

# Rural Nurse Connection

*The Official Publication of the Rural Nurse Organization*

Spring 2004

## From Your President: Jeri Dunkin

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As most of you know my term as President is coming to an end. The president -elect, Linda Dunn will assume the Presidency on April 15, 2004. I will remain on the Board of Directors as Past President, per our by-laws to provide a historical perspective to the business of the chapter and moral support to the President. I have very much enjoyed my term as President of RNO and hope that you will play an active role in the organization as well. Active, involved members make a dynamic organization.

The Board of Directors is always searching for new ways to support our members and their practice. The only way that can happen is if you, the members, tell us what you need and how we can help. I know that the Organization needs committee members on an on-going basis. Please look over the list of committees and let us know which one you would like to serve on. Additionally, the Online Journal of Rural Nursing and Health Care Editorial board is always in need of review panel members. For further information on that please contact the Editor.

As we strive to build the Rural Nurse Organization we of course will need a steady source of revenue. That revenue comes from membership fees. Please encourage your colleagues to join you in the organization. And then let us know how we can make it "Your" organization.

Like almost every organization and governmental agency we are facing budgetary deficits if we continue to provide the full range of services to the members. Because the will of the membership was to keep the current dues level, there is a need to generate the revenue needed for the activities of the organization, e.g. newsletter, brochure, website, journal, etc.

Thank you for continuing to support RNO and for supporting me during my term as President..

### **Members Reject Dues Increase**

In the annual election, RNO members rejected a proposed bylaw change that would have increased RNO dues to \$75 per year. Amending the bylaws requires a 2/3 affirmative vote, but the proposed dues increase received only a 60% favorable vote. Dues will remain at the current \$55 per year level.

Operating at the current dues level challenges the RNO Board to provide services with existing revenues. It has been necessary for RNO to pick up their own postage and copying costs in the past two years. There is also a need to cover at least part of the cost of maintaining a web page and online journal instead of relying on someone else to provide these services without cost to the organization.

**Rural Health: Celebrating Diversity & Strength. A joint conference of The Fifth Canadian Rural Health Research Conference and the Fourth International Rural Nursing Congress.**

Date: October 21-23, 2004  
Sudbury, Ontario, Canada

Two all-day workshops will be held on October 21:  
· Doing Rural Health Research Using Secondary Data Sources  
· Preparing, Recruiting and Retaining Health Professionals in Rural Areas

Abstracts for oral and poster presentations are welcome. Presentation themes include: Rural Communities; Physical and Work Environments;  
Bio-medical/Clinical Research; Methodological Issues; Aboriginal Health;  
Health Care Organization, Policy & Resource Allocation; Clinical Practice;  
and Education and Innovation.

Register on or before September 1, 2004 for early registration fee.

For more information on the joint-conference, abstract submission and registration, please visit the website of the Canadian Rural Health Research Society at <http://crhrs-scrrs.usask.ca/sudbury2004>

For information on Sudbury, please visit the website of the Centre for Rural and Northern Health Research at <http://www.cranhr.ca/pdf/FactSheet.pdf>

***RNO Leadership  
RNO Officers***

*Linda Dunn DSN, RN*

President

*Pam Stewart Fahs*

President Elect

*Jeri Dunkin PhD, RN*

Past President

*Jeff Radford, RN, BSN*

Secretary

*Cindy Perry RN, BSN*

Treasurer

***RNO Board of Directors***

*Kay Rosenthal PhD, RN*

Executive Director

*Angeline Bushy PhD, RN, CS*

Member-at-Large

*Nancy Blume PhD, ARNP-CNS*

Member-at-Large

*Angela Jukkala MS, RNC*

Member-at-Large

*Marietta Stanton PhD, RN*

Education Committee

*Bette Ide PhD, RN*

Bylaws Committee

*Jena Barrett DSN, RN*

Membership

***RNO Office***

*Dan Birdsell, MS*

Office Manager

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***Web Page and Online Journal of Rural Nursing  
and Health Care WWW.RNO.ORG***

## Health Promotion Strategies in Rural Communities

Peggy Smith  
Tacoma, Washington

### Abstract

The purpose of this project is to identify nutritional health promotion resources currently in use by healthcare providers in the rural Pacific Northwest. Twenty-five healthcare providers from Western Washington participated in this descriptive survey of community nutritional resources currently utilized in their practices. Resources identified included group classes, community service groups, commercial entities, passive written information available to the public, nutritional provision, and one-to-one educational professionals. Results indicate that healthcare providers in rural Washington have limited knowledge and resulting low utilization of current community nutritional health promotional resources and activities. Successful promotional efforts were noted in the area of weight management, diabetic control, and blood lipid levels.

