



*A Travel Nurse's
Story*

REGION UPDATES

**Cervical
Health
Awareness**

**REFERRAL
BONUS**

*See how much
money can be made*

PRN Press

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Certified by The Joint Commission

Cervical Health Awareness Month JANUARY



Considered a preventable disease, cervical cancer is usually caused by the human papillomavirus, or HPV, the most common sexually transmitted infection. The Centers for Disease Control (CDC) and Prevention reports HPV can spread from skin-to-skin contact with genital areas. Using a condom can decrease the risk. This month, the Lancet, a medical journal, found male circumcision may reduce the risk of HPV in women.

“Cervical cancer is almost always caused by HPV infection,” said Gary Leiserowitz, professor and division chief of gynecologic oncology at UC Davis Medical Center in Sacramento. “Lots and lots of women are exposed to HPV with many of them not having a problem, but a small percentage will go on to develop cervical cancer.”

The CDC reports 20 million Americans have HPV, and there's 11,000 new cases of HPV-associated cervical cancer each year. Leiserowitz adds it's rare to get cervical cancer without contracting HPV.

With more than 40 different strains, HPV affects both men and women. But in women, some strains of the virus can alter the cells in the cervical tissue and make them abnormal. Most people who have HPV don't experience any symptoms or problems. In 90 percent of cases, the immune system naturally expels HPV from the body within two years.

Gardasil and Cervarix are the two vaccines medical researchers released almost five years to help protect females and males against the virus.

Gardasil and Cervarix are available to females between ages 11 to 26. CDC recommends everyone get the three necessary doses from the same brand. The second shot can come 1 to 2 months after the first shot, and the third shot can come six months after the first shot. Mild side effects include pain around the injection area, headaches and nausea.

Last year, CDC announced new guidelines for screenings. A woman should begin getting her routine Pap test at age 21. For a list of guidelines visit www.cdc.gov.

Making Pap and HPV tests a priority prevents cervical cancer, and local health centers want to emphasize education is key.

With Cervical Health Awareness Month at the start of the year, advocates say women can now set a plan in place to get regular screenings and educate themselves about their reproductive health.

For more information feel free to check out www.nccc-online.org/awareness.html.





Speaking from Experience words from a nurse

"I had been referred to PRN by a co-worker and had already registered my resume and done the online portion. I was on my way from Wisconsin to an assignment in Ohio with another company when I was told the contract had been pulled by the hospital. I had no job, no money and I got on my laptop at the first bookstore I could find and started looking for help. I indicated on PRN's website that I was interested in a couple of positions that were posted online. Within an hour Charles called me, we talked, I explained my situation, and he promised to help. We had probably six more conversations and after two hours he had me submitted for two jobs. By noon the next day, I had a contract for a position I didn't know about the day before. This all started on a Tuesday. Wednesday I had a contract, Friday I was here and Monday I started my job. The entire staff went into overdrive to arrange housing, make sure I had all my paperwork in order and all the other things that go into starting a new job."

Travel RN, November 2011

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: Debra R. of Rockford earned \$233.50 while her referrals worked!

Appleton - \$427.50
 Chicago - \$151.50
 Kimberly Clark - \$111.25
 Kraft - \$176.50
 Madison - \$88.50
 Michigan City - \$76.75
 Rockford - \$795.50
 San Diego - \$326.50
 Travel - \$620.25

November Total: \$2,774.25
2011 Total: \$32,486.75

WELCOME

welcome to the PRN family

Christine A. of RK
 Bonnie B. of Travel
 Kiley B. of Travel
 Dawn C. of AP/MN
 Stephanie D. of CH
 Kathleen F. of AP/MN
 Michele G. of MIC
 Sandra G. of OC
 Joyce G. of AP/MN
 Karen J. of AP/MN
 Antoinette L. of AP/MN
 Monica L. of RK
 Lorraine L. of OC
 Patricia M. of AP/MN
 Karen M. of RK
 Danielle M. of MD
 Gail M. of OC
 Antwin M. of RK
 Sherry N. of AP/MN
 Natasha O. of OC
 Alison O. of SD
 Rebecca O. of AP/MN
 Mary P. of MD
 Taucia P. of RK
 Jessica R. of AP/MN
 Heather R. of AP/MN
 Jennifer S. of AP/MN
 Josephine S. of RK
 Theresa S. of Travel
 Catherine S. of OC
 Toni T. of Travel
 Michelle W. of SD

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.

Your Vision...

As the incidence of chronic diseases, such as diabetes, reach epidemic levels, prevention becomes an increasingly critical component of healthcare policy in the United States. To emphasize the role of disease prevention in the national effort to contain spiraling medical costs and improve the quality of life for all Americans, the National Prevention, Health Promotion, and Public Health Council has developed the "National Prevention Strategy."

