



ABC's
of CPR
now CAB



iPod Touch...
winners inside!

NEW DIETARY
Guidelines

PRN Press February 2011

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Certified by The Joint Commission



New Alphabet for CPR: American Heart Association Revises Guidelines

Put away your ABCs, 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 cochair 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.

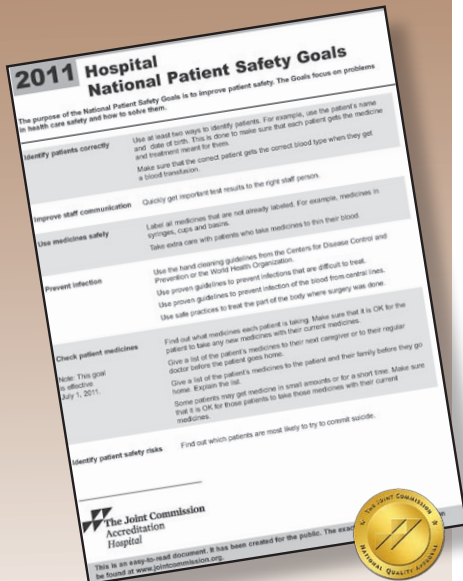


More than you were expecting. 

Joint Commission Patient Safety Goals

Joint Commission Patient Safety Goals for 2011 are available on line at www.jointcommission.org. The settings below have Patient Safety Goals for their clinical setting. You will be receiving your patient safety goal exam and review materials to complete annually when your Core Competencies are due. Thank you for your commitment to safe patient care and our Gold Seal standards.

- Ambulatory Health Care
- Behavioral Health Care
- Critical Access Hospital
- Home Care
- Hospitals
- Laboratory Services
- Long Term Care
- Long Term Care (Medicare/Medicaid)
- Office-Based Surgery



Nurses PRN Credential Reminders

- FIT testing is fast becoming an annual requirement for placement in the acute care setting. Please make sure to submit a copy to PRN if you have not already done so to enhance your profile.
- If your state issues a physical card, please make sure to submit a copy of your card to Nurses PRN for your profile.
- Recent CEUs or certifications obtained? Please submit a copy to Nurses PRN to enhance your profile and placement opportunities.
- Please do not wait until the last minute when your credential is expiring to complete your renewal - some clients will not accept information the month of expiration. This means you should be looking at least 90 days prior on a renewal plan. Contact your local branch if you need any assistance.

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.*

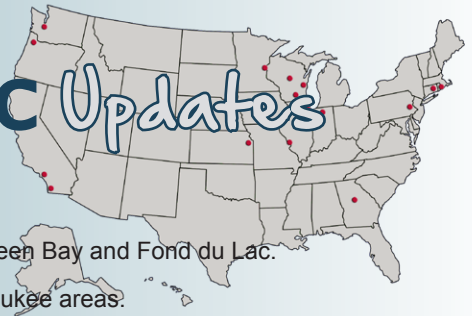
**Top Referral: Sheena S. of
Travel earned \$397.50
while her referrals worked!**

- Appleton - \$104.25**
- Chicago - \$15.00**
- Kimberly Clark - \$206.75**
- Madison - \$20.00**
- Rockford - \$38.75**
- San Diego - \$158.00**
- Travel - \$2,016.25**

December Total: \$2,559.00
2010 Total: \$27,135.12

Visit www.jointcommission.org for complete goals.

REGION SPECIFIC Updates



Appleton

- Contract needs coming in for Med Surg in Green Bay and Fond du Lac.
- Contract ICU needs in Madison for RN.
- Per Diem M/S needs in the surrounding Milwaukee areas.
- AM and PM CNA and nurse needs in Portage.
- Occupational Health needs for LPN or RN throughout WI.
- Per Diem needs have started to pick up. Please make sure your available is kept up to date.
- If you want to make some extra money please refer in a nurse.

Atlanta

- Two PACU contracts available in Atlanta-- need two years of experience, day shift (M-F, 40 hours/wk) start asap, length is eight weeks.

