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From The Editors

My patient is screaming down the hallway about how it's time for his pain shot, the nursing supervisor just called and my admit will be here in ten minutes, when I called the surgeon about his patient that is bleeding through his dressing, I got yelled at because I didn't call sooner, and if the patient in room 19 doesn't quit hitting at staff, then I'm going to have to call his doctor to get an order for restraints, and of course there is no one to help me because I'm the traveler making "all the big bucks." Are travel nurses suppose to think that this is "normal" behavior, or is this nursing abuse?

Pain management is getting to be a bigger and bigger issue. Yes there are patients who have a legitimate pain management needs, but how many patients are we taking care of who this is their second admission this month because they need their morphine fix? This is a bigger issue in the emergency room than I see on the medical-surgical floor. The 1-10 "ouch" scale was suppose to help this, but still patients have that figured out, and will rate their pain as a 15.

What are nurses to do about the abuse of the system? We just

have to continue to assess our patients in a timely manner, and provide them with their medications as ordered by their physician. There is nothing that we can do about this abuse of the system because we are not that patient and we have been told that we have "no right" to judge how much pain a patient really is in.

Working with physicians that are verbally humiliating, degrading, and have a total lack of respect for us as a professional nurse, are also a fact in the life of a nurse. In a recent study published by the Association of OR Nurses, over 90% of nurses that were polled were subject to verbal abuse by a physician. Is that true just in the operating room? I don't think so! Trying calling certain physicians in the middle of the night.

What can we do about verbal abuse? What usually happens is that we vent to a few of our co-workers, we keep the patient in mind, and go on and do our job to the best of our abilities. Remember, the patient is what we are there for. We must call that physician in the middle of the night, to protect our patient, and for protection of our license.

Abuse of a nurse by the patient is also a common abuse

NURSING ABUSE

BY EPSTEIN LARUE

that nurses face during the work day/night. The patient is under the influence of narcotics, illicit drugs, or alcohol, and we're suppose to be understanding because they ARE ill. Would they still be ill if they weren't under the influence of all those substances?

We must protect our own health and when a patient gets violent we need to seek assistance as soon as possible. If we get injured then this needs to be reported to the nursing supervisor as soon as possible along with getting medical treatment for ourselves.

Do we have the right to press charges against that patient for assault? In some states, a hospital employee definitely has the right to press charges against that patient. There should be no difference in that patient injuring us inside the hospital or if he injured us out on the street. If nurses get hurt then who is going to take care of us?

Of course we have to deal with all these things plus "crisis" that occur, and not make any mistakes on these hectic floors. Time management is the key to survival! Come on the floor and check out your patients and then get you a routine going. No, you

can't stick by your routine everyday, things happens, patients have surgery, patients have to be admitted, but if you have your routine setup, then it is easier to accomplish these other tasks without getting overwhelmed.

When an overwhelming situation comes along ask for help. Hostility may be amongst the nursing tribe related to you being a travel nurse and "making all the big bucks," but you can't do everything by yourself. You need to ask for help. If you

can't get anyone to help you, then approach the charge nurse, then work your way up the chain of command including the nursing supervisor, and if the hostility occurs contact the director of nursing and your recruiter.

Travel nurses are in hospitals all around the United States and select foreign countries, we are there to help. We are not going to these different places to be abused by other staff and patients. You should be flexible in helping

your co-workers, but you don't have to take severe abuse. Keep on working hard, and remember that you only have 13 weeks there.

Don't be afraid to stand up for yourself. If you become overwhelmed with the pressures to the point that your license is in danger then you must get out of the contract. You were looking for a job when you found that one. Life may have its speed bumps, but just keep on trucking down on the travel-nursing road. The next assignment has to be better!

Twelve Laws of Trauma

1. Survivability is inversely proportional to societal worth.
2. If you have more than two tattoos, you'll never die.
3. A blood alcohol level greater than 0.30 confers temporary immortality.
4. If you were shot or stabbed, you probably deserved it.
5. Never give an ER doc or PA anything sharper than a tongue blade.
6. The closeness in relationship of a doctor or lawyer is directly proportional to surviving a major complication.
7. The number of unsurvivable injuries a patient survives is approximately equal to the number of felonies committed while incurring the trauma.
8. The percent of burn is proportional to the number of deviant answers on the patients MMPI.
9. The number of drug convictions equals the number of central venous catheters necessary to resuscitate a patient.
10. Remember, the life you save may take your own.
11. All bleeding stops, eventually
12. If you don't recognize the rhythm on the EKG monitor, shock until you get one you do recognize

