

— IOWA BOARD OF NURSING —

# Newsletter

May, June, July 2019

Volume 38, Number 2

**NATIONAL  
NURSES WEEK**  
MAY 6 - 12, 2019

*Remembering the Past*  
**TO GUIDE THE FUTURE**

*Read the*  
**IOWA SUBSTANCE  
ABUSE BRIEF**





## A NOTE FROM THE BOARD

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**GIVEN THE CHANGING LANDSCAPE** of marijuana, including the legalization of recreational marijuana in some states, we want to ensure licensees understand how the use of recreational marijuana may impact their Iowa nursing license.

Recreational marijuana remains illegal under federal law and under Iowa law. Use of recreational marijuana, regardless of the location of use, may result in disciplinary action against your Iowa nursing license or privilege to practice. Note that employers and potential employers frequently forward the results of positive drug screens to state licensing boards in states where you have a nursing license. When we receive such a report, a complaint may be opened, even if a positive drug screen was the result of your use of recreational marijuana in a state where recreational marijuana is legal.

We encourage all nurses to think about the potential consequences of using recreational marijuana prior to engaging in such conduct.



## MEMBERS OF THE IOWA BOARD OF NURSING

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May 1, 2019 - April 30, 2020

### TERM ENDS

Gwen Suntken, MS, RN Chairperson, Representing Nursing Practice	2020
Nancy Kramer, EdD, ARNP, CPNP, CNE Vice Chairperson, Representing Nursing Education	2022
Kathryn Dolter, RN, PhD Representing Nursing Education	2021
Mark G. Odden, BSN, MBA, CRNA, ARNP Representing Nursing Practice	2022
Sue Putnam, LPN Representing LPN Nursing Practice	2020
BJ Hoffman, Public Member	2020
Public Member - Vacant	

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## BOARD MEETINGS

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JULY 10, 11, 12, 2019 (JUNE 12, 2019)

OCTOBER 9, 10, 11, 2019 (SEPTEMBER 11, 2019)

JANUARY 15, 16, 17, 2020 (DECEMBER 18, 2019)

### AGENDA AND MINUTES ON THE WEB

All Board agendas are on our website. Agendas are posted at least 24 hours in advance of a meeting. Previous agendas are archived on the website by date. Board minutes are posted at our website approximately three (3) months following the meetings.

You can locate the Agenda and Minutes at our website, <https://nursing.iowa.gov>, under the "About Us" tab. Click on the "Board Meetings" link for a list of meetings and calls. You may subscribe to email notifications about the first posting of a meeting or conference call agenda by subscribing through the email link located on the "About Us" page of the website. See "Get Email Updates," click on the "Subscribe" button.

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



# 4 million

## REASONS TO CELEBRATE

On behalf of the entire staff of the Iowa Board of Nursing, "**Happy Nurses Week**" to all nurses! Thank you for your commitment to making nursing the most "most honest and ethical" profession for 17 years in a row! ([Gallup.com](http://Gallup.com))



**#NursesWeek**

Beginning in 1993, the American Nurses Association declared May 6-12 as the national week to celebrate and elevate the nursing profession.

## REMEMBERING THE PAST TO GUIDE THE FUTURE

by Kathy Weinberg, MSN, RN, Executive Director

Remembering our past *can* guide the future. With the number of licensed nurses in America and Iowa continuing to grow, I thought this re-run of an article from the *Nursing Newsletter* in 2014 would be helpful. It has already been over four years since the Iowa Board of Nursing revised its mission statement to the following: *The mission of the board is to protect the public health, safety and welfare by regulating the licensure of nurses, the practice of nurses, nursing education and continuing education.*

It is interesting to take a historic look at nursing regulation in Iowa and how regulation looks today as it relates to the four areas highlighted in the mission statement: licensure, practice, nursing education and continuing education.

(The text in italics is taken from historical documents stored in the board office, there is no specific author cited.)

LICENSURE OF NURSES. *In 1908, the licensing exam was comprised of 50 essay questions divided into five sections, at least one of which was completed orally. There were 10 questions on “disease of men” taken by male candidates only.*

*The first license issued by examination was number 696 because 695 nurses had been licensed by waiver on the basis of previous experience or education. All seven testers who sat for the examination passed. Six months later, 50 individuals took the exam and Iowa recorded its first failure.*

*The examination was comprised of essay questions until 1935 when a Board – constructed, multiple choice exam of 500 questions was initiated. In 1946 the exam was changed to a national State Board Test Pool Exam (SBTPE).*

*State boards converted from the SBTPE to the National Council Licensure Examination (NCLEX) in 1982. In 1994 the National Council of State Boards of Nursing converted to a computerized adaptive testing methodology (CAT) that allowed candidates to self-schedule the NCLEX examination at board approved centers of their choice.*

The National Council of State Boards of Nursing’s CAT is the testing methodology which continues today. To be eligible to sit for the NCLEX an applicant must have graduated from an approved nursing program preparing registered nurses as defined in Iowa Code section 152.5(1)

or an approved nursing program preparing practical nurses as defined in Iowa Code section 152.5(1). To be licensed an applicant must pass the NCLEX.

Licensure is also based on board approval of an applicant with a criminal history or a record of prior disciplinary action, regardless of jurisdiction.

Licensure today is defined by the Iowa Code and the Iowa Administrative Code. A nurse is licensed in Iowa upon initial licensure by examination, renewal of their license or by endorsement from another state. It is defined in Iowa Code section 147.2 that a person practicing nursing shall obtain a license from the board for the profession.

The Iowa Board of Nursing protects the public by ensuring that those individuals practicing nursing have an active Iowa license and meet the requirements as defined in Iowa Code and Iowa Administrative Code for licensure. As a practicing nurse you are accountable for maintaining your licensure through timely renewal.

On a personal note, I am considered an old – maybe the word should be “seasoned” – nurse, and as many of you do, I remember taking the licensing exam with hundreds of other “graduate nurses” in Veterans Auditorium on a very hot summer day. Actually it was a two-day event, with five different fill-in-the-dot tests. Testing has certainly come a long way and who knows what it will be like in the years to come? Watch for more information about the Next Generation NCLEX from the National Council of State Boards of Nursing.

*The Practice of Nursing. On March 12, 1907, the Iowa Legislature took the first step toward ensuring that individuals providing nursing care to the citizens of Iowa were qualified to do so by passing a law that required education and licensure by examination. Prior to 1907, hospitals set their own educational standards as a condition of employment. There was not an entity to prohibit an individual from claiming to be a nurse.*

*The 1907 Code of Iowa required an applicant to be 23 years of age and of “good moral character.” The latter requirement remained in law until 1964. Proof was supplied in the form of personal references, preferably from clergymen and teachers.*

*There was no definition of the practice of nursing in the first Nurse Practice Act. The first legal definition of nursing is found*

## *The mission of the board is to protect the public health, safety and welfare by regulating the licensure of nurses, the practice of nurses, nursing education and continuing education.*

*in the 1938 Code of Iowa and identifies that “any person shall be deemed to engage in the practice of nursing who practices nursing as a graduate or registered nurse, or publically professes to be a graduate or registered nurse and to assume the duties incident to such a profession.”*

WHAT DEFINES NURSING TODAY? According the Iowa Code, Chapter 152, the “practice of nursing” means the practice of a registered nurse or a licensed practical nurse. The code goes on to say, the “practice of a licensed practical nurse” means the practice of a natural person who is licensed by the board to perform services in the provision of supportive or restorative care under the supervision of a registered nurse or a physician. The “practice of the profession of a registered nurse” means the practice of a natural person who is licensed by the board to formulate nursing diagnosis and conduct nursing treatment of human responses to actual or potential health problems through services, such as case finding, referral, health teaching, health counseling, and care provision which is supportive to or restorative of life and well-being.

In 2015, legislation was enacted to include the definition of an Advanced Registered Nurse Practitioner, 152.1: “... means a person who is currently licensed as a registered nurse under this chapter or chapter 152E who is licensed by the board of nursing as an advanced registered nurse practitioner.”

The Advanced Registered Nurse Practitioner must practice pursuant to Iowa Administrative code 655, Chapter 7.

In today’s world you – the licensed practical nurse, the registered nurse and the ARNP – must ask yourselves if you are practicing nursing within the parameters of the definitions as cited in Iowa Code and Iowa Administrative Code and within your specific scope of practice. You must ask yourself, is my practice guided by my education, experience, competencies and is it upheld by the highest standards of practice based on research and evidence?

As a licensed nurse in Iowa you are accountable for your actions, for using sound nursing judgment and for carrying out the nursing process. Every day you should ask yourself, does my practice promote the protection of the public’s health safety and welfare?

NURSING EDUCATION. *In 1908, applicants were required to be graduates of training schools which were in good standing with the Board of Health and included two years of instruction in general hospital practice. After July 1, 1910 no training school could be approved unless it was attached to a general hospital and had at least a three year course of study. In 1915, a requirement*

*for one year of high school was instituted. This was increased to a two-year requirement in 1926 and to a four-year requirement in 1930.*

*In 1915, there were only 10 schools in the United States that reported full-time paid instructors. Curricula were designed by each Director of Nursing, with physicians often teaching anatomy and physiology. Two years later, and 10 years after mandatory licensure in Iowa, a standard curriculum was developed by the National League of Nursing Education. Adherence to that curriculum was voluntary until 1939. In 1927, a Division of Nursing Education was set up in the Iowa Department of Health to review records of applicants and inspect training schools. This Division was separate from the Board of Nurse Examiners. The two were united with the creation of the Board of Nursing in 1935. The Iowa Board of Nursing retained authority for approval of all formal nursing education programs.*

*According to Goodnow’s History of Nursing, a prominent faction of policy makers as late as 1930 opposed higher education for nurses, on the grounds that “the average nurse did not need it, that women with less education did satisfactory work, and that intellectual women often made poor nurses.” The U. S. Census Bureau classified nurses as semi-professional status in 1940.*

*Iowa law required three years of training for Registered Nurses until 1964. At that time, the Board decreased the requirement to two years to accommodate Associate Degree programs. Administrative rules permitting the use of clinical nurse preceptors were implemented in 1994. The last hospital-based diploma program in Iowa closed in 1999. By 2002, there was one doctoral program, five post-master’s programs, five master’s programs, 13 baccalaureate programs, 26 associate degree and 28 practical nursing programs.*

*The Iowa Articulation Plan for Nursing Education was implemented in 1990. The Plan provided four options through which graduates of associate degree and practical nursing programs could progress to the baccalaureate level with minimal repetition of course content.*

Today, in 2019, the Iowa Board of Nursing approves 26 practical nursing programs, 34 associate degree programs, 20 baccalaureate programs, 6 post master’s programs, 8 master’s programs and 7 doctoral programs. The Iowa Board of Nursing has the authority to approve nursing programs pursuant to Iowa Code, 152.5.

What an impact time has played in the promotion of nursing education as it relates to the practice of safe, competent and intelligent nurses! How strange to believe that the less-intellectual a person is the better nurse they would be. We certainly have come a long way since 1930!