Chicago

- Illinois LPN's – All Illinois LPN licenses expire at the end of January during the odd number years. If you have not yet sent us your renewed LPN license (the large Frame-able size) please do so to become ACTIVE once again! Thanks.
- CEU's – several Chicago office nurses have taken advantage of Nurses PRN online CEU source at www.lms.nurse.com. We can set up an account for you quickly – just contact the Chicago office and we'll set you up for immediate access to this convenient and "Free" CE tool!

Madison

- RN needs in Madison and Milwaukee.
- We are still looking for Occupational Health Nurses to fill needs in the Madison and surrounding area.

Portland

- Very exciting, high paying opportunity! MICU RNs needed immediately. Requires two years of experience, need to be flexible on shifts and available for 2+ shifts/wk.

Travel

- Current immediate needs:
 - ICU, TELE, MS Contracts available in IL;
 - ICU, TELE, MS, OR, Pre-OP PACU in St. Louis, MO;
 - ICU & ER contracts available in CT;
 - PACU & Case Management contracts open in OH;
 - OR & CVOR RN's needed nationwide- Lots of opportunities available.

CONGRATULATIONS!

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.

Terri B.	Emmanuel O.
Lisa H.	Josh K.
Toni S.	Debra M.
Jessica F.	Gwen H.
Tamara V.	Adrienne D.
Jason E.	Jonathan A.



How Well Are We?

President Obama's healthcare plan, which (whether you support it or not) will extend insurance coverage to the uninsured, and more preventative measures than ever before made this a big year for our nation's health. Yet the National Women's Law Center's 2010 Health Report Card found that healthcare available to many women still fell short of their actual needs. The group's report card assigns grades -- Satisfactory, Satisfactory Minus, Unsatisfactory or Fail -- based on benchmarks set by the U.S. Department of Health and Human Services for 2010. Read on to find out how we stacked up this year.

Heart Disease: Fail: While lower proportions of women are dying from heart disease, lung cancer and breast cancer, the heart disease death rate still receives a failing grade. To meet government goals, the number of deaths needs to be slashed in half, from this year's 118.9 deaths per 100,000 women to 60.9 deaths.

Women Covered By Health Insurance: Fail: Nationwide, one in five women ages 18-64 is uninsured. Despite the healthcare overhaul that took place in 2010, that number actually rose since the last Report Card in 2007. And access to care is shaded by racial disparities: 37.6 percent of Hispanic and 23.4 percent of African-American women don't have health insurance, compared with 13.9 percent of white women.

Breast Cancer: Satisfactory Minus: The breast cancer fatality rate fell from 25.1 to 24 deaths per 100,000 women, nearly reaching the benchmark of 22.3 set by the government.

Stroke: Fail: While the number of stroke deaths dropped -- from 52.1 to 46 per 100,000 women -- it still far outstripped the benchmark target of 29.3 deaths per 100,000 people.

Mental Health Care: The Report Card found that only five states provide mental health care comparable to the physical care they offer.

Read More <http://www.ivillage.com/pass-or-fail-2010-women-s-health-report-card>

WELCOME to the family

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.

Beral A. of Travel	Sara L. of AP
Kristin A. of AP	Christina L. of Travel
Karen A. of Travel	Emily M. of Travel
Lisa B. of AP	Cheri M. of Travel
Shannon B. of AT	Jared N. of OC
Raymond B. of CH	Heather N. of OC
Sharon B. of CH	Kirsten O. of AP
Amiee C. of SD	Cindy P. of MD
Beverly D. of MD	Colleen R. of MD
Synetta E. of MD	Debra R. of Travel
Mary F. of MD	Crystal S. of SD
Teresa G. of SD	Sylvia S. of OC
Cynthia G. of AP	Christi S. of AP
Sheryl H. of KC	Toni S. of AP
Kathryn H. of SD	Kyle S. of Travel
Marian J. of OC	Eileen T. of MD
Kaleigh K. of CH	Maria V. of OR
Randee L. of Travel	

New Dietary Guidelines

available for the first time since 2005

By the time you read this, new dietary guidelines, revised for the first time since 2005, should be released. The Dietary Guidelines for Americans shape U.S. food policy, governing everything from school lunches to military provisions, and they are online at www.dietaryguidelines.gov for you to read. You may not agree with the departments of Agriculture and Health and Human Services' recommendations, but they're a great springboard for eating more healthy.

Be one of those well-informed Americans who actually reads the document.





