Healthcare Update
Explaining the Affordable Care Act and What it Means

Nurses PRN prepares for Joint Commission recertification Fall 2010

Regional Updates
see what’s going on in your area

PRN Press September 2010
The new Affordable Care Act is likely to help 30 million women obtain better health insurance or coverage if they don’t already have any, a new report shows. Under the new provisions, which are already taking effect, 15 million uninsured women will gain access to health coverage and 14.5 million under insured women will get better coverage, the report found. The report, prepared by the Commonwealth Fund, is the first in a series dealing with health reform that will be released over the next several months.

“While, as a group, women are just as likely as men to be uninsured, they are more likely to face medical debt and more trouble buying health insurance in the private market,” said Karen Davis, president of the Commonwealth Fund. “They’re more vulnerable to high health-care costs and have trouble paying bills historically because of lower incomes,” she explained.

“This report provides good news to all women who are more likely to get the care they need with a reduced risk of not being able to pay medical bills,” she said. According to Sara Collins, Commonwealth Fund vice president, nearly 17 million working-age women aged 19 to 64 were uninsured in 2008, the latest available data from the U.S. Census.

“Given the continuing high unemployment rate over the last year, this number likely increased as women and/or spouses lost jobs or health insurance or both,” she said.

Most uninsured and under insured women will gain access to comprehensive health insurance starting in 2014, but some provisions are already in effect or about to go into effect. Some of the changes are slated to begin as early as September:

• Employers and insurers will be required to allow young adults up to age 26 to remain on or join their parents’ health plan. An estimated 1 million uninsured adult children will gain coverage this way over the next three years, while another 600,000 will be able to lower their costs.

• Insurers will be barred from placing lifetime limits on benefit, which will help about 10,000 women.

• Insurance carriers will no longer be able to put restrictions on annual benefits or rescind coverage.

• Exclusions for preexisting conditions are already prohibited in 38 states and the District of Columbia. Another 12 will join in August, benefiting about 10,000 women over the next three years.

• New state-run health insurance exchanges will enable approximately 7 million women to procure subsidized coverage.

• Carriers will be required to cover the cost of recommended preventive services (such as mammograms and cervical cancer screening) without cost-sharing.

“The new law marks a dramatic departure from the past in women’s ability to gain comprehensive health insurance and to reverse the trends experienced over the last decade,” Collins said. “This ensures they can gain the health insurance they need without the risk of catastrophic bills.”

Learn more about the Affordable Care Act at healthcare.gov.
REGION SPECIFIC

Appleton
- Looking for nurses and CNAs in the Wausau area for long-term care.
- Kelly Borman, Branch Manager of the Appleton office is officially on maternity leave – Stacie McCarthy and Stacie Masanz along with our on-call team will be able to assist you with any needs.

Chicago
- Chicago area nursing needs are heating up. Some facilities have not offered orientations in quite some time, many are now scheduled. Contact us for details: 888.830.8811.
- We are looking for your referrals to help our clients staff this fall, send top-quality nurses our way.

East Coast
- Current Needs:
  - MR/ICU RN needed in Pennsylvania for AM shift, contract position.
  - Liver Transplant RN needed in Pennsylvania for AM shift, contract position.

Madison
- Current Needs:
  - ER, OB and ICU RNs needed in Madison and surrounding areas.
  - Long term care nurses needed in Madison, Plymouth, Sheboygan and Fond du Lac.

Oregon
- Providence orientation is scheduled for 8/26. We will relay any new information, or changes in that schedule.
- Current Needs:
  - RN CCU - nights, 13-week contract starting ASAP.

Rockford
- Reminder: If a fax machine is out of reach for you to send your timesheet in, email is also available…just email that to payroll@prninc.com.
- Please make sure to work with Jennice to keep your credentials and annual exams/skills checklists up to date so we don’t have to place anyone inactive.
- Current Needs:
  - RNs with MS/Tele and LTC… referrals welcome.
  - Fulltime PT/OT/PTA… referrals welcome.

Travel
- Current Needs:
  - Cathlab in CT
  - OR& CVOR Nationwide
  - CVOR, L&D, & MB in Kansas

Product Testing is on Facebook!
Become our friend by searching Prdct Tstg-Prn or send us your email and we’ll befriend you. Our facebook page will wall post weekly with the most recent studies and information for you to become involved and get paid.

