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OCCUPATIONAL HEALTH NURSES



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Florida Mission Statement

The mission of Florida State Association of Occupational Health Nurses, Inc. is to advance the profession of occupational and environmental nursing in the state of Florida.

To fulfill this mission, we:

- support the mission of the American Association of Occupational Health Nurses.
- promote professional excellence and opportunities through education and research.
- support standards of professional practice and a code of ethics.
- influence legislative, regulatory and policy issues.
- promote internal and external communications
- establish strategic alliances and partnerships.

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President's Report

Kellie Collins



Hi all,

Well it has been a very busy few months for FSAOHN, the conference committee has been hard at work planning another stellar conference, FOHC 2013 "Creating Connections". We hope that you will all join us and the great networking opportunities available. We are back at the Orlando World center and the pool area is complete, so consider bringing the family for an extra night and enjoy the great resort at the conference price. Judy Harris and I went to Las Vegas and were able to become certified to teach the DOT certificate class and will be offering it as a pre-conference this year, please encourage your providers to join us. It will be required for all providers performing DOT physicals by May 2014.

I would like to take a moment and congratulate Scott Nickerson past president and another one of our members Brenda Borton on their graduation from USF as Adult/Occupational Health Nurse Practitioners. It is a great accomplishment and they will be such assets to the NP community.

We had our summer board meeting in June. We had a very successful meeting with almost 100% attendance from the board members, barring a few unexpected weather problems. We welcomed our newest board member Michael Vazzana as our Webmaster; he is doing a great job and had some real inventive ideas for future FSAOHN communication. We also had a BSN student from the Orlando area as our guest at the meeting. Her school assignment was to research online and find an organization that had an open meeting. She stated our website was one of the only ones she found with current information. Needless to say she was very impressed with our group and learned a lot about Occupational Health she was unaware of. I'd like to thank our sponsors Badcock for the space and Coastal Pain Solutions for providing lunch. In addition, I'd like to thank CHSi for their donation of new thumb drives allowing us to continue our goal to be as paperless as possible.

AAOHN has revamped their website and if you haven't been on lately take the time to look around www.aaohn.org including the AAOHN academy which has free webinars available to members. Take advantage of the educational opportunities they provide.

Thank you all for your continued support and dedication to FSAOHN and occupational health.

Please be sure to Like Us on Facebook, Connect with us on Linked In and follow me on Twitter @ kcollinsnp

Until next time,
Kellie Collins ARNP-C, MSN, MPH
President FSAOHN

Have you made your Reservations?



Nurses and Nurse Practitioners dealing in Workers' Compensation, Case Management and Occupational Health are those with an interest in these fields are encouraged to attend and learn more about Occupational Health Nursing!



Log onto www.fsaohn.org for program information, to register for the conference and to reserve your hotel stay! Student, retiree, non-member and daily conference rates are available.

HOTEL ACCOMMODATIONS

A Group Rate of \$145 is available for a limited time.

Marriott World Center
8701 World Center Dr.
Orlando, FL 32821

Please book lodging online or contact the hotel directly to make a reservation. State that you are a registrant for the Florida Occupational Health Conference. Attendees are responsible for making their own hotel arrangements and payment.



Presents



“Connect” with other professionals in occupational health and other disciplines, using social media and the most up to date medical information

Log onto www.fsaohn.org for program information to register for the conference and to reserve your hotel stay! Student, retiree, non-member and daily conference rates are available.

Nurses and Nurse Practitioners dealing in Workers' Compensation, Case Management and Occupational Health are encouraged to attend! Also those with an interest in these fields are encouraged to attend and learn more about Occupational Health Nursing!

Pre-Conference: Sept 19th

DOT Certification Course

(This course may fill up fast, register early)

Conference: Sept 19-21st

Scholarship Applications available on website

<http://www.fsaohn.org/conference2013.html>

For additional information regarding Scholarship Applications please contact Marianne Mika @ marianne.mika@zurichna.com

DOT Medical Examiners Training - Orlando, FL**September 19, 2013****8:00am – 4:30pm***American Association of Occupational Health Nurses**Florida State Association of Occupational Health Nurses***HOTEL ACCOMMODATIONS**

A Group Rate of \$145 is available for a limited time at the [Marriott World Center](#), Orlando, FL 32821. Please book lodging online or contact the hotel directly 401-239-4200 to make a reservation, stating that you are a registrant for the Florida Occupational Health Conference. Attendees are responsible for making their own hotel arrangements and payment.

[Marriott World Center](#)

**8701 World Center Drive
Orlando, FL 32821**

REGISTRATION FEE

\$425 AAOHN Members

\$510 Non-members

Inquire about a discount for multiple attendees from same organization. Registration fee includes course materials, continental breakfast, box lunch and a refreshment break on the 19th. A certificate of completion will be awarded when attendance requirements are met. Certificate holders will be prepared to sit for the National Registry of Certified Medical Examiners (NRCME) certification examination. Written cancellation notification must be received no later than August 26, 2013 in order to qualify for a refund, less \$75.00 administrative fee.

