

— IOWA BOARD OF NURSING —

Newsletter

February, March, April 2019

Volume 38, Number 1

IMPAIRED NURSING PRACTICE:

Discipline and Alternatives to Discipline

Learn about

MARIJUANA GUIDELINES & NURSING

Read about the

FUTURE OF PAPERLESS LICENSURE



Official publication of the Iowa Board of Nursing

<https://nursing.iowa.gov>

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May 1, 2018 - April 30, 2019

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BOARD MEETINGS

APRIL 3, 4, 5, 2019 (MARCH 6, 2019)

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

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



A NEW YEAR!

by Kathy Weinberg, MSN, RN, Executive Director

By the time you receive this issue of the Nursing Newsletter, the 88th General Assembly of the Iowa Legislature will be in session. Since I last wrote you, Governor Kim Reynolds and Lt. Governor Adam Gregg were elected, and many changes occurred in the Iowa Senate and House of Representatives seats when voters went to the polls last November. I trust you took part in the voting process and made your voice known!

The Iowa Board of Nursing did not introduce any legislation this session, but there are always bills proposed that impact healthcare in Iowa. You can keep an eye on what's happening in the legislature by visiting their website at the following link: <https://www.legis.iowa.gov/>. The Board of Nursing is reviewing and revising several chapters of the administrative rules that govern nurses and will be reviewed by the Administrative Rules Committee of the Legislature this year. In 2019, we anticipate updated rules for Chapter 7 (Advanced Registered Nurse Practitioners), Chapter 3 (Licensure to Practice – Registered Nurse/Licensed Practical Nurse), and Chapter 6 (Nursing Practice for Registered Nurses/Licensed Practical Nurses).

The Board's website is where you can find the most up-to-date information about those issues that may impact your nursing practice. It is your responsibility to stay informed. Watch the website's "What's New" section. Subscribe to email updates to learn about those things that you should know right away.

YEARLY REMINDERS

As a licensed nurse you are responsible for following the law, rules and regulations which govern your profession. The following are reminders of what you need to do to retain your license and suggestions to involve yourself in the nursing profession.

1. Routinely check the IBON Online Services license verification link to determine your license expiration date.
2. A licensee may renew a license beginning 60 days prior to the license expiration date on the wallet card.
3. At the time of license renewal make sure you have completed your continuing education (CE) requirements.
4. For renewal of a three year license, the CE requirement is 36 contact hours.
5. For renewal of a license that has been issued for less than three years, the CE requirement is 36 contact hours.
6. Maintain records of the CE classes you have completed in your licensing cycle.
7. If you are chosen for a random audit of your CE, complete the audit following the directions.
8. Do you regularly examine, attend, counsel or treat dependent adults or children in Iowa? If the answer is yes, have you completed the Mandatory Reporter Training course for dependent adults and children within the last 5 years? This course must be completed every 5 years.
9. At the time of initial licensure or renewal answer all questions honestly; specifically relating to your continuing education and criminal history.
10. Does the board office have your current address on file? If not, submit your current address in writing to the board office or submit by email.
11. Do you know the address for the Iowa Board of Nursing's website? <https://nursing.iowa.gov>. Mark it as a favorite and refer to it often!
12. Do you know where to find the Iowa Administrative Rules for nursing, 655IAC? They can be found on the IBON Website at this link: <https://nursing.iowa.gov/about-us/iowa-law-and-administrative-rules>
13. Do you know who your legislator is?
14. Have you explored the option of joining a professional nursing organization and asked yourself how you can become involved in your profession?
15. Board staff is here to help answer your questions: It is always better to ask than to assume you have the correct answer. The main number to the board office is 515-281-3255.

SPECIFIC TO THE ADVANCED REGISTERED NURSE PRACTITIONER (ARNP):

1. ARNPs must hold an active RN license.
2. For an Iowa ARNP license, you must submit a copy of current certification card from the applicable national certifying body and documentation of your RN license if you are from another compact state.
3. The continuing education (CE) required by the national certifying body is deemed to meet the CE requirement mandated by law for license renewal. Documentation of current certification in itself verifies compliance.
4. ARNP's who regularly examine, attend, counsel or treat children or adults in Iowa are required to complete the Mandatory Reporter Training course for dependent adults and children every 5 years.

In summary, nurses are accountable and responsible to follow the rules and regulations which govern their licensure and practice. I encourage you to stay informed and to follow the steps necessary to continue your nursing practice.

As always, thank you for all your contributions to the nursing profession.

Kathy Weinberg, Executive Director

IMPAIRED NURSING PRACTICE: DISCIPLINE AND ALTERNATIVES TO DISCIPLINE

by Kathleen Beebout, BSN, RN & Rhonda Ruby, MS, RN, INAP Coordinator

The mission of the Iowa Board of Nursing is to protect the public health, safety and welfare by regulating the licensure of nurses, the practice of nurses, nursing education and continuing education. To carry out that mission, the board has established rules related to the regulation of nursing practice that guide and direct a nurse's conduct and behavior. It enforces those rules via disciplinary action if necessary. The board may also carry out this mission by means of an alternative-to-discipline program, known as the Iowa Nurse Assistance Program (INAP). This article will compare and contrast both the disciplinary path and the nondisciplinary path that a licensee may take, recognizing the end goal of public health, safety and welfare — and, hopefully, the restored health and well-being of the nurse at the same time.

DISCIPLINARY PATH

License discipline is a public action that results in public documentation of the actions, violations and consequences the licensee faces for the violation. Discipline may include a citation and warning, a monetary civil penalty, continuing education, license probation and accompanying conditions or license suspension or revocation.

If the rule violation was the result of, or related to, a diagnosed substance use disorder, mental health condition or physical health condition, disciplinary action will typically commence with the enforcement unit of the board. A confidential investigation will be undertaken. Usually, in such circumstances, the enforcement unit investigator will ask the licensee to voluntarily provide the board with a qualified professional evaluation. The evaluation will establish if there is a diagnosed condition and what treatment recommendations exist. Absent a licensee's voluntary cooperation, the board may issue a confidential order for evaluation that may carry consequences should the licensee fail to comply, including the consequence of suspension of a license.

Based upon a qualified professional evaluation and other factors, disciplinary action may involve a period of license suspension until completion of the recommended treatment and a period of sustained sobriety has been met. Upon meeting treatment and sobriety benchmarks, discipline related to substance use disorders typically includes a period of probation. Probation generally requires a licensee to abstain from alcohol and nonprescribed drug use and to participate, at their expense, in body fluid screening to confirm they are abstaining from alcohol or nonprescribed drugs. Other conditions will usually accompany probation, such as communicating with a board-employed case manager, providing employer reports and workplace restrictions as indicated. Discipline issued by the board, whether it is a settlement agreement or an order issued directly by the board following a hearing or contested action, is always public and is reported to federal databases. It is the nurse's duty to report the discipline when seeking future employment or licensure in another state. In other words, public discipline is public and not private. Many licensees have overcome public discipline to proceed with a successful nursing career. Nonetheless, the discipline will remain indefinitely a public part of the licensee's life.

Failing to cooperate with the board investigation and enforcement process does not make the matter disappear, as there are various means by which disciplinary action can proceed. With due process granted to the licensee, disciplinary action may result in an indefinite suspension or revocation of license or other penalties based upon the evidence.

NON DISCIPLINARY PATH

For licensees involved with the board where a rule violation was the result of, or related to, a diagnosed substance use disorder, mental health condition or physical health condition, there is now an established avenue within the Iowa Board of Nursing to assist them. This may help the nurse avoid public discipline. In addition to establishing disciplinary rules, the board has established the Iowa Nurse Assistance Program (INAP), which is an alternative-to-discipline program for nurses who voluntarily submit to the program and who meet qualifications for admission. These types of programs are also known as monitoring programs.