Not only has the importance of education progressed, but also the method in which nursing education is delivered is changing daily. The advent of on-line education has empowered the nurse to become educated while sitting in the comforts of her or his home. Clinical experiences may be completed under the direction of preceptors and high-fidelity simulation is giving nursing students real-life client scenarios they otherwise may not have the opportunity to have.

Education is the safeguard to protecting the public health, safety and welfare. Nursing education promotes the development of confident and safe nurses, it promotes the highest standards of practice based on research and evidence and it continues to promote nursing as the true profession it is.

**CONTINUING EDUCATION.** *In 1978, the legislature passed a law which made continuing education a prerequisite for license renewal. The initial requirement was 15 contact hours annually. This was extrapolated to 45 contact hours when the licensure cycle was expanded in 1980 to every three years by birth month.*

*In 2001, the requirement was reduced to 12 contact hours per year, or 36 contact hours every three years.*

In 2018, the 655 IAC Chapter 5 continuing education rules were updated. Continuing education (CE) continues to be mandated by Iowa law as a prerequisite to renewal of an Iowa nursing license. Though continuing education is often viewed as a mandate, the true intent is the opportunity to be a lifelong learner who provides safe and competent care to the public. If you hold certification in your nursing role, you may now use those certification requirements towards the CE requirements for license renewal.

As advancements in the healthcare field continue, the need for learning new skills, new research studies and new treatments also continue. Make it a commitment in your learning to choose continuing education which will impact your practice and once again promote the protection of the public's health, safety and welfare. Learning should never stop!



**MAY 6–12 IS NATIONAL NURSES WEEK**

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**TERMS START EVERY 11 WEEKS.**



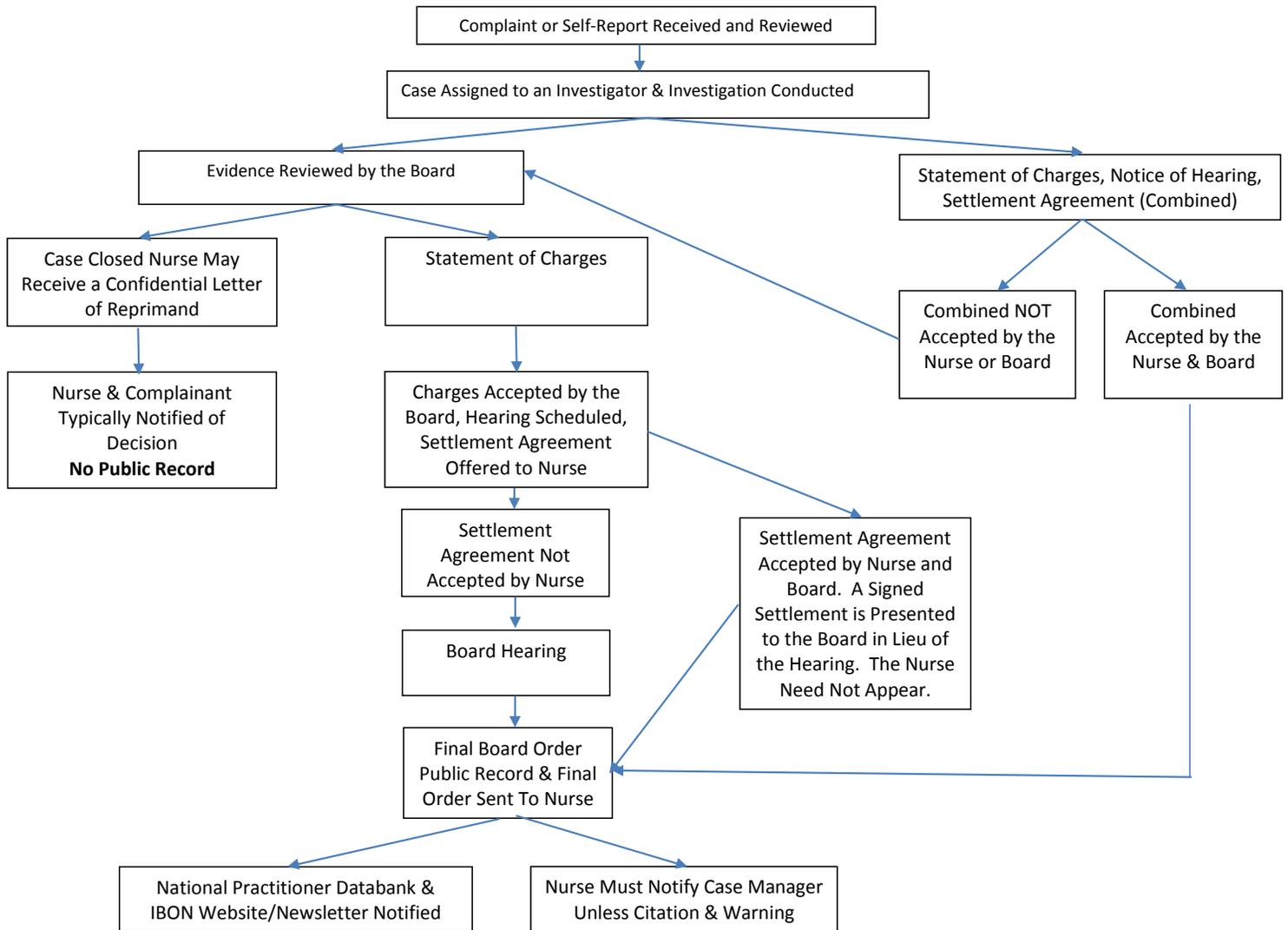
The baccalaureate degree in nursing, master's degree in nursing, Doctor of Nursing Practice program, and the post-graduate APRN certificate programs at Purdue University Global are accredited by the Commission on Collegiate Nursing Education ([www.CCNEAccreditation.org](http://www.CCNEAccreditation.org)).

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UNIVERSITY

# NURSING PRACTICE DISCIPLINE PROCESS

## Disciplinary Process



All Statement of Charges, Notice of Hearing, Settlement Agreements (Combined) are reviewed by an Assistant Attorney General prior to issuance. Please call if you have questions about the process (515)281-6472

# THE IOWA NURSE ASSISTANCE PROGRAM CAN HELP

## WHAT?



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

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

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

### Are programs like this successful?

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

## WHO?



### Who may be eligible for the program?

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

### Referrals may come from:

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

## WHY?



### Impairment can cost your job and license.

#### INAP Serves Nurses:

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

#### INAP Serves the Public:

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

## How INAP is Managed

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

The committee members have expertise in substance use. All licensees seeking entry into the program must be approved by the committee. Entry into the program is at the sole discretion of the INAP committee.

## IOWA NURSE ASSISTANCE PROGRAM



OFFERED BY THE IOWA BOARD OF NURSING

### THE INAP COMMITTEE MAY:

- 1) Evaluate on a case by case basis whether candidates are appropriate for the program
- 2) Refer non compliant cases to the Iowa Board of Nursing
- 3) Monitor the recovery process of participants

### CONTACT US:

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

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

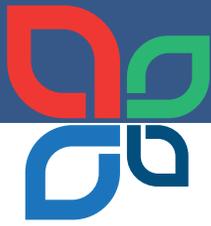
For more information please refer to the INAP handbook on the Board of Nursing website



ASSURING SAFE

NURSING CARE IN IOWA

A monitoring program for nurses



*Reprinted with permission from IDPH.*

### Did you know that in 2017,

drugs - including prescription medications, illicit drugs, and over-the-counter medications - were the underlying cause of death for 77 percent of all poisoning deaths? Learn this and more in this recently released IDPH Iowa Substance Abuse Brief on Drug Overdose.



### Drugs Caused Seven Out of 10 Poisoning Deaths

In 2017, drugs - including prescription medications, illicit drugs, and over-the-counter medications - were the underlying cause of death for 77 percent of all poisoning deaths (Table 1). Of the drug overdose deaths, more than three-quarters were unintentional and nearly one-fifth were suicide or intentional self-harm. Males had a drug overdose rate 1.6 times higher than females (Table 1). The rates of drug overdose deaths were highest amongst people aged 25-44 and 45-64 at 19 per 100,000 people. Since 2000, drug overdose death rates among males 25 to 44 years of age have increased 421%; among females 25 to 44 years of age rates have increased 327% (IDPH Vital Statistics, 2017).



### Drug Overdose Deaths: A Public Health Perspective

Drug overdose deaths are the third leading cause of injury deaths in Iowa (Iowa Department of Public Health Vital Statistics, 2017). Since 2010, drug overdose deaths have increased 38 percent. In 2017, the drug overdose death rate was similar to motor vehicle traffic-related deaths (11 per 100,000 population; Figure 1).

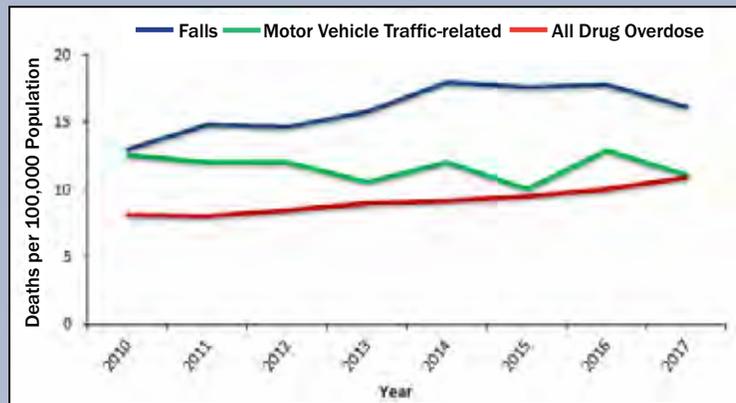


Figure 1: Leading Causes of Death, Iowa Residents, IDPH Vital Statistics, 2010-2017

		Number	Percent	Rate/100,000 persons
Gender	Female	129	38	10
	Male	213	62	16
	Total	342	100	11
Age (in years)	<25	31	9	3
	25-44	146	43	19
	45-64	151	44	19
	65-84	14	4	3
	85+	0	0	0
Intent	Unintentional (also known as "accidental")	259	76	8
	Natural	5	1	<1
	Suicide	63	18	2
	Homicide	1	<1	<1
	Undetermined	14	4	<1

Table 1: All Drug overdose deaths (n=342): Demographic characteristics and intent, Iowa residents, IDPH Vital Statistics, 2017.