[CLICK HERE TO REGISTER](#) or contact AAOHN at 800-241-8014

DESCRIPTION:

This certificate course meets the core curriculum requirements for medical examiner training, according to the Federal Motor Carrier Safety Administration (FMCSA). *Upon satisfactory completion of this program those eligible to serve as examiners will be prepared to sit for the National Registry of Certified Medical Examiners (NRCME) certification examination.* Content will follow the core curriculum with a focus on body systems. It will address the medical examiner's responsibility to teach or inform the driver about medications and the impact the medications may have on the safe operation of a commercial motor vehicle. It will address the use of the process in performing the examinations and coaching techniques to better engage CMV drivers in safe high-way practices. Case studies will help you address exceptions and sample questions aid in planning for the certification exam.

OBJECTIVES:

Explain performing and documenting the medical history and examination, including additional diagnostic tests. Describe FMCSA reporting and documentation requirements. Define ways of educating, informing, coaching and referring drivers about prescription and over-the-counter medications, non-disqualifying conditions that may need care, safe driving...and other areas.

Faculty

**Kellie Collins, ARNP-C, MSN, MPH, President FSAOHN &
Judy Harris, BSN, MS, MSN, FNP-BC, COHN-S, CRC, CCM, CRRN**

FOHC Schedule of Events

Date	Time	Topic	Speaker	CE Hours
Thursday Sept. 19th		Pre-Conference Sessions		
		Pre-con Session 1: Emergency Planning and Management in the Workplace		
Pre-Con I	8:00a-9:00 am	Workplace Violence	Patricia Vanderpool	4.0
	9:00a-10:00 am	Workplace Security & Management	Amy Butler	1.0
	10:00a-11:00 am	TBD		1.0
	11:00 -noon	Storm preparedness, storm safety, and the impact to the community - Duke Energy		1.0
	12:00-12:15 pm	Break - Pick up Bag Lunch		
	12:15-3:00 pm	Disaster Response Dr. McClusky / USF CPH		3.0
	3:00-4:00 pm	TBD		1.0
		Pre-conference Session 2: DOT Examination		
Pre-Con II	8:00a-12:00 pm	DOT Examination Kellie Collins & Judy Harris		4.0
	12:00-12:15 pm	Break - Pick up Bag Lunch		
	12:15-4:00 pm	DOT Examination Kellie Collins & Judy Harris		4.0
		Main Conference		
	4:00-7:00 pm	Registration		
	4:00-6:00 pm	Vendor Hall Open		
	4:00-6:00 pm	Vendor Reception & Poster Presentations		
		Opening Session		
100	6:00-6:30 pm	Senator Kelli Stargel		0.5
101	6:30-7:30 pm	Key Note Speaker: Fun & Uplifting Session w/ Billy Von Schriltz		1.0
Friday Sept. 20th				
	7:00-8:00 am	Registration and Vendor Breakfast		
	8:00-8:15 am	Welcome & Conference Kickoff		
200	8:30-9:30 am	Have you ever wanted to pause surgery? Now you can! Ask the surgeon! Dr. Tarik Husain		1.0
300	9:30-10:30 am	Creating Connections in Occ Health Rick Garcia & David Hazelton		1.0
	10:30-11:30 am	FSAOHN Annual Business Meeting & AAOHN President Pam Carter		
	11:30-noon	Break - Vendor Hall Open & Poster Presentations		
	12:00-1:15 pm	Awards Luncheon		
	1:15-1:30 pm	Break - Vendor Hall Open & Poster Presentations		
400	1:30-2:30 pm	EHS + Occupational Health = Better Together Amy Butler		1.0
410	1:30-2:30 pm	Creating the Connection: Evidenced-based Medicine & Treatment Outcomes in Injured Workers Terry Kuhlwein		1.0
500	2:30-3:30 pm	Minimally Invasive Back Surgery Dr. Chetan Patel		1.0
510	2:30-3:30 pm	Revised Hazard Communication Standard Joan Spencer		1.0
	3:45-4:00 pm	Break		
600	4:00-5:00 pm	Using Persuasion to Achieve Your Goals Barb Maxwell		1.0
610	4:00-5:00 pm	EOH&S Regulatory Update Paul Osley		1.0
Saturday Sept. 21st				
700	8:00-9:00 am	Ergonomic Support for Occupational Health R. Todd Brown		1.0
710	8:00-9:00 am	Demonstrating Excellence Through Stakeholder Engagement Arlene Guzik		1.0
800	9:00-10:00 am	The Aging Workforce: Ortho Changes & Implications Ronald De Meo		1.0
810	9:00-10:00 am	Web-based, Tailored Intervention to Promote STD Screening: Applicability to Occupational Health Karla Schmitt		1.0
	10:00-10:30 am	Break		
900	10:30-11:30 am	Understanding Dental Claims Laura Gorman		1.0
910	10:30-11:30 am	Creating a Return to Work Strategy Lisa Hellier		1.0
	11:30-11:45 am	Break - Pick up Bag Lunch		
1000	11:45-2:45 pm	DOT case studies & conundrums Dr. Richard Johnson, Arlene Guzik, Toni McGarrah & Ron Pace		3.0
	2:45-3:00 pm	Program Evaluation and CE Certificates		

Vendors & Sponsors

It's not too late to register!

