



Thrive

Illuminating the way for the provision of comprehensive, safe and quality nursing care

NORTHEAST OHIO CLINICAL NURSE SPECIALISTS

Welcome to the first edition of THRIVE, the NEOCNS, affiliate newsletter. The newsletter will be published quarterly and will be available on our website <https://neocns.org>. The intent of the newsletter is to provide a synopsis of our affiliate's activities as well as showcase several of our member's contributions both locally and nationally.

THRIVE was selected as our newsletter title because the leaders of our affiliate hope to help CNSs in Northeast Ohio flourish in their roles. We are fortunate to have so many vibrant CNS experts who are willing to share their clinical

acumen via networking and mentoring. We hope to tap into that expertise by encouraging you to join the NEOCNS affiliate if you have not already done so. You do not need to be a member of NACNS to join the NEOCNS affiliate, although it is strongly encouraged.

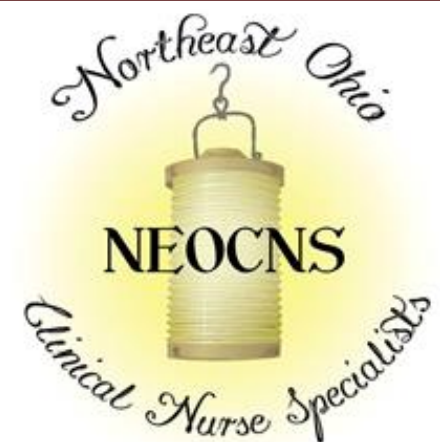
We have decided to disband the current LISTSERVE and use the NEOCNS website and newsletter to communicate our events. If you are a NEOCNS member you will automatically receive our e-mails and be informed on a timely basis of our activities.

WE hope you will enjoy this very first edition and share it

with your colleagues. The content contained in this newsletter certainly suggests that Clinical Nurse Specialists in Northeast Ohio are *THRIVING!*

Warmest regards,

*Mary Beth Modic,
DNP, RN, CNS, CDE
President, NEOCNS affiliate*





Inaugural CNS/CNO Breakfast

Poster presentations and networking filled the corporate college venue with a presence of leadership, scholarship, and professionalism for our first inaugural CNS/CNO breakfast.

Our guest speakers generated insight on our profession, where it has been and where it is going. Dr. Harriet

Coeling graciously shared her journey of how she fulfilled her career as a CNS in accomplishments as an educator, author, and researcher. The creation of the Harriet Coeling Award for CNS Practice Excellence will be awarded to a nominated NEOCNS member in 2016.

Carlos Jackson, Senior Director of Government Relations at the Cleveland Clinic provided us with a brief understanding and update on House Bill 216. House Bill 216 calls for full practice authority for all four APRN roles. You can read the bill at the Ohio Legislature’s website or click [here](#).



By the Numbers . . .

- 95 Total Attendees
- 76 CNSs
- 4 CNS Students
- 12 CNO/Nurse Executives
- 3 Schools of Nursing Deans
- 17 Hospitals Represented



Share Your Hard Work with NEOCNS!

Email your recent publications and presentations to ltrenkelbach@metrohealth.org. We want to share your hard work with the NEOCNS community in our next newsletter and on our website.

Please take a short survey about what you would like to see on our website [here](#).



**NEOCNS Fall Program 2015
“Putting Your Best Foot Forward – Professionally and Personally”**

The all day program focused on strategies to nourish our professional and personal selves. Here are some program highlights:

Dr. Joyce Fitzpatrick spoke about creating professional goals that can be achieved in 5 years (this does not include retirement!).

- Prioritize our top values
- Be mindful of your energy level
Familiarize yourself with Transformational Leadership Characteristics
- Create your own Board

of Directors

- Find Mentors
- Maintain a CV that fully captures your professional contributions.

Drs. Peggy Doheny, Ruth Ludwick and Carol Sedlak shared their journey to achieving fellowship in the American Academy of Nursing.

- Start the process early by reviewing and completing the self-assessment on the FAAN website
- Seek out two sponsors who are experts in the two areas you wish to showcase
- Frame your work to highlight two areas in which you have had a sustained impact
- Hire an editor to assist you in crafting a succinct, consistent, and memorable application
- Avoid getting derailed!