Destination Spotlight

ANCHORAGE, ALASKA *BY EPSTEIN LARUE*

A land where the sun can shine for up to 21 hours during summer, a land that is abundant with wildlife, a land that has the beautifulness of snow packed mountains... that is what you will expect in Anchorage, Alaska! Although the average temperature is only 36 degrees Fahrenheit, the temperatures from June to August are commonly in the high 60s. It receives only 15 inches of rain on average, but boasts for over 60 inches of snow. Alaska is a winter wonderland with an inviting summer. Things to do in Anchorage including hiking, bicycling, scenic drives, splendid restaurants, and shopping opportunities.

Anchorage has an extensive hiking and bicycling trails that stretch for over 120 of paved roads with 300 miles of unpaved and wilderness trails. These trails offer nonstop occasions for outdoor adventure at it's best.

If you're not into hiking or biking, then you don't want to miss the eleven State Scenic Highways, which include two National Scenic Byways and one All-American road. Two highways that you don't want to miss are the Seward Highway and the Glenn Highway. The Seward Highway is an unbelievable 125-mile All-American Road that follows along with pursues the shoreline of Turnagain Arm, beyond Portage Glacier, on top of a mountain corridor, through the Chugach National Forest, then

down to the coastal village of Seward. Along with way the wildlife is abundant, including moose, and caribou, or you might even catch a glimpse of a grand eagle with it's wings spread wide.

The Glenn Highway, a National Scenic Byway, winds through the Matanuska Susitna Valley, and boasts with magnificent sights of grandiose scenery where the moose and bear meander without restraint. From this highway you will also discover the Parks Highway in Wasilla, the Richardson Highway in Glennallen, and the Alaska-Canda Highway in Tok.

Not far from Anchorage you will find Denali National Park. It is more than just a mountain range and park, but it is home to North America's highest mountain, Mount McKinley. This Alaskan range also boasts with plenty of grand glaciers. The park of more than six million acres also is home to grizzly bears, wolves, Dall sheep, and moose. This is definitely a grand site to behold!

Anchorage is also known for it's blooming flowers in the summertime including the fireweed and the forget-me-not. The fireweed covers the roadsides with ornate shades of magenta and crimson.

A common myth declares that when the fireweed achieves its complete magnificence, the six-week countdown to wintry weather commences.

The forget-me-not is the official

state flower. This miniature plant has yellow buds that glimmer from a stratum of blue petals that are definitely hard to forget!

For your dining pleasure we present to you The Marx Brothers Café. It specializes in great wines to go with their great food. Examples of their great food include: An appetizer of roasted eggplant with cream cheese and garlic with pita triangles and Greek olives or Neapolitan seafood mousse with layers of smoked salmon, sturgeon, and Maine Lobster with American sturgeon and golden caviar, then continue with a great entrée like Fresh Alaskan Halibut or Grilled Kodiak Scallops or an Indonesian Marinated Rack of Lamb. They have a wine list of over 400 quality wines and received the wine spectator award of excellence. You won't regret making your supper reservations here!

The Sacks Café has light American and ethnic cuisine. It is best know for its grilled lamb with sun-dried tomatoes in curry sauce, roasted Portobello mushrooms with noodles, and spicy pan-seared scallops. Don't forget their chocolate gateau for desert! Make it an early lunch or make reservations for supper!

Ristorate Orso is another one of Anchorage's finest eating establishments. Meaning "bear" in Italian, it evokes the

earthiness of a Tuscany villa. Alaskan touches flavor rustic Italian dishes, including traditional pastas, fresh seafood, wood-grilled meats, and locally famous desserts.

Simon and Seaforths has windows overlooking the Cook Inlet vista and a brass/wood interior that have made this an Anchorage favorite since 1978. The diverse menu includes prime rib, pasta, and sesame chicken salads. It also specializes in fresh Alaskan seafood prepared anyway you like it: grilled, blackened, or fried. Among the favorites is crab legs or grilled Alaskan salmon with an orange-ginger sauce. The Brandy Ice (vanilla ice cream whipped with brandy, Kahlua, and crème de cacao) is always a mouth-wateringly delight after your entrée. The bar is a great spot for microbrews and appetizers, and validated parking is available at the nearby Hotel Captain Cook garage. Make reservations early to assure your dining enjoyment. The Club Paris is Alaska's oldest steak house has barely changed since opening in 1957, and many

of the friendly staff members have been here since the 1980s. The restaurant has dark woods and an old-fashioned feel and serves tender, flavorful steaks of all kinds, including a 4-inch-thick filet mignon.