Vendors and Sponsors are still needed for the 2013 Florida Occupational Health Conference. What a great opportunity to show case one's business to Nurses and Nurse Practitioners dealing in Workers' Compensation, Case Management and Occupational Health Nurses across the state of Florida.

Registration is as easy as 1-2-3. If you are interested or know of a business that would be interested in being a vendor or sponsor this year, email Terri Johnson at www.Terri.Johnon@Badcock.com, or Sue Mosley at smosley@jupitermed.com.

Registered vendors and sponsors will receive a free add in the FSAOHN Cue in 2014.



Thank you to our Chapter Sponsors

*Thank You from the Florida Space Coast
Association of Occupational Health Nurses*



*Presentation Sponsored by:
Comprehensive Health Services, Inc. (CHSi)
Occupational Health Center at Port Canaveral*



*Presentation:
Share the Road
Federal vs Florida
Commercial Driver Medical Standards*

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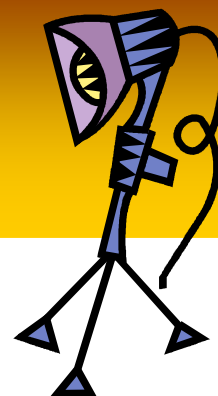
Presented by:
Dr. Joseph Mignogna, MD, MPH, CIME
Chief Medical Officer
Comprehensive Health Services, Inc.

*Dinner Sponsored by:
Henry Schein*

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Membership Spotlight Laura Long, RN, COHN-s



Employer: Bausch & Lomb

Title: Environment, Health, Safety & Sustainability (EHS & S) Engineer

Current year in Nursing: Occupational Health Nurse & Safety Manager for approximately 20 years

Report to: I report to the Director of Operations, a Vice President within our organization

I have a BSN with an aspiration to complete a master's degree in my spare time. I have neither selected a program, nor do I enjoy online learning (at least not RCRA training online), so I'm uncertain how I will accomplish this objective!

My career has allowed me to experience many facets of occupational health nursing. I've worked as a corporate health nurse, worked for a Workers Comp (WC) carrier as a case manager doing telephonic and limited field work, and worked in an occupational health clinic. I'm currently working in the role of Environment, Health, Safety and Sustainability (EHS+S) Engineer for Bausch & Lomb. Not an engineer by education, but I "engineer" processes. The lengthy title means that I have responsibility for protection of people and the environment, a spin on what our professional association defines as the role of the occupational and environmental health nurse. In addition to employee health and safety my roles and responsibilities include helping to protect the environment from our impact including facility security, emergency preparedness and business continuity plan management.

On a daily basis, I perform equipment and process safety reviews, ergonomic assessments, incident investigations, and consultations with internal and external partners on compliance matters. I provide training (on a number of EHS topics including PPE use, safety data sheets and hazardous compliance, lock out/tag out (LOTO), blood-borne pathogens and biomedical waste to name a few. In addition, I conduct research on the feasibility of options presented for changes to our manufacturing processes and equipment identifying how to manage the safety and compliance risks. Whenever we have construction within our facility, I am involved in the management of those vendors and compliance issues that require control. This type of project affords me interesting educational opportunities working with fire inspectors, property insurers, and any manner of construction-related specialties.

We also have a growing sustainability for reduction of environmental impact which include recycling and reuse programs. When working with these programs, there are many learning opportunities that occur daily on how to best integrate and keep pace with changes and needs of our manufacturing organization. Our facility is ISO 14001 and OHSAS 18001 compliant, and I am the site champion for those certifications.

I have the good fortune to work in a medical device manufacturing facility. Being with people who do things so different from me is really interesting to me. I enjoy helping them accomplish safer

manufacturing production objectives while maintaining environmental compliance and protection. Since we manufacture medical devices, it is a nice take on helping manufacturers so they ultimately help others externally in the medical field. It is a very interesting challenge for me to manage people and processes, and the interface that happens between the two. Though management of people and processes is interesting, it is the most challenging part of my job. Sometimes it is very easy to communicate clearly with those I work with, but at other times, it can be so difficult. But with challenges also comes rewards and I would say that the success of my challenges is the most rewarding part of my job.

