, national origin, age, or disability in employment or in the provision of services, programs, or activities.
The first week of June was a spectacular week for many Arkansas nurses. I had the privilege of attending two celebratory events honoring nurses. The first event, on June 5, was the Arkansas Action Coalition’s 40 Under 40 Recognition Ceremony. Forty leaders in nursing from across the state were honored for their contributions to the nursing profession. Each nominee for the award was judged based on four areas: commitment to excellence, service/outreach, leadership qualities and contribution to advancement of the nursing profession.

The winners were a very diverse group of nurses with a variety of licensure levels, educational degrees and practice settings. Based on the leadership qualities noted in these individuals, Arkansas nurses will soar. A picture of the 2015 40 Under 40 leaders is below.

The second event was held Saturday, June 6, at the Chenal Country Club in Little Rock. It was the annual award luncheon for the Nursing Compassion and Outstanding Educator awards. There were so many nominations for both awards, with each nominee having a great story depicting the care and compassion that nurses demonstrate every day. I wish each nominee could have won because they were all very deserving. The winners of these two awards are featured on the cover of this issue. Congratulations to those honored at these two events as well as all other nurses. It is obvious why we are considered the most trusted profession year after year. Nurses rock!

EXECUTIVE DIRECTOR’S MESSAGE

SUE A. TEDFORD, MNSc, RN

June Celebrations

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LEGISLATIVE UPDATE

The Arkansas 90th General Assembly concluded April 2, 2015. Laws which directly affect the practice of nursing are listed below:

Act 411 – Healthcare facilities are required to report:
- health care professionals to the appropriate licensing authority:
- any disciplinary action as a result of diversion, misuse, or abuse of illicit drugs or controlled substances
- Voluntary resignation of individuals facing disciplinary action as a result of diversion, misuse, or abuse of illicit drugs

Act 529 – Allows APRNs with prescriptive authority to prescribe hydrocodone combination products (Schedule II) if expressly authorized by the collaborative practice agreement

Act 824 – Allows an APRN to enter into a collaborative practice agreement with a practicing physician who has similar training in scope, specialty or expertise

Act 833 – Allows public school personnel to be trained in the administration of insulin

Act 887 – Encourages the use of telemedicine in order to improve access to health care

Act 936 – Ensures school nurses have access to appropriate facilities and equipment

Act 997 – Changes the composition of the Board of Nursing:
- Increases the number of APRNs from one to two
- Decreases the number of RNs from six to five
Dean of Nursing and Allied Health

Provides departmental oversight and is charged with the planning, budgeting, and operational management of the instructional programs within the Nursing and Allied Health department. The Dean reports to the Vice President for Academic Affairs and provides guidance and direction to Program Coordinators.

Min. Qualifications: Master's Degree and five years of administrative and/or teaching experience in Nursing & Allied Health at the college or university level. Salary Range: $65,000-$80,000 annually w/excellent benefits offered.

For full job description, qualifications, & how to apply, please visit: www.seark.edu/about/employment

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Dean of Nursing and Allied Health

Provides departmental oversight and is charged with the planning, budgeting, and operational management of the instructional programs within the Nursing and Allied Health department. The Dean reports to the Vice President for Academic Affairs and provides guidance and direction to Program Coordinators.

Min. Qualifications: Master's Degree and five years of administrative and/or teaching experience in Nursing & Allied Health at the college or university level. Salary Range: $65,000-$80,000 annually w/excellent benefits offered.

For full job description, qualifications, & how to apply, please visit: www.seark.edu/about/employment

- Adds an “at large” position that can be filled by an RN, LPN or LPN
- Requires one of the APRNs or RNs to be an educator
- Act 1047 – Removes misdemeanor convictions for Offenses against the Family, Theft of Property and Theft by Receiving as a bar to licensure as a nurse
- Act 1156 – Section 14 of this Act includes clarifying language for various definitions found in the Nurse Practice Act, §17-87-102.
- Act 1192 – Requires students entering into a medical profession educational program to undergo a criminal background check during application process
- Act 1208 – Makes changes in the administration of the Prescription Drug Monitoring Program
- Allows the Arkansas Department of Health to review prescriber and dispenser information to determine if there appears to be misuse or abuse of controlled substances and, if identified, notify the appropriate licensing board
- Allows prescribers and dispensers to delegate the task of obtaining prescription monitoring reports
- Permits an alert to be sent to a practitioner if his or her patient is being prescribed opioids by more than three physicians within a 30-day period
- Allows licensing agencies to require prescribers to run a PMP prior to prescribing opioids
- Creates opioid prescribing guidelines for emergency departments
- Requires prescriber education, patient evaluation and prescriber requirements for treating patients with chronic Nonmalignant pain

To review the Acts in their entirety, go to http://www.arkleg.state.ar.us. Rules must be written and approved by our legislators before several of the Acts become effective. We will provide additional information as these laws go into effect.