In response to this initiative, Prevent Blindness America, the nation's oldest eye health and safety non-profit organization, has developed "Vision Preservation and the National Prevention Strategy: A Call to Action." This comprehensive plan emphasizes how the effects of vision impairment cut across chronic co-morbid conditions, injuries, and quality of life. It further demonstrates the importance of prevention services and programs in promoting vision and eye health.

"In 1908, Prevent Blindness America began as a public health agency dedicated to eliminating preventable blindness in newborns. Through effective advocacy efforts and partnerships with key influencers in government, science, academic, and public health arenas, we work to ensure that sight-saving efforts continue to this day," said Hugh R. Parry, president and CEO of Prevent Blindness America. "Vision Preservation and the National Prevention Strategy' outlines important efforts that can be taken to protect the vision of all Americans today and for years to come."

The plan provides addendums to the four Strategic Directions promoted by the National Prevention Council. Prevent Blindness America is encouraging organizations to take on some of these recommendations to lead to a healthier country that embraces prevention and promotes eye health. Examples include:

1. Healthy and Safe Community Environments
2. Clinical and Community Preventive Services
3. Empowered People
4. Elimination of Health Disparities

The complete "Vision Preservation and the National Prevention Strategy: A Call to Action" report can be found at www.preventblindness.org or by calling 1-800-331-2020.

REGION SPECIFIC Updates

Wisconsin - Appleton/Madison

- We have per diem RN and LPN long-term care needs in Arpin, WI
- Looking for ICU and MS RN's to work in Madison, WI for 4 week contracts.
- Now that the holidays are over and the new year beginning please make sure to update your availability and refer over any nurses you may know.

Travel

- We have contracts opening up everyday across the US. Give us a call and we will find your next position for you.
 - ER RNs needed in Phoenix, AZ
 - ER ICU MS in Central FL! Multiple Openings
 - ICU OR and MS RN's needed in St Louis, MO
 - ICU, MS and OR RN's needed in Portland, OR
 - All RN specialties needed in CT! Very Busy State
 - OR, ICU, TELE, MS & ER RN's needed in Kansas City, KS & MO
- We have contracts opening up everyday across the US. Call us at 888.830.8811.



Consider a Travel Contract!

As you can see by the map... we have nurses assigned almost everywhere - consider a travel contract today!



With temperatures dropping and census rising during the winter season, there are tons of great travel assignments available nationwide!

In order to ensure that you are eligible for the top positions of your choice, please exercise caution when sending out your resume to different agencies.

Many hospitals will only accept your profile once per position, and having several agencies send your profile can often cause them to discard your resume in favor of other candidates.

Here are a few tips to help you have a smooth interview process, and secure your TOP CHOICE assignment:

- Check your emails and voicemails frequently, and respond to your recruiter ASAP. Communication is key to your success.
- Let your recruiter know what locations and specialties you are open to interviewing for, and to please call and email you prior to submitting so that you will be prepared for the manager's call.
- Make sure your recruiter returns your calls/emails frequently, and answers any questions you may have.
- Trust your instincts. If someone tells you something that sounds "fishy" or too good to be true, it probably is.



The National Council of State Boards of Nursing (NCSBN) is a not-for-profit organization whose purpose is to provide an organization through which boards of nursing act and counsel together on matters of common interest and concern affecting the public health, safety and welfare, including the development of licensing examinations in nursing. As the collective voice of nursing regulation in the U.S. and its territories, NCSBN's work encompasses:

- Developing the NCLEX-RN, NCLEX-PN, NNAAP and MACE examinations
- Monitoring trends in public policy, nursing practice and education
- Promoting uniformity in relationship to the regulation of nursing practice
- Disseminating data related to the licensure of nurses
- Conducting research on nursing practice issues
- Serving as a forum for information exchange for members
- Providing opportunities for collaboration among its members and other nursing and health care organizations
- Maintaining the Nurses database, which coordinates national publicly available nurse licensure information
- For a complete list of services including compact license information, state boards of nursing or current nursing initiatives visit www.ncsbn.org.

Family Notes

PRN Family Updates

- ↪ Wedding Bells are in the future for Shari A., RN of Travel. Congratulations Shari!
- ↪ Our thoughts and prayers are with Terri C., RN of Travel. We are thinking of you during this difficult time.
- ↪ Our condolences go out to Sandra K., RN from Travel. We are thinking of you!
- ↪ Congratulations to Lacey J. of WI on your ADN.
- ↪ Congratulations to Billie S. of WI on your new NP job. You will be missed.
- ↪ Thank you to all who have been working long shifts for us in WI. We really appreciate your efforts.
- ↪ Thank you for your willingness to work extra and pick up shifts around the holidays. We really appreciate your help.
- ↪ Wishing a speedy recovery for Rose K of WI.
- ↪ Rhonda P. of WI, you are in our prayers.
- ↪ Congratulations to Constance T. of WI on your ADN.
- ↪ Heidi H. of WI, our thoughts and prayers are with you and your family during this difficult time.
- ↪ Welcome back Anita M. of WI - it's good to have you back.
- ↪ Wishing Sheila K.M. of WI good luck on your future endeavors.

