

ITNS

NEWSLETTER OF THE INTERNATIONAL TRANSPLANT NURSES SOCIETY WINTER 2006 VOLUME 14, ISSUE 4



Transplant Nurses

Making a Difference

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President's Address

Add ITNS to your New Years Resolutions

By Frank Van Gelder, President ITNS

The Board of Director (BOD) of ITNS wishes each of you a Happy Holiday and a Happy New Year. Holiday season is always a time to spend with people close to us, our family and friends. It is a time to reflect on the past year and learn from it to find our motivation and goals for the next year.

We too, as a BOD, reflect back over the past year because we realize ITNS has come a long way. And we are expanding faster than ever before, a challenge for both our leadership and members. For all of our success we thank our members who have given their own personal commitment and time to ITNS. And we are reminded that future projects will only be possible if you believe and invest in what this organization really wants to be—a true partner for transplant nurses worldwide.

Looking ahead, ITNS offers a packed calendar of enriching educational opportunities throughout 2006. Our nursing



“For all of our success we thank our members who have given their own personal commitment and time to ITNS.”

workshop in conjunction with the AST (American Society for Transplantation) Winter Meeting in Cancun offers an exceptional opportunity to learn and earn CEUs and CEPTCs credits. We have the first CCTN review course under final development for

this May and the second one is scheduled for the Autumn of 2006. We are part of the WTC (World Transplant Congress) conference in July in Boston, and because of collaboration between ITNS, ISHLT(International Society for Heart and Lung Transplant) and NATCO (North American Transplant Coordinators Organization), we can offer you a two-day program that will highlight all current aspects in organ donation and transplantation for transplant professionals.

But today I invite you to sit down and reflect back on what you do daily, and why you make a difference in what you do. Take a piece of paper and start writing to share your experience with our members all over the world. Be the fuel for our educational events, conferences and newsletters. Write a case study or an abstract and share it during our 2006 Symposium in Rotterdam. Encourage one of your colleagues to become part of our organization. Emphasize how she or he makes a difference in transplant nursing and should share it with us in Rotterdam next October. Only by doing this can we grow and remain a vital resource for transplant nurses worldwide. So Join ITNS, become involved and expand your transplant nursing career.

Add ITNS to your 2006 Resolutions and watch us grow with you. •

ITNS Membership Benefits

1. Focus on your professional growth.

We offer a variety of meetings and training sessions in many locations around the USA and world. The focus is on providing workshops and presentations that meet the educational needs of transplant nurses in various roles.

2. Be involved with the development of educational projects/resources.

We appreciate and request your contributions as a member to our publications. Exchanging knowledge and experience is the best source for the development of educational projects.

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ITNS Members "Celebrate" at 2005 Annual Symposium

By Beth Kassalen, Executive Director ITNS

Fourteen years young and growing leaps and bounds each year. The 14th Annual ITNS Symposium and General Assembly was held September 22-24, 2005 at the Caribe Royale Resort in Orlando, Florida, USA. We had representation from 16 different countries – how impressive is that? The official head count was 392 attendees, including our exhibitors. Our exhibit hall was filled to capacity with as many as six new vendors this year.

Educating transplant nurses is our mission and thankfully, we do that very well. Our keynote speakers Dr. Mary Krugman, Dr. Sabina De Geest and Dr. Donna Hathway all delivered enlightening presentations on Evidence-based Practice, Non-Adherence and Making a Difference. Our theme this year was 'Celebrate Our Practice' and in listening to comments from our attendees and our 67 speakers and presenters, there was much to celebrate about Transplantation and each of our individual roles.

Thanks again to our Platinum Sponsors: Astellas Pharma US, Novartis Pharmaceuticals, Roche and Wyeth Pharmaceuticals. Their resources, financial and otherwise, help us reach our goals every year. •

Best Abstract Best Poster

Each year, conference attendees vote on the best oral abstract presentation and the best poster presentation. This year's winners are:

Abstract

"Ethical Issues in the Face of Ecstasy Use Leading to Liver Transplant"

Beth Montesi, BScN

London Health Sciences Centre

London, Ontario Canada

Poster

"Development of a Transplant Education Program for Staff Across the Continuum of Care"

Ruth Strickler Tutor, MSN APN CCNS AOCN

Methodist University Hospital Transplant

Institute Memphis, TN USA

Both Beth Montesi and Ruth Strickler Tutor receive a complimentary registration for the 2006 Annual ITNS Symposium in Rotterdam, The Netherlands. Congratulations to them both.