**In 2017, 77% of all poisoning deaths were drug related (prescription, illicit and over-the-counter).**





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## Addressing the Opioid Overdose Problem in Iowa

- IDPH funds opioid treatment programs to provide medication assisted treatment to Iowans in the form of methadone maintenance initially and since has added medications such as Naltrexone and Buprenorphine.
- In 2016, Governor Branstad signed Senate File 2218 and House File 2460 into law, which increased availability of Naloxone for persons in a position to assist.
- Later in 2016, State Epidemiologist Dr. Patricia Quinlisk issued a statewide “standing order” allowing a person in a position to assist in the event of an opioid overdose, to go into any participating pharmacy and purchase Naloxone without first having to see a physician.
- In 2018, IDPH designated both suspected and confirmed opioid overdoses requiring administration of Naloxone, as reportable conditions in Iowa. This means all Iowa hospitals (primarily Emergency Departments) are required to report within 3 days, all suspected and confirmed cases of opioid overdose requiring administration of Naloxone. The purpose of this mandate is to help facilitate real-time targeted interventions and current trend analysis.
- To support expanded access to Naloxone, IDPH has since supported numerous related efforts, which include: development of the Opioid Overdose Recognition and Response brochure; training over 100 community members to train others on proper response to an opioid overdose, including naloxone administration; a statewide opioid overdose prevention media campaign; and, distribution of over 3,000 free Narcan kits to the Department of Public Safety, Department of Corrections, Emergency Medical Services providers, and the general public.

## Opioid Pain Relievers Contributed to 60 Percent of the Drug Overdose Deaths in Iowa

In 2017, methamphetamine\*\* contributed to 28 percent of the 342 drug overdose deaths in Iowa, while opioid pain relievers, such as oxycodone or hydrocodone, contributed to 60 percent (Iowa Department of Public Health Vital Statistics, 2017). From 2014 to 2017, deaths due to opioids increased 40 percent (Figure 2). During the same period, deaths due to heroin increased 700 percent (from 8 deaths to 64 deaths), methamphetamine-related deaths increased 300 percent, and cocaine-related deaths decreased by 18 percent (Figure 2).

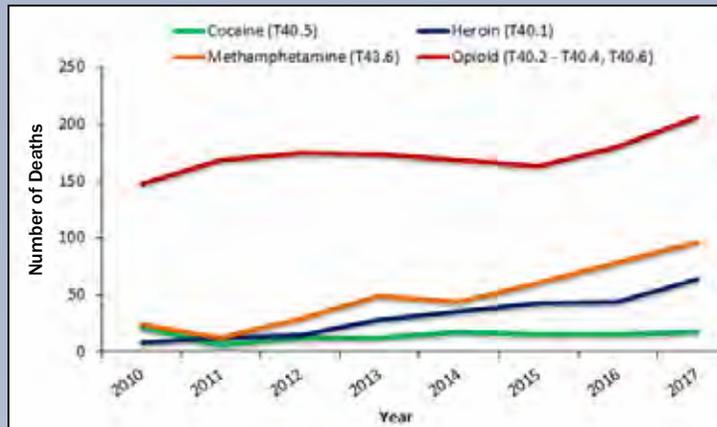


Figure 2: Number of Drug Overdose Deaths Involving Opioids and Other Drug Types, IDPH Vital Statistics, 2010-2017

**NOTE:** To identify drug overdose deaths and the specific drugs involved from the death certificate, a two-step analysis is conducted using ICD-10 codes. First, only death certificates with an underlying cause of death in X40-44, X60-64, X85, or Y10-14 are selected. From there, specific ICD-10 drug codes in the contributing cause of death fields are searched to identify all drug overdose deaths that involved each drug category of interest (T40.1-40.5).

\* A death may involve more than one drug and hence be counted more than once; a death with heroin (T40.1) and cocaine (T40.5) would be counted in both categories.  
 \*\*Methamphetamine does not have its own ICD-10 code, and is included in a broader group of “Psychostimulants with abuse potential.”



### Sources

Iowa Department of Public Health, Division of Behavioral Health. Vital Statistics. (2010-2017).

# Vital Update



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## \*\*\*Immediate Action Required\*\*\*

The Centers for Disease Control, National Center for Health Statistics has released preliminary statistics on Fetal Death reporting in Iowa. Per [Iowa Code 144.1\(7\)](#):

*“Fetal death” means death prior to the complete expulsion or extraction from its mother of a product of human conception, irrespective of the duration of pregnancy. Death is indicated by the fact that after expulsion or extraction the fetus does not breathe or show any other evidence of life such as beating of the heart, pulsation of the umbilical cord, or definite movement of voluntary muscles. In determining a fetal death, heartbeats shall be distinguished from transient cardiac contractions, and respirations shall be distinguished from fleeting respiratory efforts or gasps.*

This preliminary report shows Iowa is **underreporting** the number of fetal deaths. As of December 15, 2018, Iowa has reported 65% of projected fetal deaths; however, previous years place this percentage closer to 83.5%, which is a significant difference.

Possible reasons for underreporting:

1. The death was reported as a death but not as a Fetal Death (The death was entered in the Electronic Death Registration System);
2. The fetal death was reported as an Induced/Spontaneous Termination;
3. The fetal death record was completed but was not submitted to Vital Records; or
4. The fetal death record was never completed.

Your assistance is needed to identify these missing records. Please verify that all fetal deaths have been reported correctly. Reporting accurate information to the National Center for Health Statistics is one of our top priorities. This information is a valuable resource which is used by many of our local and federal partners.

If you have fetal deaths that were overlooked, please complete the [Certificate of Fetal Death](#) form. The form is available on the [Vital Records Portal Page](#). The original form, on registration paper, must be submitted to:

Iowa Department Public Health – Bureau of Health Statistics  
321 E. 12th Street  
Des Moines, IA 50319

If you have questions or concerns, please contact the death registration team. Thanks for your assistance with this very important matter.

## Contact Information

Name	Phone	Email
Sandra Lyles Field Representative	515-725-2963	<a href="mailto:Sandra.Lyles@idph.iowa.gov">Sandra.Lyles@idph.iowa.gov</a>
Michele Houston Death Registration Specialist	515-281-5153	<a href="mailto:Michele.Houston@idph.iowa.gov">Michele.Houston@idph.iowa.gov</a>

# EDUCATION - FREQUENTLY ASKED QUESTIONS

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**Q** *Does the Iowa Board of Nursing approve out-of-state nursing programs?*

**A** The Iowa Board of Nursing does not approve out-of-state nursing programs, but they do **accept** out of state programs if the programs meet the following requirements:

1. The program is **approved** by the state board of nursing or agency which regulates nursing programs in that state.
2. The program is in good standing with the regulatory agency.

Please contact the appropriate state board of nursing or agency to find out if the program meets these requirements.

If the program is **approved** and in good standing an individual may take the NCLEX in Iowa for licensure.

**Q** *Does the Iowa BON review criminal conviction information prior to an individual starting or concluding their nursing education?*

**A** No, the board does not review criminal conviction information prior to an individual starting or concluding their nursing education.

Once an individual has met the graduation requirements, they can apply for licensure. If they have answered “yes” to the criminal conviction question on the licensure application they must submit copies of the paperwork associated with this offense to the Iowa Board of Nursing to be approved for licensure. The Board will review the conviction prior to licensure. The applicant has the option to sit for the NCLEX exam before they have received approval for licensure from the board.

You may read the instructions for licensure application with a criminal conviction located at the following link: <https://nursing.iowa.gov/node/47>. Scroll down the page for information about criminal convictions.

**Q** *Do nursing students practice under their clinical instructor’s nursing license?*

**A** Nursing faculty frequently talk about students practicing under a nursing instructor’s license. This is an inaccurate statement because the only person who works on a nurse’s license is the person named on the license.

Nursing Practice Acts include statutory language that specifies what are called exemptions or exceptions to the requirement for a nursing license. Typically, practicing nursing as a student who is enrolled in an approved nursing program is one of the exempted (or excepted) practices. The nursing student is accountable for his or her nursing actions and behaviors to patients, the instructor, the facility and the nursing program.

The accountability for nursing instructors is for their decisions and actions as an instructor. For example, the instructor is accountable for the selection of patients for the nursing students’ assignments. The instructor is expected to support students preparing for the clinical experience and to monitor students’ clinical performance. Most critically, the instructor must intervene if necessary for the protection of the patients when situations are beyond the abilities of the students. Instructors must identify “teaching moments” as well as assess and evaluate the students’ clinical performance.

The broader accountability reflects the education, experience and role of the instructor, who is accountable to the patient, the student, the facility, the nursing program and the professional licensing board.





## THE FUTURE OF PAPERLESS LICENSURE

During the October 2018 meeting, the Iowa Board of Nursing members discussed the future of transitioning to paperless licenses. During the meeting held in January 2019, it was announced that the Board of Nursing will transition to paperless licensure on July 1, 2019!



### WHAT WILL GOING PAPERLESS LOOK LIKE IN THE FUTURE?

A nurse will complete the appropriate application process and instead of receiving a paper wallet card in the mail they will receive an email after their application is complete stating they hold an active Iowa license, with a number and information concerning verifying their license online. A 5" x 7" certificate will continue to be sent out for an initial license and an endorsement license at this time.

### WHAT ARE THE BENEFITS OF GOING PAPERLESS?

- The best licensure verification is obtained online
- Licensure status can be verified electronically anytime from anywhere
- Licensure status is updated in real time
- The threat for fraud is virtually taken away
- Staff time in sending out wallet cards is eliminated
- The licensing process becomes more efficient.

Per the National Council of State Boards of Nursing Member Board Profiles, 32 states issue initial licenses paperless and 39 states issue renewals paperless.

The Iowa Board of Nursing will continue to keep you updated on the paperless transition. Continue to follow this initiative in the *Nursing Newsletter*, the Board's website and our Facebook page.

## LOOK FOR IT: JULY 1, 2019 = PAPERLESS!



## DON'T FORGET TO RENEW YOUR LICENSE

### REMEMBER:

Your renewal deadline always occurs on the 15<sup>th</sup> of your birth month.

### IT'S EASY! JUST FOLLOW THESE 4 SIMPLE STEPS:

1. Go to the Iowa Board of Nursing website at <https://nursing.iowa.gov>
2. Select "IBON Online Services" and click on the link entitled "Renew an Existing RN, LPN or ARNP license."
3. Sign in with your account ID and password. If it is your first time using the online system, follow the steps to create an account.
4. Complete the application and pay the renewal fee by either credit or debit card.

