USD Nurses’ Honor Society Newsletter (1981 03.07)

Sigma Theta Tau. Zeta Mu Chapter (University of San Diego)

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Dear Member,

The Editorial Staff of USD Nurses' Honor Society wishes to thank the members who worked on the newsletter last year. We are looking with anticipation to a successful 1981 with our first issue this year.

We are looking forward to providing a newsletter with interesting, pertinent and provocative news. We hope to inform you, challenge you and entertain you. If you have any contributions, opinions or comments please write us about your ideas.

Regina T. Micone

**CALENDAR OF EVENTS**

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<td>February 1981</td>
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Red Cross Nursing serves the needs of the general public and enhances the role of the nurse as she works to deliver health care.

An interview with Jan Kiss, Assistant Director of Nursing and Health Services for the San Diego County Chapter of the Red Cross provided some insight on the extensive part that Red Cross Nursing performs in health care.

The nursing department of the Red Cross serves in three separate areas: Health Education, Disaster Relief Services, and Direct Services.

The Red Cross is a voluntary organization consisting of many nurses who volunteer their time especially in health education. The Red Cross serves San Diego and Imperial County.

The Red Cross provides many courses to the general public to promote health education. Some of the classes offered by the Red Cross are:

1) Preparation for Parenthood
2) Preparation for Parenthood with the Lamaze method
3) Parenting
4) Family Health and Home Nursing
5) Vital Signs and Blood Pressure
6) Basics of Safe Babysitting
7) Providing Health Services during disasters.

Volunteers provide services to all counties directly to the general public. Volunteers such as nurses are given instructor training for various classes by the Red Cross. The Red Cross provides continuing education credit for nurses who choose to take their classes and become instructors. When a nurse volunteers 20 hours or more of service to the Red Cross she is given a Red Cross pin which designates that she is a Red Cross nurse.

Nurses who work with the Red Cross in disaster nursing take a special one day seminar in September or January to prepare them for this role. They are given continuing education credit and are given a card which recognizes them as having skills to serve in a disaster.

These nurses may be called to help operate a shelter which is usually in a gym or high school or church building, if for example, an area is evacuated because of flooding.

The disaster nurse meets people who have left their homes without medication and who are distraught. Her skills at interviewing, listening, and crisis intervention help comfort the victim and give him assistance at a very difficult time. The nurse also may need to help triage and get victims to hospitals.

In disaster, the Red Cross is notified by the office of Emergency Services and they in turn notify their volunteer disaster nurse staff. In the PSA crash the Red Cross contacted the hospitals in the San Diego area to augment hospital staff with their volunteer nurses if there was a need.

More recently Red Cross disaster nurses helped with people stranded in a large traffic jam during the San Bernadino fires.

Red Cross nursing assists in many areas of health care. It is important for nurses to recognize the community services RC provides, as well as, the opportunity nurses have to enhance their skills in teaching and assisting in emergency situations. Thanks Jan for sharing this information with us.

Regina T. Micone
MESSAGE FROM THE PRESIDENT

The evaluation visit for Charter application is scheduled for April 2, and 3, 1981. The agenda for this important occasion is being planned and further announcements are forth coming. The evaluation visitor will be Helen Ference, Ph.D.

Helen M. Ference of Monterey, California, is a nursing consultant and researcher who holds dual membership in Epsilon and Upsilon Chapters and is National Third Vice President of Sigma Theta Tau.

She is a former National Bylaws Committee Chairperson, National Eligibility Committee member, and past President and past Vice President of Epsilon Chapter.

A former faculty member of Ohio State University School of Nursing, she also is a former Assistant Professor, New York University Division of Nursing. Dr. Ference earned her diploma at the Youngstown Hospital Association School of Nursing; her Bachelor of Science in Nursing, Psychology and Sociology at Youngstown State University; her Master of Science in Nursing Education and Medical-Surgical Nursing at Ohio State University, and her Ph.D. degree in Nursing from New York University.

She is a member of the ANA and the Council of Nurse Researchers, the Ohio Nurses Association and the American Association of Critical Care Nurses.

As a member of Sigma Theta Tau, she has served as a site evaluator for petitioning honor societies. In 1975 she was a nominee for National First Vice President and in 1977 a nominee for National Second Vice President.