The determination of eligibility into INAP is made by the INAP Committee. The INAP committee bases eligibility upon much of the same evidence a licensee would be requested to submit to the board in a disciplinary investigation involving substance use disorder or mental health or physical health conditions that are causing impairment to a nurse's safe practice. Licensees who wish to be reviewed for eligibility by the INAP Committee need to be willing to submit an accurate self-report form, complete a comprehensive co-occurring (dual diagnosis) evaluation and be in recovery. Licensees seeking entry into INAP must fully disclose the nature of their condition and be ready to receive and participate in their recovery and wellness plan. Denial of one's conduct or condition, or refusing to acknowledge the actions that led to the board becoming involved, may make a licensee ineligible for INAP. This will result in the licensee continuing on the disciplinary course with the enforcement unit of the board. Other factors may also prevent a nurse from qualification for INAP, including but not limited to misappropriating or diverting drugs for sale or use by others, tampering or adulterating drugs intended for patients or failing to fully cooperate with the program.

There are similarities between participation in INAP and participating in the board's public-ordered probation. Both programs require abstaining from alcohol and drugs, submitting to body fluid screening for alcohol and drugs and maintaining accountability to the program manager. INAP also requires ongoing accountability to the INAP committee, potential worksite restrictions and monitoring and adhering to the treatment plan prescribed by the participant's healthcare providers.

One of the main differences between INAP and the public probation program is that participation in INAP is a confidential program as long as the nurse remains in compliance to their contract. Licensees who remain compliant and complete the terms of their contract agreement may have the benefit of not having public discipline attached to their license. Another fundamental difference may be the length of time a participant will be enrolled in INAP versus the length of time a licensee may be on public discipline. In general, INAP contracts are three years. As with public discipline monitoring, the cost of participating in INAP is at the licensee's expense. The table below highlights the differences between the disciplinary route and the nondisciplinary route.

ENFORCEMENT	INAP
Protects Public Safety	Protects Public Safety through ongoing monitoring and support
Substance use, mental health or physical health evaluation required along with treatment recommendations	Substance use, mental health or physical health evaluation required along with treatment recommendations
License suspension may extend until one year of sobriety is met, or individualized period of time based on evidence	Non suspended license, but participant may be placed on a work restriction until safety to practice is determined
Probation of license for individualized period of time as determined by the Board	Non probation license, but required to adhere to INAP contract for individualized period of time, generally three years
Required to participate in drug testing at licensee's expense	Required to participate in drug testing at licensee's expense
Required to report to IBON case manager	Required to report to INAP Coordinator
Required to disclose order to employer, and may have employment restrictions and reporting requirements	Required to submit quarterly worksite monitor reports to determine compliance
May be required to submit reports from health professionals carrying out treatment plans to determine compliance	Required to submit quarterly reports from treatment team to determine compliance
Discipline Order is public and reported to Federal Databases	Participation is confidential as long as the nurse remains compliant to the contract.

This article is meant as an overview to compare and contrast the paths that might be taken when a nurse finds themselves unable to safely practice by reason of substance use disorder, mental health or physical health condition. Further information may be reviewed at the Iowa Board of Nursing website under the Enforcement/Discipline section and the Iowa Nurse Assistance Program section. Specific questions may also be answered by contacting the enforcement unit or INAP.

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
Phone: 515-725-4008
Fax: 515-725-4017
Web: 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

ARNPS: QUARTERLY PMP PRESCRIBER ACTIVITY REPORTS ON THE HORIZON

The Iowa Prescription Monitoring Program (PMP) is vital to reducing and preventing prescription drug abuse and drug overdose. As a central depository of information on controlled substance prescribing and dispensing, a major role of the PMP is to make data available to authorized users. Beginning in late January 2019, as is mandated by Iowa Code 124.554(3), Iowa PMP information will be disseminated to authorized users via Prescriber Activity Reports (PARs). The PAR provides a health care provider with a prescribing history summary, including their ranking compared to the median of prescribers within the same specialty. The PAR also includes a summary of each health care professional's prescribing history. The PAR is a tool that provides an opportunity for self-examination of a health care professional's practice as it relates to their prescribing of controlled substances. The intent of providing a health care professional with relevant and accurate information is to constructively assist his/her controlled substance prescribing practices. Informing health care professionals of their prescribing behaviors relative to their peers may provide insightful, concise data that may assist with treatment protocols. The PAR is not intended to be an indication that the prescriber or his/her patients have done something wrong and will be for the prescriber's information only.

PARs will be generated and distributed every quarter and sent only to health care professionals who have issued at least one Schedule II, III or IV controlled substance prescription during the previous six months. Each health care professional receives a PAR specific to their prescribing history. According to the Iowa Board of Pharmacy, there are nearly 18,000 registrants with authority to prescribe controlled substances in Iowa. The PAR categorizes each health care professional by specialty. The specialty group is determined using taxonomy codes maintained by the Centers for Medicare and Medicaid Services and the health care specialty selected during the process of registering for a PMP AWARe user account.

The PAR will identify the following metrics for each prescriber:

- Opioid related patient and prescription volumes
- Top 3 medications prescribed
- Prescribing percentages based on daily Morphine Milligram Equivalents (MME) of opioid prescriptions
- Patient percentages based on opioid duration of therapy
- Prescribing volume based on total MME of selected opioids
- Anxiolytic/sedative/hypnotic prescribing
- Patient volumes exceeding multiple provider thresholds
- Patient volumes receiving dangerous combination therapy
- PMP Usage

A Metrics Explanation document will accompany each PAR to guide with review and utilization of the information. A PAR frequently asked questions (FAQ) document will be posted at pharmacy.iowa.gov/iowa-pmp-awarxe before dissemination of the first round of reports. The FAQ will be updated as more questions are received.

If you have not already done so, please register for an Iowa PMP AWARe account at iowa.pmpaware.net.

MEDICAL CANNABIDIOL DISPENSARIES OPENED IN IOWA

The Iowa Department of Public Health, on November 2, 2018, announced the opening of five medical cannabidiol (CBD) dispensaries in the cities of Council Bluffs, Davenport, Sioux City, Windsor Heights and Waterloo. The dispensaries offer the forms of medical CBD to "Iowans with a valid patient or caregiver registration card" and who meet "qualifying conditions" (Iowa Department of Public Health, retrieved from <https://bit.ly/2QCzcJg>).

See more information from the Iowa Office of Medical Cannabidiol at the following link: <http://www.idph.iowa.gov/cbd>.



THE MARIJUANA GUIDELINES AND NURSING

by Maureen Cahill, MSN, RN, APN-CNS, Senior Policy Advisor, Nursing Regulation, NCSBN, Leader To Leader, Fall 2018

Editor's Note: *The following article is published and reprinted with the permission of the National Council of State Boards of Nursing (NCSBN).*

People have used marijuana (or cannabis) across the globe for more than 5,000 years. The plant grows readily in many climates and can be ingested or smoked, making it easy to use. In 1850, the U.S. Pharmacopeia added cannabis to its formulary. By 1937, however, its use was regulated and largely prohibited. Over the ensuing years, federal regulation has waxed and waned, yet recently, states have taken their own actions (U.S. Drug Enforcement Administration, 2001). Federal restrictions on marijuana have limited research to its potential medical use. Because of that, synthetic forms have been studied for the prevention or treatment of nausea and vomiting from chemotherapy (Badowski, 2017). Many nurses have experience with those agents, but other use in medical conditions has occurred largely through experimentation and anecdotal evidence (Kinsey, Ramesh, 2016). By and large, very little has been published that serves as a guide to caring for patients that use cannabis.