For your entertainment, we would like to suggest the Alaska Center for the Performing Arts - Founded to operate, promote and maintain a four-theatre complex, which serves as a social and cultural meeting place for all Alaskan residents, the visiting public and performing arts presenters and producers; in addition, it promotes the artistic endeavors of all Center users and presents special events which compliment other activities and enrich the community. Programs include Dance theatre, opera, education through art, cultivating creativity, Japanese Folk Dance, Shakespeare and Symphony Live.

When it's time to go shopping you might try the 5th Avenue Mall or the Diamond Center! The 5th Avenue Mall inhabits a complete metro block at 5th Avenue and A Street; so that you can until you drop. It houses plenty of stores,

including a JC Penney, Nordstrom, and the Gap.

The Diamond Center is the largest mall in Alaska with all your favorite stores along with unique shops. There is also an ice-skating rink, movie theaters, a post office, dry cleaners, a public library, and even a bowling alley. You can even get your taxes done while having your teeth cleaned!

For antiques and collectibles you will want to check out the Packrat Mall. It has such items as Tiffany lamps, Fenton Art Glass, Fiesta ware, Dillman Farm all natural fruits and berries, and Alaskan unique gifts.

For more information on Alaska check out these websites.

www.anchorage.net

www.alaskapac.org

www.marxcafe.com

www.sackscafe.com

www.clubparisrestaurant.com

www.diamondcenter.com

www.packratmall.com

www.flyk2.com

Naked and Ninety-Five

An elderly male resident of the nursing home said to the female resident in a wheel chair, "Betcha can't guess how old I am."

She replied, "I can if you take off all of your clothes."

So he disrobed and she instructed him to turn around slowly.

Then she said, "You're 95."

"That's amazing!!" he exclaimed. "How could you tell?"

"You told me at breakfast."

Hospital Happenings

LEE MEMORIAL HEALTH CARE SYSTEMS

BY EPSTEIN LARUE

Lee Memorial Health Care Systems has been providing quality healthcare to Floridians since 1916. As the largest community-owned health care system in Southwest Florida, they receive no direct tax support, and are governed by publicly elected ten-member Board of Directors.

Since opening nearly 88 years ago, we have been at the vanguard of helping Southwest Florida residents live happier, healthier lives. This commitment to community goes beyond our facility walls and the millions of dollars in uncompensated care we provide to those unable to pay. It's reflected in LMHS' support of area organizations, promotion of community health education programs, focus on the overall growth and development of the area's children, and dedication to helping our senior citizens live full, productive lives.

They are a progressive, financially sound health care provider with more than 5,700 employees, 2,500 volunteers

and auxiliaries, and 830 physicians on staff. The System is a member of Voluntary Hospitals of America, Florida Partnership; the Florida Hospital Association; Association of Voluntary Hospitals of Florida and is accredited by the Joint Commission on Accreditation of Healthcare Organizations.

The Cape Coral Hospital is a 281-room facility with all private rooms, Lee Memorial Hospital has 427 beds, including an inpatient Rehabilitation Hospital. The Health Park Medical Center has 200 beds and houses the Children's Hospital, which has 70 family friendly rooms; including a 40 bed NICU. The free-standing skilled nursing facility has 112 beds and a staff dedicated for returning patients to their fullest potential.

Their mission is to continue to meet the health care needs for the citizens of Southwest Florida by providing quality care from a cost-effective and dedicated health care team, which exceeds customer

expectations by addressing the spiritual and emotional needs of their patients and families. They promote wellness and health lifestyles through their blood center, breast health care center, cancer center, heart care services, home health services, older adult services, obstetric services, outpatient rehabilitation, and older adult services, wellness education and diabetes education. Lee Memorial also provides specialized hospitalization for rehabilitation patients and pediatric patients.

Lee Memorial is currently in the process of pursuing "Magnet" status of quality by implementing a system-wide Diversity Management Strategy, which will promote an situation of comprehensiveness where each nurse that comes into the hospital feels well received, appreciated, and valued. At Lee Memorial special provisions are made to promote a "people first" atmosphere. According to one travel nurse, "Lee is a nice hospital, and the staff all over the hospital were great."

For more information, visit their website at:

<http://www.leememorial.org/>

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Epstein LaRue, Owner and Chief Executive of Highway Hypodermics

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