Carolyn Cassels

MESSAGE FROM THE PRESIDENT-ELECT

Sigma Theta Tau is a member of the American College of Honor Societies. Membership requirements in this professional honor society include outstanding academic achievement and ability in nursing and is open to baccalaureate and graduate students and community nurse leaders. The USD Honor Society has organized to meet National criteria and petitioned for a charter in the National organization, which has 128 chapters and more than 50,000 members. Sigma Theta Tau recognizes superior achievement and is committed to the support of nurse scholars, researchers and leaders.

As president elect, I am working with the current executive committee to prepare for the evaluation visit. We plan to work toward increased community awareness of the Society. Efforts by eligibility to increase community membership will add a new dimension to the Society as well as increasing visibility.

Karen K. Zappone
FALL BUSINESS MEETING

The USD Nurses' Honor Society held a Christmas Social & Election of the new President-Elect on December 8, 1980. The program was held at the home of member Chris Brown, beginning at 7:30 p.m. Among the approximately 30 in attendance were many of the new Fall members to the Nurses' Honor Society.

Refreshments were provided and ballot elections were held at that time for the new President-Elect. The winner, Karen Zappone, was announced that evening. Karen will take over the presidency in March 1981. Until then, Karen will be attending the Executive Committee meetings and getting prepared for the site visit in April, 1981.

Chris Trelease, R.N.

ANNOUNCEMENTS UPDATES

Honor Society Cookbook . . .

Eileen Claeps has volunteered to work on this project. She has a great idea to turn out a general cookbook with low calorie nutritious recipes which would be available for purchase by the general public. Eileen can not do it alone, so please volunteer to assist her, it means more healthful meal planning to the purchaser and more money for our treasury. (Reminder About Dues . . .

Some of our members are still owing dues - a letter will be mailed to remind each member who is in arrears.

Research Committee . . .

Sue Gollop and Ruth Grendell would like your help in selecting a logo and title for the Spring Research Program. Please send them your suggestions.

Christine Brown, Chairman of the Program Committee reports a joint meeting between Gamma Gamma Chapter SDSU and USD Nurses' Honor Society which will be held February 18, 1981. The purpose of this program is to provide a forum for nurses in the San Diego community who share similar goals and backgrounds to meet and exchange information, ideas and concerns. The speaker and topic were chosen as a catalyst for subsequent discussion and programming.

The program is open only to members of each society however, members are encouraged to bring a guest.
SIGMA THETA TAU

Joint Meeting

Gamma Gamma Chapter, SDSU
and
Nursing Honor Society, USD

"DEFINING ESSENTIAL PSYCHOMOTOR SKILLS IN A BACCALAUREATE PROGRAM:

PERSPECTIVES OF EDUCATORS, NURSING SERVICE, AND NEW GRADUATES"

SPEAKER: Mary Ann Sweeney, R.N., Ph.D., Associate Director of Nursing for Education and Recruitment, University of California Medical Center, University Hospital, San Diego, and Associate Professor, School of Nursing, Boston College, Chestnut Hill, Massachusetts

DATE: Wednesday, February 18, 1981
TIME: open bar at 6pm,
dinner at 7pm,
speaker at 8pm
PLACE: Cafe del Rey Moro, Balboa Park
MENU: Teriyaki Chicken plus salad, veggies, and dessert, etc.
PRICE: $8.95

QUESTIONS?? Call Jan Hebert (294-6560) or Marguerite Jackson (294-6243)
Christine Brown 566-5912.

DEADLINE FOR MONEY: FEBRUARY 12, 1981

Please send $8.95 (per person) to: Jan Hebert,
(checks payable to Jan Hebert) 4444 Orchard Avenue,
San Diego, CA 92107

DEADLINE—February 12!!!!

Name__________________________Guest__________________________
Address__________________________
Telephone (day)__________________Telephone (eve)__________________
WORKSHOPS OF INTEREST

Hospital Council of San Diego and Imperial Counties; 8305 Vickers Street, Suite T, San Diego California 92111.

February 19, 9:00 to 12 noon. Nsg the Acutely Ill - Section 4; Renal System three sessions held through March 5 - 9CE units.

Grossmont Hospital District Auditorium - to pre-register call 465-0711, ext. 459. No Fee.

February 24, 7:00 to 10:00 p.m. Understanding Physiology; Physiology and Pharmacology. Instructor: Stu Karasik. Held through April 14.