The odd history of regulated and unregulated use results in a patient group with some unique characteristics. They often have come to cannabis for a treatment as a last resort, and feel stigmatized by the unorthodoxy of its use. Despite this, they are drawn to try something new that might alleviate symptoms of their conditions (Crowell, 2016). Marijuana has some clear adverse effects in children and adolescents, and therefore, use is primarily in the adult population. However, Cannabidiol (CBD), a cannabinoid constituent, can be used in an oil form that is widely used to treat intractable seizures in children for which the benefits of seizure reduction are felt to outweigh the risks of adverse effects of minute amounts, if any, of the psychoactive component (Burns, 2018). Additionally, new indications have moved use into the elderly population (National Council for Aging Care, 2017). A recent breakthrough in this field includes the development of cannabis-derived substances that have been specifically formulated to reduce their psychoactive properties (i.e. THC) (Americans for Safe Access, 2018).

Despite the federal prohibition of marijuana and the continued obstruction of federal funding for research, evidence does exist for particular conditions. The accumulation of evidence was assembled in a 2017 National Academies paper, "The Health Effects of Cannabis and Cannabinoids," (National Academies of Sciences, Engineering, and Medicine, 2017), and in "NCSBN National Nursing Guidelines for Medical Marijuana," the July 2018 supplement to the Journal of Nursing Regulation (NCSBN, 2018).

The NCSBN Board of Directors recognized that nurses were unsure of their responsibilities in the care of these patients, particularly in states that have adopted medical marijuana programs. An expert committee was convened that assembled current evidence as well as guidance for the care of patients on medical marijuana. Additional guidance is provided for those advanced practice registered nurses (APRNs) who might certify that a patient meets a qualifying condition (i.e. those diseases or disorders that are specifically named in the state's medical marijuana statute) and suggests expanded analysis of this treatment modality in nursing programs. The guidelines include recommendations for curriculum content to be added in registered nurse (RN) prelicensure or APRN nursing education curricula.

The principles of caring for the patient taking medical marijuana are essentially similar to other treatment modalities. The nurse must be familiar with both the evidence and the lack of it. The nurse must also show compassion and follow the nursing process. A particular challenge for nurses is that marijuana preparations come in many dosing forms (i.e., inhaled, topical, and oral) (Minnesota Department of Health, 2018). In most cases, there is not a specific weight-based dose provided, and the patient must titrate dose to effect. State and federal regulations do not allow nurses to administer the agent except in the permitted category of “caregiver,” with specific requirements met.

Additionally, marijuana is not prescribed, but rather dispensed, if state-listed condition requirements are met. Health care providers certify to the qualifying condition, but still have a duty to monitor the condition and the patient’s response to this therapeutic option. Indeed, medical marijuana is not a trial of last resort, and providers should always be considering alternative or additional therapeutic options if desired effects are not reached.

The NCSBN Marijuana Committee also recognized that it has been difficult for schools to adequately embed information about the care of the patient using medical marijuana because such use was varied, and still federally restricted. With a growing number of states allowing its use for qualifying conditions, nurses will increasingly be caring for such patients. To encourage curricular expansion of this topic, guidelines stress knowledge of the endocannabinoid system, both potential adverse effects and synergistic effects of the agents, and basic principles of monitoring for effect and continued care planning for this patient group. Nurses at all levels will benefit by enhanced program content on medical marijuana, and with more complete knowledge of the evidence and issues in care that exist today.

Please visit NCSBN’s Guidelines for Medical Marijuana for more information, including a link to the National Nursing Guidelines for Marijuana, now available free of charge.

REFERENCES

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A NOTE FROM THE BOARD

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.

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 about 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: PAPERLESS – JULY 1, 2019!**

DON'T FORGET TO RENEW YOUR LICENSE

Remember your renewal deadline always occurs on the 15th 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.

EXPIRATION DATE OF CURRENT RENEWAL	RENEWAL DATES	LATE FEE ASSESSED	INACTIVE STATUS IF NOT RENEWED
January 15, 2019	November 15, 2018 – January 15, 2019	January 16	February 16, 2019
February 15, 2019	December 15, 2018 – February 15, 2019	February 16	March 16, 2019
March 15, 2019	January 15, 2019 – March 15, 2019	March 16	April 16, 2019
April 15, 2019	February 15, 2019 – April 15, 2019	April 16	May 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 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"> • Name/address changes • Request application for license renewal, reactivation, endorsement, or exam • Inactive status 	<ul style="list-style-type: none"> ☎ (515) 281-4826 ✉ ibon@iowa.gov
<ul style="list-style-type: none"> • Your license renewal or reactivation in process • Lost/stolen licenses • License Verification 	<ul style="list-style-type: none"> ☎ (515) 281-3264 ✉ ibon.renewal@iowa.gov
<ul style="list-style-type: none"> • Your license by examination in process • Initial ARNP application • Your ARNP application in process 	<ul style="list-style-type: none"> ☎ (515) 281-6488 ✉ newnurse@iowa.gov
<ul style="list-style-type: none"> • Your license by endorsement in process • Your ARNP renewal in process 	<ul style="list-style-type: none"> ☎ (515) 281-4827 ✉ endorse@iowa.gov ✉ arnpren@iowa.gov
<ul style="list-style-type: none"> • Continuing Education rules • Continuing Education provider rules 	<ul style="list-style-type: none"> ☎ (515) 201-2509 ✉ laura.hudson@iowa.gov
<ul style="list-style-type: none"> • Special approval of Continuing Education courses • Audits 	<ul style="list-style-type: none"> ☎ (515) 281-8258 ✉ ibon.audit@iowa.gov
<ul style="list-style-type: none"> • Disciplinary issues • Sanctioned cases 	<ul style="list-style-type: none"> ☎ (515) 281-6472 ✉ enforce@iowa.gov
<ul style="list-style-type: none"> • Alternative to Discipline Program (Iowa Nurse Assistance Program) 	<ul style="list-style-type: none"> ☎ (515) 725-4008 ✉ inap@iowa.gov
<ul style="list-style-type: none"> • Scope of nursing practice in Iowa 	<ul style="list-style-type: none"> ☎ (515) 326-4400 ✉ nursingpractice@iowa.gov
<ul style="list-style-type: none"> • Formal nursing education in Iowa 	<ul style="list-style-type: none"> ☎ (515) 326-4400 ✉ nursingeducation@iowa.gov
<ul style="list-style-type: none"> • Nurse Licensure Compact Agreement (Multi-state license) • NCLEX accommodations • Foreign applicants for licensure • Rosters or listings of nurses 	<ul style="list-style-type: none"> ☎ (515) 281-5535 ✉ maggie.schwarck@iowa.gov
<ul style="list-style-type: none"> • Editor, Iowa Board of Nursing newsletter • Website content 	<ul style="list-style-type: none"> ☎ (515) 201-2509 ✉ laura.hudson@iowa.gov

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@iowaaid could become Suzy.Smith2@iowaaid.
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

☐ MY LICENSE EXPIRES IN LESS THAN 2 MONTHS AND WOULD LIKE A RENEWAL FORM MAILED TO ME

MAIL TO:

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

OR

Email information to: ibon@iowa.gov
Update address online at nursing.iowa.gov
Select IBON online services



REQUIRED MANDATORY REPORTER TRAINING

by Laura R. Hudson, MSN, RN, Associate Director, CE/Workforce

The Iowa Department of Public Health (IDPH) is the agency responsible for approving the Mandatory Reporter Training Curricula in the state of Iowa. The IDPH also keeps track of all those agencies and individuals who then provide the education to “persons who work in a position classification that under law makes the persons mandatory reporters of child or dependent adult abuse” (641 Iowa Administrative Code, chapter 93.5 (135)). **Nurses are persons who fall under the law as mandatory reporters and you must take a course approved by the IDPH.** In the licensure process, the Board of Nursing asks licensees to verify they have completed their mandatory reporter training and may ask you to document your education about this topic. The documentation you provide must include the IDPH approval number on the certificate of completion.

