

OSAOHN Newsletter

Quarterly Issue:

Winter/2012



LEADERS IN OCCUPATIONAL HEALTH NURSING SINCE 1974

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[New! - Sherry Taxer Scholarship](#)

Sherry Taxer Professional Development Scholarship



The award advances the profession of occupational health nursing by making educational pursuits more accessible to OSAOHN members.

A successful applicant is eligible for up to \$1,500 each year in scholarship assistance to pursue educational goals.

To learn more [click here](#)



Featured Training FREE



Dear Rod,

Thank you for taking the time to read the OSAOHN newsletter, offering you an effective way to engage and communicate with your colleagues.

Our objective is to provide members and our partners with actionable information and networking opportunities. Both the [OSAOHN website](#) and our newsletter serve as valuable resources for delivering interactive information and feedback intended to help our communities thrive.

From the President-

Dear Oregon State AOHN Member-



I want to send you my best wishes for the New Year.

2012 will be a busy time, and I'm enthusiastic about the new opportunities it will bring to our organization.

Our Board of Directors designated this year as the year to update our Bylaws. Little did we know how big that job would be. The Bylaws, Rules, and Procedures Committee started work in September. When Shelley Jones (chair), Janet McNicholas and Chris Murrell began work on the update, they found that our parent organization, AAOHN, had been busy. Changes that effect our organization had been made at the recent National Business meeting; and we are required to incorporate the national changes into the Oregon State AOHN Bylaws.

The Bylaws are basic to the functioning of our organization. Not only do they connect us to our parent organization, AAOHN, but they serve as the legal basis for our function as a professional organization. They contain information about our structure and how we do business. They supply guidelines for Officers, Board of Directors, member categories, committees, and meetings.

There is a big change coming to levels of membership. A major AAOHN directive opens membership to licensed nurses, and others interested in the field of occupational and environmental health.

Hearing Protection Devices and Hearing Conservation Programs

This seminar and luncheon are provided free of charge as a courtesy of 3M

[Click here](#) to register

January 17, 2012
Hilton Portland & Executive Tower
921 SW Sixth Avenue
Portland, OR 97204
(ph) 503-226-1611
(fax) 503-220-2565

Opportunity Knocks



The AAOHN Foundation 2012 Grant and Scholarship Packet is now available

AAOHN Foundation 2012 Grants & Scholarships Packet ([Word](#))

AAOHN Foundation 2012 Grants & Scholarships Packet ([PDF](#))

For more information contact the AAOHN Foundation National Office at aaohn@dancyamc.com. For information on AAOHN Awards [click here](#).

Shelley Jones has provided more specific details on the changes in membership in her newsletter article.

These changes will impact our members and offer new opportunities for growth and continuing education to those working in our profession.

The process for organizational change began more than a year ago with the AAOHN Board of Directors. That process has now moved on to the Oregon State AOHN Board of Directors. As a final step, all members of Oregon State AOHN will be asked to vote to accept the newly revised Bylaws at the Annual Business meeting on Friday, June 8, 2012. Watch upcoming editions of the Newsletter for a series of articles that will acquaint members with this and other Bylaws changes before the June vote.

Stay tuned...these are exciting times.

I wish you a year filled with happiness and success!

Linda Meuleveld,

OSAOHN Presidentlinmeu@comcast.net

Your input is valuable, let your Board of Directors know what you're thinking!

Membership Categories Are Changed by AAOHN



Last spring, through a vote at the National Business Meeting, significant changes were made in the AAOHN membership

categories. For many years, Active members of AAOHN and their constituents (i.e. Oregon State AOHN) have been only registered nurses (RNs). The national vote has changed that for all levels of the organization, including Oregon State AOHN. Here are the highlights of those changes.

1. Active members are now defined as "licensed" nurses, making it possible for RNs and LPNs to be members of our organization.

- Active members have all rights and privileges of membership (voting, holding office, serving on committees) in AAOHN and Oregon State AOHN.

2. Nurses who hold a Retired membership status with AAOHN have voting rights and can serve on committees or panels.

- Retired members of Oregon State AOHN will be able to hold office, serve on committees and vote as members of the state association.

Get the word out today!



Please advocate on behalf of your professional organization and nursing practice and tell others about your affiliation with OSAOHN



Promote the Profession

Occupational Health Nurses

Key Facts about Health and Wellness Programs

- Occupational nurses manage 80% of all occupational injuries and illnesses.
- In 2009, OSHA issued an advisory bulletin regarding the need for occupational health services.
- Occupational health services have been shown to reduce the cost of occupational injuries and illnesses.
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Protecting Worker Health, Safety and Productivity

Keeping you healthy and productive

So What's an OHN Anyway...?

Top 10 Reasons to Hire an OHN

1. OHNs reduce worker compensation and the number of days lost due to injury and illness.
2. OHNs reduce the burden on the health care system.
3. OHNs reduce absenteeism and turnover.
4. OHNs reduce the cost of occupational injuries and illnesses.
5. OHNs reduce the cost of occupational injuries and illnesses.
6. OHNs reduce the cost of occupational injuries and illnesses.
7. OHNs reduce the cost of occupational injuries and illnesses.
8. OHNs reduce the cost of occupational injuries and illnesses.
9. OHNs reduce the cost of occupational injuries and illnesses.
10. OHNs reduce the cost of occupational injuries and illnesses.

- So What's an OHN Anyway...?
- Top 10 Reasons to Hire an OHN
- Wellness Program Facts & ROI

[Click here to download FREE pdf](#)



3. Other large changes are in the member category called Affiliate. Licensed nurses (RNs and LPNs) who aren't eligible for Active status but are interested in occupational and environmental health and the purposes of AAOHN can join as Affiliate members.