### THAT'S IT - YOUR LICENSE IS RENEWED!

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

LICENSE EXPIRATION DATE	RENEWAL DATE RANGE	LATE FEE ASSESSED	INACTIVE STATUS (IF NOT RENEWED)
April 15, 2019	February 15, 2019 - April 15, 2019	April 16	May 16, 2019
May 15, 2019	March 15, 2019 - May 15, 2019	May 16	June 16, 2019
June 15, 2019	April 15, 2019 - June 15, 2019	June 16	July 16, 2019
July 15, 2019	May 15, 2019 - July 15, 2019	July 16	August 16, 2019

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

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

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

## COMMUNICATING WITH THE IOWA BOARD OF NURSING



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

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

QUESTIONS ABOUT	CONTACT
<ul style="list-style-type: none"><li>• Name/address changes</li><li>• Request application for license renewal, reactivation, endorsement, or exam</li><li>• Inactive status</li></ul>	<ul style="list-style-type: none"><li>☎ (515) 281-4826</li><li>✉ <a href="mailto:ibon@iowa.gov">ibon@iowa.gov</a></li></ul>
<ul style="list-style-type: none"><li>• Your license renewal or reactivation in process</li><li>• Lost/stolen licenses</li><li>• License Verification</li></ul>	<ul style="list-style-type: none"><li>☎ (515) 281-3264</li><li>✉ <a href="mailto:ibon.renewal@iowa.gov">ibon.renewal@iowa.gov</a></li></ul>
<ul style="list-style-type: none"><li>• Your license by examination in process</li><li>• Initial ARNP application</li><li>• Your ARNP application in process</li></ul>	<ul style="list-style-type: none"><li>☎ (515) 281-6488</li><li>✉ <a href="mailto:newnurse@iowa.gov">newnurse@iowa.gov</a></li></ul>
<ul style="list-style-type: none"><li>• Your license by endorsement in process</li><li>• Your ARNP renewal in process</li></ul>	<ul style="list-style-type: none"><li>☎ (515) 281-4827</li><li>✉ <a href="mailto:endorse@iowa.gov">endorse@iowa.gov</a></li><li>✉ <a href="mailto:arnpren@iowa.gov">arnpren@iowa.gov</a></li></ul>
<ul style="list-style-type: none"><li>• Continuing Education rules</li><li>• Continuing Education provider rules</li><li>• Special approval of Continuing Education courses</li></ul>	<ul style="list-style-type: none"><li>☎ (515) 201-2509</li><li>✉ <a href="mailto:laura.hudson@iowa.gov">laura.hudson@iowa.gov</a></li></ul>
<ul style="list-style-type: none"><li>• Audits</li></ul>	<ul style="list-style-type: none"><li>☎ (515) 281-8258</li><li>✉ <a href="mailto:ibon.audit@iowa.gov">ibon.audit@iowa.gov</a></li></ul>
<ul style="list-style-type: none"><li>• Disciplinary issues</li><li>• Sanctioned cases</li></ul>	<ul style="list-style-type: none"><li>☎ (515) 281-6472</li><li>✉ <a href="mailto:enforce@iowa.gov">enforce@iowa.gov</a></li></ul>
<ul style="list-style-type: none"><li>• Alternative to Discipline Program (Iowa Nurse Assistance Program)</li></ul>	<ul style="list-style-type: none"><li>☎ (515) 725-4008</li><li>✉ <a href="mailto:inap@iowa.gov">inap@iowa.gov</a></li></ul>
<ul style="list-style-type: none"><li>• Scope of nursing practice in Iowa</li></ul>	<ul style="list-style-type: none"><li>☎ (515) 326-4400</li><li>✉ <a href="mailto:nursingpractice@iowa.gov">nursingpractice@iowa.gov</a></li></ul>
<ul style="list-style-type: none"><li>• Formal nursing education in Iowa</li></ul>	<ul style="list-style-type: none"><li>☎ (515) 326-4400</li><li>✉ <a href="mailto:nursingeducation@iowa.gov">nursingeducation@iowa.gov</a></li></ul>
<ul style="list-style-type: none"><li>• Nurse Licensure Compact Agreement (Multi-state license)</li><li>• NCLEX accommodations</li><li>• Foreign applicants for licensure</li></ul>	<ul style="list-style-type: none"><li>☎ (515) 281-5535</li><li>✉ <a href="mailto:maggie.schwarck@iowa.gov">maggie.schwarck@iowa.gov</a></li></ul>
<ul style="list-style-type: none"><li>• Rosters or listings of nurses</li></ul>	<ul style="list-style-type: none"><li>☎ (515) 281-5899</li><li>✉ <a href="mailto:gail.beebe@iowa.gov">gail.beebe@iowa.gov</a></li></ul>
<ul style="list-style-type: none"><li>• Editor, Iowa Board of Nursing newsletter</li><li>• Website content</li></ul>	<ul style="list-style-type: none"><li>☎ (515) 201-2509</li><li>✉ <a href="mailto:laura.hudson@iowa.gov">laura.hudson@iowa.gov</a></li></ul>

## TO CHANGE YOUR EMAIL ADDRESS

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

### To update your IBON record:

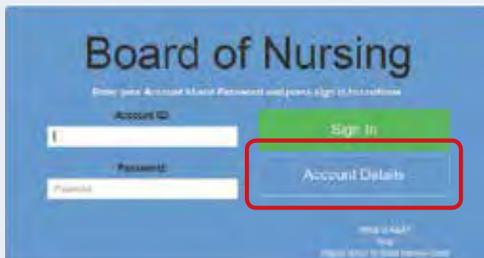
Although you can wait until you renew your license, it may be wiser to update it immediately, as follows:

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

### To Update your login i.d.

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

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



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



### Additional note:

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

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

## CHANGE OF ADDRESS/NAME

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

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

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

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

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

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

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

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

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

NAME CHANGE:  YES  NO

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

### OLD ADDRESS

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

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

### NEW ADDRESS

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

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

- I'M ON ACTIVE MILITARY DUTY
- I'M A FEDERAL EMPLOYEE
- I'M AN LPN CURRENTLY IN THE PROCESS OF OBTAINING AN RN LICENSE

### MAIL TO:

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

OR

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



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

## 5 EAT AT LEAST FRUITS + VEGETABLES EVERY DAY

### REDY'S RULES Try it!

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

### Mix it!

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

### Slice it!

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

### Did you know?

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

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



**What is a serving?**

**Kids:**

- Size of the palm of their hand

**Adults:**

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



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

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

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

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

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

#### Did you know?

Screen time includes time spent on TVs, computers, gaming consoles/handhelds, tablets, and smartphones. It's important to limit the use of ALL screens.

Watching TV is associated with more snacking and increased obesity.

Too much TV has been linked to lower reading scores and attention problems.

#### Tame the TV and Computer!

##### Set Limits and Provide Alternatives.

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

#### Healthy Screen Time Means:

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



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

## REMINDER:

Watch the IOWA DEPARTMENT OF PUBLIC HEALTH'S website for updates about the national opioid epidemic. See their website at <https://idph.iowa.gov/substance-abuse/opioid-update>.



# 1

## GET AT LEAST HOUR OF PHYSICAL ACTIVITY EVERY DAY

### Move an hour every day!

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

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

#### Make Physical Activity Easier.

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



#### Did you know!

One hour of moderate physical activity means:

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

20 minutes of vigorous physical activity means:

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

Physical activity...

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

#### Be a Role Model.

- Schedule active family play time daily.



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

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

# 0

## SUGARY DRINKS... DRINK WATER!

### Put limits on juice!

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

#### Did you know!

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



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

### Water!

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

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

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

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

#### Be a Role Model:

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

#### Water is fuel for your body:

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



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

## DR. KATY BLATNICK-GAGNÉ APPOINTED



At the Iowa Board of Nursing meeting on April 3, 2019, Dr. Katy Blatnick-Gagné, Ed.D., was appointed to the department of education position on the Iowa Center for Nursing Workforce Advisory Committee. Dr. Blatnick-Gagné has extensive experience in career and technical education within the post-secondary and secondary education field. Katy has her doctorate in education in the area of Educational Technology Leadership and recently moved to Iowa from Texas. Welcome, Katy!

The charge of the advisory committee is as follows:

1. Identify the overall strategic direction for the Iowa Center for Nursing Workforce.
2. Establish priorities for the Iowa Center for Nursing Workforce.

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## IMPORTANT NOTE:

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

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

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FOLLOW THE BOARD ON **FACEBOOK** , **TWITTER**, AND **YOUTUBE** OR VISIT OUR **WEBSITE!**



FACEBOOK.COM/  
IABOARDOFNURSING



WWW.BIT.LY/IABOARDOFNURSING



@IABDOFNURSING



WWW.NURSING.IOWA.GOV

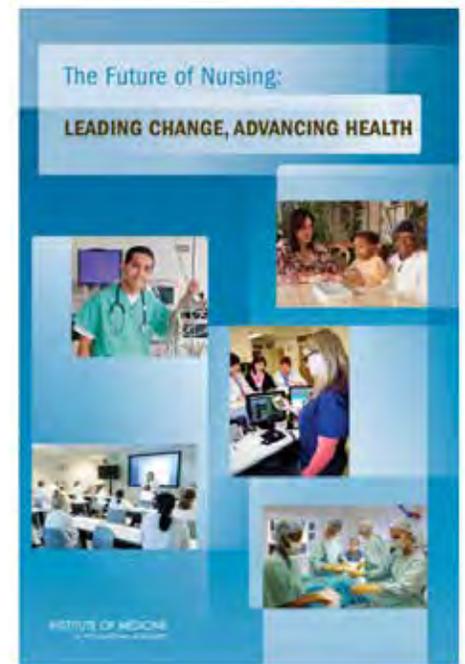
## THE FUTURE OF NURSING 2020 – 2030

Under the umbrella of the National Academies of Sciences, Engineering, and Medicine an ad hoc committee has been formed to further the vision for the nursing profession into 2030. The work of the new committee follows the original study and publication from the partnership between the Robert Wood Johnson Foundation and the Institute of Medicine in 2009.

The 2010 publication, “The Future of Nursing: Leading Change, Advancing Health” provided the vision for nursing through 2020. Since the recommendations made by the first committee, action coalitions in every state have been working on improving nursing education, making sure nurses can practice to their highest level of education and training, nursing leadership issues and improving nursing workforce policies and planning.

The new committee will take the lessons learned from the Future of Nursing Campaign for Action and consider the current and future state of affairs in science and technology to provide guidance to the profession for the next 10 years. The first public session of the committee was held on March 20, 2019, and they will meet several more times to gather information and evidence before making their recommendations for the future.

See the description about the consensus study at the following link. A series of Town Hall meetings will be held throughout 2019 on various topics, with access to the meetings via webcasts at the same internet site. Sign up to receive email updates as the project moves along: <https://nam.edu/publications/the-future-of-nursing-2020-2030/>



# BOARD ORDERS

## PREVIOUSLY NAMED SANCTION CASES

You may look up an order by:

- name,
- case number, or
- license number.

Sanctioned licenses should be verified through our website to determine current status. Reading the entire order provides the best understanding of what the licensee was disciplined for, and what sanction they received.

Web: <https://nursing.iowa.gov>

- Click on IBON Online Services.
- Click on Discipline Documents.