The administrative rules that govern nursing and apply to mandatory reporter training can be found at 665 Iowa Administrative Code (IAC), chapter 3.7 (3) “a.” (4) and “b” (1)-(6)

(4) Complete the required mandatory reporter training set forth in paragraph 3.7(3)“b.”

b. Mandatory reporter training.

(1) The course shall be a curriculum approved by the Iowa department of public health.

(2) A licensee who regularly examines, attends, counsels or treats children in Iowa shall indicate on the renewal application completion of two hours of training in child abuse identification and reporting in the previous five years or condition(s) for rule suspension as identified in subparagraph 3.7(3)“b”(6).

(3) A licensee who regularly examines, attends, counsels or treats adults in Iowa shall indicate on the renewal application completion of two hours of training in dependent adult abuse identification and reporting in the previous five years or condition(s) for rule suspension as identified in subparagraph 3.7(3)“b”(6).

(4) A licensee who regularly examines, attends, counsels or treats both adults and children in Iowa shall indicate on the renewal application completion of training on abuse identification and reporting in dependent adults and children or condition(s) for rule suspension as identified in subparagraph 3.7(3)“b”(6). Training may be completed through separate courses as identified in subparagraphs 3.7(3)“b”(2) and (3) or in one combined two-hour course that includes curricula for identifying and reporting child abuse and dependent adult abuse.

(5) The licensee shall maintain written documentation for five years after mandatory training as identified in subparagraphs 3.7(3)“b”(2) to (4), including program date(s), content, duration, and proof of participation.

(6) The requirement for mandatory training for identifying and reporting child and dependent adult abuse shall be suspended if the board determines that suspension is in the public interest or that a person at the time of license renewal:

1. Is engaged in active duty in the military service of this state or the United States.

2. Holds a current waiver by the board based on evidence of significant hardship in complying with training requirements, including waiver of continuing education requirements or extension of time in which to fulfill requirements due to a physical or mental disability or illness as identified in 655—Chapter 5.

Nurses who work with the listed populations must complete their training within six months of their initial employment or self-employment. Licensees must repeat the training every five years. Documentation of your mandatory reporter training should be on file with your other continuing education (CE) documents at all times. **As stated earlier, you must take a course that is approved by the IDPH. Documentation on the certificate must include the IDPH approval number.** In some instances, your employers may supply the mandatory reporter CE at your place of employment. Even if your employer maintains the training record, you should ask for a copy of the certificate of completion to keep in your personal file.

If you do not work in the listed populations, you may be asked to supply a letter from your employer stating that you do not examine, attend, counsel or treat children or dependent adults in your work. Again, if this is the case, you should have that letter on file when you renew your license. When you renew your license if you are audited, in addition to your CE documents, you will also need to turn in proof of your mandatory reporter training.

The list of agencies who train mandatory reporter classes may be found on the IDPH website at this link: <https://idph.iowa.gov/abuse-ed-review> For online courses, go to the “Training” tab of the website. All approved curriculum is listed under the tab titled “Entity Provider Numbers.” Questions about the curriculum should be directed to Karin Ford at (515) 242-6336.



IOWA HEALTHIEST STATE INITIATIVE

The Iowa Healthiest State Initiative and the Iowa Action Coalition are 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.letsgo.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



www.iowahealthieststate.com/5210

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).

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.

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.



www.iowahealthieststate.com/5210

This resource is adapted from Let's Go! materials. www.letsgo.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, hiking, 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.iowahealthieststate.com/5210

This resource is adapted from Let's Go! materials. www.letsgo.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.iowahealthieststate.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 Go! materials. www.letsgo.org.

NCSBN AND THE NATIONAL FORUM PUBLISH THE 2017 NATIONAL NURSING WORKFORCE SURVEY

The National Council of State Boards of Nursing (NCSBN) and the National Forum of State Nursing Workforce Centers announced the publication of the 2017 National Nursing Workforce Survey in the Fall 2018 edition of *Leader to Leader* found at this link: https://www.ncsbn.org/L2L_Fall2018.pdf#page=7. The survey has been conducted biennially since 2013. More than 48,000 registered nurses and over 40,000 licensed practical nurses responded to the survey (Smiley, 2018).

The survey results reveal information about the aging workforce, indicate trends in education and show that workplace settings are changing. Additionally, “the survey revealed that over half (54.1 percent) of responding RNs now provide nursing services using telehealth technologies” (Smiley, 2018, pg. 8).

Each board of nursing and state nursing workforce centers were provided with data from their own states that can be used for their own analyses and to use the national-level data as a comparison benchmark. The “details of the 2017 National Nursing Workforce Survey can be found in the October 2018 Supplement to the *Journal of Nursing Regulation*” (Smiley, 2018).

Link to the journal: [https://www.journalofnursingregulation.com/issue/S2155-8256\(18\)X0006-4](https://www.journalofnursingregulation.com/issue/S2155-8256(18)X0006-4)

REFERENCES

Smiley, Richard. (2018). 2017 National nursing workforce survey findings released. *Leader to Leader*, Fall 2018, 7-8.

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.

FOLLOW THE BOARD ON [FACEBOOK](#) BY LIKING OUR PAGE. YOU CAN ALSO FIND US ON [TWITTER](#)!



FACEBOOK.COM/
IABDOFNURSING



NURSING.IOWA.GOV



@IABDOFNURSING

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.

** By Licensee RN Number Indicates Licensee is licensed as an ARNP*

*** In the RN column indicates the Licensee does not have an Iowa License*

OCTOBER 2018

NOVEMBER 2018

LAST NAME	FIRST NAME & M.I.	CASE #	LAST NAME	FIRST NAME & M.I.	CASE #
Hanson	Jonathan R.	2017-0129	Edenfield	Erin J.	2017-0282
Green	Linda S.	2017-0307	Carlson	Debra K.	2017-0691
Brady	Whitney M.	2017-0566	Dingman	Samantha L.	2017-0322
Mitchell	Doris V.	2018-0031	Hansen	Dianne M.	2017-0373
Kubicina	Kourtney	2016-0063	Struble	Bradley J.	2018-0027
Richey	Andrea M.	2017-0073	Pritchard	Cheyenne R.	2018-0101
McCoy	Carlee M.	2017-0078	Brand	Kelly J.	2018-0146
Brooks	Jennifer S.	2017-0396	Juarez	Elizabeth V.	2018-0154
Shoemaker	Jeffrey	2017-0494	Campbell	Dulinda S.	2018-0195
Merrill	Justin E.	2017-0650	Hinrickson	Alisha M.	2018-0237
Boggs	Jacqueline A.	2017-0727	Lundy	Julie A.	2018-0267
Hulgan	Sarah E.	2017-0734	Hampton	Teresa	2018-0425
Jackson	Anna L.	2018-0026	Armstrong	Nicki J.	2018-0426
Ayers	Amanda G.	2018-0080			
Rashid	Tonia	2018-0086			
Waddill	Lori E.	2018-0162			
Brazzell	Jody L.	2018-0165			
Bernau	Caitlin M.	2018-0258			



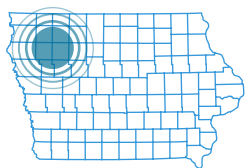
CONTINUING EDUCATION OFFERINGS

ABBREVIATIONS

SPON: SPONSOR
FAC: FACULTY
INFO: MORE INFO ONLINE

AUD: AUDIENCE
INC: INCLUDES/INCLUDING
REG BY: REGISTER BY

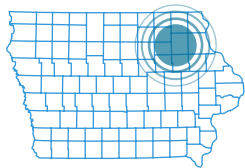
TBA: TO BE ANNOUNCED
NG: NOT GIVEN
NR: NONRESIDENT



REGION I

NORTHWEST COUNTIES OF IOWA

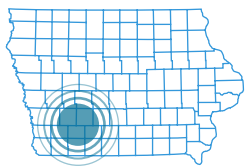
No CE listings available at this time.



