



ABC's
of CPR
now CAB

IPad Touch...
winners inside!



2012
It's Your Year

PRN Press February 2012

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Certified by The Joint Commission

back to the basics



The CAB of CPR: American Heart Association Guidelines

If you're still working off the ABC's when it comes to CPR, put them away and start learning your CAB — compressions, airway, and breathing. That's the message from the American Heart Association for both adult and pediatric cardiopulmonary resuscitation in the "2010 American Heart Association Guidelines for CPR and ECC."

The AHA now says both laypeople and healthcare professionals should start CPR by compressing the chest at least 100 times a minute. "Look, listen and feel" is out of the basic life support algorithm for laypeople.

"Opening the airway and delivering breaths is the most challenging skill for CPR and requires some sort of equipment such as a pocket mask or bag/valve mask," said Mary Fran Hazinski, RN, MSN, FAAN, co-chair of the 2010 International Liaison Committee on Resuscitation and co-lead author of the executive summary of its recommendations. "It can stall the whole resuscitation effort."

Focusing on this basic skill will encourage bystanders to act. "Some compressions are better than no compressions," according to Hazinski, who is a professor at Vanderbilt University School of Nursing.

Healthcare professionals should still assess for breathing simultaneously with assessing unresponsiveness. After alerting the EMS and sending someone for an automated external defibrillator if one is available, do a quick pulse check. "Even healthcare professionals can have trouble finding a pulse, so don't spend more than 10 seconds checking," said Beth Mancini, RN, PhD, NE-BC, FAHA, FAAN, professor and associate dean at the University of Texas at Arlington College of Nursing and co-chair of ILCOR's Education, Implementation and Teams Task Force. "If there is no pulse, begin CPR, starting with compressions."

CPR for Healthcare Professionals

- Do a quick check for agonal or no breathing when checking for unresponsiveness in adults.
- Activate the EMS system and retrieve an AED.
- Do a pulse check (no more than 10 seconds).
- If no pulse, start CPR with compressions in both adults and pediatric victims.
- Compress at least 100 times a minute and allow for full chest recoil.
- Compress at depth at least 2 inches in adults; compress at least one-third of the anterior-posterior diameter of the chest, or approximately 1 1/2 inches in infants and 2 inches in children.
- Use a ratio of 30 compressions to two breaths; for children and infants use a 15:2 ratio when there are two rescuers.
- Minimize interruptions of chest compression; keep any interruptions to fewer than 10 seconds.
- Change rescuers every 2 minutes to ensure effective compressions.
- Give a breath every 6 to 8 seconds, and avoid excessive ventilation.
- Avoid cricoid pressure during ventilation.
- Attach an AED as soon as it is available.
- Monitor capnography from prehospital through to ICU.

Heart Disease is the Number One Cause of Death

February is National Heart Disease Awareness Month.
About every 25 seconds, an American will have a coronary event.

Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future.

Although heart disease is sometimes thought of as a "man's disease," it is the leading cause of death for both women and men in the United States, and women account for nearly 50% of heart disease deaths. In 2007, heart disease was the cause of death in 306,246 females.

WELCOME

We'd like to welcome our newest PRN family members - you are part of our team and if there's anything we can do to support you, don't hesitate to let us know. We're happy you've joined us.



Heidi B. of CH
Gregory B. of Travel
Nora C. of RK
Amy C. of AP/MN
Jennifer D. of MD
Melanie G. of Travel
Jeanne H. of CH
Mary Alice H. of Travel
Marci K. of MD
David K. of CH
Linda N. of Travel
Niyi O. of CH
Sara R. of Travel
Jay R. of CH
Carol S. of AP/MN
Amie S. of MD
Diana S. of MD
Jeanne S. of Travel
Brandie S. of Travel
Alethea T. of MD
Kenneth U. of AP/MN
Michelle W. of AP/MN
Leanne Z. of CH

For more information on heart disease, visit CDC's Division for Heart Disease and Stroke Prevention at www.cdc.gov.

REFERRAL BONUS

The totals you see below are the dollar amounts PRN is GIVING away through our Referral Bonus Program. It's simple and well worth it. Here's how it works. You earn up to \$500 for each nurse you refer. You will receive \$2 per hour for every hour they work up to 250 hours - even if you don't work. The referred nurse will receive an extra \$1 per hour for their first 250 hours.

You may not refer one another. Each employee can be referred only one time. A former PRN employee must be inactive for one year prior to eligibility in the referral bonus program.

**Top Referral: Amanda H. of
Travel earned \$535.50
while her referrals worked!**

Appleton - \$503.00

Chicago - \$109.00

Kimberly Clark - \$16.00

Madison - \$993.75

Rockford - \$1,036.00

San Diego - \$960.75

Travel - \$3,465.25

December Total: \$7,083.75

2011 Total: \$36,613.00

REGION SPECIFIC Updates



Wisconsin

- Thank you for your quick response in filling out our client specific paperwork to our WI new employees. We really appreciate it.
- Reminder to all RN's in WI, your license will be expiring at the end of February. Please make sure to get us your updated license ASAP.
- We have open OR contracts in WI. If you or anybody that you know is interested please make sure to call us ASAP.
- Please remember that when you're renewing your CPR that we only accept the American Heart Association. If you have any questions please feel free to contact Sam out of the Appleton, WI office.

