



American
Diabetes
Month
details inside...

UPDATES
Joint Commission

Regional Updates

PRN Press November 2010

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Certified by The Joint Commission

NOVEMBER IS *American Diabetes Month*

Diabetes is a medical disease which affects millions of people each year. As a matter of fact, statistically it is affecting almost 8% of the population:

- **Total:** 23.6 million children and adults in the United States or 7.8% of the population
- **Diagnosed:** 17.9 million people
- **Undiagnosed:** 5.7 million people
- **Pre-diabetes:** 57 million people
- **New Cases:** 1.6 million new cases/year of diabetes are diagnosed in people 20 years and older

November is recognized as American Diabetes Month to bring the illness to the forefront and attention to diagnosis, prevention and management. Nurses PRN encourages you to take time this month to read, discuss and learn more about diabetes.



Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Only 5-10% of people with diabetes have this form of the disease. With the help of insulin therapy and other treatments, even young children with type 1 diabetes can learn to manage their condition and live long, healthy, happy lives.


Type 2 diabetes is the most common form of diabetes. Millions of Americans have been diagnosed with type 2 diabetes, and many more are unaware they are at high risk. Some groups have a higher risk for developing type 2 diabetes than others. Type 2 diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans, Native Hawaiians and other Pacific Islanders, as well as the aged population.

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

To learn more, visit The American Diabetes Association website at www.diabetes.org.

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.



Anthony A., of CH
Niva A., of Travel
Marseille A., of OR
Allison B., of Travel
Mardene B., of Travel
Kari-Ann B., of AP
Holly B., of Travel
Beverly B., of Travel
Deborah C., of Travel
Jessica C., of SD
Tammy C., of AP
Julie C., of AP

Tonya D., of AP
Cynthia D., of AP
Michael E., of CH
Ismael F., of MD
Daniel F., of Travel
Edwin H., of Travel
Kathy K., of AP
Catherine K., of Travel
Rebekah K., of MD
Cynthia L., of SD
Margaret M., of Travel
Deidre M., of OC

Veronica M., of Travel
Desiree N., of CH
Joanne N., of AT
Jeffrey O., of Travel
Barbara O., of CH
Stephanie P., of AP
Amy P., of OC
Sharron P., of CH
Gregory R., of OC
Larry S., of AP

REGION SPECIFIC Updates



Appleton

- Please remember to call after faxing in your timesheet to make sure we have it.
- Lots of last minute needs are coming in please keep your availability up to date.
- As an agency employee, please keep in mind, when working at a facility you are a guest in their house. Morale and attitude are fundamentals to success along with living out the Nurses PRN values.

Atlanta

- ER and ICU nurses needed in the Atlanta, GA and surrounding areas.

Chicago

- We currently have a very successful trend going on for Nurse Referral Bonuses and (Re) Activation Bonuses. Please call Jeff or Marcheta in the Chicago/Oakbrook office for details.

East Coast

- Medical surgical nurses needed in Philadelphia, PA.

Madison

- Light the Night Walk for Leukemia and Lymphoma Society was a huge success! Over 1,100 people attended the event and over \$140,000 was raised for the LLS mission. The Nurses PRN team raised \$1,040!
- Please keep in mind the referral bonus. If you know any nurses who can fill the following needs please let Sheryl or Tricia know.
 - ER, M/S, ICU RNs needed in Milwaukee.
 - Long term care nurses needed in Madison, Plymouth, Beloit, Monroe, Sheboygan and Fond du Lac.



Orange County

- FREE T-DAP vaccination clinics which will be available at UCIMC on Wednesdays from 4p-8p, and Saturdays from 10a-4p.

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.

Rockford

- Any Hospice care nurses and aides please come forward and inquire about some new opportunities around the Rockford area.
- If anyone has PTs, OTs, PTAs and COTAs friends, please have them give us a call to see if they would be interested in picking up full-time work in the Rockford area. Thanks for the referrals in advance!

Travel

- Attention all BJC and SLU contracted employees: the time has arrived again for flu vaccinations. Everyone must get the vaccination unless you can get a note from a medical provider stating why you should not receive it. The flu shot declination needs to be a written reason from the candidates medical provider or religious group as to a clinical or religious reason why they decline the vaccine. If you do get the vaccination, please send in the proof as soon as you can. The declination form needs to be turned in as soon as possible also. Any questions, please ask Angie or Lisa in Travel.
- Current Needs:
 - In CT- ICU, PACU and Cath Lab.
 - In MO- M/S, OR and PACU.
 - We have travel contracts nationwide; contact us for contract details.