REGION II

NORTHEAST COUNTIES OF IOWA

No CE listings available at this time.



REGION III

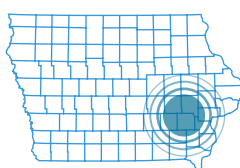
SOUTHWEST COUNTIES OF IOWA

📅 April 25; 1.5 day conference

📍 Council Bluffs, IA

Navigating Through Mental Health Conference

Spon: Iowa Western Community College #6. **Contact:** Sheri Splichal. **Phone:** 712-325-3265. **Summary:** To provide education on various mental health topics and information on resources available to healthcare professionals. **Fac:** Dr. John Lenhoff. **Info:** iwcc.edu/ce. **Reg by:** 4/22. **Fee:** \$125.00. **Contact Hours:** 11.25.



REGION IV

SOUTHEAST COUNTIES OF IOWA

📅 February 11; 8:30 am – 12:30 pm

📍 Iowa City, IA

ACLS Provider Renewal Class

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate ACLS skills and protocols according to the AHA guidelines, prerequisites include a completed self assessment. **Fac:** ACLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 1/29. **Fee:** \$80.00. **Contact Hours:** 0.0.

📅 February 12; 8:00 am – 10:30 am

📍 Iowa City, IA

Basic Life Support (BLS) Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate BLS skills and protocols according to AHA guidelines. **Fac:** BLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 1/29. **Fee:**

\$50.00. **Contact Hours:** 0.0.

📅 February 13; 8:30 am – 12:30 pm

📍 Iowa City, IA

PALS Provider Renewal Class

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate PALS skills and protocols according to the AHA guidelines, prerequisites include a completed self assessment. **Fac:** PALS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 1/28. **Fee:** \$80.00. **Contact Hours:** 0.0.

📅 February 13; 8:00 am – 10:30 am

📍 Iowa City, IA

Basic Life Support (BLS) Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate BLS skills and protocols according to AHA guidelines. **Fac:** BLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 1/30. **Fee:** \$50.00. **Contact Hours:** 0.0.

📅 February 14; 12:00 pm – 4:00 pm

📍 Iowa City, IA

■ ACLS Provider Renewal Class

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate ACLS skills and protocols according to the AHA guidelines, prerequisites include a completed self assessment. **Fac:** ACLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 1/29. **Fee:** \$80.00. **Contact Hours:** 0.0.

📅 February 14; 8:00 am – 10:30 am

📍 Iowa City, IA

■ Basic Life Support (BLS) Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate BLS skills and protocols according to AHA guidelines. **Fac:** BLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 1/31. **Fee:** \$50.00. **Contact Hours:** 0.0.

📅 February 25; 1:00 pm – 3:30 pm

📍 Iowa City, IA

■ Basic Life Support (BLS) Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate BLS skills and protocols according to AHA guidelines. **Fac:** BLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 2/11. **Fee:** \$50.00. **Contact Hours:** 0.0.

📅 February 26; 8:30 am – 12:30 pm

📍 Iowa City, IA

■ PALS Provider Renewal Class

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager.

Phone: 319-339-3661. **Summary:** To successfully demonstrate PALS skills and protocols according to the AHA guidelines, prerequisites include a completed self assessment. **Fac:** PALS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 2/12. **Fee:** \$80.00. **Contact Hours:** 0.0.

📅 March 12; 12:00 pm – 4:00 pm

📍 Iowa City, IA

■ PALS Provider Renewal Class

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate PALS skills and protocols according to the AHA guidelines, prerequisites include a completed self assessment. **Fac:** PALS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 2/26. **Fee:** \$80.00. **Contact Hours:** 0.0.

📅 March 13; 12:00 pm – 4:00 pm

📍 Iowa City, IA

■ ACLS Provider Renewal Class

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate ACLS skills and protocols according to the AHA guidelines, prerequisites include a completed self assessment. **Fac:** ACLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 2/27. **Fee:** \$80.00. **Contact Hours:** 0.0.

📅 March 13; 8:00 am – 10:30 am

📍 Iowa City, IA

■ Basic Life Support (BLS) Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate BLS skills and protocols according to AHA guidelines.

Fac: BLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 2/27. **Fee:** \$50.00. **Contact Hours:** 0.0.

📅 March 14; 1:00 pm – 3:30 pm

📍 Iowa City, IA

■ Basic Life Support (BLS) Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate BLS skills and protocols according to AHA guidelines. **Fac:** BLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 2/28. **Fee:** \$50.00. **Contact Hours:** 0.0.

📅 March 25; 12:00 pm – 2:30 pm

📍 Iowa City, IA

■ Basic Life Support (BLS) Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate BLS skills and protocols according to AHA guidelines. **Fac:** BLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 3/11. **Fee:** \$50.00. **Contact Hours:** 0.0.

📅 March 26; 8:30 am – 12:30 pm

📍 Iowa City, IA

■ ACLS Provider Renewal Class

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate ACLS skills and protocols according to the AHA guidelines, prerequisites include a completed self assessment. **Fac:** ACLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 3/12. **Fee:** \$80.00. **Contact Hours:** 0.0.

📅 **March 26; 12:00 pm – 2:30 pm**

📍 **Iowa City, IA**

Basic Life Support (BLS) Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate BLS skills and protocols according to AHA guidelines. **Fac:** BLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 3/12. **Fee:** \$50.00. **Contact Hours:** 0.0.

📅 **March 27; 12:00 pm – 2:30 pm**

📍 **Iowa City, IA**

Basic Life Support (BLS) Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate BLS skills and protocols according to AHA guidelines. **Fac:** BLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 3/13. **Fee:** \$50.00. **Contact Hours:** 0.0.

📅 **March 27; 8:00 am – 10:30 am**

📍 **Iowa City, IA**

Basic Life Support (BLS) Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate BLS skills and protocols according to AHA guidelines. **Fac:** BLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 3/13. **Fee:** \$50.00. **Contact Hours:** 0.0.

📅 **April 4; 7:30 am – 5:15 pm**

April 5; 7:45 am – 4:00 pm

📍 **Iowa City, IA**

TNCC Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** This intense course will provide standardized training according to the Trauma Nurse Core Course 7th Edition curriculum. **Fac:** TNCC Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 3/21. **Fee:** \$300.00. **Contact Hours:** 17.65.

📅 **April 8; 12:00 pm – 4:00 pm**

📍 **Iowa City, IA**

ACLS Provider Renewal Class

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate ACLS skills and protocols according to the AHA guidelines, prerequisites include a completed self assessment. **Fac:** ACLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 3/25. **Fee:** \$80.00. **Contact Hours:** 0.0.