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President’s Message

SHELA UPSHAW, RN

TIDBITS

It’s hard to believe it’s been two months since my last column! I hope you are doing well. I want to take this opportunity to update you on a few things.

In March, eight ASBN Board members and staff represented Arkansas at the National Council of State Boards of Nursing (NCSBN) midyear meeting in Louisville, KY. The main topics of discussion were the new Nurse Licensure Compact (NLC) and APRN License Compact (APRNLC). There were strong opinions for and against the new compacts.

In case you are wondering why we need a new compact, the purpose is to make it more inviting for other states to join. There are only 25 states that have been willing and/or able to join the current compact. Being part of a compact facilitates telemedicine practice, travel nursing, and response to national emergencies.

I also attended the meeting for presidents of state boards and the meeting for presidents and their executive officers. It is always interesting to learn what the states have in common and to discover the unique problems.

It was also fun to catch up with friends from other boards. During dinner with these friends, I learned that the Washington, D.C. State Board of Nursing will begin telecasting their hearings soon. In May, Sue Tedford, ASBN Executive Director, and I traveled to Chicago for a Special Delegate Assembly in order to vote on the NLC and the APRNLC. The votes passed by a large majority. It will be interesting to follow this, as legislation in each state will be required for states to adopt and implement the compacts.

The Arkansas legislative session ended in April, so I want to call your attention to Act 411, Mandatory Reporting of Substance Abuse. This law requires the CEO, an official agent, or a designee of facilities who employ health care workers to report the following to the ASBN:

1. A final disciplinary action taken against a health care professional as a result of the diversion, misuse, or abuse of illicit or controlled substances as defined by state and federal law.
2. The voluntary resignation of any health care professional against whom a disciplinary action arising from the diversion, misuse, or abuse of illicit or controlled substances as defined by state and federal law if a disciplinary action is pending.

There are more details included in the Act. If you are an employer, you should read it in its entirety.

I enjoy the travel required by my position. However, I am always glad to return home. I am thankful for my small community, and I can’t resist including some pictures.

I urge you to use vacation time to get away and take a break. Your facility will survive, and you can be a better nurse if you take care of yourself.

Though so much of our work at the ASBN involves dealing with discipline, I know that most nurses work hard and do amazing jobs. I am so proud of you and encourage you to continue to uphold the high standards you have been taught. Thank you for the work you do to take care of the residents of our state.
President Shela Upshaw presided over the hearings held on April 1-2 and the business meeting held on May 7. Highlights of Board actions are as follows:

- Granted Continued Full Approval to the University of Arkansas at Little Rock Associate of Science in Nursing Degree Programs until the year 2020
- Granted Initial Approval to the University of Arkansas Community College at Morrilton for a satellite practical nurse program in Clinton, Arkansas, to begin admission in January 2016
- Deferred decision for approval for a Baccalaureate of Science in Nursing Degree Program at the University of Arkansas at Pine Bluff until all requirements are met
- Approved the curriculum revision for the following practical nurse programs
  - College of the Ouachitas
  - Southern Arkansas University Technical
  - University of Arkansas Community College at Batesville
  - Arkansas State University Newport
  - National Park Community College – effective July 15
- Approved the increase of licensure fee as listed below to be effective July 1, 2016: APRN Renewal - $50; RN Renewal - $85; LPN Renewal - $75; Endorsement APRN, RN, LPN - $125; APRN Initial Licensure - $125; RN & LPN Initial Licensure - $100; Duplicate License - $30; Prescriptive Authority - $160; Temporary Permit - $30; Retired License - $15

As of June 1, 2015, the Arkansas State Board of Nursing does not accept e-checks. We continue to accept Visa, MasterCard, Discover and prepaid debit cards.
The following names appear on the ASBN records for checks returned to the ASBN due to insufficient funds. If practicing in Arkansas, they may be in violation of the Nurse Practice Act and could be subject to disciplinary action by the Board. Please contact Gail Bengal at 501.686.2716 if any are employed in your facility.

Rosa Marie Bradley         L016658
Jessica Gonzalez           Exam Application
Amber Sanders             R073529
Nathan Shaheed             T001220
Angela Shupert             L037543
June Elizabeth Sivils      L030290
Della Williams             L028175
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Breastfeeding is the healthiest and most economical way to nourish a newborn. It’s best for both mom and baby, yet too few women in Arkansas choose to breastfeed. The decision to breastfeed is often made early in pregnancy and in many cases prior to conception.