Grossmont Hospital District. Doctor's dining room, register at first class. Fee $15.00.

Donald N. Sharp, Memorial Community Hospital, Center for Health Education, 7901 Frost Street, San Diego, California 92123.

On Being a Parent. March 21, 9:00 a.m. to 4:00 p.m. Classroom 1 and 2. Tuition $25.00.

This program will provide a review of the physical and psychological development of the child from birth through adolescence, emphasizing the first three years. BRN provider. Can also register by phone (714) 292-2551.

Basic Principles of Classroom Instruction. May 28, 1981, 9:00 a.m. to 4:30 p.m. Contact Hours 6; tuition $25.00. Place: Auditorium.

Participants will be able to experience small group practice sessions to improve instructional skills. Participants should be prepared to develop a class they are interested in presenting for the practice session.

AUDIO LECTURES

An interesting and informative new lecture series for home listening and study.

Each cassette lecture has been approved by the California Board of Registered Nursing BRN Provider # 02741 for 2 contact hours.

Each audio lecture has been specifically prepared to meet the Registered Nurse. Lectures contain current theory and principles of practice.

With each lecture a multiple choice or true-false quiz will be sent. Complete the quiz and return to company and within 30 days of successful completion of the course, a score of 80% or better a certificate will be issued.

The lecture tape is kept for future reference and review.

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**AUDIO LECTURES**

**Topics:**

- Crisis Intervention for Nurses - Glenn Whitlock, Ph.D. (2 hours)
- Aging: A Lifelong Affair - JoAnn Damron, M.A. (2 hours)
- Hospice: Living While Dying - JoAnn Damron, M.A. (2 hours)
- Stress Management for Nurses - William Wheeler, Ph.D. (2 hours)

Lectures $12.99 + 6% tax

If you wish to receive CE credit include your California license number. Order from:

Audio Lectures
109 W. Fern Avenue
Redlands, California 92373

**WORKSHOPS**

**INTERNATIONAL COUNCIL OF NURSES TO MEET IN L.A.**

The International Council of Nurses (ICN) will be held in Los Angeles, California from June 28 through July 3, 1981 for the Quadrennial Congress. This is the first time since 1947 that the ICN has met in the United States. Nurses from around the world will be present at the opening ceremonies.

Setting the pace: new approaches to nursing practice; The forefront of change: new approaches to nursing management. **THURSDAY, JULY 2** - Building a better world together: partners in practice, particularly in primary health care; Blueprint for action: partners in policy making; Laying the foundation: partners in education -- teachers and students; Forging ties: partners with the public-- patient and client. **FRIDAY, JULY 3** - The shape of the nursing world to come through: the nursing process; standards of care; ethics and nursing practice and socio-economic welfare.

ICN's Council of National Representatives during its two-day session June 29-30 will establish policies and priorities for the nursing profession and nurses associations.

For information write: American Nurses' Association, Inc., 2420 Pershing Road, Kansas City, MO 64108. Fees before February 23, 1981 are $90.00; fees for after that date are $110.00. There will also be a daily rate of $30.00 for those attending part of the conference.

**WORKSHOP II:**

**MICROCOUNSELING - THE ART OF THE BRIEF ENCOUNTER**

The ability to achieve skillful, directed use of even brief one- or two-minute encounters can be an asset to all those involved with the patient, including the office assistant, nurse, clinic aide, administrator, or educator. Frequently they find they are assuming a counseling role

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WORKSHOPS

with patients that is incidental to the primary purpose of the client visit but which is nevertheless significant to the therapeutic process. Designed for the person who wants to build basic counseling skills, this two-day microcounseling training program provides a health-oriented theoretical and experiential introduction to basic counseling skills, Gestalt techniques, assertion training, body language and therapeutic touch. It is an intensive, pragmatic approach applicable to the everyday needs of the health worker. Students will have an opportunity to integrate microcounseling skills with their own personal styles of patient interaction. Learning methods will include small group discussion, structured experiences, lectures, assigned readings, videotape feedback of role-playing, and personal journals. NOTE: This is a LIMITED ENROLLMENT workshop.

DATES Friday and Saturday, March 20-21, 1981, 8:30 a.m. - 5:30 p.m.

FEE $95, includes lunch both days and syllabus materials.