One of the most interesting cases that I have worked on was when we had a medical emergency for one of our laboratories. An announcement came over the loud speaker to the facility I was working in. Along with members of my emergency response team, I rushed to the target area to learn what had occurred and to provide help. One of our employees had heated agar in an Erlenmeyer flask (used for microbiology plating). The employee thought the agar had sufficiently cooled and placed the flask into the sink to run water into the container. Due to the cool water hitting the hot substance, the thick, gelatinous substance erupted from the glass container and broke as though a volcano had exploded. While the employee was not cut, she had hot agar splashed on her in several locations, fortunately her safety glasses protected her eyes. When I arrived, she was at one of the sinks trying to cool herself with the sink water and a safety eye wash. I took her to the locker room and put her in the shower so we could, in semi-privacy, remove the shirt she was wearing to get the agar off her chest. The all-male emergency response team was great; they stood with their backs to us, trying to respect the privacy of our partially clothed, injured co-worker, and provided all the supplies I needed while we stood in the shower. Her teeth were chattering from the cold water soaking her and the cold packs put on the worst areas of her burns. After the paramedics arrived, I followed her to the hospital. The ER was backed up, and, since she was a “walkie – talkie” patient, she wasn’t high on the list for attention. The hospital was very cooperative in providing access to a shower and in we went, again. I was fairly certain she would have a large burn on her forearm that might scar, if it didn’t require a graft. It looked really bad, but it hadn’t sloughed skin while she was with me, so there was still hope. She received a tetanus shot before discharge that day and returned to work her next scheduled day without restrictions or a mark on her! Her case wasn’t even OSHA-recordable (all first aid), even though the hospital treatment was WC. To this day she hugs and kisses me when she sees me, she is so appreciative. She said it wasn’t just that she came out of that bad experience without a mark, but it was that I was with her and helped keep her stay calm when she was scared.

To determine how an injury is truly work related or if it is a personal condition that just began to get worse while at work, I feel it’s all within the investigation. You definitely may have to put your Sherlock Holmes hat on when you start to hear the different stories and different information that’s collected based on who you interview! It is like interviewing witnesses to an accident scene: every version is unique. Just because someone gets sick at work doesn’t mean the condition is work-related, especially if there is nothing in the workplace that is known to contribute to that condition. There are a number of letters of interpretation on the OSHA website which help with more complex determinations, too. And, understanding the difference between work-relatedness (OSHA) and workers’ compensation eligibility (Florida state law) is important. In our situation, we rely on our adjuster to make compensability determinations; our information about the investigation helps them make an informed decision.

If I could change one thing about occupational health it would be education of employers and companies. I find it is difficult for the world of business to truly grasp the occupational health, safety, and environmental challenges that impact “normal” business activities and processes. It isn’t terribly different from educating a

patient; educated patients make the best consumers because they are informed and can be involved in the decision-making. Education of employers/businesses about the role and value of the occupational and environmental health nurse only stands to aid other companies to see the value that we provide. If I could share something with other occupational nurses to help them in their work, I'd say be your own advocate. So many of us are independent practitioners that we do not have a peer in our organization to speak for or with us. Learn to engage and educate those with whom you work. This allows you to create business partnerships within your organization.

I have held several volunteer position at the chapter and state level. I am currently the Florida Occupational Health Conference (FOHC) Chair. I have also been the Governmental Affairs Chair / Liaison, President-elect and Chapter President for the Florida West Coast Association of Occupational Health Nurses (FWCAOHN). As the FWCAOHN Chapter President, I was also a Director for the Florida State Association of Occupational Health Nurses (FSAOHN). The experience and the titles carry weight with employers. It isn't that everyone always understands the nuances of what occupational health nursing entails, but they do understand professional associations, roles and responsibilities and specialty certifications. Networking with occupational health nurse also allows for free dialogue, easy give and take, lack of competition – we help our organization by helping each other. There is also opportunities for consultation on a particular issue – the “have any of you ever seen one of these?” sort of questions.

I have several mentors currently, specifically related to FOHC. I am thankful and immensely appreciative of those on the FSAOHN BOD and Mari Diaz (FOHC Speaker Coordinator) for all they have done to help me through my first year of being the FOHC Chairperson. In my career, I have enjoyed the benefit of several different mentors, at different times of my career, some within our current organization and others who are outside of occupational health entirely. I currently provide mentorship to another employee within Bausch & Lomb and feel privileged to be able to share the knowledge that I have gained to another individual.

I would encourage nurses to obtain their COHN/COHN-s because the educational preparation for the test will help round out your base of knowledge, and may identify for you other areas where you would like to grow. Professional certification is an important component for peer and employer recognition and appreciation for your knowledge base in this specialty field. It is well-worth the effort and expense. I also think having my COHN-s establishes recognition and appreciation by my employers and peers. Employers, even those who do not fully understand what a COHN-s can do for their company, recognize the certification as a mark of quality and as a level of competence that will aid in risk management of potential legal exposures. The certification also improves my status as a candidate for future job advancement as well. I am very thankful that my employer supports these efforts and assists with the payments of my CEU's and attendance at FOHC.