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Andreneli P., CNA of CA 1.01
 Antoinette L., RN of WI 1.01
 Joshua C., RN of WI 1.01
 Sarah M., RN of WI 1.01
 Taletha H., RN of IN 1.01
 Taucia P., CNA of IL 1.01
 Teresa N., CNA of IL 1.02
 Theresa S., RN of MO 1.03
 Stacey S., RN of IL 1.03
 Michelle G., RN of IL 1.03
 Rae M., RN of CA 1.04
 Linh N., RN of CA 1.06
 Rita M., CNA of CA 1.07
 Stella T., RN of CA 1.07
 Lora M., CNA of IL 1.08
 Lisa F., RN of IL 1.09
 Necia F., RN of IA 1.09
 Ellen H., RN of IL 1.09
 Ashley K., CNA of WI 1.11
 Deann B., RN of WI 1.11

Estrella F., RN of OR 1.12
 Gigi K., LPN of WI 1.12
 Kinga H., OR TECH of FL 1.12
 Lisa P., RN of WI 1.12
 Loribette A., RN of CA 1.12
 Antonette A., RN of CA 1.12
 Karen J., RN of WI 1.13
 David S., RN of OR 1.14
 Debra R., CNA of WI 1.14
 Erin E., RN of CA 1.15
 Ron S., RN of OK 1.16
 Rosemary K., CNA of WI 1.16
 Sheila S., LPN of IL 1.16
 Susan B., RN of IN 1.16
 Anne M., RN of CA 1.16
 Ashley J., Dntl Hygnst of WI 1.18
 Michelle W., RN of CA 1.19
 Julie S., RN of IL 1.20
 Kara R., CNA of IL 1.22

Joyce M., RN of RI 1.23
 Kenneth J., RN of Lancashire 1.23
 Tammy P., CNA of WI 01.23
 Serecka C., LPN of IL 1.24
 Susan D., RN of WI 1.26
 Drew S., RN of WI 1.27
 Cyndy S., RN of IL 1.27
 Laura S., RN of WI 1.28
 Monica G., RN of WI 1.28
 Paula K., RN of IN 1.28
 Shileena J., LPN of WI 1.29
 Ghitrell P., RN of CA 1.29
 Kara D., RN of CA 1.29
 Michelle R., RN of IL 1.29
 Julie D., CNA of WI 1.30
 Katrina M., RN of FL 1.30
 Sandra K., RN of MT 1.30
 Shauntea K., RN of CA 1.31
 Cynthia W., LPN of WI 1.31

Happy Anniversary

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

11 Years

Connie D., CNA of IL 01.30

10 Years

Susan S., LPN of WI 01.02

5 Years

Melissa E., RN of IL 01.19

4 Years

Lori B., LPN of WI 01.11

Arlayne P., RN of IL 01.16

Debra R., CNA of WI 01.18

3 Years

Jessica F., CNA of WI 01.20

Tami G., CNA of IL 01.29

2 Years

Jacqueline G., RN of IL 01.05

Ron S., RN of OK 01.15

BJ S., OR TECH of AR 01.15

Stephen T., RN of AZ 01.27

Sandy C., RN of WI 01.29

1 Year

Karen A., RN of IN 01.03

Kaleigh K., RN of IN 01.03

Colleen R., RN of WI 01.04

Kathryn H., RN of CA 01.05

Synetta E., LPN of WI 01.07

Randee L., RN of IL 01.11

LeAnne L., RN of CA 01.18

Marioly P., RN of GA 01.19

Victoria R., CAN of PA 01.19

Kristina S., RN of CA 01.19

Cheryl S., RN of WI 01.20

Danielle S., RN of CA 01.21

David S., RN of MO 01.28

Drew S., RN of WI 01.31

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!



Crock Pot Chicken "Licken" Good Pork Chops

submitted by Jennice of Appleton, WI

Ingredients:

- 6-8 lean pork chops (1 inch thick)
- ½ cup flour
- 1 tbsp salt
- 1½ tsp dry mustard
- 2 cans chicken and rice soup (Campbell's)
- ½ tsp garlic powder
- 2-3 tbsp oil

Directions:

Dredge pork chops in mixture of flour, salt, dry mustard and garlic powder. Brown in oil in large skillet—place browned pork chops in crock pot. Pour cans of soup over pork. Cover and cook on low 6-8 hours.

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