📅 **April 9; 8:00 am – 10:30 am**

📍 **Iowa City, IA**

Basic Life Support (BLS) Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate BLS skills and protocols according to AHA guidelines. **Fac:** BLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 3/26. **Fee:** \$50.00. **Contact Hours:** 0.0.

📅 **April 10; 8:00 am – 10:30 am**

📍 **Iowa City, IA**

Basic Life Support (BLS) Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager.

Phone: 319-339-3661. **Summary:** To successfully demonstrate BLS skills and protocols according to AHA guidelines. **Fac:** BLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 3/27. **Fee:** \$50.00. **Contact Hours:** 0.0.

📅 **April 10; 12:00 pm – 2:30 pm**

📍 **Iowa City, IA**

Basic Life Support (BLS) Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate BLS skills and protocols according to AHA guidelines. **Fac:** BLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 3/27. **Fee:** \$50.00. **Contact Hours:** 0.0.

📅 **April 11; 8:30 am – 12:30 pm**

📍 **Iowa City, IA**

ACLS Provider Renewal Class

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate ACLS skills and protocols according to the AHA guidelines, prerequisites include a completed self assessment. **Fac:** ACLS Approved Instructors. **Info:** www.mercyiowacity.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 3/28. **Fee:** \$80.00. **Contact Hours:** 0.0.

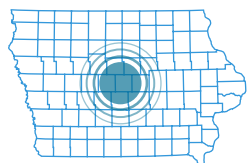
📅 **April 11; 12:00 pm – 2:30 pm**

📍 **Iowa City, IA**

Basic Life Support (BLS) Provider Course

Spon: Mercy Iowa City #87. **Contact:** Dawn Kueny, Education Manager. **Phone:** 319-339-3661. **Summary:** To successfully demonstrate BLS skills and protocols according to AHA guidelines. **Fac:** BLS Approved Instructors. **Info:**

www.mercy-iowa-city.org. **Aud:** RN's and Healthcare Providers. **Reg by:** 3/28. **Fee:** \$50.00. **Contact Hours:** 0.0.



REGION V

CENTRAL COUNTIES OF IOWA

📅 February 23; 9:00 am – 3:45 pm

📍 Des Moines, IA

7th Annual LGBTQ Health & Wellness Conference

Spon: Des Moines University #112. **Contact:** Vanessa Gray. **Phone:** 515-271-1596. **Summary:** This conference is aimed at addressing the health inequities and disparities LGBTQ Iowans continue to experience in our state. Attendees will gain the knowledge and skills necessary to cultivate safe and welcoming health care environments for LGBTQ Iowans throughout the state. **Fac:** Various. **Info:** <https://cme.dmu.edu/LGBTQ-2019>. **Aud:** All Nurses. **Reg by:** 2/23. **Fee:** \$50.00. **Contact Hours:** 3.0.

📅 March 29; 1:00 pm – 4:00 pm

📍 Des Moines, IA

Child and Dependent Adult Abuse Mandatory Reporter Training

Spon: Des Moines University #112. **Contact:** Vanessa Gray. **Phone:** 515-271-1596. **Summary:** The curriculum meets the requirements of Iowa Code Section 135.11(26) in the identification and reporting of child and dependent adult abuse. **Fac:** Gladys Noll Alvarez. **Info:** <https://cme.dmu.edu/childadultabuse-Mar2019>. **Aud:** All Nurses. **Reg by:** 3/29. **Fee:** \$0.00. **Contact Hours:** 3.0.

HOME STUDY

CONSULTANTS FOR THE FUTURE

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Riverview, Florida 33569

Mail orders: 1057 50th Ave. #4,
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Email: confut@aol.com

Phone: 1-800-654-2387

Web: www.consultantsforthefuture.com

(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 \$5 per hour, all mailed courses are \$6 per hour; plus a \$5.00 postage and handling fee per mail order.

Alzheimer's Disease and Related Disorders

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Provides ways to approach problem areas in direct care of those with dementia, with extensive suggestions for effective communication. **Fee:** \$12.00. **Contact Hours:** 2.0.

Autism Spectrum Disorder

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Reviews changes in diagnostic terminology, common traits, incidence, possible causes and therapies/approaches to help a person function in an outer world that differs from inner experiences. **Fee:** \$18.00. **Contact Hours:** 3.0.

Care of the Alzheimer's Patient

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD.

Phone: 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Presents suggestions and approaches to management of common behaviors and symptoms of dementia that are not drug based. **Fee:** \$6.00. **Contact Hours:** 1.0.

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

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Teaches strategies that can help manage anxious, aggressive or combative behaviors arising from limited emotional, mental or physical abilities. **Fee:** \$6.00. **Contact Hours:** 1.0.

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 S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Teaches strategies that can help manage anxious, aggressive or combative behaviors arising from limited emotional, mental or physical abilities. **Fee:** \$60.00. **Contact Hours:** 10.0.

Cognito Ergo Sum: Creating an Empowered Image

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Teaches how to recognize and create your own internal power by changing the way you think, using the nursing environment as the milieu. **Fee:** \$30.00. **Contact Hours:** 5.0.

End of Life: Palliative & Hospice Care

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** This course discusses the controversies of end of

life care, and presents approaches to meet psychological & physical needs encountered in the dying patient, while empowering the patient. **Fee:** \$18.00. **Contact Hours:** 3.0.

Forgiveness: A Fundamental Health Concept

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Incorporates strategies from both mental health and body-based therapies to approach forgiveness as a way to reduce stress-induced physical and mental/emotional disease states. **Fee:** \$30.00. **Contact Hours:** 5.0.

Good Grief: Providing Light to Those in Emotional Pain

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Fosters the nurse's ability to listen, console and nurture those involved in loss and changing personal identity, using specific, guided techniques. **Fee:** \$30.00. **Contact Hours:** 5.0.

HIV/AIDS: A Comprehensive Course

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Provides detailed examination of pathology, transmission, signs and symptoms, prevention, precautions and treatment of HIV. **Fee:** \$18.00. **Contact Hours:** 3.0.

Intuition in Healthcare: Fostering a Safer, More Therapeutic Process

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Examines physiologic explanations for intuition and become aware of how to facilitate accessing non-conscious information with

greater accuracy and safety. **Fee:** \$24.00. **Contact Hours:** 4.0.

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

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Examines body/mind connection, exploring chemistry that links immune system function to ways we think and feel, and teaching more positive thinking patterns and ways to deal with negative emotions. **Fee:** \$30.00. **Contact Hours:** 5.0.

Responsible & Compassionate Communication

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Teaches how language helps or blocks relationships & cooperation in meeting healthcare needs, & provides new communication patterns that foster empowerment, collaboration, & mutual respect. **Fee:** \$18.00. **Contact Hours:** 3.0.

Stroke

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Studies pathology of various kinds and locations of strokes, the related symptoms and approaches to acute and rehabilitative care. **Fee:** \$30.00. **Contact Hours:** 5.0.

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

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **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. **Fee:** \$18.00. **Contact Hours:** 3.0.

Talking With the Docs: Effective Nurse-Physician Communication

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Designed to help you increase your power and effectiveness when communicating with physicians in difficult situations. **Fee:** \$24.00. **Contact Hours:** 4.0.

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

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Physiology of acute and chronic pain perception, factors of pain reaction, attitudes toward the patient in pain that may hinder therapy, effective use of medication and use of non-invasive and alternative pain therapies. **Fee:** \$42.00. **Contact Hours:** 7.0.