When asked why did I choose nursing as my career, I would say that I have always been a caregiver. One of my father's favorite recollections of me was when I was practicing being a nurse while he had a cold. I was three or four-years-old. Nursing has always been my primary career. I did do some work in Pediatrics. It was simply happenstance that I ended up in Occupational Health Nursing. I was completing my BSN and had a required course of study in community health nursing. There was a short paragraph in the text that described occupational health nursing which interested me. I then landed an internship with the City of Gainesville as an OHN and I was sold.

Would I pursue another degree? Maybe, but I wouldn't change that I am an OHN. I do like the aspect of

the EHS related to nursing. I feel that it is broader, easily recognized, and more versatile, at least for what I enjoy doing. I see value in the generalist disposition of EHS versus something that may be perceived as a very specific and perhaps more limiting discipline. I like trying new things and having the flexibility to do so is appealing, so if I obtained additional education, I think I would pursue a safety generalist degree.

I believe that I have made a difference in someone else's life while working as an Occupational Health Nurse. At our conference a few years ago the theme was about making a difference to just one. I have had a few "just one" experiences, and, while they bring chills to me thinking of them, I would not have responded differently in the moment and am thankful I happened to be present to help when those moments arose. So if I could suggestion one piece of advice for new occupational health nurses, it would be to "Be Brave!"

Congratulations to our Graduates

Congratulations

Scott Nickerson and Brenda Borton

*Scott and Brenda graduated this past Spring from
USF with a Masters degree in Nursing as an
Adult/Occupational Health Nurse Practitioner.*



For Sale

Contact your local Chapter President for more details



Door Prize Donations Needed for FOHC

It is always great to receive a gift as a door prize at conference. Each year our goal is to make sure that every person who attends conference walks away with a gift.

If you or someone you know is able to donate a gift please contact Donna Schaubert at dschaubert@cfindustries.com.

Great Gift Ideas:

- Gift cards to chain restaurants throughout Florida
- Visa gift cards
- Great gifts that bought because you knew you would find someone to give it to and now its sitting in your home still looking for an owner
- Promotional items from your work, vendors or sponsors
- Gas cards
- Publix gift cards



*Gift cards are a great way for your work, vendors, or sponsors, to donate as a way to support FOHC.

Mark Your Calendar



Association of Occupational Health Professionals (AOHP) National Conference

Location: Lake Buena Vista, FL
Conference: Sept 11-13th
<http://www.aohp.org/>

2013 Florida Occupational Health Conference (FOHC)

Preconference: Sept 19th
Conference: Sept 19th - 21st
<http://fsaohn.org>

National Case Management Week

October 13-19th, 2013

CMSA's Public Policy & Advocacy Summit

Location: Washington, DC
Conference: Oct. 29-30th, 2013
<http://www.cmsa.org>

RIMS the Risk Management Society

Location: Denver, CO
Conference: April 27-30th
<http://www.rims.org>

American Association of Occupational Health Nurses (AAOHN) National Conference

Location: Dallas, TX
Preconference: May 3rd -5th

Conference: May 5-8th

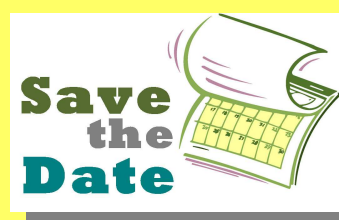
<http://www.aaohn.org>

American Society of Safety Engineers (ASSE)

Location: Orlando, FL
Conference: June 8-11th
<http://www.asse.org/>

Society for Human Resource Management (SHRM) Annual Conference & Exposition

Location: Orlando, FL
Conference: June 22nd—25th
<http://annual.shrm.org/>



Safety and Healthcare Warnings

FDA Warns of Rare Acetaminophen Risk

By [Robert Lowes](#), Medscape Medical News, Aug. 5, 2013

Anyone who develops a rash, blister, or some other skin reaction while taking acetaminophen should stop using the drug and seek medical care immediately. The painkiller poses the risk for three rare but potentially fatal skin disorders, the FDA announced. Read More...<http://www.webmd.com/pain-management/news/20130805/rare-acetaminophen-risk>



Safetymatters

In health care industry, who will keep workers safe?

Fatimah Waseem, USA TODAY, August 3, 2013

Health care workers suffer more injuries and illnesses on the job than those in any other industry, thanks in large part to limited federal safety standards and inspections of health care facilities, says a new report by a national advocacy non-profit. Read More...<http://www.usatoday.com/story/news/nation/2013/08/03/health-care-workers-injuries/2574265/>

Hurricane Season...It's Still Here!