Nurses are on the front-line in making breastfeeding a priority. Every mother deserves education and support to help her make informed decisions about breastfeeding. Breastfeeding education begins in the practice setting. Successful efforts to improve rates and duration require a comprehensive, multilayered approach that involves obstetrical office staff, practitioners, hospital administration and staff, patients, family members and the wider community. Commitments of time, resources, training, policy and procedures are essential.

**NEED FOR IMPROVEMENT**

In 2011, the Arkansas Foundation for Medical Care (AFMC), in partnership with the Arkansas Medicaid program, began a statewide initiative to improve breastfeeding rates and duration. Efforts toward improvement are also occurring within the Arkansas Department of Health (ADH) Breastfeeding Taskforce and the Arkansas Breastfeeding Coalition. Progress has been made but much more work needs to be done.

Clinics can encourage breastfeeding by implementing guidelines outlined by the Academy of Breastfeeding Medicine (ABM) into practice workflows:

- Create a breastfeeding friendly office
- Integrate breastfeeding promotion, education and support throughout prenatal care
- Include a detailed breastfeeding history in prenatal history
- Consider the culture of women, families and communities
- Incorporate breastfeeding as an important component of initial prenatal breast exam
- Discuss breastfeeding at each prenatal visit
- Empower women and their families to have the birth experience most conducive to breastfeeding

Hospitals that are improving their breastfeeding rate share many of these features:

- Comprehensive written breastfeeding policy based on model policies from the ABM
- Free childbirth, breastfeeding and newborn classes
- Contact with lactation consultants during hospital pre-registration/tours
- Immediate skin-to-skin contact for healthy newborns for at least one hour after birth
- Mothers and family view “The Magical Hour” (a video illustrating nine stages a baby goes through when held skin-to-skin during the first hour after birth) as part of breastfeeding education
- Complete rooming-in for healthy newborns
- Daily rounds by a lactation consultant with nurse-to-nurse communication
- No routine supplementation
- No pacifiers
- No formula bags at discharge
- Comprehensive, continuing and required staff education about breastfeeding, including annual testing and skill competencies
- Post-discharge breastfeeding support that includes phone calls, follow-up visit and referral to community breastfeeding support
- Hospital-based breastfeeding support groups

**MAKING A DIFFERENCE FOR BABY AND MOM**

Tina Hedrick, BSN, RN, CPHIT
and Michelle Murtha, RN

Breastfeeding is the healthiest and most economical way to nourish a newborn. It’s best for both mom and baby, yet too few women in Arkansas choose to breastfeed. The decision to breastfeed is often made early in pregnancy and in many cases prior to conception.
COMMUNITY RESOURCES

Early in pregnancy, it is important to promote the Women, Infants and Children (WIC) program’s many benefits: healthy foods for pregnant women, nutrition education and referrals to other services.

A new statewide Arkansas Breastfeeding Help Line was made available March 1 for pregnant women, breastfeeding moms and health care providers. Available free, 24 hours, seven days a week, the number is 501-202-7378 or toll free at 844-344-0408. Sponsored by Baptist Health and the ADH, registered nurse lactation consultants staff the line. They provide support and accurate information about common breastfeeding concerns: is baby getting enough milk, managing breast or nipple pain, using a breast pump, or are medications safe to take while breastfeeding.

WORK AND COMMUNITY FRIENDLY

Arkansas law (Act 621) requires employers to provide unpaid break time to express breast milk. Employers must make reasonable efforts to provide a private, secure and sanitary room, close to the work area where an employee can express breast milk. Women who breastfeed their child in a public place are protected from interference by Act 680.

In addition to workplace rights, many retail and commercial establishments provide comfortable places for their patrons to breastfeed.

For more information, tools or pamphlets for moms, visit these sites: http://www.afmc.org/BreastfeedingTools http://www.healthy.arkansas.gov/programsServices/WIC/Pages/default.aspx

1 Clinical Protocol Number #19: Breastfeeding Promotion in the Prenatal Setting, Breastfeeding Medicine Volume 4, Number 1, 2009

Ms. Hedrick and Ms. Murtha are quality specialists with the Arkansas Foundation for Medical Care.

ARKANSAS BREASTFEEDING SYMPOSIUM

The third Annual Arkansas Breastfeeding Symposium will be held from 8 a.m. to 4 p.m. on Fri. July 17 in the I. Dodd Wilson Education Building at the University of Arkansas for Medical Sciences, Little Rock. Guest speakers will include Kathleen Kendall-Tackett PhD, IBCLC, FAPA; Dr. Zachary Stowe and Dr. Alan Mease.