The Prevention of Medical Errors

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and LPNs. **Summary:** Informs nurses of growing national concern over the alarmingly high numbers of errors and provides information to increase patient safety, guidance for reporting and suggestions for systems monitoring. **Fee:** \$12.00. **Contact Hours:** 2.0.

Working the Numbers: Nursing Interpretation of Laboratory Tests

Spon: Consultants for the Future #61. **Contact:** Linda S. Greenfield, RN, PhD. **Phone:** 800-654-2387. **Aud:** RNs and

LPNs. **Summary:** Examines nursing interpretation of CBC, hematologic studies, iron studies, UA, electrolyte survey, kidney function studies and liver function studies. **Fee:** \$36.00. **Contact Hours:** 6.0.

Quality Management Consultants, Inc.

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 and Overdose - Community Epidemic

Spon: Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** This course discusses how to address this very difficult problem. **Info:** <https://goo.gl/3h6yt6> **Fee:** \$29.00. **Contact Hours:** 5.0.

Mental Health and Substance Abuse Emergencies in the Community

Spon: Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** An overview of recommended activities when faced with a mental health or substance abuse emergency in your family, neighborhood, or community. **Info:** <https://goo.gl/JkP6qy> **Fee:** \$0.00. **Contact Hours:** 2.0.

Trauma Informed Care

Spon: Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** Awareness, prevention and early detection of and effective trauma-specific treatment are the keys to positive treatment outcomes. **Info:** <https://goo.gl/>

w8MbXL **Fee:** \$19.00. **Contact Hours:** 5.0. 2.0.

Critical Thinking - Improve Your Skills

Spon: Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** Improve your critical thinking skills in your nursing practice as well as your daily life. **Info:** <https://goo.gl/2KnfDo> **Fee:** \$10.00. **Contact Hours:** 4.0.

Grief - Healing From Loss

Spon: Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** Grief is not an illness or a disease, however, grief takes healthy and unhealthy forms, and it is hoped that this course will help you cope with your grief, as well as your patients in a healthy and constructive way. **Info:** <https://goo.gl/F4moEQ> **Fee:** \$10.00. **Contact Hours:** 2.0.

Positive Psychology

Spon: Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **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. **Info:** <https://goo.gl/h4NgWJ> **Fee:** \$19.00. **Contact Hours:** 3.0.

The Effective Patient Advocate

Spon: Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** Advocacy is a critical role for nurses as patients need help finding their way through our health care system, and there is no better choice than a nurse. **Info:** <https://goo.gl/mqxv4J>

Fee: \$10.00. **Contact Hours:** 5.0.

The Affordable Care Act - A FREE Course

Spon: Quality Management Consultants, Inc. #353. **Contact:** Mary Krieg. **Phone:** 515-255-2576. **Aud:** RNs, LPNs, ARNPs. **Summary:** An analysis of the Affordable Care Act and all its provisions, as well as what you need to know to get care for you and your family. **Info:** <https://goo.gl/mYW23r> **Fee:** \$0.00. **Contact Hours:** 4.0.

CE SOLUTIONS, A DIVISION OF VGM EDUCATION

1111 West San Marnan Drive
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(Iowa Provider Number #335)

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Visit us at www.discovercesolutions.com to purchase. Click Buy Online.

Child Abuse for Iowa Mandatory Reporters

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 855-899-2803. **Aud:** RN, LPN, ARNP. **Summary:** Approved by the Iowa Dept. of Public Health (approval #379) to meet the Mandatory

Reporters' requirements for child abuse education by reviewing and updating information on incidence, indications, treatment options and legal implications. **Fac:** Angela Johnson. **Fee:** \$23.95. **Contact Hours:** 2.0.

Child and Dependent Adult Abuse for Mandatory Providers

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 855-899-2803. **Aud:** RN, LPN, ARNP. **Summary:** Approved by the Iowa Dept. of Public Health (approval #396) and intended to meet the Mandatory Reporter's requirements for child and dependent adult abuse education by reviewing and updating information on incidence, indications, treatment options and legal implications. **Fac:** Angela Johnson. **Fee:** \$23.95. **Contact Hours:** 2.0.

Dependent Adult Abuse for Iowa Mandatory Providers

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 855-899-2803. **Aud:** RN, LPN, ARNP. **Summary:** Approved by the Iowa Dept. of Public Health (approval #397) to meet the Mandatory Reporters' requirements for Dependent adult abuse education by reviewing and updating information on incidence, indications, treatment options and legal implications. **Fac:** Angela Johnson. **Fee:** \$23.95. **Contact Hours:** 2.0.

Nurse Leadership Certificate Program

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The nine-part certificate program provides an in-depth understanding of the skills and 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 K. Orth, RN, CHPN, BSN, MA. **Fee:** \$199.95. **Contact Hours:** 12.0.

Active Shooter: What You Can Do

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **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. **Fee:** \$11.95. **Contact Hours:** 1.0.

Antibiotic Stewardship

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** Health care employees will be able to increase their knowledge of antibiotic use and the benefits of an Antibiotic Stewardship Program to promote the appropriate use of antibiotics, including a system of monitoring to improve resident outcomes and reduce antibiotic resistance. **Fac:** Deb Martin, BSN. **Fee:** \$11.95. **Contact Hours:** 1.0.

Emergency & Disaster Preparedness

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The purpose of this course is to provide the learner with general guidelines to follow during emergency and disaster situations to increase the safety for staff and patients. **Fac:** California Department of Public Health (CAHF). **Fee:** \$11.95. **Contact Hours:** 1.0.

Behavioral Health Services

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather

Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **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. **Fee:** \$11.95. **Contact Hours:** 1.0.

LGBT in Health Care

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** This self-study will help health care staff understand the terminology and basic rights of LGBT seniors in long-term care. **Fac:** Heather K. Johnson, MHA. **Fee:** \$11.95. **Contact Hours:** 1.0.

Antipsychotics and the Elderly

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The purpose of this course is to increase the knowledge of the health care professional of antipsychotic medications and implications of their use in the elderly population. **Fac:** Elizabeth Boldon BSN, MSN. **Fee:** \$11.95. **Contact Hours:** 1.0.

Advance Directives and DNRO

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The purpose of this course is to present health care professionals with a comprehensive understanding of advance directives. **Fac:** Denise Warren RN, BSN. **Fee:** \$11.95. **Contact Hours:** 1.0.

Dealing with Difficult People in Healthcare

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:**

RN, LPN, ARNP. **Summary:** Health care professionals will learn how to identify and respond to conflict and disruptive behaviors among coworkers. Research on the negative consequences of conflict on staff morale and patient care are reviewed. Various strategies to deal with negative situations that are a part of every workplace are explained. **Fac:** Judith K. Orth, RN, CHPN, BSN, MA. **Fee:** \$23.95. **Contact Hours:** 2.0.

■ Dementia Training Module A

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** All staff working in the long-term care setting will increase their knowledge and 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, and Behavior Management. **Fac:** Kara Finger. **Fee:** \$39.99. **Contact Hours:** 4.0.

■ Dementia Training Module B

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** All staff working in the long-term care setting will increase their knowledge and 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, and Ethical Issues. **Fac:** Kara Finger. **Fee:** \$39.99. **Contact Hours:** 4.0.

■ Dying with Dignity

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather

Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** Healthcare providers will place an emphasis on each terminally ill patient's uniqueness that tends to preserve their sense of dignity. **Fac:** Judy K. Orth, RN, CHPN, BSN, MA. **Fee:** \$11.95. **Contact Hours:** 1.0.