California

- Consider a few of our hot opportunities:
 - ICU contracts in Los Angeles
 - ICU, ER, and Outpatient Recovery Room per diem needs in San Diego
 - ER, ICU, Tele per diem needs in Orange County and Los Angeles
 - ER Contracts in Riverside

Travel

- Please contact a Travel Recruiter at 888-830-8811 for more details on our current openings:
 - CVOR & TELE RN's needed in CT.
 - MS RN contract available in MO- 12 hr nights.
 - ER in Southern IL- 6 week contract.
 - ICU, ER & OR in Dallas/Fort Worth, TX.
 - ICU & OR RN's needed in Portland OR.
 - ICU & OR RN's needed in WI.
 - Lots of OR contracts available in SC.
 - All Specialties needed through CA. Lots of contracts available.
 - All Specialties needed in AK.
- We have contracts opening up everyday across the US. Give us a call and we will find your next position for you!



...from our CNO Kerry Torres

Everyday brings new challenges to nurses. You have new patients, new illnesses, and even new team members to keep you on your feet. That's why it's important to use proper body mechanics to reduce the risk of injuries. That way you'll be able to handle anything that comes your way on a daily basis.

Back injuries are a serious problem in the health care profession. They can lead to many serious medical issues and if it becomes too serious it could lead to the end of your nursing career. I hope after last week's blog you have taken the proper steps to reduce your risk of illness. Now it's time to learn the proper techniques for lifting or moving your patients.

The first and most important thing to do is, think. Think about the best way to move your patient. Consider their weight, and no matter if they are big, small, or a child do not skip any steps in practicing proper body mechanics. Also, never be afraid to ask for help. No matter what someone else might think, just know that you are being responsible and safe. If you need to move the bed, make sure that the wheels are unlocked. Gait belts and draw sheets are also great tools to greatly reduce your risk for injury. To continue this article visit our health news blog at: <http://www.prnhealthservices.com/health-news.php>.

2012 is your year... it's about you.

It's 2012 now and it's time to think about new possibilities here at Nurses PRN. It's time, just like you, to set new goals for the New Year. It's a time to assess our personal and professional lives and make sure our goals fit with who we are and who we want to become. So this year at Nurses PRN we are making it the year of you, the nurse. We want your suggestions and opinions about a variety of topics, and I'm hoping you'll have lots to say.

First, let's backtrack a bit, so I can give you some background of how this idea evolved. I recently read an article online that rang far too true, and I'm sure it will for many of you. The article spoke of the way businesses communicate and make decisions. Most of the decisions come from the top with little if any input from people like us, the nurse. So while working as an RN and doing the hundreds of tasks we do every day, we seem to have little input on the things we see every day.

It seems strange then that most organizations do not value the opinion of the actual people doing the work. Who knows better how to deal with patients, then a nurse? Then why wouldn't our opinion matter when it comes to taking care of a patient better? If you put in a context like that it seems fool hardy not to listen to everyone.

This is where our on-going series of interactive blogs comes into play. It's our "It's about you" series. We want you to lead the charge for a better Nurses PRN. We want you to voice your opinions on certain topics and hopefully offer suggestions. All suggestions will be considered and some will even be implemented to better serve you. It's very easy to contact us, just email us at wehirenurses@prninc.com, to offer any feedback and suggestions you have, or visit our home page at www.prnhealthservices.com and submit your thoughts.

In the coming weeks and months, we will have such topics as, "It's about you and your career" or "It's about you and your personal growth." This is your opportunity to be part of something that you can directly impact. I know the times I feel most empowered are when I have a say in things. If I can offer a suggestion that is then implemented, it makes you feel like you're part of the team. Ultimately, I'm sure, it's what everyone wants, to feel appreciated and treated like a person not just employee #42.

If you're an RN, LPN, nurse, student, or even interested in joining the field, we want you to be a part of this. I'm hoping this series will help you in your career goals, not just in 2012, but in the future as well. In the end, it's not about us at Nurses PRN; it's about making a difference in your life. As the Nurses PRN logo says, "Committed to You."



Go Red! Feb. 3, 2011 is National Go Red Day—a day when Americans nationwide will take women's health to heart.

In 2004, the American Heart Association (AHA) faced a challenge. Cardiovascular disease claimed the lives of 306,246 American women each year, yet women were not paying attention. In fact, many even dismissed it as an "older man's disease." To dispel the myths and raise awareness of heart disease as the number one killer of women, the American Heart Association created Go Red For Women – a passionate, emotional, social initiative designed to empower women to take charge of their heart health.

Go Red For Women encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life.

In 2011, the American Heart Association set a strategic goal of reducing death and disability from cardiovascular disease and strokes by 20% while improving the cardiovascular health of all Americans by 20% by the year 2020.