For more information and to register go to the Arkansas Breastfeeding Coalition’s website http://arbfc.org

Congratulations

SPIRIT OF ACH
Miriam Moix, BSN, RN

APRN OF THE YEAR
Angela Rowe, MSN, APRN, PCNS-BC

LPN OF THE YEAR
Tim Matzen, LPN

EXCELLENCE IN RESEARCH
Diana Wallace, BSN, RN

EDUCATOR OF THE YEAR
Janie Kane, MS, APRN, PCNS-BC

CLINICAL RN OF THE YEAR
Diane Bussard, BSN, RN
Kristan Cooper, BSN, RN, CPN
Linda Koger, RN
Tiffany Robinson, RN, CPEN
Sarah Valdez, BSN, RN

LEADER OF THE YEAR
Tammy Diamond-Wells, BSN, RN, NE-BC

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Burn Center Team

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Gaines Neal, RRT

to the
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The reality is that we could have had relief with rest, ice, heat and an anti-inflammatory. Once we pay our clinic fee or insurance co-pay we want to leave with a prescription. We paid for it. We took time off work to be seen. We waited in the waiting room reading expired magazines with the good recipes torn out.

But here is a reality check. Did you know someone can become addicted to opiates or benzodiazepine after just one prescription? Nurses describe how a back sprain sent them to employee health or their own provider and just that one prescription made life better. Not only did it help the back pain but their entire outlook on life was brighter! Suddenly, they can deal with the everyday stresses of work and family. The abuse begins. More pills, multiple providers, and it’s all legal. Right?

How many nurses know that 44 people in the United States die from overdose of prescription painkillers every day? Ah, you argue – it is a prescription; it is legal.

There has not been an overall change in the amount of pain we as a society report according to the Centers for Disease Control. However, since 1999, the amount of prescription painkillers prescribed and sold in the U.S. has nearly quadrupled. Overprescribing leads to more abuse and more overdose deaths.

I lost a very good friend to an accidental overdose. He was working with his doctors as they kept adjusting his medications and one morning he did not wake up. What a loss to those of us who knew and loved him. As nurses, we diagnose ourselves and then treat ourselves out of our medicine cabinet. We do this because we’re educated and know how to treat a back sprain, a headache, or a persistent cough. We often treat family and friends with our medicine cabinet stash. Headache? Here is a Percocet. Stressed from that fight with your spouse? Here is some Xanax you can have. Didn’t sleep well before that nightshift? Adderall will get you through it. What we do not recognize is the risk of abuse that some nurses blindly walk into until the abuse is more powerful than the human spirit.

Prescription pain medication and benzodiazepines cause addiction, just as heroin, methamphetamine, and other street drugs. A legal prescription does not protect one from addiction. Opioid guidelines are not treatment standards. There is a gold standard for pain management: The World Health Organization’s (WHO) 3-Step Ladder. Under the treatment ladder, opioids are not the primary treatment for pain. The first tier of the ladder promotes nonopioids and added adjuvant therapy if needed. Remember, that’s the anti-inflammatory, rest, heat, ice mentioned above.

As pain increases, the second tier of the ladder recommends adding a weak opioid to nonopioids and added adjuvant therapy. As the intensity of pain increases, the third tier recommends adding a strong opioid to nonopioids and added adjuvant therapy. Opioids are not restricted under this approach but are not first-line treatment.

Can a nurse be disciplined for working under the influence of legal prescriptions? The answer to this question is maybe. The disciplinary action the nurse may encounter is not because the nurse was hurt and took some Oxycotin. It is because the nurse was hurt, took some Oxycotin AND went to work. Worse, the nurse was hurt, found some Oxycotin in the home medicine cabinet stash and then went to work. The nurse has now diagnosed and treated him or herself. Generally, the nurse is not aware that there is a degree of impairment while taking pain medication. The effect of the medication may
be more potent if the nurse is naïve to pain medications. While the nurse is unaware of the debilitating effect, co-workers are not. They report the nurse as incoherent, distracted in report, having difficulty getting through the shift, and poor charting, if any. The patient and family members also note the nurse is not clear in providing instructions or efficient in patient care. The impaired nurse does not recognize the change in his or her professional standard of care delivery.

What is the answer? Nurses have well-honed critical thinking skills. If your provider offers you an opioid for pain, ask about alternative treatment options. Stop stashing pain medications in the home. Destroy the unused medications. If you are injured again, remember that pain is a symptom of something else. Go see your provider for an evaluation. If you must take an opioid for pain management, take off work. Pilots cannot fly on pain medications. Should you be at work trying to determine if the provider really meant to order what you are reading? The risk to public safety is too high. Patients are depending on the nurse to take care of them. The best way to protect the public is to protect you.