LOCATION Shelter Island Marina Inn, 2051 Shelter Island Drive, San Diego, CA 92106. Phone (714) 222-0561. If overnight accommodations are desired, contact the Shelter Island Marina Inn, and request UC San Diego conference room rates. Room reservation deadline is March 5, 1981.

ACCREDITATION This course has been approved by the California Board of Registered Nursing, BRN Provider No. 00058, for 15 contact hours. It has also been approved for 15 hours of continuing education credit for nursing home administrators (BENHA No. 034015-9051), and for 15 hours of continuing education credit for registered dietitians by the American Dietetic Association.

INSTRUCTORS J. Stephen Colladay, Ph.D., Organization Development Specialist, Kaiser Permanente Medical Care Program, Harbor City; and Mark Stevens, M.A., Ph.D. Candidate, Encinitas.

WORKSHOP III: DYNAMICS OF SELF-ESTEEM AND ASSERTIVENESS

In any field, efficient job function requires a high level of interpersonal skills, utilizing the appropriate level of assertiveness. The health care professions are no exception, and require these skills for effective dealings with patients, families, and other staff members. However, many people who have taken the assertion training courses find it difficult to put their new skills into practice because of a lack of high self-esteem. This two-day workshop will focus on the origins and development of self-esteem and its relationship to the application of assertion skills. Workshop participants will have an opportunity to explore the factors that now influence their self-image. Lectures and group exercises will demonstrate the ways in which a healthy, positive self-image can facilitate the utilization of assertion skills, even in the most difficult situations. The goal of this workshop will be the development of comfortable assertion skills so as to build relationships, both personal and professional, based on trust, cooperation, and respect.

DATES Wednesdays, May 6 and 13, 1981, 9:00 a.m.-4:00 p.m.

FEE: $90, includes lunch both days.

LOCATION Shelter Island Marina Inn, 2051 Shelter Island Drive, San Diego.

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ACREDITATION  This course has been approved by the California Board of Registered Nursing, BRN Provider No. 00058, for 12 contact hours. It has also been approved for 12 hours of continuing education credit for nursing home administrators (BENHA No. 034012-8031), and for 12 hours of continuing education credit for registered dietitians by the American Dietetic Association.

INSTRUCTOR  Marty Christensen, B.S., Independent Communications Consultant, La Mesa.

ENROLLMENT DEADLINE:  April 26, 1981. To enroll after this date, see Special Handling Charge.

CURRENT NURSING NEWS

Congratulations to honor society member Christine Brown, 'Well Being' center director on the health education centers grand opening.

HEALTH EDUCATION CENTER OPENS IN MALL; 'WELL BEING' OFF AND RUNNING

The Well Being, a unique health education center sponsored by the Scripps Memorial Hospital Foundation, will hold a week of health-related activities to celebrate its grand opening in the University Towne Centre beginning Saturday, March 7.

The facility is the first public health education and information center of its kind to be established in a community shopping mall by a hospital at the request of local citizenry.

Primarily funded by the Foundation, the center will provide periodic public screening for hypertension, cancer, glaucoma and high blood pressure; self-instructional audiovisuals to assist persons who wish to adopt healthy behavior; a patient referral service to hospital physicians, and a library of literature on the role of exercise and nutrition in promoting health.

Additional sponsors of the project include the Harry G. Steele Foundation, the Ernest W. Hahn Corporation, the auxiliary of Scripps Memorial Hospital-La Jolla and Las Patronas.

"During the week-long celebration, we'll have something for all groups," says Christine Brown, R.N., the center's director. This will include special exercise and nutrition programs for children, women, runners, walkers and the elderly.

At a special meeting during grand opening week at the Towne Centre's Forum Hall, a hospital physician will discuss national trends in health care promotion and why community hospitals like the Scripps Memorial Hospitals are promoting health and fitness.

In conjunction with the grand opening, hospital officials will hold the Second Annual Fun Run, the hospitals' yearly competition designed to promote physical fitness. Well before The Well Being opens at 10 a.m., that Saturday, early morning runners will be out navigating a 6.2 mile course laid out by hospital personnel.

Organized by members of The Well Being staff, the Fun Run will kick off a host of activities, including days dedicated to nutrition, stress management and special screenings to determine if

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CURRENT NURSING NEWS

persons suffer from high blood pressure or cancer.