Iowa Board of Nursing

400 S.W. 8th Street Suite B  
Des Moines, IA 50309-4685

Tel: (515) 281-3255

Fax: (515) 281-4825

### DECEMBER 2018

LAST NAME	FIRST NAME & MI	CASE #
Harrison	Nicole M	2017-394
George	Rebecca A	2017-652
Hanson	Georgia L	2017-660
Anderson	Shawn M	2017-672
Mason	Ashley M	2018-029
Griffith	Lorie R	2018-329
West	Christopher S	2018-452

### JANUARY 2019

LAST NAME	FIRST NAME & MI	CASE #
Goedecke	Lori J	2017-393
Moser	Kristin E	2017-409
White-Molyneux	Leia J	2017-422
Dennis	Angela L	2017-687
Bair	Sheena C	2017-802
Bennett	Stephanie R	2018-106
Collins	Jodie	2018-153
Hacker	Jana M	2018-221
Bernhardt	Stephanie	2018-228
Ellison	Brandi L	2018-292
Kruger	Marilyn J	2018-468
Rubes	Shannon C	2017-148
Moore	Mardele L	2017-420
Summers	Dana C	2017-542
Anderson	Anissa M	2017-571
Townsend	Regina K	2017-675
Brace	Cynthia R	2017-689
Collins	Shawn R	2017-728
Kane	Michael R	2018-250
Schroeder	Amy K	2018-260
Jensen	Shannon M	2018-272
Adams	Darla D	2018-281
Fialho	Michael D	2018-317
Kelly	Elizabeth J	2017-370

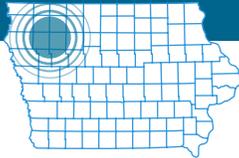
### FEBRUARY 2019

LAST NAME	FIRST NAME & MI	CASE #
Winterfeld	Timothy J	2017-408
Mueggenborg	Lance D	2018-299



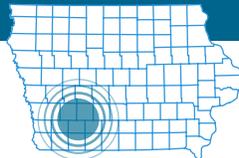
# CONTINUING EDUCATION OFFERINGS

**ABBREVIATIONS**    **SPON:** SPONSOR    **AUD:** AUDIENCE    **TBA:** TO BE ANNOUNCED  
**FAC:** FACULTY    **INC:** INCLUDES/INCLUDING    **NG:** NOT GIVEN  
**INFO:** MORE INFO ONLINE    **REG BY:** REGISTER BY    **NR:** NONRESIDENT



**REGION 1**  
**NORTHWEST**  
**COUNTIES**  
**OF IOWA**

No CE listings available at this time.



**REGION 3**  
**SOUTHWEST**  
**COUNTIES**  
**OF IOWA**

📅 05/13/2019; 9:00am - 12:00pm

📅 05/20/2019; 9:00am - 12:00pm

📍 Council Bluffs, IA

■ C3 De-Escalation: Session II

**SPON:** Des Moines University #112

**CONTACT:** Vanessa Gray

**PHONE:** (515) 271-1596

**SUMMARY:** This training is offered in 2 sessions-participants must attend both sessions to complete the training. The purpose, which can be applied across a broad range of professions in a wide variety of settings, is to provide simple & easy to use techniques to help de-escalate clients calmly & safely through learning about brain circuitry, adrenaline & how it affects the brain & identifying the stages of escalation to respond appropriately & safely.

**FAC:** Marla Smith

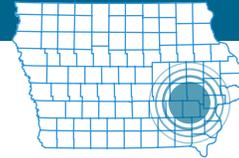
**May 13 INFO:** <https://cme.dmu.edu/C3-May13-2019>

**May 20 INFO:** <https://cme.dmu.edu/C3-May20-2019>

**AUD:** All Nurses

**FEE:** \$0.00

**CONTACT HOURS:** 6



**REGION 4**  
**SOUTHEAST**  
**COUNTIES**  
**OF IOWA**

📅 05/15/2019; 8:30am - 3:30pm

📍 Bettendorf, IA

■ Opioids & Marijuana; Managing The Nationwide Emergency

**SPON:** Institute for Natural Resources (INR) #288

**CONTACT:** Deborah Cheung

**PHONE:** (925) 609-2820 x 2

**SUMMARY:** This seminar will review the etiology & pathogenesis as well as diagnosis & practical management of opioids as well as on the available scientific evidence in regard of medicinal & recreational use of cannabis (marijuana)

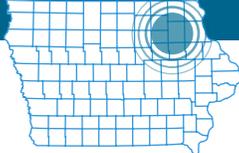
**FAC:** R. S. Hullon

**INFO:** [www.inrseminars.com](http://www.inrseminars.com)

**AUD:** RN, LPN, NP

**FEE:** \$83.00

**CONTACT HOURS:** 6



**REGION 2**  
**NORTHEAST**  
**COUNTIES**  
**OF IOWA**

📅 05/16/2019; 8:30am - 3:30pm

📍 Cedar Rapids, IA

■ Opioids & Marijuana; Managing The Nationwide Emergency

**SPON:** Institute for Natural Resources (INR) #288

**CONTACT:** Deborah Cheung

**PHONE:** (925) 609-2820 x 2

**SUMMARY:** This seminar will review the etiology & pathogenesis as well as diagnosis & practical management of opioids as well as on the available scientific evidence in regard of medicinal & recreational use of cannabis (marijuana).

**FAC:** R. S. Hullon

**INFO:** [www.inrseminars.com](http://www.inrseminars.com)

**AUD:** RN, LPN, NP

**FEE:** \$83.00

**CONTACT HOURS:** 6



🗓️ 05/09/2019; 8:00am - 4:00pm

🗓️ 05/10/2019; 8:00am- 2:15pm

📍 Iowa City, IA

### Fundamentals of Chemotherapy & the Patient Experience

SPON: University of Iowa Hospitals & Clinics #34

CONTACT: Melissa Stimmler

PHONE: (319) 356-1238

**SUMMARY:** This two-day program is designed to enhance the nurse's understanding of chemotherapy & care of patients receiving chemotherapy. The content will include the principles of cancer chemotherapy, the administration of chemotherapy, physiological & psychosocial effects of chemotherapy & the nursing management of the patient receiving chemotherapy.

INFO: <https://uihc.org/nursing-continuing-education-schedule>

AUD: RNs providing chemotherapy

REG BY: 05/06/2019 FEE: \$254.00

CONTACT HOURS: 11

🗓️ 05/30/2019; 7:45am - 4:15pm

📍 Iowa City, IA

### AWHONN Advanced Fetal Heart Monitoring Program

SPON: University of Iowa Hospitals & Clinics #34

CONTACT: Melissa Stimmler

PHONE: (319) 356-1238

**SUMMARY:** This 1-day instructor-led course is designed to prepare clinicians to care for patients with complex fetal heart monitoring tracings.

FAC: Jeana Forman

INFO: <https://uihc.org/nursing-continuing-education-schedule>

AUD: RNs working in obstetrics

REG BY: 05/09/2019 FEE: \$177.00

CONTACT HOURS: 8

🗓️ 06/13/2019; 8:45am - 4:00pm

📍 Iowa City, IA

### Basic Fetal Monitoring Workshop

SPON: University of Iowa Hospitals & Clinics #34

CONTACT: Melissa Stimmler

PHONE: (319) 356-1238

**SUMMARY:** This workshop is designed to provide basic information for obstetrical nurses on the use of fetal monitoring in the care of patients. Discussion will include methods of fetal monitoring, recognition of changes and interventions to assist in the management of patients. Documentation issues & methods of antepartum testing will be included.

FAC: Jeana Forman

INFO: <https://uihc.org/nursing-continuing-education-schedule>

AUD: RNs working in obstetrics

REG BY: 05/23/2019 FEE: \$110.00

CONTACT HOURS: 5.4

🗓️ 07/31/2019; 8:45am - 4:15pm

🗓️ 08/01/2019; 7:45am-4:30pm

📍 Iowa City, IA

### AWHONN Intermediate Fetal Heart Monitoring Program

SPON: University of Iowa Hospitals & Clinics #34

CONTACT: Melissa Stimmler

PHONE: (319) 356-1238

**SUMMARY:** The Intermediate FHM course promotes integration

of knowledge & skills essential to nursing assessment, promotion, and evaluation of fetal safety during labor.

FAC: Jeana Forman

INFO: <https://uihc.org/nursing-continuing-education-schedule>

AUD: RNs working in obstetrics

REG BY: 07/10/2019 FEE: \$237.00

CONTACT HOURS: 18

🗓️ 08/02/2019; 7:15am - 5:45pm

📍 Iowa City, IA

### Essentials for Comprehensive Oncology Nursing Care

SPON: University of Iowa Hospitals & Clinics #34

CONTACT: Melissa Stimmler

PHONE: (319) 356-1238

**SUMMARY:** The Essentials for Comprehensive Oncology Nursing Course is designed to focus on topics to enhance the knowledge & understanding of content that will be covered on the Oncology Certified Nurse (OCN®) exam including scientific basis for practice, treatment modalities, major cancers, side effects, health promotion & oncologic emergencies.

FAC: Elaine DeMeyer

INFO: <https://uihc.org/nursing-continuing-education-schedule>

AUD: Licensed nurses seeking OCN Certification

REG BY: 07/26/2019 FEE: \$80.00

CONTACT HOURS: 7.8



## REGION 5

CENTRAL  
COUNTIES  
OF IOWA

📅 05/01/2019; 5:30pm - 8:30pm

📍 Des Moines, IA

**Katie Miller Young Adult Cancer  
Conference: Mental Health &  
Survivorship**

SPON: Des Moines University #112

CONTACT: Vanessa Gray

PHONE: (515) 271-1596

**SUMMARY:** More than 60,000 young adults aged 20-39 are diagnosed with cancer each year in the United States--they face many challenges, from the first onset of problems through treatment & beyond & with more research, discussion, & public awareness, maybe the key symptoms that might have otherwise been dismissed will be detected early on.

FAC: Heather Soyer, PsyD

INFO: [https://cme.dmu.edu/  
KMCC2019](https://cme.dmu.edu/KMCC2019)

AUD: All Nurses

REG BY: 05/01/2019 FEE: \$0.00

CONTACT HOURS: 2.5

📅 05/02/2019; 7:00am - 8:00am

📍 Des Moines, IA

**Childhood Leukemia:  
A Family Affair**

SPON: Des Moines University #112

CONTACT: Vanessa Gray

PHONE: (515) 271-1596

**SUMMARY:** Identify ways in which families are impacted by a diagnosis of Acute Lymphoblastic Leukemia & describe supports available to

children & families when a child has cancer.

FAC: Heather Soyer, PsyD & Janelle Kamba, MSW, LISW

INFO: [https://cme.dmu.edu/  
DMUGrandRounds-May2019](https://cme.dmu.edu/DMUGrandRounds-May2019)

AUD: All Nurses

REG BY: 05/02/2019 FEE: \$0.00

CONTACT HOURS: 1

📅 05/17/2019; 8:30am - 3:30pm

📍 Des Moines, IA

**Opioids & Marijuana; Managing  
The Nationwide Emergency**

SPON: Institute for Natural Resources (INR) #288

CONTACT: Deborah Cheung

PHONE: (925) 609-2820 x 2

**SUMMARY:** This seminar will review the etiology & pathogenesis as well as diagnosis & practical management of opioids as well as on the available scientific evidence in regard of medicinal & recreational use of cannabis (marijuana)

FAC: R. S. Hullon

INFO: [www.inrseminars.com](http://www.inrseminars.com)

AUD: RN, LPN, NP

FEE: \$83.00

CONTACT HOURS: 6



## HOME STUDY

.....  
**CE SOLUTIONS, A DIVISION OF  
VGM EDUCATION**

1111 West San Marnan Drive  
Waterloo, Iowa 50701

CONTACT: Heather Johnson, MHA

TOLL-FREE: (866) 650-3400

EMAIL:

[info@discovercesolutions.com](mailto:info@discovercesolutions.com)

IOWA PROVIDER NUMBER: 335

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**Active Shooter: What You Can Do**

SPON: CE Solutions, a Division of VGM Education #335

CONTACT: Heather Johnson, MHA

PHONE: (866) 650-3400

**SUMMARY:** The purpose of this course is to present health care professionals with a comprehensive understanding of how to respond in an active shooter situation wherever they are, including a hospital, nursing home, outpatient clinic, or any other health care facility.