Today, what was once a small hospital is now White River Health System, a leading healthcare provider in North Central Arkansas. White River Health System offers a wide array of services and specialties, along with the latest technological advancements, which allow our patients receiving care and their family members to stay closer to where they are most comfortable—home.

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online.uark.edu/nurse
I AM GRADUATING! HOW DO I GET MY EXAMINATION APPLICATION PROCESSED FASTER?

It is approaching the time of year when graduate candidates submit licensure examination applications to the Arkansas State Board of Nursing. The Arkansas State Board of Nursing strives to approve qualified applicants in a timely manner. Here are a few tips that will facilitate getting an application processed.

• Submit registration to Pearson Vue before submitting the Arkansas State Board of Nursing licensure examination. An applicant MUST be registered with Pearson Vue before the state application can be processed, a temporary permit issued, and an applicant deemed eligible to test and receive the Authorization to Test (ATT). Additionally, it is important for an applicant to include a valid U.S. social security number when registering with Pearson Vue. The National Council Licensure Examination (NCLEX®) candidate bulletin is accessible within the online application process by clicking on the respective link. It may also be accessed at www.pearsonvue.com/nclrex.

• Submit the Arkansas State Board of Nursing licensure examination application early. An applicant can submit an application up to two months prior to completion of the nursing education program; verification of completion of the program cannot occur before a student has completed the program. In the event that a student fails to graduate; fees are nonrefundable. Please note that students/graduates who wait to submit an application until on or after program completion will be delayed by having to wait on the conduction of the criminal background check. The Federal Bureau of Investigations (FBI) conducts the federal background check. It typically takes three to four weeks during low volume times and five to six weeks or longer in high volume times. The Arkansas State Board of Nursing licensure examination is accessed at www.arsbn.org.

• Accurately complete all areas of the online Arkansas State Board of Nursing licensure examination application. An applicant should enter the correct address, social security number, date of birth, etc. An incorrect application will not match the Pearson Vue application and cannot be processed until correct information is received. If an applicant enters an incorrect nursing education program of study on the application, the automatic notification of application submission is sent to the incorrect nursing education program director. Subsequently, the correct nursing education program director will not receive an email to verify program completion. If an applicant enters an incorrect email address on the application, the applicant will not receive two automatic email
notifications. Subsequently, an applicant will not receive a number that is required to place on the fingerprint card and a Criminal Background Check will not be conducted. So, review the application thoroughly before submitting.

- Legibly complete the fingerprint card and accurately follow instructions. An applicant should print the Arkansas and FBI Criminal Background Checks Instructions. A link to the instructions is located within the online application system and in the automatic email notification that an applicant receives after submitting an application. The card must be filled in completely (refer to instructions) and mailed to the Arkansas State Police.

- An applicant that has responded “yes” to any of the screening questions on the licensure examination should send documentation to Arkansas State Board of Nursing when an application has been submitted. Depending on which question an applicant responds “yes” to he/she is required to submit specific documentation regarding each offense(s). Refer to the Criminal Background Check Information that is located on our website at www.arsbn.org for a detailed list of required documentation and Frequently Asked Questions. Do not delay in submitting documentation.

- Frequently check the status of your application online at www.arsbn.org. The status will remain “pending” until receipt of required materials. Once the licensing staff is working on a respective applicant’s application, additional information will be posted as the status changes. Keep these tips in mind while completing a licensure examination application and they will assist the licensing staff as an application is processed.
CREATING A HEALTHIER COMMUNITY IS OUR MISSION.

CHI St. Vincent is proud to care for you.

Creating a healthier Arkansas means reaching beyond our walls. It means working together to build healthier families and foster greater hope.

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CHI St. Vincent is committed to delivering the very best health care to you and your family and creating healthier communities.

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16
9th Annual Compassionate Nurse and Nurse Educator Awards Banquet
Nurses and Nurse Educators from around the state gathered with their families, employers, co-workers and friends for the 9th annual Awards Banquet Saturday, June 6th at the beautiful Chenal Country Club in Little Rock.

This annual event, created and presented by Publishing Concepts, Inc, celebrates the outstanding efforts our Arkansas Nurses and Nurse Educators put forth everyday—both on the job and off. Nominations for our Nurse and Nurse Educator heroes were submitted by patients, co-workers and employers statewide.

The Banquet was hosted by Mistress of Ceremonies, Donna Terrell, local Fox News anchorperson. Awards were presented by Al and Virginia Robertson founders of Publishing Concepts, Inc.

This year’s Compassionate Nurse Award winner was Karen Richardson APRN. Dr. Jane Evans was chosen Nurse Educator of the year.