Hurricane season lasts from June 1-Nov 30 each year. It's always good to be prepared. Keep these web sites available for further information on hurricane preparedness:

- ♦ <http://www.nhc.noaa.gov/prepar/ready.php>
- ♦ <http://www.fema.gov/hazard/hurricane/index.shtm>
- ♦ <http://www.cdc.gov/Features/HurricanePreparedness/>

You can also download weather apps to your smartphone:

- ♦ <http://www.redcross.org/mobile-aps/tornado-app>
- ♦ <http://www.weather.com/services/mobilsplash.html>



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What's your Role?



The role of the Southeast Director for AAOHN

By: Barb Maxwell RN, MHA, COHN-S, CCM, CWCP, QRP, FAAOHN

I recently completed my first year of a three (3) year term as one of the AAOHN Southeast Director. Many people wonder what this role consist of and what it means to serve in this capacity. As a Regional Director one services numerous states within a respective region.

The Southeast Director role serves as a liaison between National AAOHN and the Regional, State and Local Chapters. There are two (2) Directors elected for each respective region and represents a three (3) year commitment. The Southeast represents eight (8) states. The role consists of direction of duties/tasks by the National President and/or Executive Director. The Director takes issues, concerns, ideas, and etc. and acts as a voice for the respective region. The role also serves in reverse, we bring information back to the respective Chapters and assist with any task that Nationals request.

It is highly encouraged at the National Level for Regional Directors to stay connected and involved at the Regional, State and Local levels. Many states support their members to serve on the National Board. Many of the National Board of Directors serves in some capacity within their respective State or Local Chapters.

I feel honored to have been elected by the membership to serve in this capacity. We attend bi-monthly Board of Directors meetings that are usually telephonic in nature and serve on numerous committees. It is a lot of work but very fulfilling professionally. It was an honor to be asked if I would run again.



Nominations for FSAOHN for 2014-2016

Thank you to those who have volunteered or nominated someone for the current positions.

Voting will take place August 25th - 31st

Please check your emails near that time for your ballots information.

Lynda Ruckman, MS, RN, BSN, COHN-S
FSAOHN Nominations Chair

VICE PRESIDENT

Marianne C. Mika, RN, BSHCS, COHN, CMCN, CCM



My name is Marianne Mika and I am running for the office of Vice President for the State Association of Occupational Health Nurses. I currently hold this office filling in for the past Vice President, Deb Dicken.

I have held the office of Secretary and Nominations on the State level as well as the Webmaster, on the local level. I am a member of the Central FL Chapter and have held all the offices at that level except Treasurer. I have been a member of AAOHN and FSAOHN for over 20 years.

I graduated from Valencia Community College with an Associate in Nursing in 1986 after working for WDW for 10 years. I returned to Disney in 1989 to work in the WDW Employee Health Services Department for another 10 years before leaving to become a Work Comp Nurse Case Manager. I received my Bachelor of Health Care Services in 2005, from the University of Phoenix. I am a Phoenix!

I have been privileged in the past to receive the Medique Unique Leader Award in 2010 and the FSAOHN Nurse of the Year Award in 2011.

SECRETARY

Barb Maxwell, RN, MHA, COHN-S, CCM, CWCP, QRP, FAAOHN



Division Director Company Care
Occupational Health Services
HCA – West Florida Division

Barb established a hospital based occupational health program in 1986 known as Company Care for HCA. Her current responsibilities include management of operations for 10 Company Care Occupational Health Programs and 20 Employee Health Departments for the HCA West Florida Division.

Barb is currently the Secretary for FSAOHN and Treasurer for FWCAOHN and past-President of FSAOHN, Inc. She is a fellow through AAOHN.

Barb received her RN from St. Luke's Hospital School of Nursing, Kansas City, Mo., BS and Masters in Health Administration from the University of St. Francis, Joliet Illinois. She is a recognized expert in the field of occupational nursing and speaks nationally, and at state and local levels.



Health & Wellness



Recipe Corner

Shrimp Bruschetta with Orzo Pasta

Garlic, tomatoes, bread and olive oil create a bruschetta-style shrimp and orzo pasta dish that will win rave reviews.



What You Need:

- 1 1/4 c.** orzo pasta, uncooked
- 3/4 c.** KRAFT Italian Vinaigrette Dressing made with Extra Virgin Olive Oil, divided
- 3** large cloves garlic, minced, divided
- 1 lb.** uncooked large shrimp, peeled, deveined
- 1 1/2 lb.** cherry tomatoes (about 40), divided
- 1/2 lb.** baguette (1/2 of 16-oz. loaf), cut into 24 cubes
- 1 bunch** green onions (about 8)
- 1/4 c.** KRAFT Grated Parmesan Cheese

Make It:

HEAT grill to medium heat.

COOK pasta as directed on package.