■ Elder Justice Act: What it Means for You

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** Healthcare providers will increase their knowledge about the Elder Justice Act of 2010 (EJA) by providing information about its priorities, provisions, and related legal decisions since its enactment in 2010. **Fac:** Judy K. Orth, RN, CHPN, BSN, MA. **Fee:** \$11.95. **Contact Hours:** 1.0.

■ Ethical Principles in Nursing

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** To enhance the nurse's ability to utilize ethical principles in nursing practice. **Fac:** Denise Warren RN, BSN. **Fee:** \$35.95. **Contact Hours:** 3.0.

■ Infection Control

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** Health care professionals will review and gain knowledge of current and emerging infection control procedures, common health care related infections, and infectious disease outbreaks. **Fac:** Mary McGeough BSN. **Fee:** \$23.95. **Contact Hours:** 2.0.

■ Influenza: The Basics

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather

Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The health care practitioner will enhance her knowledge of this season's influenza and best practices for prevention and transmission of the disease. **Fac:** Linda Fisk RN. **Fee:** \$11.95. **Contact Hours:** 1.0.

■ Leadership in Health Care: General Principles

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **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:** Judy K. Orth, RN, CHPN, BSN, MA. **Fee:** \$17.95. **Contact Hours:** 1.5.

■ Multi-Drug Resistant Organisms

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **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 and provide recommendations for preventing their spread. **Fac:** Denise Warren RN, BSN. **Fee:** \$11.95. **Contact Hours:** 1.0.

■ Nursing Documentation

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** Nurses will gain knowledge and skills related to the documentation of information in the patient's medical record. **Fac:** Mary McGeough BSN. **Fee:** \$17.95. **Contact Hours:** 1.5.

Nursing CEUs (100+ HR)

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **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 and autoimmune diseases to name just a few. **Fac:** Mary McGeough BSN. **Fee:** \$33.95. **Contact Hours:** 100.0.

Pain Management at Life's End

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The purpose of this course is to integrate recently published pain management evidence into clinical practice and care for the terminally ill. A case scenario approach to this topic will transpire throughout this course to aid in the discovery and application of more effective ways for health care professionals to assist patients and families in the management of pain at life's end. **Fac:** Judith K. Orth, RN, CHPN, BSN, MA. **Fee:** \$23.95. **Contact Hours:** 2.0.

Preventing Medication Errors

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:** RN, LPN, ARNP. **Summary:** The purpose of this online course is to increase healthcare professionals understanding of and skills for eliminating medical errors. **Fac:** Mary McGeough BSN. **Fee:** \$11.95. **Contact Hours:** 1.0.

Staff Retention: Working Together to Achieve Organizational Success

Spon: CE Solutions, a Division of VGM Education. #335. **Contact:** Heather Johnson. **Phone:** 866-650-3400. **Aud:**

RN, LPN, ARNP. **Summary:** To provide a framework of strategies to create successful organizations through positive, meaningful leadership. **Fac:** Vicki Parsons MBA. **Fee:** \$11.95. **Contact Hours:** 1.0.

WORDS MATTER – IOWA PROVIDER #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.

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

Spon: Words Matter Nurses. #375. **Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter. **Summary:** Health care personnel will be introduced to diseases that may accompany immigrant/refugee children and families to the U.S. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

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

Spon: Words Matter Nurses. #375. **Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter. **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 and deaths in children in multiple states. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

Zika Virus: What You Need to Know

Spon: Words Matter Nurses. #375. **Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter. **Summary:** Healthcare personnel will enhance their understanding of Zika virus. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

Bumpety-Bump: Diagnosis Mumps

Spon: Words Matter Nurses. #375. **Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter. **Summary:** Healthcare personnel will enhance their understanding of mumps. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

Heart Palpitations - A Cause for Concern?

Spon: Words Matter Nurses. #375. **Contact:** Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter. **Summary:** Health care personnel will enhance their knowledge of heart palpitations, both those that are benign and those that may indicate a more serious health issue. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

Aortic Aneurysm: A Silent Killer

Spon: Words Matter Nurses. #375.

Contact: Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.

Summary: Health care personnel will enhance their knowledge of aortic aneurysms, including thoracic aortic aneurysms (TAA) and abdominal aortic aneurysms (AAA). **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

Anxiety Disorders in Adults and Children

Spon: Words Matter Nurses. #375.

Contact: Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.

Summary: Anxiety disorders can be debilitating for both adults and children. The nurse will enhance her understanding of types of anxiety disorders that affect the individual and the different modalities used to treat them. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

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

Spon: Words Matter Nurses. #375.

Contact: Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.

Summary: Nurses will enhance their knowledge of vector-borne diseases: signs & symptoms, diagnosis, treatment, and prevention. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

Opioids - Friend or Foe? (Part I)

Spon: Words Matter Nurses. #375.

Contact: Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.

Summary: Health care personnel will discuss pain and 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. **Fee:** \$4.00. **Contact Hours:** 2.0.

Opioids - Friend or Foe? (Part II)

Spon: Words Matter Nurses. #375.

Contact: Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.

Summary: Healthcare professionals will discuss the opioid crisis and become familiar with the program developed by CDC to respond to the crisis. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

PANDAS/PANS Neuropsychiatric Disorders in Children

Spon: Words Matter Nurses. #375.

Contact: Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.

Summary: Nurses will recognize the signs/symptoms of PANDAS/PANS in children following a strep infection. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

Sexually Transmitted Diseases are on the Rise: What Nurses Need to Know

Spon: Words Matter Nurses. #375.

Contact: Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.

Summary: Nurses will be able to identify the signs/symptoms for various STDs, Treatment, and follow-up. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

Hepatitis A: A New Epidemic?

Spon: Words Matter Nurses. #375.

Contact: Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter. **Summary:** Nurses will discuss hepatitis A and explain how the disease is transmitted, who is at risk for the disease, signs and symptoms of

illness, prevention of hepatitis A, and vaccination guidelines. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

The Aged: Dying From Loneliness?

Spon: Words Matter Nurses. #375.

Contact: Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.

Summary: Nurses will study the effects of loss and grief on the elderly population. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

Just A Plane Ride Away: Ebola Virus Disease

Spon: Words Matter Nurses. #375.

Contact: Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.

Summary: To identify the signs and symptoms of Ebola Virus Disease and the implications for the U.S. based healthcare system. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.

When Spiders Bite

Spon: Words Matter Nurses. #375.

Contact: Linda Fisk. **Phone:** 855-227-6784. **Aud:** RNs, LPNs Other persons interested in this subject matter.

Summary: Recognize the signs and symptoms of a spider bite, and care and treatment for the wound. **Fac:** Linda Fisk. **Fee:** \$4.00. **Contact Hours:** 2.0.



Des Moines University

Vanessa Gray

All course info: <https://cme.dmu.edu/courses/>

Phone: 515-271-1596

(Iowa Provider Number #112)

■ Online Enduring Materials

Spon: Des Moines University. #112.

Contact: Vanessa Gray. **Phone:** 515-271-1596. **Aud:** All Nurses. **Summary:** Des Moines University offers online enduring continuing education opportunities for nurses. Visit the Course catalog and select the “IBON” credit type for more information. **Fac:** Various. **Fee:** \$20.00. **Contact Hours:** 1.0.

■ DMU Grand Rounds

Spon: Des Moines University. #112.

Contact: Vanessa Gray. **Phone:** 515-271-1596. **Aud:** All Nurses. **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 and will be posted as they become available. Visit the course catalog and filter topics by “DMU Grand Rounds” and credit type by “IBON” to see upcoming activities. **Fac:** Varies. **Fee:** \$0.00. **Contact Hours:** 1.0.

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