Family Notes

PRN Family Updates

- ☞ Special “Thank You” to Sue L. and Terri B. of Appleton who completed an 8 week long study, including working between Christmas and New Years holidays. You deserve a “clean tissue” for that.
- ☞ Linda C. of Appleton we hope your recovery is going well. We look forward to your return in February. Get well soon.
- ☞ Belated birthday wishes for Teresa N., CNA in the Chicago office. Teresa does a great job for her clients and Nurses PRN. Sorry we missed your birthday on January 2nd. We appreciate your excellent service!
- ☞ All our best to Betty J., Chicago based CNA whose husband has been severely ill lately. Betty reports much progress in his health, and we continue to hold them in our thoughts and prayers. Betty does a very nice job for Nurses PRN clients and is highly requested for her services.
- ☞ Sorry for the loss of your father to Tamika G. of Travel. Our thoughts and prayers are with you and your family at this time.
- ☞ Happy Birthday to you Susan C. of Appleton... we apologize for missing you in last months newsletter - we hope your day was fantastic.
- ☞ Our wishes for a speedy recovery go out to Mary Jo P. of Wisconsin.
- ☞ Thank you to Melissa H. of Wisconsin for picking extra shifts up.
- ☞ Congratulations to Cathy G. from Travel on the birth of her new grandson.
- ☞ Sorry for the loss of her father to Latonia R. of Travel. Our thought and prayers are with you and your family at this time.

HAPPY BIRTHDAY H
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HAPPY BIRTHDAY H



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Y BIRTHDAY HAPPY

Nancy B., RN of IL 2.01
 Frederick L., CNA of CA 2.02
 Regina R., RN of IL 2.02
 Melissa H., CNA of WI 2.03
 Lynette C., RN of WI 2.04
 Dorothy D., RN of CA 2.04
 Deidre B., RN of IL 2.05
 Rachelle G., LPN of IL 2.07
 Kenneth D., RN of OR 2.10
 Michelle S., RN of WI 2.10
 Brenda B., CNA of WI 2.11
 Georgiana L., RN of WI 2.11

Kristen O., RN of WI 2.11
 Sharon K., RN of WI 2.12
 Kaye C., CMA of WI 2.14
 Jennifer H., RN of OR 2.14
 Colleen R., RN of WI 2.14
 Cynthia D., RN of WI 2.16
 Robin M., RN of WI 2.16
 Jayne C., RN of CA 2.17
 Brandolyn G., RN of IL 2.17
 Judy M., RN of WI 2.18
 Deborah D., RN of IL 2.19
 Yolanda V., RN of CA 2.19

Julie O., RN of WI 2.20
 Girlinda R., RN of LA 2.21
 Ashley C., RN of MO 2.22
 Tamika G., RN of MO 2.23
 Grace B., RN of WI 2.24
 Sandra C., CNA of CA 2.24
 Betty J., CNA of IL 2.24
 Dale W., RN of IL 2.24
 Olive K., RN of CA 2.25
 Melissa M., RN of IL 2.25
 Emmanuel O., CNA of CA 2.28



PRN Product Testing

Product Testing is always looking for infants in diapers and toddlers in training pants for product testing. They are also seeing adults and teens for feminine care product testing. Fox Cities residents (Appleton and surrounding area). Interested - contact Maggie at maggie@prninc.com or by calling 920.749.7702.



Go Red!

Feb. 4, 2011 is National Go Red Day- a day when Americans

nationwide will take women's health to heart. Show your support for the #1 Killer of Women, heart disease, by wearing RED. Go Red for Women is an American Heart Association movement whose mission is to build healthier lives, free from cardiovascular diseases and stroke.

Happy Anniversary

15 years

Jeffie J., CNA of IL 2.27

14 years

Sherry E., RN of IL 2.01

7 years

Deidre B., RN of IL 2.16

4 years

Heath M., RN of IL 2.21

3 years

Vena A., RN of IL 2.27

Eleanor P., RN of MN 2.26

2 years

Aaron B., CNA of OR 2.23

1 year

Dede C., RN of WI 2.08

Nicole C., CNA of IL 2.04

Jesse C., RN of WI 2.05

Matthew K., RN of MO 2.02

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

Recipe of the Month

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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