MEANWHILE, mix 1/4 cup dressing and 1/3 of garlic. Thread shrimp onto 6 skewers; thread 24 tomatoes onto 6 additional skewers alternately with bread. Grill all skewers 3 min., turning and brushing occasionally with half the dressing mixture. Remove tomato skewers from grill. Place onions in single layer on grill grate. Grill onions and shrimp 2 to 3 min. or until shrimp turn pink and onions are crisp-tender, turning and brushing occasionally with remaining dressing mixture.

DRAIN pasta; place in large bowl. Quarter remaining tomatoes. Add to pasta with remaining dressing, garlic and basil; mix lightly. Slice onions; stir into pasta mixture. Sprinkle with Parmesan. Serve with shrimp skewers.

Provided by: www.kraftrecipes.com

Workouts & Wellness

Tell us what you are doing at your job to stay healthy.

How are you motivating your employees to stay healthy?

Do you have quick routine exercises that work!



What is the craziest exercise routine that you have come up with?

What do you do with your family away from work to relieve stress?



Send your stories to:
klentz@chsmedical.com

Governmental Affairs



Ask It!

Health Care: Where Do We Stand?

There are many concerns with the direction healthcare is going and what will happen in the future when the Affordable Care Act goes into effect. The thought is that many Americans are confused about healthcare and how it will work. There is even a push for Unions to accept cheaper healthcare benefits. Should you move to another state? Do the Physician's have an idea? Or just maybe one might consider launching a Health Insurance Company. To read more...

<http://www.futurity.org/health-medicine/most-americans-are-confused-by-health-insurance/>

<http://www.nytimes.com/2013/08/05/nyregion/health-care-law-raises-pressure-on-public-employees-unions.html?pagewanted=all&r=2&>

<http://www.cnbc.com/id/100863782>

<http://www.medpagetoday.com/TheGuptaGuide/PrimaryCare/40641>

<http://www.washingtonpost.com/blogs/wonkblog/wp/2013/07/05/want-to-kill-health-insurers-this-start-up-is-teaching-hospitals-how/>

Do you have an Occupational Health Question or Challenge? Try AAOHN's "Ask It" to get answers now.

Have a practice related question? Seeking opinions on a education or career-related matter? Need feedback on a challenge in the workplace?

AAOHN's "Ask It" feature is the place to go for

1. answers 24/7, 365 days a year. There are two ways to take Ask the Practiced Committee for a researched response.
2. Ask AAOHN Members (open forum discussion).

For more information go to <http://www.aaohn.org/ask-it.html>

Want to Publish your Article?












You have a great article that you worked days and weeks on and now you really want someone to see it. If that's you, submit your article to klentz@chsmedical.com to have it publish it our CUE.

Hot Topics for Discussion

OSHA's New Hazardous Communication Pictograms

OSHA is implementing progressive tiered changes to the Hazardous Communications Standard. Part of the changes includes standardized pictograms for noting chemical hazards. The pictograms are already part of the international chemical labeling. Over the next few months we will post one of the pictograms and provide an explanation of what it means. You will see these pictograms on container labels. OSHA mandates complete compliance by June 1, 2015. For more information attend the upcoming **CE at FOHC by Joan Spenser** or visit https://www.osha.gov/Publications/HazComm_QuickCard_Pictogram.html

HCS Pictograms and Hazards

Health Hazard  <ul style="list-style-type: none"> • Carcinogen • Mutagenicity • Reproductive Toxicity • Respiratory Sensitizer • Target Organ Toxicity • Aspiration Toxicity 	Flame  <ul style="list-style-type: none"> • Flammables • Pyrophorics • Self-Heating • Emits Flammable Gas • Self-Reactives • Organic Peroxides 	Exclamation Mark  <ul style="list-style-type: none"> • Irritant (skin and eye) • Skin Sensitizer • Acute Toxicity • Narcotic Effects • Respiratory Tract Irritant • Hazardous to Ozone Layer (Non-Mandatory)
Gas Cylinder  <ul style="list-style-type: none"> • Gases Under Pressure 	Corrosion  <ul style="list-style-type: none"> • Skin Corrosion/Burns • Eye Damage • Corrosive to Metals 	Exploding Bomb  <ul style="list-style-type: none"> • Explosives • Self-Reactives • Organic Peroxides
Flame Over Circle  <ul style="list-style-type: none"> • Oxidizers 	Environment (Non-Mandatory)  <ul style="list-style-type: none"> • Aquatic Toxicity 	Skull and Crossbones  <ul style="list-style-type: none"> • Acute Toxicity (fatal or toxic)

Resource Page

15 Minutes of Leadership



How to Stop Micromanaging and Rise to Leadership

As a leader, do you find yourself micromanaging employees?