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3. We offer Special Interest Groups for member participation.

Feel free to join one of our special interest groups or committees and make a difference for both yourself and your colleagues worldwide.

4. Publish an article in the ITNS newsletter.

Take up the challenge to publish in our newsletter and share your ideas with 1500 transplant nurses worldwide.

5. Get involved professionally.

As an ITNS member you can get involved locally in your chapter. You can attend local meetings and become involved in the activities of your local chapter. You can run and serve as an officer for your local chapter or run for an office on the Board of Directors. This provides the

opportunity to network with transplant experts from around the world in addition to the stimulation and personal growth as you learn about and create the ITNS of the future.

6. Attend the Annual ITNS Symposium

You can also get involved on a more international level by submitting abstract for presentations/posters at the Annual Symposium meeting. This gives you the opportunity to share ideas with transplant experts from around the globe.

Managing Citations Using a Bibliography Database Manager

By Cynthia L. Russell, PhD, RN, Director of Research ITNS and Rebecca Winsett, PhD, RN
ITNS Research Resource Council Listserv

Many of us face the challenge of organizing articles and citations so they are accessible when we need them as a resource for manuscripts, grants, evidence-based practice protocols and presentations. Typically, we are overwhelmed with stacks and stacks of articles, each with a citation including the author(s), year, article title, journal title, volume, issue and page numbers. If we organize our articles, it is probably in the traditional way—in files with topic labels.

However, several innovative bibliography database manager software programs are now available to assist you in organizing the citations including EndNote8, Reference Manager 11 and ProCite. According to Nicoll (2003) these programs maintain a library of reference citations, allow searching of remote databases from within the program and format in-text citations and the reference list according to a selected style. The citation manager takes care of all of the cumbersome editing and formatting details, saving time and increasing accuracy.

Once you've purchased the EndNote8 program, downloaded it onto the computer and completed all the steps for setting up your EndNote, you will need to set up your online filters. The filters help you extract data directly from a source like CINAHL. Once these are set up you can request your EndNote to import whatever references you select in your search.

As you begin writing your manuscript, you will start to understand the value of a product like EndNote. You will find as you build your library of reference articles, the citation manager will allow you to "plug" in your citations as you write. You can even choose to have the citation manager create your bibliography as you write. If at the end you decide that you want to change from APA 5th edition to AMA 9th edition, a click to the write format will automatically change your insertions as well as the reference list at the end. Very quickly you can see how much time these reference manager systems can save.

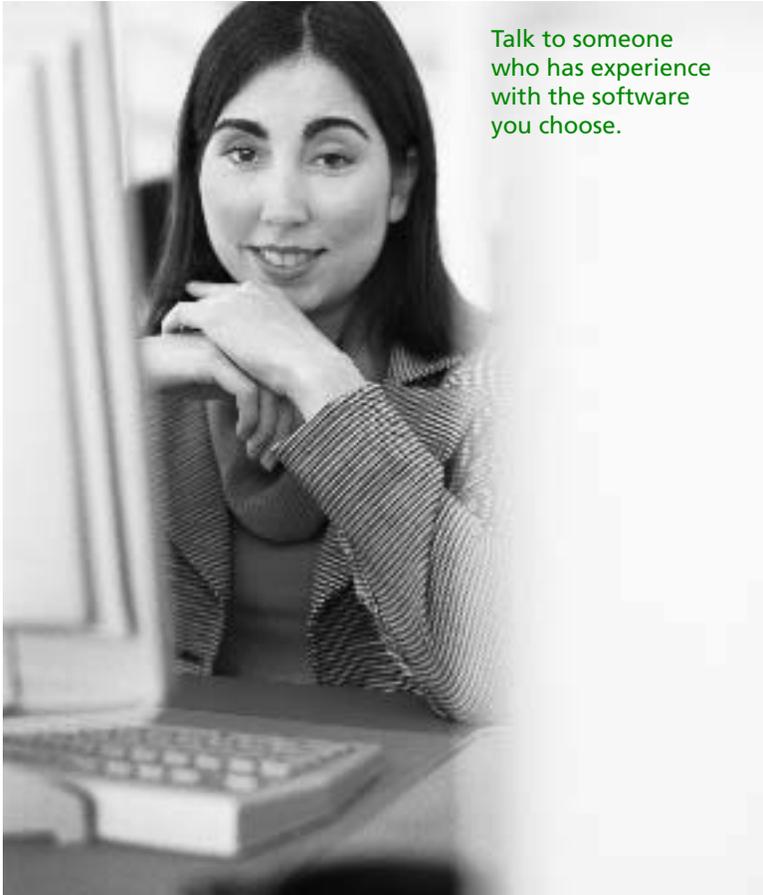
Current prices on the web indicate that for single users the price of Reference Manager 11 (refman.com) is \$239.95(downloadable) or \$299.95 (physical shipment). You can download a trial version. Pro Cite (procite.com) was quoted for \$239.95 (downloadable) or \$299.95 (physical shipment). You can download a trial version of Pro Cite as well. EndNote8 was listed for