FAC: Dorothy de Souza Guedes

AUD: RN, LPN, ARNP

FEE: \$11.95

CONTACT HOURS: 1

**Advance Directives & DNRO**

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** The purpose of this course is to present health care professionals with a comprehensive understanding of advance directives.

**FAC:** Denise Warren

**AUD:** RN, LPN, ARNP

**FEE:** \$11.95

**CONTACT HOURS:** 1

**Antibiotic Stewardship**

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** Health care employees will be able to increase their knowledge of antibiotic use & the benefits of an Antibiotic Stewardship Program to promote the appropriate use of antibiotics, including a system of monitoring to improve resident outcomes & reduce antibiotic resistance.

**FAC:** Deb Martin, BSN

**AUD:** RN, LPN, ARNP

**FEE:** \$11.95

**CONTACT HOURS:** 1

**Antipsychotics & the Elderly**

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** The purpose of this course is to increase the knowledge of the health care professional

of antipsychotic medications & implications of their use in the elderly population.

**FAC:** Elizabeth Boldon, BSN, MSN

**AUD:** RN, LPN, ARNP

**FEE:** \$11.95

**CONTACT HOURS:** 1

**Behavioral Health Services**

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** The purpose of this course is to provide education to health care employees who are involved in the care of persons with behavioral health disorders.

**FAC:** Leanne Anthon, MSN, RN

**AUD:** RN, LPN, ARNP

**REG BY:** 12/31/2018 **FEE:** \$11.95

**CONTACT HOURS:** 1

**Child Abuse for Iowa Mandatory Reporters**

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (855) 899-2803

**SUMMARY:** Approved by the IDPH (#379) to meet the Mandatory Reporters' requirements for child abuse education by reviewing & updating information on incidence, indications, treatment options & legal implications.

**FAC:** Angela Johnson

**AUD:** RN, LPN, ARNP

**FEE:** \$23.95

**CONTACT HOURS:** 2

**Child & Dependent Adult Abuse for Mandatory Providers**

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (855) 899-2803

**SUMMARY:** Approved by the IDPH (approval #396) & intended to meet the Mandatory Reporter's requirements for child & dependent adult abuse education by reviewing & updating information on incidence, indications, treatment options & legal implications.

**FAC:** Angela Johnson

**AUD:** RN, LPN, ARNP

**FEE:** \$23.95

**CONTACT HOURS:** 2

**Dealing with Difficult People in Healthcare**

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** Health care professionals will learn how to identify & respond to conflict & disruptive behaviors among coworkers. Research on the negative consequences of conflict on staff morale & patient care are reviewed. Various strategies to deal with negative situations that are a part of every workplace are explained.

**FAC:** Judith Orth, RN, CHPN, BSN, MA

**AUD:** RN, LPN, ARNP

**FEE:** \$23.95

**CONTACT HOURS:** 2

## Dementia Training Module A

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** All staff working in the long-term care setting will increase their knowledge & skills in caring for persons diagnosed with Alzheimer's disease or a related disorder. This bundle of courses includes the following modules: Understanding Alzheimer's Disease, Communication, & Behavior Management.

**FAC:** Kara Finger

**AUD:** RN, LPN, ARNP

**FEE:** \$39.99

**CONTACT HOURS:** 4

## Dementia Training Module B

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** All staff working in the long-term care setting will increase their knowledge & skills in caring for persons diagnosed with Alzheimer's disease or a related disorder. This bundle of courses includes the following modules: Philosophy of Care Family & Staff Issues, Activities for Persons with Dementia, Activities of Daily Living Medication & Nutrition, & Ethical Issues.

**FAC:** Kara Finger

**AUD:** RN, LPN, ARNP

**FEE:** \$39.99

**CONTACT HOURS:** 4

## Dependent Adult Abuse for Iowa Mandatory Providers

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (855) 899-2803

**SUMMARY:** Approved by the IDPH (approval #397) to meet the Mandatory Reporters' requirements for Dependent adult abuse education by reviewing & updating information on incidence, indications, treatment options & legal implications.

**FAC:** Angela Johnson

**AUD:** RN, LPN, ARNP

**FEE:** \$23.95

**CONTACT HOURS:** 2

## Dying with Dignity

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** Healthcare providers will place an emphasis on each terminally ill patient's uniqueness that tends to preserve their sense of dignity.

**FAC:** Judith Orth, RN, CHPN, BSN, MA

**AUD:** RN, LPN, ARNP

**FEE:** \$11.95

**CONTACT HOURS:** 1

## Elder Justice Act: What it Means for You

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** Healthcare providers

will increase their knowledge about the Elder Justice Act of 2010 (EJA) by providing information about its priorities, provisions, & related legal decisions since its enactment in 2010.

**FAC:** Judith Orth, RN, CHPN, BSN, MA

**AUD:** RN, LPN, ARNP

**FEE:** \$11.95

**CONTACT HOURS:** 1

## Emergency & Disaster Preparedness

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** The purpose of this course is to provide the learner with general guidelines to follow during emergency & disaster situations to increase the safety for staff & patients.

**FAC:** California Department of Public Health (CAHF)

**AUD:** RN, LPN, ARNP

**FEE:** \$11.95

**CONTACT HOURS:** 1

## Ethical Principles in Nursing

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** To enhance the nurse's ability to utilize ethical principles in nursing practice.

**FAC:** Denise Warren, RN, BSN

**AUD:** RN, LPN, ARNP

**FEE:** \$35.95

**CONTACT HOURS:** 3

### Infection Control

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** Health care professionals will review & gain knowledge of current & emerging infection control procedures, common health care related infections, & infectious disease outbreaks.

**FAC:** Mary McGeough, BSN

**AUD:** RN, LPN, ARNP

**FEE:** \$23.95

**CONTACT HOURS:** 2

### Influenza: The Basics

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** The health care practitioner will enhance her knowledge of this season's influenza & best practices for prevention & transmission of the disease.

**FAC:** Linda Fisk, RN

**INFO:**

**AUD:** RN, LPN, ARNP

**FEE:** \$11.95

**CONTACT HOURS:** 1

### Leadership in Health Care: General Principles

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** The purpose of this

course is to enhance the knowledge base of the audience in the area of general principles of health care leadership skills.

**FAC:** Judith Orth, RN, CHPN, BSN, MA

**AUD:** RN, LPN, ARNP

**FEE:** \$17.95

**CONTACT HOURS:** 1.5

### LGBT in Health Care

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** This self-study will help health care staff understand the terminology & basic rights of LGBT seniors in long-term care.

**FAC:** Heather Johnson, MHA

**AUD:** RN, LPN, ARNP

**FEE:** \$11.95

**CONTACT HOURS:** 1

### Multi-Drug Resistant Organisms

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** The purpose of this course is to provide a detailed overview regarding the clinical importance of multidrug-resistant organisms in the health care environment. This course will also discuss the most common types of organisms encountered & provide recommendations for preventing their spread.

**FAC:** Denise Warren

**AUD:** RN, LPN, ARNP

**FEE:** \$11.95

**CONTACT HOURS:** 1

### Nurse Leadership Certificate Program

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** The nine-part certificate program provides an in-depth understanding of the skills & characteristics necessary to be an effective nurse leader. This series is designed to provide nurses at all levels with practical training that can be put to use in any health care environment.

**FAC:** Judith Orth, RN, CHPN, BSN, MA

**AUD:** RN, LPN, ARNP

**FEE:** \$199.95

**CONTACT HOURS:** 12

### Nursing CEUs (100+ HR)

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** CE Solutions is pleased to offer over 100 nursing courses in a variety of healthcare areas. Some the areas include, dementia care, legal aspects of nursing, endocrinology, mental health care & autoimmune diseases to name just a few.

**FAC:** Mary McGeough, BSN

**AUD:** RN, LPN, ARNP

**FEE:** \$33.95

**CONTACT HOURS:** 100

### Nursing Documentation

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** Nurses will gain knowledge & skills related to the documentation of information in the patient's medical record.

**FAC:** Mary McGeough, BSN

**AUD:** RN, LPN, ARNP

**FEE:** \$17.95

**CONTACT HOURS:** 1.5

### ■ Pain Management at Life's End

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** The purpose of this course is to integrate recently published pain management evidence into clinical practice & care for the terminally ill. A case scenario approach to this topic will transpire throughout this course to aid in the discovery & application of more effective ways for health care professionals to assist patients & families in the management of pain at life's end.

**FAC:** Judith Orth, RN, CHPN, BSN, MA

**AUD:** RN, LPN, ARNP

**FEE:** \$23.95

**CONTACT HOURS:** 2

### ■ Preventing Medication Errors

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** The purpose of this online course is to increase healthcare professionals understanding of & skills for eliminating medical errors.

**FAC:** Mary McGeough, BSN

**AUD:** RN, LPN, ARNP

**FEE:** \$11.95

**CONTACT HOURS:** 1

### ■ Social Media Usage in Health Care

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** In this course intended for nursing staff in the long-term care setting you will learn what is social media, what privacy rights residents have related to social media, & types of possible criminal abuse via social media.

**FAC:** Judith Orth, RN, CHPN, BSN, MA

**AUD:** RN, LPN, ARNP

**FEE:** \$11.95

**CONTACT HOURS:** 1

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

**SPON:** CE Solutions, a Division of VGM Education #335

**CONTACT:** Heather Johnson, MHA

**PHONE:** (866) 650-3400

**SUMMARY:** To provide a framework of strategies to create successful organizations through positive, meaningful leadership.

**FAC:** Vicki Parsons, MBA

**AUD:** RN, LPN, ARNP

**FEE:** \$11.95

**CONTACT HOURS:** 1



### CONSULTANTS FOR THE FUTURE

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Riverview, Florida 33569

#### MAIL ORDERS:

1057 50th Ave. #4  
Long Island City, NY 11101

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**PHONE:** 1-800-654-2387

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**IOWA PROVIDER NUMBER:** 61

Courses may be ordered by phone or mail or downloaded from the website.

MasterCard or VISA accepted. All online courses are \$6 per hour, all mailed courses are \$6 per hour; plus a \$10.00 postage and handling fee per mail order.

### ■ Alzheimer's Disease & Related Disorders

**SPON:** Consultants for the Future #61

**CONTACT:** Linda Greenfield

**PHONE:** (800) 654-2387

**SUMMARY:** Provides ways to approach problem areas in direct care of those with dementia, with extensive suggestions for effective communication.