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.
Salmonella are bacteria that can live in the intestinal tracts of humans and other animals. There are many different kinds of these bacteria; the most common types in the U.S. are Salmonella typhimurium and Salmonella enteritidis. Any raw food of animal origin and some fruits and vegetables may carry salmonella bacteria, as can non-food sources.

**Food Sources of Salmonella**
Any raw food of animal origin -- such as meat, poultry, milk and dairy products, eggs, and seafood -- and some fruits and vegetables may carry salmonella bacteria. People should avoid eating raw or undercooked meat, poultry or eggs, along with unpasteurized dairy products. The list also includes homemade foods made with raw eggs, such as mayonnaise, cookie dough, and ice cream.

**Can Cooking or Washing Help?**
Thorough cooking can kill salmonella. While it's always a good idea to rinse fruits and vegetables, it may not get rid of salmonella, particularly during an outbreak -- it’s best just to throw any suspect produce away. Further, when health officials warn people not to eat potentially contaminated food during an outbreak, that means you shouldn’t eat that food, cooked or not.

**Food Safety Tips**
The FDA recommends these practices for all fruits and vegetables to prevent food poisoning:

- Wash hands with soap and warm water before and after handling them.
- Wash produce thoroughly under running water, not in a tub or sink.
- Use a clean cutting board and utensils. Don’t let produce come into contact with other raw foods or surfaces they have touched.

**Non-Food Sources of Salmonella**
Pets may carry salmonella bacteria in their intestines, so their feces are a potential concern. Certain pets, such as turtles, snakes and other reptiles, and chicks and other birds are more likely to carry it. But always wash your hands thoroughly with soap and warm water after coming into contact with any pet or their droppings.

**Salmonella in Baby Chicks**
The CDC warns of recurring salmonella outbreaks in baby chicks. One outbreak seems to recur every spring, as parents buy chicks as Easter gifts for their kids. The CDC warns parents not to do this: Kids under age 5 years should never handle baby chicks or ducks.

**Salmonella Symptoms and Treatments**
Symptoms of salmonellosis include abdominal cramps, diarrhea, and fever that develop 12 to 72 hours after infection. Most people recover in four to seven days and don’t require treatment other than drinking plenty of fluids. People with severe diarrhea may require rehydration with intravenous fluids. Antibiotics are usually not used unless the salmonella infection has spread beyond the intestines. Serious -- and potentially fatal -- cases are more likely in young children, frail or elderly people, and people with weak immune systems.

Want to know the latest Recalls, Market Withdrawals, & Safety Alerts from the Food and Drug Administration? Sign up for Free email alerts at: http://www.fda.gov/Safety/Recalls/default.htm
We're on facebook, twitter and we're bloggin... if any of these social media networks are convenient for you, we'd like to connect. An easy way to find us is by visiting the home page of our website prnhealthservices.com and click on the icons. When your time allows, we hope you'll check us out. Plan to see announcements, assignments, open opportunities and information pop up often - it's just one more way for us to build relationships with friends, like you, one touch at a time.

Dani Hietpas is the PM and After Hours Supervisor. Dani has worked for Nurses PRN for over 10 years. She has experienced many segments of the industry through her role as an Account Manager. She will oversee the PM and After Hours Account Managers while being hands-on in scheduling. Dani, her husband and three children live in Little Chute. She likes to garden and spending time with her family. Dani can be reached at dani@prninc.com.

WHO’S WHO at PRN?
MEET Dani

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THE MILITARY CALLS

Two of our Chicago Branch nurses recently completed periodic military obligations. Traci T., an Emergency Room RN was assigned to teaching and support duties in Italy and nearby Baltic countries. Ken K., also an Emergency Room RN spent time in the Northeast US fulfilling his role in improving readiness and protecting our great country. Thanks to both of these fine nurses and all those who serve their country in the military!

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.