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Any nursing student who submits a paper to the Online Journal will be given complimentary membership in RNO for one year. Papers do not have to be published to qualify.

### RNO Anthologies for Sale

#### Volume 1 Rural Nursing Stories: Trials and Tribulations (2000)

A collection of stories written by rural nurses.

#### Volume 2 Rural Nursing Stories: Rewards and Challenges (2000)

A collection of stories and poems written by rural nurses. A large selection of poems is from the RNO Albany, New York conference where participants at the Lois McCray lecture on Joy created Haiku, senryu, and free form poetry. You may be a published author! Check it out!

#### Volume 3 Rural Nursing: Stories, Poems and Portraits (2001)

It contains even more writings, Musings and poetry written by rural nurses, about rural nursing.

\$19.95 each. \$5.00 of each purchase goes to RNO.

Please send check or money order payable to: Kay Rosenthal.

Please complete the order form and enclose with your payment.

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Kay Rosenthal PhD, RN  
Editor, Rise Above Publishing  
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Want to be included in Volume 4? Please send stories, poems, and drawings to the same address.

## Meet Your Newly Elected Officers

### **Pam Stewart Fahs, President Elect**

Pam Stewart Fahs has been in nursing for 26 years and currently is an Associate Professor at Binghamton University and the Director of the O'Connor Office of Rural Health Studies. Her practice began in the Appalachian Regional hospital of Southeastern Kentucky. She has worked in the areas of Med-Surgery and Dialysis as well as nursing education. She received her Associate Degree from Eastern Kentucky University in 1978, a Bachelors of Science in Nursing from the University of Kentucky in 1983, a Master of Science from Binghamton University in 1986 and Doctorate of Science in Nursing from the University of Alabama at Birmingham in 1991. She is a member of the RNO and NRHA and currently serves on the Board of Directors of the Rural Health Network of South Central New York. She was on the planning committee for the 3<sup>rd</sup> International Congress of Nurses hosted by Binghamton University in 2002 and the Conversations in the Discipline: Sustaining Rural Populations conference to held at Binghamton in April 2004.

"I am delighted to be elected to the Board of the RNO. I am committed to nursing and believe that the RNO is a valuable organization for the support of nurses practicing in rural areas."

### **Angeline Bushy, Member at Large**

Angeline Bushy - Member at Large - Professor, Bert Fish Chair, Community Health Nursing, University of Central Florida. Angeline became interested in RNO because this organization represents her area of specialization and scholarship. Her experience has

indicated that this is the only organization that exists for rural nurses - and she is committed to creating more visibility and opportunities for rural nurses.

### **Jeff Radford, Secretary**

I was born and raised in Mexico City and speak Spanish fluently.  
- Received my BA in Environmental Education from The Evergreen State College in 1982.  
- Prior to becoming an RN I worked professionally as a mountaineering and sea kayaking guide and instructor, spent two years in rural Nicaragua working as a field consultant in appropriate technologies and served as an Interpretive Ranger and emergency medical technician (EMT) for the National Park Service.  
- Received my BSN from the Washington State University - Intercollegiate Center for Nursing Education (ICNE), graduating with honors in 2000.  
- Since becoming an RN I have focused exclusively on work in small rural hospitals in Colorado and Washington State. My primary work has been in medical/surgical, emergency room and labor and delivery nursing. This will be my third year as RNO Secretary.