Family Notes

PRN Family Updates

- ☞ We'd like to keep Karen C. of Rockford in our thoughts and prayers for the passing of her father.
- ☞ Welcome back Artis C. of Rockford ...nice to see you back out there for PRN.
- ☞ Thank you Tammy C. of Appleton who picked up a shift the same day she was hired.
- ☞ Congratulations on Dawn L. of Appleton on the birth of your new baby - Brady.
- ☞ Congratulations to Leona F. of Travel on the birth of her new granddaughter.
- ☞ Sorry for the loss of her grandmother to Lisa H. of Travel. Our thoughts and prayers are with you and your family at this time.
- ☞ Jesse C. of Madison, congrats on your 13 week contract at Aurora.
- ☞ Laura S. of Madison we are wishing you a fast recovery after your knee surgery.
- ☞ Terri B. of Appleton... you've been part of our family for nine years, not eight as we noted in the last newsletter. Thanks for your commitment and dedication. Sorry for the misprint!
- ☞ Melanie G. of Madison we were thinking of you and hoping the visit with your daughter (on leave from armed forces) was wonderful.
- ☞ You and your family are in our prayers, Mary Jo P. of Madison.
- ☞ Happy grand-baby time to Sue S. of Appleton who became a Grandma again, in October!
- ☞ Vonnie G. of Appleton... have a great time on your trip to Belgium, picking out your diamond! We'll miss you and look forward to your "sparkling" return.
- ☞ Hats off to Marie B., Darla H., and Sharon K. of Appleton, the new kids on the block, for taking on a lot of work in October and November for our client! We couldn't have filled all the needs without you three!

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.

Appleton - \$398.00

Chicago - \$267.00

Kimberly Clark - \$46.00

Orange County - \$24.00

Rockford - \$204.75

San Diego - \$593.75

Travel - \$910.00

Top Referral of the Month

Melissa B. of San Diego earned \$196.50
while her referrals worked!

September Total: \$2,466.25

Year-to-Date Total: \$18,526.82

Alzheimer's Foundation

Provides Free Memory Screenings

Mark your calendars for November 16, or National Memory Screening Day, the Alzheimer's Foundation of America's annual effort to promote early detection of memory problems. The foundation will send your community materials, including screening tests, and other education materials, for free after you register.

The screening test consists of a series of simple questions and tasks, and takes about five to 10 minutes to administer. The screening results do not represent a diagnosis and individuals with below-normal scores or those who still have concerns are encouraged to pursue further medical evaluation. Qualified healthcare professionals, including registered nurses and nurse practitioners, are required to conduct the in-person screenings. For more information, visit www.nationalmemoryscreening.org.

Holiday Shopping Discounts for Nurses...



New York & Company offers a 15% discount to nurses, military, teachers, police officers, firefighters and EMT. To redeem this offer, customers must show their valid ID cards which include, but are not limited to: business cards, ID badge, pay stubs or ID that proves the person has one of these professions. The discount cannot be combined with any other coupon or promotional offer and it is not valid on clearance and redlined items or previous purchases. Other restrictions apply.

We hope we have answered your questions and they look forward to seeing you at New York & Company soon.



Follow Carol Join us as Carol, a PRN RN shares her breast cancer journey with us.

"Double mastectomy?" Carol was still confused when her surgeon suggested this in the summer of 2010. So, she quickly got a second opinion while trying to process the recommendation. In December of 2009, she had a clear mammogram. Now, months later she was faced with a haunting decision.

Carol had been doing routine, monthly self-breast exams which revealed no lumps or unusual findings. In February 2010, she noticed a scant amount of blood in her bra. Thinking nothing of it she continued as usual. About a week later, another small finding of bloody discharge from her breast. Concerned, she emailed her physician. After further examination, she was referred to a surgeon and had an MRI done. Her MRI results showed indecisive, with suspicious spots bilaterally. Carol chose to pursue a biopsy at this point which revealed... Stay tuned for more of Carol's journey.

"Thank you so much for your continued thoughts and prayers. Please remind everyone the importance of monthly self breast exams. Even though I did not detect any lumps, I did notice changes that needed further investigation."