Already The Well Being's staff has scheduled more activities for coming months including a public presentation called "Older and Growing (Not Growing Older)" at 7:30 p.m., Thursday, February 26, in the Towne Centre's Forum Hall. Stephen Doyne, Ph.D., hospital clinical psychologist, will discuss how grandparents, their children and their children's children relate in this era of the non-traditional family.

Almost a decade ago when developers first sought approval for construction of the Towne Centre, those overseeing the project decided they wanted a health education center within its borders.

The University Community Planning Group, a 16-member panel appointed by the San Diego City Council and charged with insuring the mall met local needs, felt the mall should be more than just another shopping center.

In addition to department stores, clothes stores and the like, the committee felt the mall should also include space for other community services - social, educational and recreational.

To support this idea, the developers added special plans for public auditoriums, outdoor meeting places and an ice skating rink. In addition, they set aside space for a health-related facility to be primarily supported by a local health care institution.

The committee wanted a place where people could get immediate answers to health questions, "a center that would be an information source", according to panel chairman R. Hollis Hamstra, Ph.D.

The public had been relying too heavily on popular magazines, television and word of mouth for health information, often failing to seek professional advice from physicians and other health professionals because of high costs and limited availability, Dr. Hamstra says.

At the committee's request, officials at the La Jolla hospital took up the education gauntlet, forming a special task force to organize the health education center.

RESEARCH UPDATE

RUTH ERNE: (UCLA Research Proposal) ... Nurse Attitudes on Spiritual Counseling as a Nursing Responsibility.

Ruth traces the course of nursing from the time it was integrated closely with religious orders and spiritual concepts and philosophies. There have been very few journal articles related to meeting the spiritual dimensions of patient needs. She states that "spiritual counseling is an area not frequently researched ... (therefore) there is a need for research upon which we can make reliable judgments and applications for the improvement of nursing care."

JOAN H. BALDWIN: update on research into Computer Simulation for Community Health Nursing (see last newsletter). I am now getting ready to complete work on the pilot program. I hope to be able to have the senior baccalaureate nursing students in spring quarter at Point Loma College be the first pilot group to utilize my computer based simulation game ... "Family Health Nursing ... Decisions".

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RESEARCH UPDATE

Oh! And I have some other news... Sr. Callista Roy called and asked me to participate in the Third National Adaptation Workshop to be held in L.A. just prior to the ICN. I will be a speaker at the clinical application workshop portion... small group sessions... re: Utilizing the Adaptation Model in Community Health Nursing.

I look forward to hearing of other research endeavors, past and present, of our Society's members. Please send all pertinent material to Joan Baldwin, Assistant Professor of Nursing, 3900 Lomaland Drive, Point Loma College, San Diego, CA 92106. (or they may use my home address)

Joan Baldwin

Please send information. If anyone is writing a masters thesis or doing research, please let Joan know.

MEMBER NEWS

Barbara O'Brien joins Maria Sedelak of the Alfred Adler Institute to co-facilitate a parent's group. This 10-week class will be given soon for credit through the CE Department of USD and may be of interest to anyone who comes in contact with children.

Children: The Challenge by Rudolf Dreikurs is one of the books that will supply the basic principles for this common sense, egalitarian approach to interaction for children.

Watch for an announcement or call Barb for further information.

Mary Beth Koch and Mary Both are headed to Texas for the Founders Day Meeting of the holistic Nurses Association. Their work in the Healing Breath Centers with nurse-healer-entrepreneur Sonya Herman continues to flourish.

Carol Lieberman sends word that she is the new co-ordinator of the Oregon Kidney Donor program, based at University Hospital in Portland. Her activities include state-wide public education programs and harvesting of donated organs.

Pamela Johnson is again giving Nurse Effectiveness Training to two groups of 10 nurses each. This time she is joined by Leslie Clark, one of her Blueprint for Health partners. Their course begins with experiences to increase self-esteem and self-awareness, goes on into communications skills and assertiveness, and ends with goal setting.

Mary Whittier is working at Cuyamaca College in El Cajon as Career Center Director and Placement. She is working towards her marriage family and child therapist license and will go into practice with her husband in family counseling.

COMMITTEE REPORTS

Financial Committee - Reports dues are past due.

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Committee Reports

Nominating Committee - The election of Secretary and President Elect and faculty representative will take place at the General Business meeting March 16, 1981 at 7:00 p.m. at the School of Nursing.