If you would like a 16 x 20 RNO poster, please contact the RNO Office and one will be sent to you as an appreciation for your efforts supporting RNO. Send your request to:

RNO  
Letterman Lanning  
Box 248  
Spokane WA 99210-0248

Or

[ruralnurseorganization@msn.com](mailto:ruralnurseorganization@msn.com)

### **RNO Welcomes**

**Darin Prescott - Morton MN**

**Lori Hendrickx - Brookings SD**

**Kerry Ann Quinn - Oshawa ON**

**Roni Kerns - Duncan AZ**

**Velvet Chamberlain - Ephrata WA**

*From the desk of the Executive Director...*

## Rx for Health

Submitted by Kay Rosenthal PhD, RN, Exec Director RNO

There is an obesity epidemic in this nation. As a rural nurse what are you doing personally and professionally to reverse this trend? It's time for nurses to step forward and make a difference in our own health and in the health of others. Here's a beginning prescription for health that can be applied personally and professionally.

There are three factors that people need to incorporate into their fitness routine.

1. **Intensity** (how hard you exercise).
2. **Frequency** (how often you exercise).
3. **Duration** (how long you exercise).

Achieving a balance between these three factors will give the best results (Healthwise, 2001).

Bryon Holmes, MS, Exercise Physiologist offered a prescription for health much as a health care provider would prescribe a medication. When you are given a prescription you are told what medication to take, what the dose is (intensity), how often to take it (frequency) and how long to take it (duration).

A prescription for otitis media (infection of the inner ear) for an adult might include:

Medication: Amoxicillin

Dose: 500 mg

Frequency: Twice a day

Duration: Ten days

For Cardiovascular health the prescription recommended by Bryon was:

Medication: Exercise. Anything that gets your heart rate up e.g. walk, hike, bike, snowshoe, cross country ski, etc.

Dose: **Intensity**. "Talk Test" or 60-70% of your maximum heart rate.

What's the talk test? " If you can't talk and exercise at the same time, you are going too

fast, if you can talk while you exercise, you are doing fine (not that you'll want to carry on a full conversation).

What's maximum heart rate? Maximum heart rate = 200 minus your age.

**Frequency:** Three to four times a week.

**Duration:** Thirty minutes.

For muscular-skeletal health the prescription recommended by Bryon was:

Medication: Exercise. Anything at home or in a gym that works your bones and muscles to push, pull and squat.

Dose: **Intensity:** On a scale of 1=10 with 10 being the highest you want to reach an intensity of 6 on the last repetition.

**Frequency:** Two times a week.

**Duration:** Twelve to 20 repetitions with enough resistance to reach the desired intensity.

Benefits of such a prescription for health include:

- ❖ "Lowers your risk of premature death and death caused by heart disease.
- ❖ Reduces your risk of developing diabetes, high blood pressure, colon cancer, and osteoporosis.
- ❖ Helps lower high cholesterol and blood pressure levels.
- ❖ Improves your mood, relieves stress, and promotes a sense of well-being.
- ❖ Helps build and maintain healthy bones, muscles, and joints.
- ❖ Helps you maintain a healthy body weight" (Healthwise, 2001 p.22-3).

Want to make some improvements in your physical fitness? Take one step at a time. Pick an activity you enjoy. Set a one-week goal that you can reach. Start today. When you reach your goal, reward yourself. Then set a new goal.

For only an hour to an hour and a half a week you can have a healthier body. So get up and get active! Remember to consult your health care provider before beginning any new fitness routine. Take good care of yourself.

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We're on the Web!

See us at:

[www.rno.org](http://www.rno.org)

Rx for Health (Continued from page 5)

Need help setting and maintaining your goals? Contact Kay Rosenthal PhD RN, Director, Options for Healthy Living, Inc. for online coaching today and start on your journey to healthy living with your personal passport for health. Join HealthOptions4U Listserv to receive health information that can be used in your community. Share your knowledge and speak up to make a difference in your communities' health.

Sources:

Bryon Holmes MS, Exercise Physiologist

Katy Magee, Editor. Healthwise Handbook. (2001). Healthwise Incorporated: Boise Idaho.

## Letter to the Editor

We have just finished our Board Meeting and I had another thought about partnering with another rural organization. I am a member of of the Rural Mental Health Organization based in St. Cloud Minnesota. They will be having their next conference in June 23-26th, 2004 in Boulder Colorado. The theme is "The Changing Faces of Rural Mental Health". Could this be an organization to try and do a table or sponsor a coffee at their meeting? I have a web address if this might be of interest. In case anyone would like to look them over here it is:

[www.narmh.org](http://www.narmh.org)

Nancy Blume

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