“Karen always goes that extra step, above and beyond what is expected, to meet the needs of her patients.” Rev. Gary F. Harrison

Karen has been described as a one woman army. “I have watched her take calls at every hour of the day and night. When she went back to school, as an RN, to become an APN several years ago, I saw a spark in her that I will forever admire.” Scott Allison R. Johnson

“Not only is she an excellent nurse practitioner, she is very passionate about the community in which she lives. She served countless hours at the local DWR YMCA of Warren and Bradley County. Here are just a few of the tasks she has undertaken; weeding the flower beds, personally paying for patient’s memberships, as well as serving on the Board of Directors. She is dedicated to making sure the citizens of Warren and Bradley County have access to a wonderful facility that will keep families healthy for generations.” Patricia Wilkinson AVP, Branch Manager

These are just a few quotes from her 19 nominations. Congratulations Karen Richardson, APN/CS!
2015 Arkansas Nurse Educator Award Winner Jane D. Evans, PhD, RN, MHSA, CNE, is an Assistant Professor and the RN-BSN Program Coordinator at the University of Arkansas at Little Rock Department of Nursing (UALR DON).

Charles P. Molsbee, EdD, MSN, RN, CNE, Interim Chair of the UALR Department of Nursing nominated Dr. Evans. Dr. Molsbee wrote, “She is an outstanding educator who will always go the extra mile to help a student develop as a professional nurse. She is focused on development of the student and consistently seeks out ways to improve the level of education provided. While she is an outstanding educator, she is an extremely caring person and always sees the best in the students she teaches. Each student is treated as an individual and she always makes time for a student who needs her.

Dr. Evans is a leader. She leads the RN-BSN program daily and seeks out quality im-
improvement initiatives for the program. Quality Matters certification has been obtained by several of the courses in the program and this is in part because of Dr. Evans leadership ability. She stays current on trends in nursing and healthcare in order to provide the students with the highest level of education."

For three decades Dr. Evans has worked with organizations including the Hospice and Palliative Care Association of Arkansas, the Arkansas Cancer Coalition, and the Arkansas Nursing Research Alliance to help with fundraising, strategic planning, grant acquisition and professional education. She supports Women’s Own Worth (WOW), a non-profit organization established to offer individualized services for the victims of domestic violence, and will be helping them with their 2015 fundraising event.

Dr. Evans supports the Arkansas Public Policy Panel and the UALR Diversity Council. These relationships will be a part of the base of her collaborative program of research into minority student success in nursing school.

For nearly nine years she has served on the UALR Institutional Review Board. This is especially important to her as an educator because of the opportunity to review hundreds of research protocols and studies from students and faculty scholars. She feels privileged to guide and mentor aspiring scientists and scholars, and to learn from and be inspired by them. Congratulations Dr. Evans!
The Arkansas Poison and Drug Information Center (APDIC) located at the UAMS College of Pharmacy has been in operation for 40 years. The 1-800-222-1222 poison hotline is a confidential and free resource available to health care professionals and residents of Arkansas.

The APDIC is staffed by specialists in poison information (SPI) who are registered nurses or pharmacists. Each SPI has additional training in toxicology, as well as having passed his or her respective board examinations. The APDIC has six RNs and six pharmacists on staff. One board certified medical toxicologist and two clinical toxicologists are available for medical consultation 24 hours a day. One health educator, Charlie Stutts, provides lecture presentations to the general public and actively promotes the APDIC on social media and through participation in conferences and community health fair events. Charlie is available for contact by email at CHStutts@uams.edu should you have any need for free promotional poison prevention materials including stickers, magnets, brochures or posters.

The APDIC and the 55 poison centers nationwide were created for the benefit and welfare of children. Approximately two-thirds of the calls involve children six years old or younger. A majority of cases can be safely managed on site without being referred to an emergency room. When a caller phones the APDIC, the SPI creates a medical record establishing the following: age and health of patient, any current symptoms, the poisoning product and ingredients, how much was taken and the time the poisoning happened. With an accurate history and depending on the answers to the above questions the decision will be made whether to keep the patient at home, school or work, or if the patient has intentionally tried to hurt themselves, is medically unstable, thought to have accidental yet serious exposure the patient will be referred to the emergency room.