Read more...<http://keithferrazzi.com/article/how-stop-micromanaging-and-rise-leadership>

Elevate-Your-Leadership

Many managers express frustration about not being included in strategic planning activities. They want to do more than participate as ancillary tacticians. These managers don't realize that the reason they're not called in to strategize is because they don't demonstrate their ability to do so on a daily basis. To change this, managers must adjust how they view their roles. Read more...<http://www.shrm.org/Publications/ManagingSmart/Pages/Elevate-Your-Leadership.aspx>

Continuing Education



FREE WEBINAR

Sponsored by AAOHN

Wednesday, August 21, 2013

11:00 a.m. - 12:00 p.m. CDT

Seasonal Influenza and Other Adult Immunizations Update

Summary: Learn the CDC's recommendations for this year's the seasonal influenza immunizations, the strains it will combat and about the newest types of vaccine. Examine approaches to influencing the largest number of employees to participate in a program that can maintain performance, reduce absenteeism and avoid pain and suffering. Realizing that the annual influenza immunization campaign may be the best time to assess workers' other adult vaccination status, Td/Tdap, Hepatitis... discuss how you can work this into the conversation and update more than the flu vaccine.

Contact Hours: 1.0

To Register: <http://www.aohn.org/education/online-learning-center/live-webinars/detail/17-live-webinars/204-webinar-free-seasonal-influenza-and-other-adult-immunizations-update.html>

Thank you to our Chapter Sponsors



Nick Nickerson, ATC, LAT, CEAS
& Warren Chinyanganya, PT
From Select Physical Therapy

Presentation:
Obesity in Rehab: A Weighty Topic

Dinner sponsored by:
Select Physical Therapy

*Thank You from the Florida Space Coast
Association of Occupational Health Nurses*

Career Opportunities

Post your Career Opportunities Here



Who can apply for Scholarship Money?

Anyone can apply for scholarship money through FSAOHN. Go to the website <http://fsaohn.org/> today and fill out your application.

Submit applications to macmikaf@gmail.com



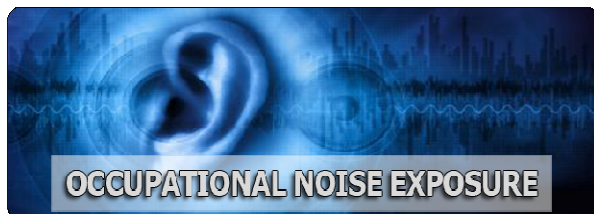
What does the Occupational Health Nurse have to offer in your local community?

Several of the local Florida Chapters have lots to offer in the local Florida community's. Check out your local Occupational Health Nurses chapter for the following opportunities.

◆ Preceptorship for Nursing Students



- ◆ Presentation of what is a "Occupational Health Nurse?" in your local High School & Colleges
- ◆ CE offerings for Nurses and Nurse Practitioners



◆ Up to date knowledge regarding changes in Occupational Health



◆ Leadership, Management and Mentoring Opportunities



- ◆ Ability to meet the merit badges education requirements for both the Boy Scouts of America and the Girl Scouts of America

Changing the future of Tomorrow



**CHANGING
LIVES FOR
THE BETTER**



Community Events

FLFAOHN

The Ft. Lauderdale Chapter 2013 volunteer team “Occupational Health Nurses Care for the Community”



FLFAOHN Chapter members
(Kim Freitas, left & Pam Voller, center)

The Ft. Lauderdale Chapter of Occupational Health Nurses has logged over 40 cumulative volunteer hours since we started in March, 2013, benefitting the Broward Humane Society, performing Community Outreach Education with Arrow, Inc. at the 2013 Ft. Lauderdale PRIDE Festival and Miami Beach PRIDE Festival, and serving as Parade Route Marshalls at the Florida AIDS Walk.

They have partnered with Arrow, Inc. (Area Resource and Referral Organization for Women, targeting the LBT community of South Florida) in providing community service and will be introducing CE on the topic of providing occupational health to the LBT community to our chapter. Chapter President Stephanie Weinsie, a NP for American Express stated, “We look forward to promoting this partnership and possible opportunities to provide training and increase knowledge related to removing the barriers to care for the LBT population.

Photo Left:

FL AIDS Walk with volunteer Route Marshalls dressed as Flying Nuns (Front & Center: Stephanie Weinsie wearing the their chapter t-shirt that says “Occupational Health Nurses Care” “Ask Me How”)



FSCAOHN

A group of nine women, members of the Florida Space Coast Association of Occupational Health Nurses Inc., are posing behind a table filled with various food items and supplies. A banner in the background reads "Florida Space Coast Association of Occupational Health Nurses Inc." and features a logo with the letters "ASCHN". The table is covered with a white cloth and is laden with numerous cans of soups, boxes of instant noodle soups (like Ramen and Nissin), boxes of Triscuits, boxes of instant rice, and several rolls of towels. The women are smiling and looking towards the camera. The setting appears to be a community center or a meeting room.

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Board of Directors 2013

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