Kathryn A., of Travel
Jennifer B., of AP
Rebecca B., of SD
Nicole B., of OR
Catherine B., of SD
Virginia B., of AP
Leny B., of AP
Mary B., of AP
Erin B., of AP
Shirley C., of AP
Ronald E., of OC
Carol F., of AP
Cathleen G., of Travel
Ero G., of OR
Dawn G., of RK
Kimberly H., of Travel
Wayne H., of RK
Louise H., of Kraft
Lacee J., of AP
LaToya J., of Travel
Erin K., of AP
Gigi K., of AP
DEBORAH M., of CH
Judy M., of AP
Donald M., of Travel
Richard M., of SD
Sharon M., of SD
Patricia P., of MD
Sylvia P., of CH
Lisa P., of AP
Amanda R., of MD
Carol R., of MD
Erin S., of OC
Daniel S., of MD
Judy S., of RK
Crystal S., of Travel
Kelly S., of AP
Lavonda S., of MD
Katie S., of AP
Kim T., of AP
Dawn V., of MD
Jill V., of Travel
Aimee Y., of AP
Aimee Z., of AP

PRN’s Social Media

We’re on facebook, twitter and we’re bloggin... if any of these social media networks are convenient for you, we’d like to connect. An easy way to find us is by visiting the home page of our website prnhealthservices.com and click on the icons. When your time allows, we hope you’ll check us out. Plan to see announcements, assignments, open opportunities and information pop up often - it’s just one more way for us to build relationships with friends, like you, one touch at a time.
Dear Nurses PRN Employee:

Over the past two years, we’ve celebrated Nurses PRN’s Joint Commission Health Care Staffing Services (HCSS) certification. It is because of our commitment to Quality we will be having our recertification process soon. This fall, the Joint Commission will be randomly contacting employees to verify their experiences with PRN. Please be aware that you may receive a phone call.

Additionally, if at any time you have a concern about safety, quality of care, or sentinel event, please contact Nurses PRN at (888) 830-8811 or via email at prncares@prninc.com. If you feel your concern has not been resolved after reporting it to PRN, you are encouraged to contact The Joint Commission via email at complaint@jointcommission.org or in writing to the following address:

Office of Quality Monitoring  
The Joint Commission  
One Renaissance Boulevard  
Oakbrook Terrace, IL 60181

Nurses PRN will take no retaliatory disciplinary action against employees when they do report safety or quality of care concerns to The Joint Commission.

We eagerly anticipate our recertification status as we continue to apply Joint Commission requirements to our daily operations. We thank you in advance for your support and please feel free to contact your Account Manager at (888) 830-8811 with any questions or concerns.

Sincerely,

Christina Naylor RN, NHA  
Chief Nursing Officer

Pete Hietpas  
President
How Nutritious is Vitaminwater?  
ARE THERE BENEFITS  
By Jennifer LaRue Huget, Washington Post

Introduced in 1996, Vitaminwater, owned by Coca-Cola, has built a strong identity in the bottled beverage world. Part of its allure is its hip-looking packaging and its engaging product names, such as Revive, Focus and Connect.

There is almost no actual fruit, even in the Fruit Punch variety, and what little there is mostly provides color. But it’s the added vitamins and electrolytes that define Vitaminwater (and its competitors, including SoBe Life Water and Propel). Dietitian Lona Sandon, a spokeswoman for the American Dietetic Association, says enhanced waters are basically “liquid vitamins, with a little added sugar or stevia.” Vitaminwater focuses on B vitamins and Vitamin C, which, Sandon notes, are water-soluble and not stored in the body, which means you need to replenish them every day. “Once you go beyond what you need, you urinate it out,” Sandon says.

Nancy Rodriguez, a professor of nutrition and a sports nutritionist at the University of Connecticut, says that drinking bottled water can help you track how much water you drink. Your body needs one milliliter -- that’s a thousandth of a liter -- of water for every calorie you consume, Rodriguez explains, so a daily diet of 1,800 to 2,000 calories requires about 1.8 to two liters of H2O. That’s close to the commonly recommended six to eight-ounce glasses.

Critics have bashed Vitaminwater for being a calorie trap. While a single eight-ounce serving has just 50 calories, a bottle contains 2.5 servings, so you could easily drink 125 calories -- just 15 shy of the calories in a can of Coca-Cola -- at once. Tap water has the added benefits of being all but free, and free of calories.