Eligibility Committee - Letters of sponsorship of new community members are being prepared. Please submit names of community members you wish to sponsor to Anna Mae Eckstein.

Publicity Committee - Mary Beth Koch and Mary Both have resigned their positions on the newsletter as they pursue their nursing careers in holistic health. We wish to thank them for their participation on the past years newsletters.

Regina Micone has accepted the position of Chairperson of the Publicity Committee. Sue Instone will be joining the staff of the newsletter. We wish her welcome and look forward to her participation. Permanent assignments as follows:

Current Nursing News - Karen Zappone
Nurses in the News - Kathy Fortinash
Opinion Page - Sue Instone
Committee Reports - Lila Fillmore
Fall Business Meeting and other non-society meeting - Chris Trelease
Feature Story - Regina Micone
News About Members - Pam Johnson
Distribution - Barb O'Brien
Research Update - Joan Baldwin

Workshops of Interest - All members are encouraged to send this information and articles of interest to the committee members.

Nurses in the News
by Kathi Fortinash

Doreen Casuto, R.N., B.S.N. - Director of Nursing Rehabilitation at Grossmont Hospital is a nurse worthy of attention and admiration within our fine San Diego Community of Nurses. Doreen is a graduate of the American University of Washington, D.C., School of Nursing and has a background in Public Health Nursing from Maryland. From there she became interested in Rehab Nursing and received her training in that field from Ohio State University in Columbus, where she also taught Rehab Nursing through a federal grant.

Doreen's talents include her work at the famous Sister Kenney Rehabilitation Institute in Minneapolis, Minnesota and in Indianapolis, Indiana, where she set up an 11-bed rehabilitation union at the Methodist Hospital there.

October 30, 1978 was indeed a fortunate day for Grossmont Hospital. It was then that Doreen was hired to utilize and expand her creative talents and broad background in rehab nursing. She wasted no time in helping to make the rehabilitation unit at Grossmont, one of the most unique, beautiful and autonomous facilities in the San Diego Nursing Community.

Although Doreen and her able team maintain open communications with the other nursing departments, it is very clear that the first consideration in this unit is the rehabilitation process, which is structured to fit each individual patient's status, needs and goals. Doreen and her

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nursing teams work closely with Physical Therapy, Occupational Therapy, Recreational Therapy and the Physicians, to maintain consistency and continuity of the patient's treatment program. In fact, in order to assure the best possible care of each patient, Doreen and her nurses do their own hiring and training of the rehabilitation personnel.

The unit has become so independent that Doreen and her staff are directly accountable to the Assistant Administrator of Grossmont Hospital and to the Medical Director of the Rehabilitation Unit. Her input is extremely valuable and respected by her colleagues.

Doreen feels that the role of the rehab nurse is truly a team effort; yet it involves primary care in its most challenging form. Each member of the team is a primary person, directed towards helping each patient help himself to the highest possible level of function. The rehab nurse considers not only the patient's diagnosis and immediate problems; but also his environment, life-style, family, community and attitude, which may all contribute to his well-being.

Doreen presents a very interesting viewpoint which has been adopted by her entire staff. They concentrate on each patient's ability rather than his disability. It is this unique attitude that offers the patient the hope and confidence he needs to work and reach the optimum levels of the rehabilitation process.

The rehab nurse must be prepared to structure and implement her clients' daily programs of care and activities. In order to accomplish this very responsible role, she must have a solid background in the rehabilitation process, as well as good decision-making abilities. She must prioritize her patient's problems and needs, taking into consideration the other members of the multidisciplinary team, who are also working to fulfill the patients' goals.

The rehab nurse must see the family as a strength rather than a burden to the patient, and she should see to it that they are available for the patient whenever necessary. Their interest, support and participation in the patient's rehabilitation program is vital to his progress and well-being.

Since patients may remain in the rehab unit for 30 days or more, they become very much a part of the rehab family. They take their meals in the dining room, which is especially designed to accommodate wheelchairs, walkers, and even gyermey. No bedpans are seen in this unit, since each patient is on his own bowel and bladder training program.

The rooms are spacious and bright, with many patients decorating their walls with familiar posters and pictures. Patients are encouraged towards independence from the day of arrival and it is not unusual for them to get their own daily linen or wash their own clothes in the laundry area.