Mr. Nicholas Ferguson

described activities to decrease being sedentary.

- Replace your desk chair with an exercise ball (helps to exercise your core muscles)
- MOVE at least once every 20 – 30 minutes
- Find a workout partner to keep you motivated and hold you accountable.
- Mix up your exercise regimen
- Include resistance training as a component of your exercise regimen
- Consider a stand up desk
- Work out when you first get up
- Get your family involved
- Take the stairs to use a restroom on another floor

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Ms. Andrea Dunn clarified popular myths and differentiated myths from nutritional practices. She shared the most recent evidence about healthy eating, weight maintenance and weight loss.

- Be aware that Ohio is one of the nation's most obese states
- Be realistic about weight loss goals – Up to two pounds a week, 3-5% of baseline body weight if cardiovascular symptoms are present
- Reduce calories in your diet for weight loss
- Accrue 150 to 420 minutes of exercise a week
- Appreciate the impact

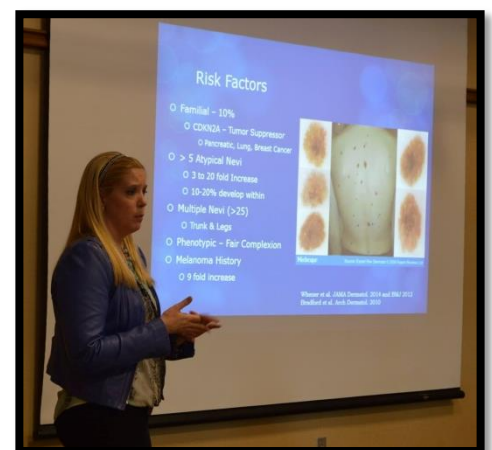
- disturbances to the natural circadian rhythm has on weight gain, sleep quality, and other metabolic activities
- Familiarize yourself with the DASH diet a strategy to promote healthy
 - Consume an extra 100 calories per day and you can experience a 10 pound increase in a year!

Dr. Jennifer Lucas spoke about the increase incidence in melanoma in young adults due to the use of tanning beds. She also offered recommendations to maintain healthy skin.

- Avoid tanning beds - *ALWAYS*
- Apply sunscreen when you are outside in the sun and reapply after a few hours
- Wear sunscreen while driving – Men have more skin cancers on the left side of their faces; Women have more skin cancers on their right.

- This is related to the location men and women occupy while in the car
- Use the ABC method to assess changes in moles
 - Consult with a dermatologist for recommendations regarding healthy skin practices. There are a number of non-surgical procedures that are available to brighten and tighten the skin.

Thank you to all that came. We hope to see you at our next NEOCNS Meeting on February 4, 2016. See the next page for more information!



Save the Date in 2016!

- “Speed Book Sharing” on February 4, 2016 6:00pm – 8:45pm at [Independence Public Library](#). Bring a favorite book that has helped in your CNS role. Please also bring a new children’s book to donate to the Cleveland Little Free Library
- March 3-5, 2016 [NACNS 2016 Annual Conference](#), in Philadelphia, PA
- April 2016, NEOCNS Spring Meeting TBD
- 2nd Annual CNS/CNO Breakfast and Fall Program on September 7, 2016

Future NEOCNS Initiatives

- Create a Leadership Academy for novice and advanced beginner CNSs. This unique program would tap some of our affiliates’ most prescient thinkers and leaders from academia to serve as faculty.
- Coordinate a multisite research study that would examine the influence of CNS practice on patient outcomes.
- Provide pharmacology CEs via our website presented by our members for our members.
- Expand our community service projects with a variety of new activities that will positively impact the lives of our neighbors.



Fall Service Project

On October 6, 2015 NEOCNS members gathered to make the 14 tie-blankets for the Emergency Men's Shelter at 2100 Lakeside. Expert and novice CNSs spent the evening sharing experiences.



Find us on the Web at:

E-mail: northeasthiocns@gmail.com

Website: NEOCNS.org

Facebook: [facebook.com/northeasthiocns](https://www.facebook.com/northeasthiocns)

THRIVE Co-Editors

Jennifer Gonzalez

Lynne Trenkelbach

Photographer

Dianna Copley