**FAC:** Linda Greenfield, RN, PhD

**AUD:** RNs & LPNs

**FEE:** \$12.00

**CONTACT HOURS:** 2

### ■ Autism Spectrum Disorder

**SPON:** Consultants for the Future #61

**CONTACT:** Linda Greenfield

**PHONE:** (800) 654-2387

**SUMMARY:** Reviews changes in

diagnostic terminology, common traits, incidence, possible causes & therapies/approaches to help a person function in an outer world that differs from inner experiences.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$18.00

CONTACT HOURS: 3

### Care of the Alzheimer's Patient

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Presents suggestions & approaches to management of common behaviors & symptoms of dementia that are not drug based.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$6.00

CONTACT HOURS: 1

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

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Teaches strategies that can help manage anxious, aggressive or combative behaviors arising from limited emotional, mental or physical abilities.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$6.00

CONTACT HOURS: 1

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

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Teaches strategies that can help manage anxious, aggressive or combative behaviors arising from limited emotional, mental or physical abilities.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$60.00

CONTACT HOURS: 10

### Cognito Ergo Sum: Creating an Empowered Image

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Teaches how to recognize & create your own internal power by changing the way you think, using the nursing environment as the milieu.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$30.00

CONTACT HOURS: 5

### End of Life: Palliative & Hospice Care

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** This course discusses the controversies of end of life care, & presents approaches to meet psychological & physical needs

encountered in the dying patient, while empowering the patient.

FAC: Linda Greenfield, RN, PhD

AUD: RNs, LPNs

FEE: \$18.00

CONTACT HOURS: 3

### Forgiveness: A Fundamental Health Concept

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Incorporates strategies from both mental health & body-based therapies to approach forgiveness as a way to reduce stress-induced physical & mental/emotional disease states.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$30.00

CONTACT HOURS: 5

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

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Fosters the nurse's ability to listen, console & nurture those involved in loss & changing personal identity, using specific, guided techniques.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$30.00

CONTACT HOURS: 5

### HIV/AIDS: A Comprehensive Course

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Provides detailed examination of pathology, transmission, signs & symptoms, prevention, precautions & treatment of HIV.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$18.00

CONTACT HOURS: 3

### Impact of Sleep on Health & Disease

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Examines how, why & what happens when we do or don't sleep, with interventions provided.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$30.00

CONTACT HOURS: 5

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

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Examines physiologic explanations for intuition & become aware of how to facilitate accessing non-conscious information with greater accuracy & safety.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$24.00

CONTACT HOURS: 4

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

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Examines body/mind connection, exploring chemistry that links immune system function to ways we think & feel, & teaching more positive thinking patterns & ways to deal with negative emotions.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$30.00

CONTACT HOURS: 5

### Stroke

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Studies pathology of various kinds & locations of strokes, the related symptoms & approaches to acute & rehabilitative care.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$30.00

CONTACT HOURS: 5

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

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Examines anatomy & physiology of habits, teaches necessary factors to change old habits or form new habits & applies information to motor habits, mental & emotional habits, health habits, language habits & other with consideration to diseases that have significant habit connections.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$18.00

CONTACT HOURS: 3

### Supporting a Habit Change

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Teaches how to build approaches to recreate habit changes that stick.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$24.00

CONTACT HOURS: 4

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

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Designed to help you increase your power & effectiveness when communicating with physicians in difficult situations.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$24.00

CONTACT HOURS: 4

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

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Physiology of acute & chronic pain perception, factors of pain reaction, attitudes toward the patient in pain that may hinder therapy, effective use of medication & use of non-invasive & alternative pain therapies.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$42.00

CONTACT HOURS: 7

survey, kidney function studies & liver function studies.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$36.00

CONTACT HOURS: 6

### DES MOINES UNIVERSITY

CONTACT: Vanessa Gray

ALL COURSE INFO:

<https://cme.dmu.edu/courses/>

PHONE: (515) 271-1596

IOWA PROVIDER NUMBER: 112

### The Prevention of Medical Errors

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-1287

**SUMMARY:** Informs nurses of growing national concern over the alarmingly high numbers of errors & provides information to increase patient safety, guidance for reporting & suggestions for systems monitoring.

FAC: Linda Greenfield, RN, PhD

AUD: RNs & LPNs

FEE: \$12.00

CONTACT HOURS: 2

### DMU Grand Rounds

SPON: Des Moines University #112

CONTACT: Vanessa Gray

PHONE: (515) 271-1596

**SUMMARY:** DMU Grand Rounds is held on the first Thursday of the month from 7-8 am. Attend live on-site or online via GoToWebinar; there is no cost to participate. Topics vary & will be posted as they become available. Visit the course catalog & filter topics by "DMU Grand Rounds" & credit type by "IBON" to see upcoming activities.

INFO: <https://cme.dmu.edu/courses/>

AUD: All Nurses

FEE: \$0.00

CONTACT HOURS: 1

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

SPON: Consultants for the Future #61

CONTACT: Linda Greenfield

PHONE: (800) 654-2387

**SUMMARY:** Examines nursing interpretation of CBC, hematologic studies, iron studies, UA, electrolyte

### Online Enduring Materials

SPON: Des Moines University #112

CONTACT: Vanessa Gray

PHONE: (515) 271-1596

**SUMMARY:** Des Moines University offers online enduring continuing education opportunities for nurses. Visit the Course catalog & select the "IBON" credit type for more information.

INFO: <https://cme.dmu.edu/courses/>

AUD: All Nurses

FEE: Varies

CONTACT HOURS: Varies

### QUALITY MANAGEMENT CONSULTANTS, INC.

CONTACT: Mary Krieg, RN, PhD., President

ALL COURSE INFO:

<https://goo.gl/7cSzF3>

*Also see individual link for each course.*

PHONE: (515) 255-2576

IOWA PROVIDER NUMBER: 353

### Opioid Addiction & Overdose - Community Epidemic

SPON: Quality Management Consultants, Inc #353

CONTACT: Mary Krieg

PHONE: (515) 255-2576

**SUMMARY:** Discuss the epidemic of opioid addiction & overdose in our communities, why this is taking place, and the steps communities can take when faced with this growing crisis.

FAC: Dr. Mary Krieg

INFO:

[qualitymanagementconsultants.com](http://qualitymanagementconsultants.com)

AUD: RNs, LPNs, ARNPs

FEE: \$29.00

CONTACT HOURS: 5

## Critical Thinking - Improve Your Skills

**SPON:** Quality Management Consultants, Inc. #353

**CONTACT:** Mary Krieg

**PHONE:** (515) 255-2576

**SUMMARY:** Improve your critical thinking skills in your nursing practice as well as your daily life.

**INFO:** [goo.gl/2KnfDo](http://goo.gl/2KnfDo)

**FAC:** Dr. Mary Krieg

**INFO:** [qualitymanagementconsultants.com](http://qualitymanagementconsultants.com)

**AUD:** RNs, LPNs, ARNPs

**FEE:** \$20.00

**CONTACT HOURS:** 4

## GRIEF - Healing From Loss

**SPON:** Quality Management Consultants, Inc. #353

**CONTACT:** Mary Krieg

**PHONE:** (515) 225-2576

**SUMMARY:** Grief can take healthy & unhealthy forms, & this course will help you cope with your grief, as well as your patients' in a healthy & constructive way. Grief can take healthy & unhealthy forms, & this course will help you cope with your grief, as well as your patients' in a healthy & constructive way.

**FAC:** Dr. Mary Krieg

**INFO:** [qualitymanagementconsultants.com](http://qualitymanagementconsultants.com)

**AUD:** RNs, LPNs, ARNPs

**FEE:** \$10.00

**CONTACT HOURS:** 2

## Mental Health & Substance Abuse Emergencies in the Community

**SPON:** Quality Management Consultants, Inc. #353

**CONTACT:** Mary Krieg

**PHONE:** (515) 225-2576

**SUMMARY:** Develop an understanding of these challenging situations, and discuss the appropriate response.

**FAC:** Dr. Mary Krieg

**AUD:** RNs, LPNs, ARNPs

**FEE:** \$0.00

**CONTACT HOURS:** 0

## Nursing Leadership on Non-Profit & Health Care Boards

**SPON:** Quality Management Consultants, Inc. #353

**CONTACT:** Dr. Mary Krieg

**PHONE:** (515) 255-2576

**SUMMARY:** Explore the opportunities for Board leadership in your community.

**FAC:** Dr. Mary Krieg

**INFO:** [qualitymanagementconsultants.com](http://qualitymanagementconsultants.com)

**AUD:** RNs, LPNs, ARNPs

**REG BY: FEE:** \$10.00

**CONTACT HOURS:** 2

## Positive Psychology

**SPON:** Quality Management Consultants, Inc. #353

**CONTACT:** Mary Krieg

**PHONE:** (515) 255-2576

**SUMMARY:** A brief overview of the new field of scientific study of human happiness and flourishing, with an applied approach to

optimal functioning that enables individuals, families, communities and organizations to thrive.

**FAC:** Dr. Mary Krieg

**INFO:** [qualitymanagementconsultants.com](http://qualitymanagementconsultants.com)

**AUD:** RNs, LPNs, ARNPs

**FEE:** \$19.00

**CONTACT HOURS:** 3

## The Affordable Care Act

**SPON:** Quality Management Consultants, Inc. #353

**CONTACT:** Mary Krieg

**PHONE:** (515) 255-2576

**SUMMARY:** This course provides an analysis of the Affordable Care Act & all its provisions, as well as what you need to know to get care for you & your family.

**FAC:** Dr. Mary Krieg

**INFO:** [qualitymanagementconsultants.com](http://qualitymanagementconsultants.com)

**AUD:** RNs, LPNs, ARNPs

**FEE:** \$20.00

**CONTACT HOURS:** 4

## The Effective Patient Advocate

**SPON:** Quality Management Consultants, Inc. #353

**CONTACT:** Mary Krieg

**PHONE:** (515) 255-2576

**SUMMARY:** Realize your dream of becoming an independent practitioner advocating for the benefit of your patients.

**FAC:** Dr. Mary Krieg

**INFO:** [qualitymanagementconsultants.com](http://qualitymanagementconsultants.com)

**AUD:** RNs, LPNs, ARNPs

**FEE:** \$25.00

**CONTACT HOURS:** 5

**Trauma Informed Care**

**SPON:** Quality Management Consultants, Inc. #353

**CONTACT:** Mary Krieg

**PHONE:** (515) 255-2576

**SUMMARY:** Learn how traumatic experiences, especially in early childhood, can contribute to mental health and substance use issues as well as chronic physical health conditions.

**FAC:** Dr. Mary Krieg

**INFO:**  
[qualitymanagementconsultants.com](http://qualitymanagementconsultants.com)

**AUD:** RNs, LPNs, ARNPs

**FEE:** \$29.00

**CONTACT HOURS:** 5

**WORDS MATTER**

1232 Lake View Drive  
Buckingham Iowa 50612

**TOLL-FREE:** (855) 227-6784

**WEB:** [wordsmatternurses.com](http://wordsmatternurses.com)

**IOWA PROVIDER NUMBER:** 375

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

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

**SPON:** Words Matter Nurses #375

**CONTACT:** Linda Fisk, RN

**PHONE:** (855) 227-6784

**SUMMARY:** Healthcare personnel will increase their understanding of non-polio enteroviruses, including the enterovirus D68 (EV-D68), which appears to be the pathogen that caused mild to life-threatening illness & deaths in children in multiple states.

