Dear Members of District 6:

As we celebrate the 239th birthday of the United States of America, I want to especially celebrate the men and women of our armed services who have protected us and even sacrificed their lives for us. I acknowledge the doctors, nurses, and all healthcare personnel, particularly those from District 6, who care for our servicemen. We at District 6 say “Thank You” and are forever indebted to you for past and present service. We are proud of you!

As an update on our District, we continue to grow in membership. This was one of the goals I identified for this year. Over the past 6 months we have increased by 31 new members. This has been accomplished by the efforts of our State Committee. Our goal is to continue to reach out to the new members, as well as present members to engage them in active participation with PSNA, District 6, and our communities. Dr. Shirley Smith, Membership Committee Chair, has sent a welcome to the new members, and we will continue to reach out to you. We will soon distribute a survey to help us identify your needs and concerns. Please complete the survey monkey when you receive it so we can better serve you.

I want to thank the Dr. Aislynn Moyer (State Office) for the outstanding workshop on Medical Marijuana presented on April 10, 2015 at UPMC St. Margaret Hospital. I also thank the Nursing Education Department at St. Margaret for providing the location for the event. It was well attended. One person traveled from Ohio just to attend the workshop and had positive comments on the presentation. This event helped to promote our goals of increasing district and national presence and professional collaboration.

On the PSNA website the State is offering a continuing education workshop on-line for the required Child Abuse Seminar. It is free for members and $25 for non-members. It is offered to all disciplines, not just nurses (See the website). Please contact me if you are interested in District 6 presenting an on-site workshop for those requiring license renewal in October.

At the State level this has been a landmark year as initiatives supported by the PSNA have been approved by the State legislators, particularly the position of the Chief Nursing Officer. Please view the section on the Legislative Issues Update. This demonstrates that our voices do count. We ask you to make a gift to support the Political Action Committee (PAC) and the Nursing Foundation of Pennsylvania campaign to reach the 100% District participation by November 1, 2015. Your gift can be sent to the Annual PSNA Board Campaign Pledge. These committees advocate for our nursing profession.

On June 8, 2015, a meeting of the State & District leadership was conducted to vote on a change in Bylaw #8 regarding election of leadership. It was passed unanimously that the President and Treasurers will be elected in the even years (i.e., 2016) and the Vice President and Secretary will be elected

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2015

CALENDAR OF EVENTS

Board of Directors Meeting
5:30pm to 7pm at Life’s Work
1323 Forbes Avenue, Pittsburgh, PA 15219
August 11, 2015

Calendar will be decided and posted after the August 11
Board of Directors Meeting.

Vital Signs submission Deadline to Newsletter Editor
January 1, 2015, April 1, July 1 and October 1, 2015
(6 weeks prior to each General Membership Meeting)
in the odd years (i.e., 2015). To implement this the current president, Dr. Alchichie will remain in office for an additional year. The rationale for the change is to assure continuity in leadership. Also at a prior meeting a change was made in membership renewal. Please see the PSNA website for details.

Please contact us at District 6. I especially would like to hear from our new members and our members from the districts outside of Allegheny County. We need your suggestions and participation.

Sincerely,

Mildred Jones, Ph.D., RN, CS
President PSNA District 6

Use Summer Safety to Avoid Heat Related Problems

Nurses need to be aware of the various types of Heat Stress that may occur with patients, children seniors and others who can be exposed to extreme heat or work in hot environments.

Types of Heat Stress are:
- Heat Stroke
- Heat Exhaustion
- Heat Syncope
- Heat Cramps
- Heat Rash

Each of these reactions to Heat Stress can exhibit symptoms ranging from light headedness, dizziness, heavy sweating, nausea, pale or flushed face, muscle cramps, and fast and shallow breathing.

Nurses should refresh their knowledge about these various types of Heat Stress and help people, regardless of age to follow some safety tips to avoid heat related problems.

Some ways to be proactive are:

Adequate hydration--drink a lot of fluids, cool water is best. No alcoholic beverages.

Rest--stay in cool, shaded area or air conditioned area.

Protect exposed areas of the body--Use Sunscreen.
- The National Institute of Occupational Safety and Health (NIOSH) advises using sunscreen of at least 15 SPF.
- Sunscreen needs to be reapplied often, especially after perspiring or swimming.
- Check expiration date on label.
- Wear protective clothing.
  - Cover bare skin with long sleeves and pants.
  - Wear a hat with a brim to protect the face, ears and back of neck.
  - Certain brands of clothing may provide UV protection.