Since 2000, the APDIC has been staffed 24 hours a day. Staff members assist patients with a variety of poison exposure situations or drug information questions. The Staff provide treatment recommendations for the following, but not limited to:

- Ingestions
- Skin, ear and eye exposures
- Inhalations
- Bites and stings
- Adverse reactions to food or drugs
- Exposures from K2, bath salts and other emergent drugs of abuse

Beginning in the spring, snakes, spiders, wasps and other venomous creature exposures dramatically increase. With snake bites in particular, the APDIC will provide treatment advice and occasionally help track down antivenom. The APDIC serves as a liability shield for all nurses in the event a patient being cared for has overdosed intentionally or unintentionally on a medication or any poisoning substance. Additionally, the APDIC is available to assist with food borne outbreaks and tracking of cases also. Another benefit of contacting the APDIC is their participation in active surveillance of all poison exposures. In March 2015, the health educator for the APDIC conducted a caller satisfaction survey of families who had recently called the APDIC for poison center services. According to the data collected from the survey of families who were managed at home, more than 67 percent of the callers would have gone to the emergency room or their physician’s office if the APDIC had not been available to them. It was determined that 60 percent of the callers received Medicaid, AR Kids First subsidized by the state or had no insurance at all.

The APDIC respects and appreciates all of the hard work nurses do to insure the safety of their patients. Call the APDIC staff early and often as the SPIs are a valuable resource to help you achieve the best clinical outcomes for your patients.
At Arkansas Tech University, you will gain the knowledge and skills that you need for a rich and fulfilling career in the field of nursing. If you are already in the nursing profession and are looking to take the next step in your career, our Master of Science in Nursing Administration and Emergency Management might be right for you.

- Bachelor of Science and Master of Science in nursing programs available in Russellville.
- RN to BSN online program available for registered nurses.

For more information, call 479-968-0383 or visit www.atu.edu/nursing
Being a governmental agency, the ASBN is restricted in the types and amounts of payments we can make to vendors and individuals. Refunds are not exempt from such restrictions. Therefore, the best way to ensure you are not making an unintended contribution to the Board is to make sure you avoid overpaying.

There have been many reasons throughout the years for overpayments. Listed below are a few:

- Their license expiration date was close, and they wanted to get their license “in time,” so they mailed their renewal and then also renewed online.
- They applied for a license by endorsement or examination when they already had an Arkansas license.
- They could not remember if they had renewed, so they paid again to make sure it was done.
- They had already gone through the application process online, but wanted to make sure it worked, so they did it again.

Although there are countless reasons, the result is still the same. We do not give refunds. The following are suggestions of ways to avoid overpayment:

- When paying by check or money order, make sure it is payable in the correct amount.
- If you mail your renewal form and payment, do not duplicate by also renewing online.
- If you are not sure if you have already paid, check your records before repeating the process.
- If you worked on your application online and are unable to verify the application was completed, contact us before repeating the process.
- Do not wait until the last minute to make your payment – renew early.

The easiest way to avoid overpaying is to read the instructions. Although this sounds elementary, when there are a lot of instructions you may be tempted to skim over them. However, we advise you to read the instructions before completing the application process. This is where you find out those important things - like you need to complete a renewal (not an endorsement) form.

I realize I am stating the obvious, but I hope it will help you to only pay the fees necessary.
Construction is 75% done on the expansion of our hospital.

We are currently a 75 bed behavioral health hospital. Summer 2015 we will be at 114 bed capacity!!!

We are a growing, stable facility in a beautiful setting on the Arkansas river.

We are looking for passionate care givers to join our Team!

We are in need of RN’s Arkansas License is required
Competitive Salary & Excellent Benefits
$5,000 Sign On Bonus!

Please send resume and salary requirements to: Patricia.moore@valleybehavioral.com or fax to 479-494-5751
The Continuing Education (CE) Cruise set sail on Sunday, April 12, for a week of fun while earning nursing continuing education hours. The Arkansas State Board of Nursing (ASBN) and Publishing Concepts Incorporated (PCI) came together to offer the 9th Continuing Education Cruise to nurses all over the United States for all licensure levels. The speakers for this year’s cruise included two ASBN staff members, Tammy Claussen and Jill Hasley, and Dr. Pam Autrey from Alabama.

Most nurses brought friends/family with them, which put the total CE cruise attendees to 105. There were 54 who attended the CE presentations including:

- 13 from Arkansas
- 1 from Alabama
- 4 from Arizona
- 3 from California
- 4 from Washington
- 2 from Washington, D.C.
- 3 from Georgia
- 3 from Kentucky
- 1 from Maryland
- 3 from Mississippi
- 3 from Montana
- 4 from Nebraska
- 3 from New Mexico
- 1 from Ohio
- 1 from Oregon
- 1 from South Dakota
- 4 from West Virginia

Nurses are encouraged to look for upcoming CE cruise information in future editions of ASBN Update.
Opportunities are available for nurses of all career levels, from new graduate to tenured nurses. Please contact Recruiters Theresa Phillips at 479-441-5458 Carolann Love at 479-441-5457