Doreen is one nurse who believes in flexibility, even in the midst of structure and routine. She doesn't hesitate to call a family member at any time of the day or night if it is in the best interests of the patient.

In conclusion, one can note with professional pride that Doreen is one nurse who has truly achieved satisfaction and autonomy in her chosen specialty of rehab nursing. It is especially interesting that in a time when so many professional nurses are moving away from patient care, Doreen is right in the middle of it every day, and loving every minute of it. She is truly a working director, and a real dynamic leader in the San Diego Community of Nurses!
HISTORICAL REMINISCENCE


APPENDIX

No. 3.

Duties of Probationer under the "Nightingale Fund."

You are required to be - Sober, Honest, Truthful, Trustworthy, Punctual, Quiet and Orderly, Cleanly and Neat, Patient, Cheerful, and Kindly.

You are expected to become skilful -

1. In the dressing of blisters, burns, sores, wounds, and in apply fomentations, poultices, and minor dressings.
2. In the application of leeches, externally and internally.
3. In the administration of enemas for men and women.
4. In the management of trusses, and appliances in uterine complaints.
5. In the best method of friction to the body and extremities.
6. In the management of helpless patients, i.e., moving, changing, personal cleanliness of, feeding, keeping warm (or cool,) preventing and dressing bed sores, managing position of.
7. In bandaging, making bandages, and rollers, lining of splints, and etc.
8. In making the beds of the patients, and removal of sheets whilst patient is in bed.
9. You are required to attend at operations.
10. To be competent to cook gruel, arrowroot, egg flip, puddings, drinks, for the sick.
11. To understand ventilation, or keeping the ward fresh by night as well as by day; you are to be careful that great cleanliness is observed in all the utensils; those used for the secretions as well as those required for cooking.
12. To make strict observation of the sick in the following particulars: The state of secretions, expectoration, pulse, skin, appetite, intelligence, as delirium or stupor; breathing, sleep, state of wounds, eruptions, formation of matter, effect of diet, or of stimulants, and of medicines.
13. And to learn the management of convalescents.

TIME TABLE FOR THE PROBATIONERS UNDER THE "NIGHTINGALE FUND."

DAY.

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<th>Breakfast</th>
<th>Wards</th>
<th>Dinner</th>
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<th>Exercise</th>
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<th>Wards</th>
<th>Dorm</th>
<th>Supper</th>
<th>Bed</th>
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<td>8:30 p.m.</td>
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(Continued on page 15)
HISTORICAL REMINISCENCE

NIGHT.

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<td>9 p.m.</td>
<td>9½ p.m.</td>
<td>10 p.m. 8 a.m. 8½ a.m. 7 a.m. 10 a.m. 11 a.m. 1 p.m. 2 p.m. 1 p.m.</td>
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During the Week, Prayers are read in the Wards at 8 a.m., and in the Dormitory at ½ before 10 p.m. On Sunday the Probationers are expected to attend Divine Service in the Parish Church, at 11 a.m.

In the May 1981 newsletter Kathy Fortinash will interview Irene S. Palmer, Ph.D., F.A.A.N., Dean and Professor, School of Nursing, University of San Diego on her research activities on Florence Nightingale during her recent trip to Great Britain and Europe.

BOOK REVIEW

Written by the wife of a cardiologist. Tells of her personal experience when her husband becomes a coronary patient. Reveals her feelings and interactions with her husband's colleagues, physicians who treated him and nurses who cared for him. Presents nursing in a supportive light.

This book provides the basic concepts necessary for successful planning and problem solving. It is a systems approach useful for various professions since the concepts for successful planning are generic. Easy to read with many clever illustrations makes this an enjoyable and helpful book.

Froebe, Doris and Bain, Joyce R; Quality Assurance Programs and Controls in Nursing CV Mosby, St. Louis, 1976.
This book was designed specifically as a guide for those administering nursing services within an episodic and distributive care setting. It centers on the development of quality assurance programs and quality assurance controls.

Cantor, Marjorie; Achieving Nursing Care Standards: Internal and External Nursing Resources Inc., Wakefield, Mass, 1978.
This book is intended for practitioners of nursing with administrative responsibility for nursing care delivery systems. Content includes basis for examining and developing standards, a method for conceptualizing the functions and activities of nursing, and material for planning and evaluating programs for quality assurance in terms of patient results. There is also a section which deals with information about developing performance standards and standards for staff education.