Family Notes

PRN Family Updates

- ☞ Our thoughts and prayers go out to Melanie G. of WI and your family.
- ☞ Welcome back Ruth C. of WI. You were missed during your absence.
- ☞ Wishing Tracy J. of WI a speedy recovery. Hope you are feeling better soon.
- ☞ Congratulations Heather R. of WI on your new contract. Welcome to the team!
- ☞ Congratulations to Antoinette L. of WI on your new contract. We are excited to have you on board!
- ☞ Thanks to the nurses that helped out in Merrill, WI during the client training. We really appreciate your hard work.
- ☞ Congratulations to Melissa E. from Travel, she was recognized with a letter from a doctor on her efforts and insight and her excellence in communication to her patients and their families.
- ☞ Congratulations to Orange County recruiter Jay David who got engaged to his fiancé in December!
- ☞ We'd like to congratulate Lavern S. whose contract was extended in Orange County. Lavern, we appreciate all you do and are so happy to have you on the Nurses PRN team!
- ☞ Thank you so much to everybody who participated on our Ipad Touch give-a-way. We appreciated the extra work and congratulations to the winners. Congratulations to Lisa T. of SD and Tricia V. of AP!



Diseases and Conditions That Put Your Heart at Risk

Other conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physical inactivity, and secondhand smoke are also risk factors associated with heart disease. For a full list of diseases and conditions along with risk factors and other health information associated with heart disease, visit the American Heart Association.

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Jacque B., RN of IN 2.01
 Nancy B., RN of IL 2.01
 Sandra C., RN of IL 2.01
 Rick L., CNA|Sitter of CA 2.02
 Ellen A., RN of CA 2.02
 Jennifer D., RN of CO 2.03
 Fadumo I., RN of CA 2.03
 Larry W., Tech of AR 2.06
 Paula M., RN of IN 2.06
 Nancy R., RN of WI 2.06
 Rachelle G., LPN of IL 2.07
 Melinda J., RN of IL 2.08

Farrah S., LPN of IL 2.10
 Geraldine C., RN of CA 2.10
 Anne S., LPN of WI 2.10
 Chastity R., RN of IL 2.11
 Revoe R., RN of CA 2.11
 Neeka B., RN of GA 2.11
 Kimberly T., LPN of IL 2.11
 Sharon K., RN of WI 2.12
 Amie S., RN of WI 2.13
 Jason S., RN of WI 2.14
 Kaye C., CMA of WI 2.14
 Colleen R., RN of WI 2.14

Susanna R., RN of CA 2.16
 Deanna G., RN of CA 2.16
 Jay-Ar L., RN of CA 2.17
 Jayne C., RN of CA 2.17
 Sandra H., RN of CA 2.20
 Ashley C., RN of MO 2.22
 Sandra C., CNA of CA 2.24
 Grace I., RN of WI 2.24
 Betty J., CNA|PT ASST of IL 2.24
 Melissa E., RN of IL 2.25
 Nicole H., RN of MO 2.28

Know Your Signs and Symptoms

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea, or lightheadedness.

The American Heart Association, the National Heart, Lung, and Blood Institute, the American Red Cross, and the National Council on Aging have launched a new "Act in Time" campaign to increase people's awareness of heart attack and the importance of calling 9-1-1 immediately after the onset of heart attack symptoms.

Happy Anniversary

15 years

Sherry E., RN of IL 2.01

4 years

Eleanor P., RN of MN 2.26

Vena A., RN of IL 2.27

3 years

Aaron B., CNA of OR 2.23

2 years

Matthew K., RN of MO 2.02

Nicole C., CNA of IL 2.04

1 year

DeAnn M., RN of WI 2.03

Shannon K., RN of WI 2.16

Susan U., LPN of IL 2.16

Mateo O., RN of CA 2.17

Shanita C., RN of IL 2.17

Susan G., RN of WI 2.17

Renee K., CNA of WI 2.21

Catrekia H., RN of IL 2.22

Cynthia W., LPN of WI 2.24

Nathan W., RN of MO 2.25

Paul R., RN of ND 2.28

LOYALTY | DEDICATION | COMMITMENT
RELIABLE | INTEGRITY | DEVOTION | SERVICE
RESPONSIBLE | QUALITY | FLEXIBLE



Families with strong traditions always seem to have a "family recipe collection." Nurses PRN is no different. Our family recipes come from nurses all over the country... enjoy and happy cooking!



Spicy Buttermilk Dressing

a heart-healthy recipe courtesy of American Heart Association website

Ingredients:

- 1/2 cup low-fat buttermilk
- 1/2 cup no-salt-added canned garbanzo beans, rinsed and drained
- 1/3 cup canned tomatoes with green chiles
- 1/3 cup fat-free plain yogurt
- 1 clove garlic
- 1 tablespoon red wine vinegar
- 1 teaspoon dried Italian seasoning
- 1 teaspoon smoked paprika
- 1/4 teaspoon salt

Directions:

In a blender, process all the ingredients for 1 minute, or until smooth. Transfer to a jar with an airtight lid and refrigerate until ready to use.





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