- Affiliate RN and LPN members of Oregon State AOHN may vote and serve on committees.

4. A second category of Affiliate members are not licensed nurses. They are individuals engaged in the field of occupational and environmental health or who are interested in the purposes of AAOHN.

- Affiliate non-nurse members of Oregon State AOHN may vote and serve on committees.

These are large changes that will make it possible for LPNs and non-nurse occupational and environmental health professionals (i.e. EMTs, case managers, risk managers, physicians, safety professionals, industrial hygienists, etc.) to become members of the Oregon State AOHN.

The Bylaws, Rules, and Procedures Committee is working to make these necessary changes in the Oregon State AOHN Bylaws. Watch for an article in the Spring Oregon State AOHN Newsletter that will highlight changes in the structure of our organization. Contact members of the Bylaws, Rules, and Procedures Committee . . . Shelley Jones (503-644-6102), Janet McNicholas (503-653-4666), and Chris Murrell (503-315-3582) . . . if you have questions or need more information.

Shelley Jones, Chair
Bylaws, Rules, and Procedures Committee

Cultural Competence in Nursing

The Oregon Center for Nursing (OCN) has always addressed fundamental practice-related issues in a variety of ways -- via workgroup participation, poster creation, and offering educational events and conferences. The issues of Diversity and Cultural Competence is one such area of focus.



New in 2012, OCN has formed the Cultural Competence Network to connect students and nursing professionals to information about diversity and cultural competence issues. This network consists of two main components:

1) Educational Offerings - Beginning January 26, 2012, OCN will be offering a series of FREE in-person and webinar events on a variety of cultural competence issues. The schedule of events can be viewed online at www.oregoncenterfor nursing.org or by [clicking here](#).

Join Our Mailing List

Join Our Mailing List!

2) Cultural Competence Digests - Cultural Competence Digests contain information on recent articles, funding opportunities and educational offerings related to cultural competence and diversity. [Click here](#) to view their recent edition!

If you would like to receive information about the Cultural Competence Network, or educational offerings or cultural competence digests, please sign up at www.oregoncenterfornursing.org or by [clicking here](#).

Save the Date OSAOHN 2011 - 2012

February 2012

Joint Meeting with ASSE
Date and location coming soon!



February 10, 2012

OSAOHN Winter Meeting of the Board of Directors
9:00 AM - 3:00 PM
Date and location coming soon!

March 6 & 7, 2012

Cascade OSHA Conference
Location: Valley River Inn, Eugene, Oregon
Registration Information: www.regonline.com/cascade_12
Contact Information: Oregon.conferences@state.or.us or
www.orosha.org or www.cascade.asse.org or 503-378-3272.

April 13, 2012

OSAOHN Joint Meeting with
AOHP (Association of Occupational Health Professionals)
Update on Effects of Sleep Deprivation and the Costs to Workers
and Employers 9:00 AM - 3:30 PM, includes 5.5 hours of
CE

April 21 - 26, 2012

AAOHN National Meeting in Nashville, Tennessee

May 24, 2012

OSAOHN Teleconference Board Meeting
2:00 - 3:00 PM

June 8, 2012

OSAOHN Annual Business Meeting and Installation of Officers
9:00 AM - 3:00 PM, includes 2 hours of CE (Location TBA)

News & Snippets - Health-related Apps

With all the hype over recent technology (namely iPhones, iTunes & the Droid), you can't help but wonder about all the apps that encourage nutrition and fitness. Today there are many tools to help you track your nutrition and exercise, set goals, learn new workouts, connect with other users, and much more.



Below are just a sampling of some iPhonehealth related apps that provide the most accurate health information.

On the nutritional front the [Allrecipes.com Dinner Spinner](#) app provides recipe ideas as well as ingredient lists, directions, and reviews. This is quite handy for those that find themselves at the supermarket wondering what to cook.

The [Livestrong.com Calorie Tracker](#), [SparkPeople Diet & Food Tracker](#), [Tap & Track](#) and [Lose It!](#) are all similar apps. All four of these apps give you a calorie range and a food database to choose from.

If you follow weight watchers, there is an app for that as well. It is called [Weight Watchers Mobile](#) and provides the same food database but relates it to points instead of calories.

Some fitness and workout apps to checkout include, [iMapMyRun](#) which uses GPS technology to track your running/walking when you are outdoors, [Couch to 5k](#) for daily instructions to reach a 5k in 9 weeks, [Yoga Stretch](#) for a yoga class with relaxing music and picture demonstrations. With [iTreadmill](#) you can use your smartphone like a pedometer to track your time, average pace, distance, and calories all while having music playing in the background.

If you are new to the app world and interested in health, you might try some of these to get yourself started. Additionally, if you are a Droid user like myself you can check out the Marketplace on your phone.



The Oregon State Association of Occupational Health Nurses (OSAOHN) was founded in 1974, and is affiliated with the American Association of Occupational Health Nurses (AAOHN).

We are a professional organization of nurses engaged in the specialty field of occupational health nursing. Our membership is composed of registered nurses from Oregon and Southwest Washington.

Occupational Health Nurses (OHN)s are registered nurses who independently observe and assess the worker's health status with

respect to job tasks and hazards. Using their specialized experience and education, these registered nurses recognize and prevent health effects from hazardous exposures and treat workers' injuries/illnesses.

We encourage our readers to consider writing an article for a future issue. If you have an idea for an article, simply [email](#) a proposal.

Sincerely,

Your OSAOHN Communications & Public Relations Committee