As for electrolytes, only people dedicated to exercising need to replenish them and then it’s necessary only if they work out vigorously for more than an hour. “The truth is that the research on supplementing with vitamins does not prove or show that people who take them are healthier than anyone else,” Rodriguez explains.
Congratulations to Lynette C., Phyllis P., Judy M., Ginny B. and Kelly S. of Appleton on starting your new contracts.

Thank you to Alicia U. of Appleton for your hard work at a facility that we have not staffed at in a few years. Your efforts reflected quality and compassion that PRN stands for and we appreciate your dedication to your work!

Oh Baby! We’re excited to announce the birth of Thomas to Kelly B. of Appleton and Izabella to Lisa H. of Travel.

Wedding bells rang for Becky A. of Travel on August 14, 2010. Best Wishes!

Wedding bells will be ringing for Sharon G. of Travel. Congratulations on your recent engagement!

Congratulations to Nancy B. of Travel on the birth of a new granddaughter.

Robert B. of Travel we’re excited for the journey ahead - we knew the right travel assignment was waiting for you.

Sadly, Terri F., an ER RN of Chicago is moving to Dallas, Texas. Our loss is the Travel departments gain though – Terri has been submitted to several Dallas area facilities. Terri has finished up her Chicago area work in a whirlwind – working 40 or more hours during most of the summer of 2010. We will miss you Terri!

Congrats to Patti F. of Rockford on the recent marriage of her son.

Rockford would love to thank all those staff members who have been giving Bernice such wonderful care...she loves you all!

Susan L. of Madison our sympathies are extended to you and your family on the recent passing of your mother.

Robin M. of Madison kudos to you on you and your husband’s art business. We love hearing about the growth of the business!

Olive K. of Orange County our thoughts and prayers are with you as you mourn the loss of your friend.

Aldrich O. of Orange County we’re excited for you as you venture into the world of “home-ownership.”

Debra A. of Appleton - thanks for your two years with PRN... sorry we only recognized one last month in the newsletter!

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 of the Month
Berwyn S. of Travel earned $381.50 while his referrals worked!

July Total: $2,988.50
Year-to-Date Total: $13,043.07
Pecan Apple Pie

submitted by Ingrid R., RN and recent Travel Nurse

Ingredients:

- 1 Pastry for double-crust pie (9 inches)
- 1 cup sugar
- 1/3 cup all-purpose flour
- 2 teaspoons ground cinnamon
- 1/4 teaspoon salt
- 12 cups thinly sliced peeled tart apples

Topping:

- 1 cup packed brown sugar
- 1/2 cup all-purpose flour
- 1/2 cup quick-cooking oats
- 1/2 cup cold butter or margarine

Directions:

1. Line two 9-in. pie plates with pastry. Trim and flute edges; set aside. In a large bowl, combine sugar, flour, cinnamon and salt; add apples and toss to coat. Pour into pastry shells. 2. For the topping, combine brown sugar, flour and oats; cut in butter until crumbly. Sprinkle over apples. Cover edges loosely with foil. Bake at 375 degrees for 25 minutes. Remove foil; bake 25-30 minutes longer or until filling is bubbly. Sprinkle with pecans; drizzle with caramel topping. Cool on wire racks.

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!

Happy Anniversary

7 years
Patti F., LPN of IL 9.11
Mary G., LPN of WI 9.11
6 years
Krista J., HHA of WI 9.05
2 years
Nicolle H., RN of PA 9.20
Jill Z., CNA of WI 9.21
Nicolle B., RN of IL 9.09
Linda C., RN of WI 9.05
Becky S., RN of WI 9.11
Tara W., RN of WI 9.08
1 year
Julie C., AUDIOLOGIST of WI 9.30
Scott F., RN of OR 9.29
Tammy K., RN of IL 9.28
Chastity R., RN of IL 9.30
Carolyn B., RN of IL 9.03
Kimberly C., RN of IL 9.17
Michelle H., RN of IL 9.14
Gigi H., CNA of IL 9.11
Mark I., RN of IL 9.11
Megan M., RN of AR 9.09
The kind of company you want to work for.

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