**Nursing Opportunities**
Fort Smith & Van Buren, Arkansas

**Initiatives:**
Tuition Reimbursement, Clinical Ladder, Mentor Model

**Upcoming Events:**
New 10 bed ER coming soon in Van Buren
Ortho/Spine Unit Opening in 2015
Opening an additional 8 bed ICU Unit

To apply online, go to SparksHealth.com.
Opportunities are available for nurses of all career levels, from new graduate to tenured nurses.
The full statutory citations for disciplinary actions can be found at www.arsbn.org under Nurse Practice Act, Sub Chapter 3, §17-87-309. Frequent violations are A.C.A. §17-87-309(a)(1) “Is guilty of fraud or deceit in procuring or attempting to procure a license to practice nursing or engaged in the practice of nursing without a valid license;” (a)(2) “Is guilty of a crime or gross immorality;” (a)(4) “Is habitually intemperate or is addicted to the use of habit-forming drugs;” (a)(6) “Is guilty of unprofessional conduct;” and (a)(9) “Has willfully or repeatedly violated any of the provisions of this chapter.” Other orders by the Board include civil penalties (CP), specific education courses (ED), and research papers (RP). Probation periods vary and may include an employee monitored nurse contract and/or drug monitoring and treatment programs.

Each individual nurse is responsible for reporting any actual or suspected violations of the Nurse Practice Act. To submit a report use the online complaint form at www.arsbn.org, or to receive additional information, contact the Nursing Practice Section at 501.686.2700 or Arkansas State Board of Nursing, 1123 South University, Suite 800, Little Rock, Arkansas 72204.

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501.686.2700
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<td>Smith Kimberly Antranette</td>
<td>R051119</td>
<td>Osceola</td>
<td>Suspension - 3 years Probation - 3 years</td>
<td>Term of Probation</td>
<td>April 2, 2015</td>
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<tr>
<td>Smith Robert Lee</td>
<td>L050718</td>
<td>Maumelle</td>
<td>Voluntary Surrender</td>
<td></td>
<td>April 2, 2015</td>
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<tr>
<td>South Rachel Elizabeth Wallace Davis</td>
<td>L043020</td>
<td>Bald Knob</td>
<td>Voluntary Surrender</td>
<td></td>
<td>March 12, 2015</td>
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<tr>
<td>Strickland Ashley Nicole Brantley</td>
<td>L048127</td>
<td>Hampton</td>
<td>Suspension - 2 years Probation - 2 years</td>
<td>(a)(4), (a)(6)</td>
<td>April 1, 2015</td>
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<tr>
<td>Strickler Amber Nichole</td>
<td>R079008, A004267</td>
<td>Maumelle</td>
<td>Probation - 1 year</td>
<td></td>
<td>April 2, 2015</td>
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<tr>
<td>Stutts Susi Lynn McCoy</td>
<td>R044722</td>
<td>Wynne</td>
<td>Suspension - 3 years Probation - 2 years</td>
<td>(a)(4), (a)(6)</td>
<td>April 2, 2015</td>
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<tr>
<td>Taylor Nicholas Ray</td>
<td>R077194</td>
<td>Tulsa, OK</td>
<td>Letter of Reprimand</td>
<td>(a)(2)</td>
<td>March 26, 2015</td>
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<tr>
<td>Telles Amy Dalynn Daniel</td>
<td>R092942</td>
<td>Texarkana</td>
<td>Voluntary Surrender</td>
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<td>February 25, 2015</td>
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<td>Toland Jennifer Ann</td>
<td>L051247</td>
<td>Chidester</td>
<td>Letter of Reprimand</td>
<td>(a)(6)</td>
<td>February 26, 2015</td>
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<tr>
<td>Turley Malisa Anne Smith</td>
<td>R070759, L039907</td>
<td>Searcy</td>
<td>Probation - 3 years</td>
<td>(a)(4), (a)(6)</td>
<td>April 2, 2015</td>
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<tr>
<td>Valley Aaron Joseph</td>
<td>R088252, L045615</td>
<td>North Little Rock</td>
<td>Probation - 3 years</td>
<td>Term of Probation</td>
<td>April 2, 2015</td>
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<tr>
<td>Weatherford Bennie Lee</td>
<td>L030357</td>
<td>Jonesboro</td>
<td>Letter of Reprimand</td>
<td>(a)(6)</td>
<td>March 26, 2015</td>
</tr>
<tr>
<td>Yielding Stephanie Annabella Shaw</td>
<td>L046961</td>
<td>Searcy</td>
<td>Suspension - 3 years Probation - 2 years</td>
<td>Term of Probation</td>
<td>April 2, 2015</td>
</tr>
</tbody>
</table>
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