**FAC:** Linda Fisk, RN

**AUD:** RNs, LPNs

**REG BY:** 07/31/2018 **FEE:** \$4.00

**CONTACT HOURS:** 2

**About Influenza**

**SPON:** Words Matter Nurses #375

**CONTACT:** Linda Fisk, RN

**PHONE:** (855) 227-6784

**SUMMARY:** Nurses will discuss influenza, including exposure, signs & symptoms, transmission, diagnosis, treatment options & prevention as well as identify high risk persons for complications of influenza.

**FAC:** Linda Fisk, RN

**AUD:** RNs, LPNs

**FEE:** \$5.00

**CONTACT HOURS:** 2

**About Measles (Rubeola)**

**SPON:** Words Matter Nurses #375

**CONTACT:** Linda Fisk, RN

**PHONE:** (855) 227-6784

**SUMMARY:** Nurses will discuss measles disease, including signs & symptoms, transmission, complications, patient/parent teaching, & vaccination protocol for the disease.

**FAC:** Linda Fisk, RN

**AUD:** RNs, LPNs

**FEE:** \$5.00

**CONTACT HOURS:** 2

**About Postural Orthostatic  
Tachycardia Syndrome (POTS)**

**SPON:** Words Matter Nurses #375

**CONTACT:** Linda Fisk, RN

**PHONE:** (855) 227-6784

**SUMMARY:** Health care personnel will identify the symptoms of postural orthostatic tachycardia syndrome (POTS) & how it is diagnosed & treated.

**FAC:** Linda Fisk, RN

**AUD:** RNs, LPNs

**FEE:** \$5.00

**CONTACT HOURS:** 2

**Anxiety Disorders in Adults &  
Children**

**SPON:** Words Matter Nurses #375

**CONTACT:** Linda Fisk, RN

**PHONE:** (855) 227-6784

**SUMMARY:** Anxiety disorders can be debilitating for both adults & children. The nurse will enhance her understanding of types of anxiety disorders that affect the individual & the different modalities used to treat them.

**FAC:** Linda Fisk, RN  
**AUD:** RNs, LPNs  
**FEE:** \$5.00  
**CONTACT HOURS:** 2

### **Aortic Aneurysm: A Silent Killer**

**SPON:** Words Matter Nurses #375  
**CONTACT:** Linda Fisk, RN  
**PHONE:** (855) 227-6784

**SUMMARY:** Health care personnel will enhance their knowledge of aortic aneurysms, including thoracic aortic aneurysms (TAA) & abdominal aortic aneurysms (AAA).

**FAC:** Linda Fisk, RN  
**AUD:** RNs, LPNs  
**FEE:** \$5.00  
**CONTACT HOURS:** 2

### **Bumpety-Bump: Diagnosis Mumps**

**SPON:** Words Matter Nurses #375  
**CONTACT:** Linda Fisk, RN  
**PHONE:** (855) 227-6784

**SUMMARY:** Healthcare personnel will enhance their understanding of mumps.

**FAC:** Linda Fisk, RN  
**AUD:** RNs, LPNs  
**FEE:** \$5.00  
**CONTACT HOURS:** 2

### **Heart Palpitations - A Cause for Concern?**

**SPON:** Words Matter Nurses #375  
**CONTACT:** Linda Fisk, RN  
**PHONE:** (855) 227-6784

**SUMMARY:** : Health care personnel will enhance their knowledge of

heart palpitations, both those that are benign & those that may indicate a more serious health issue.

**FAC:** Linda Fisk, RN  
**AUD:** RNs, LPNs  
**FEE:** \$5.00  
**CONTACT HOURS:** 2

### **Hepatitis A: A New Epidemic?**

**SPON:** Words Matter Nurses #375  
**CONTACT:** Linda Fisk, RN  
**PHONE:** (855) 227-6784

**SUMMARY:** Nurses will discuss hepatitis A & explain how the disease is transmitted, who is at risk for the disease, signs & symptoms of illness, prevention of hepatitis A, & vaccination guidelines.

**FAC:** Linda Fisk, RN  
**AUD:** RNs, LPNs  
**FEE:** \$5.00  
**CONTACT HOURS:** 2

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

**SPON:** Words Matter Nurses #375  
**CONTACT:** Linda Fisk, RN  
**PHONE:** (855) 227-6784

**SUMMARY:** Nurses will enhance their knowledge of vector-borne diseases: signs & symptoms, diagnosis, treatment, & prevention.

**FAC:** Linda Fisk, RN  
**AUD:** RNs, LPNs  
**FEE:** \$5.00  
**CONTACT HOURS:** 2

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

**SPON:** Words Matter Nurses #375

**CONTACT:** Linda Fisk, RN  
**PHONE:** (855) 227-6784

**SUMMARY:** To identify the signs & symptoms of Ebola Virus Disease & the implications for the U.S. based healthcare system.

**FAC:** Linda Fisk, RN  
**AUD:** RNs, LPNs  
**FEE:** \$5.00  
**CONTACT HOURS:** 2

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

**SPON:** Words Matter Nurses #375  
**CONTACT:** Linda Fisk, RN  
**PHONE:** (855) 227-6784

**SUMMARY:** Health care personnel will discuss pain & how medical response has lead in some cases to over-prescribing. Street drugs are another part of the opioid crisis, both issues contributing to ninety-one deaths from drug overdose every day in the United States.

**FAC:** Linda Fisk, RN  
**AUD:** RNs, LPNs  
**FEE:** \$5.00  
**CONTACT HOURS:** 2

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

**SPON:** Words Matter Nurses #375  
**CONTACT:** Linda Fisk, RN  
**PHONE:** (855) 227-6784

**SUMMARY:** Healthcare professionals will discuss the opioid crisis & become familiar with the program developed by CDC to respond to the crisis.

**FAC:** Linda Fisk, RN  
**AUD:** RNs, LPNs  
**FEE:** \$5.00  
**CONTACT HOURS:** 2

### PANDAS/PANS Neuropsychiatric Disorders in Children

**SPON:** Words Matter Nurses #375

**CONTACT:** Linda Fisk, RN

**PHONE:** (855) 227-6784

**SUMMARY:** Nurses will recognize the signs/symptoms of PANDAS/PANS in children following a strep infection.

**FAC:** Linda Fisk, RN

**AUD:** RNs, LPNs

**FEE:** \$5.00

**CONTACT HOURS:** 2

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

**SPON:** Words Matter Nurses #375

**CONTACT:** Linda Fisk, RN

**PHONE:** (855) 227-6784

**SUMMARY:** Health care personnel will be introduced to diseases that may accompany immigrant/refugee children & families to the U.S.

**FAC:** Linda Fisk, RN

**AUD:** RNs, LPNs

**FEE:** \$5.00

**CONTACT HOURS:** 2

### The Aged: Dying From Loneliness?

**SPON:** Words Matter Nurses #375

**CONTACT:** Linda Fisk, RN

**PHONE:** (855) 227-6784

**SUMMARY:** Nurses will study the effects of loss & grief on the elderly population.

**FAC:** Linda Fisk, RN

**AUD:** RNs, LPNs

**FEE:** \$5.00

**CONTACT HOURS:** 2

### When Spiders Bite

**SPON:** Words Matter Nurses #375

**CONTACT:** Linda Fisk, RN

**PHONE:** (855) 227.6784

**SUMMARY:** Recognize the signs & symptoms of a spider bite, & care & treatment for the wound.

**FAC:** Linda Fisk, RN

**AUD:** RNs, LPNs

**FEE:** \$5.00

**CONTACT HOURS:** 2

### Zika Virus: What You Need to Know

**SPON:** Words Matter Nurses #375

**CONTACT:** Linda Fisk, RN

**PHONE:** (855) 227-6784

**SUMMARY:** Healthcare personnel will enhance their understanding of Zika virus.

**FAC:** Linda Fisk, RN

**AUD:** RNs, LPNs

**FEE:** \$5.00

**CONTACT HOURS:** 2

### Sexually Transmitted Diseases (STDs) are on the Rise: What Nurses Need to Know

**SPON:** Words Matter Nurses #375

**CONTACT:** Linda Fisk, RN

**PHONE:** (855) 227-6784

**SUMMARY:** Nurses will be able to identify the signs/symptoms for various STDs, treatment, & follow-up.

**FAC:** Linda Fisk, RN

**AUD:** RNs, LPNs

**FEE:** \$5.00

**CONTACT HOURS:** 2

# IOWA ASSOCIATION FOR NURSING CONTINUING EDUCATION (IANCE)

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Promoting quality continuing education for nurses in Iowa and fostering professional growth and understanding among Iowa nursing continuing education providers. Experience the benefits of being an IANCE member:

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

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# “EVERYONE DESERVES TO BE SAFE AT HOME”

## WHAT IS SAFE AT HOME?

Safe at Home (SAH) is an address confidentiality program. This program helps survivors improve their lives with the following services:

### SUBSTITUTE ADDRESS

SAH will assign participants a substitute address. This address can be used with any city, county, and state offices, as well as with private organizations that require a mailing address. Your physical address will not appear in public records.

### MAIL FORWARDING SERVICE

First-class, legal, and certified mail, as well as packages of prescriptions, will be securely handled and forwarded to the participant's confidential address.

### CONFIDENTIAL VOTER REGISTRATION

Participants can register to vote and not be listed on the public voter registration list.

## WHO IS ELIGIBLE FOR SAFE AT HOME?

### SAFE AT HOME MAY BE THE RIGHT FIT IF:

- You are a survivor of domestic violence, sexual assault, trafficking, stalking, or violent crimes.
- Your address is or will be unknown to your abuser or offender.

## SAFE AT HOME IS NOT

- A witness protection program.
- Capable of shielding you from legal obligations, such as custody disputes.
- Able to hide your address from real estate records, such as the purchase of a home or office space. However, renters' addresses will be protected.

## HOW DO I APPLY FOR SAFE AT HOME?

**STEP 1** Contact an advocate program or the Secretary of State's office for more information:

**SafeAtHome@Iowa.gov**  
515-281-0145

**STEP 2** Complete an enrollment form and return it to the Secretary of State's office at:

**Safe at Home**  
321 East 12th Street  
Des Moines, IA 50319

**STEP 3** If certified, you will be notified by the Secretary of State's staff and you will receive a participant's packet.

**STEP 4** Notify everyone of your new Safe at Home address.

Visit [www.SafeAtHome.Iowa.gov](http://www.SafeAtHome.Iowa.gov) for more information.



**IOWA BOARD OF NURSING**

Riverpoint Business Park  
400 SW 8th St., Suite B  
Des Moines, IA 50309-4685

[www.nursing.iowa.gov](http://www.nursing.iowa.gov)