(www.cdc.gov/niosh/topics/heatstress)
**Medical Marijuana**

On April 10, 2015, continuing education credits were earned by attendees at a program concerning medical marijuana. This program, presented by District #6, enabled us to learn about the history of cannabis and hemp, their differences, and the then current bill before the Pennsylvania Legislature.

According to Kathleen Dunkleberger, RN, BC, CLNC, use of cannabis and hemp dates back to the 1600's and were listed on the pharmacopea in the 1930's for analgesia and asthma. Hemp and marijuana both come from the plant Sativa. Marijuana is a cannabinoid and possesses chemicals that have psychoactive and therapeutic properties; these chemicals are THC and CBD. THC produces more of a "stoned" effect while CBD has no "high" but rather a calming effect. Hemp as a fiber was used in textiles and industry while cannabis was gradually linked by media moguls in late 1930's to insanity, violence, and addiction.

In 1970 the Controlled Substance Act listed Cannabis as a Schedule 1 drug. This makes it illegal to conduct research in the United States without government approval. Today most research on the medicinal and therapeutic uses of cannabis is done outside the US. Research has shown that levels of THC and CBD can be regulated in growing marijuana with medicinal benefits. In fact, "Charlotte's Web", an engineered form of cannabis, is grown for its high CBD content and has been useful in control of seizures, and PTSD. THC has been shown to slow the growth of certain cancers with less toxic effects. Medicinal strains of marijuana have been useful for migraines and IBS. Other studies are showing application to autism and various forms of cancer.

So what is the big deal? As Aislynn Moyer,DNP, RN, Director of Professional Development and Betsy Snook, MEd, RN, BSN, CEO, PSNA, explained, there was a bill before Pennsylvania Legislature for the use of medical marijuana. PSNA, in its role of educating members, explaining research to politicians, protecting the integrity of the nursing profession and its members, and its role in helping to shape social policy is supportive of a bill that provides for tight control, strict monitoring and medically prescribed use of marijuana. PSNA also has a position supporting further clinical research on its medicinal use. On April 10, 2015, there was a Senate Bill supported by PSNA. That bill, however, was not passed. The work of PSNA continues.

Special thanks to our presenters and District #6, especially Tammy Waner, who arranged for the facilities at UPMC St. Margaret.

JOIN US AT DISTRICT 6
Good for You, Good for Nursing, Good for Patients

It is said that being and staying healthy includes physical/mental/spiritual well-being, maintaining cognitive functioning, and sustained socialization. Today, I want to talk about socialization and the support and friendship that it offers. We all need all kinds of support and friendship from various individuals and groups—family members, work, neighbors, community, worship sites, and yes, professional nursing organizations. Professional nursing organizations like PSNA and specially District 6, PSNA provide socialization, support and friendship through our meetings, talking with us, being present with us, working with us on professional issues, attending events like the April 10 and May 9, 2015 events (see flyers). By becoming a member, you can expect professional satisfaction and personal support and friendship that can sustain you and nourish you in your life as well as in your nursing career. So take a chance on health promoting socialization and join us at District 6. PSNA welcomes you. Join us (send an email to President Mildred Jones majones@carlow.edu). Join us—it is good for you—it is good for nursing—it is good for our patients.

Filomena Varvaro, member PSNA, District 6 filomenavar@verizon.net

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**We need your Feedback!**

E-mail us your Feedback on how District 6 is doing with newsletter articles, design and topics of interest.

We value your Feed back!
President: Mildred Jones, Ph.D., RN
Past President: Marilyn Zrust, EdD., RN
President-Elect: Jeffrey Rompala, BSN, RN
Vice-President: Peggy Hayden, MSN, RN
Secretary: Tamara J. Waner, BSN, RN
Treasurer: 

Board of Directors:
Kay Dieckman, MSN, RN Linda Frank, Ph.D., RN
Dian Gardasoni, RN Sheila Cloud Woods, MSN, RN
Carol Coles, MSN, RN Shirley Smith, Ph.D., RN

Newsletter Editor: R. Helen Ference, Ph.D., RN
Nominating Committee: R. Helen Ference, Ph.D., RN Shirley P. Smith, Ph.D., RN

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(412) 281-2866

Other Important Numbers:
PSNA, District #6 Office 412-281-2866
PA State Board of Nursing 717-783-7142
ANCC 1-800-284-2318