Carol Galusha Fall 2010



Joint Commission

Health Care Staffing Certification (HCSS)

Nurses PRN is anticipating our HCSS recertification process as this newsletter is going to print. Hopefully we will be celebrating a successful review thanks to your hard work and quality of care delivered everyday. Thank you for continuing to support our commitment to exceptional customer service and care. Please be aware you may be contacted by a reviewer regarding our Nurses PRN policy and procedures. The PRN field staff manual was revised October 2010 and is available for reference on prnhealthservices.com. Please note these two following requirements:

1. Requires PRN Professional to contact Employer if PRN Professional is placed in an inappropriate assignment that does not match their skills level and experience and if PRN Professional is floated to an area that is not in accordance with their skill level and experience.
2. Requires PRN Professional to contact Client supervisor if PRN Professional becomes aware of a patient safety risk or an ethical issue relating to care, treatment and services provided. If PRN Professional feels situation is unresolved, Professional can report incident to PRN Professional and PRN will follow-up with Client accordingly.



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Phil M., RN of MO 11.01
 Sharon R., LPN of PA 11.01
 Hilary R., RN of IL 11.01
 Mariluz R., CNA of CA 11.02
 Barbara R., RN of IL 11.04
 Leilani H., RN of CA 11.06
 Sarah J., RN of MO 11.06
 Jeremy S., OR TECH of KY 11.06
 Jessica C., RN of CA 11.07
 Adrienne D., RN of IL 11.08
 Dawn H., RN of IL 11.10
 Donald M., RN of MS 11.10

Marylon B., LPN of IL 11.11
 Joanne N., RN of GA 11.11
 Jill V., RN of IL 11.13
 Lori F., RN of IL 11.15
 Marcia W., LPN of WI 11.16
 Marseille A., RN of OR 11.19
 Sylvia N., CNA of IL 11.19
 Yvonne D., RN of CA 11.20
 Cynthia L., RN of CA 11.21
 Maureen M., CNA of IL 11.21
 Deborah M., RN of IN 11.22
 BJ S., OR TECH of AR 11.22

Laurie T., LPN of WI 11.22
 Salvador M., CAN CA 11.23
 Sandra S., RN of IL 11.23
 Wayne H., CNA of IL 11.25
 Catherine B., RN of KS 11.26
 Rose H., CNA of CA 11.26
 Eliud K., RN of CA 11.28
 Allen N., OR TECH of FL 11.28
 James R., RN of IL 11.28
 Tamara V., RN of CA 11.28
 Niva A., RN of AL 11.29

Happy Anniversary



15 years

Marcia W. LPN of WI 11.07

7 years

Dawn H. RN of IL 11.10

6 years

Melissa J. CNA of WI 11.22

5 years

Bonnie H. RN of WI 11.14

4 years

Jeanette A. RN of IL 11.14

3 years

Benjamin B. PT of WI 11.06

Michelle S. RN of IL 11.21

Marcia B. RN,LPN of IL 11.29

Sarah P. RN of IL 11.30

Julie S. RN of IL 11.30

2 years

Terri W. RN of IL 11.03

Mashona W. RN of IL 11.07

Misti S. CNA of WI 11.12

Athena F. RN of RI 11.19

1 year

Deborah D. RN of IL 11.02

Sabrina L. RN of IL 11.02

Rebecca D. RN of MO 11.04

Jeff K. LPN of WI 11.04

Laura H. RN of IL 11.05

Kara R. CNA of IL 11.06

Sharon R. LPN of PA 11.09

Hilary R. RN of IL 11.13

Marci B. RN of WI 11.16

Penny H. RN of MO 11.19

Barbara F. RN of IL 11.24

Mandie B. RN of WI 11.30

**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!



Crockpot Cheese and Sausage Chowder

submitted by Maggie B., Manager at PRN Product Testing

Ingredients:

- 2 lbs smoked sausage browned and cut into ½" slices
- 4 cups frozen hashbrown potatoes or O'Brien potatoes (cubed not shredded)
- 1 tablespoon dried minced onion
- 1 (15 ounce) can green beans, drained, or 1 pkg frozen green beans
- 1 lb Velveeta cheese cut in cubes
- 3 to 4 cups milk
- 2 (10.75 ounce) cans cream of celery soup (3 cans if you feel want thicker)
- A few dashes hot pepper sauce
- Shredded cheddar cheese
- Chopped scallions



Directions:

Place the browned sausage, potatoes, minced onion, green beans, celery soup, milk, and hot sauce, into a slow cooker. Cover and cook on low for 2 – 3 hours stirring often or until potatoes are fork tender. If too thick add more milk. Add Velveeta cheese (cubed) last. Serve with extra cheddar cheese and chopped scallions.

Note: I used a crockpot liner so needed to cook longer than 3 hours. The crockpot liner worked great and no mess or clean up afterwards, just throw liner away.

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