\$239.95 for a downloadable version or \$299.95 for a physical shipment version. You can also download a free trial version of EndNote. EndNote has a student version that is about a third of the price.

Citation Managers do have a learning curve so don't be surprised if you have to study the User's Manual. Your best option, as you learn the software, is to talk to someone who has experience with the software you choose. As you overcome the intricacies of learning the software you will find these tools make your writing less troublesome. •

Reference

Nicoll, L.H. (2003). A practical way to create a library in a bibliography database manager: using electronic sources to make it easy. *Computers, Informatics, Nursing* 21(1), 48-54.



Talk to someone who has experience with the software you choose.

Research News

By Cynthia Russell PhD, RN, Research SIG Chairperson ITNS

ITNS Research Interest Group

The Research Interest Group (RIG), led by Chairperson Cindy Russell, met during the Symposium in Orlando this past September to review the past year's accomplishments and determine goals for 2006.

About ten people attended, including both experienced and novice researchers who provided ideas and suggestions about possible objectives for the upcoming year. We discussed many exciting projects, but decided to focus on four goals including:

- developing an international, multi-site collaborative research project related to disease management;
- assisting with evaluation of the Transplant Nursing Mentoring Program (TNMP);
- enhancing communication among those interested in research through use of the listserv and newsletter;
- developing additional research informational flyers on pertinent topics for ITNS members similar to the "Writing a Research Abstract", "Writing a Case Study" and "Developing a Professional Poster Presentation".

We are also interested in assisting with development of standards of care and linking with the Education and Advanced Practice SIGs to enhance evidenced-based practice.

If you are interested in becoming involved in any of the above activities, please email Cindy Russell, RIG Chairperson, at RussellC@health.missouri.edu. I will make sure that you are included in our exciting work.

ITNS Research Workshop

During the Annual Symposium in Orlando Drs. Sandy Cupples, Rebecca Winsett and Cindy Russell of the Research Interest Group (RIG) presented a hands-on workshop titled "The 'You Can Do It!' Series: Writing an ITNS Grant". The afternoon workshop provided expert knowledge and support for developing a draft of an ITNS grant application.

Fifteen members participated, all with laptops, and the workshop was tailored to the needs of each individual participant. Two groups of 4-5 individuals worked with Dr. Winsett and Dr. Russell to formulate their research questions and discuss possible research methods using a flip chart to document ideas and suggestions. Dr. Cupples simultaneously worked with the other participants (who already had their research questions identified) to write the details of their research grants using their laptops.



Sandy Cupples, left and Cindy Russell, right, at the 2005 Symposium

After individual consultation, each participant was encouraged to type research details into the grant application which could then be submitted to ITNS in 2006 for review and possible funding. We hope that this workshop will result in an increase in grant applications for next year! •

ITNS Events Calendar

Throughout the year, ITNS offers members a variety of courses and workshops to enrich their careers and lives. Join us to learn about the latest research techniques and processes in transplant nursing from professionals around the world. Each of the events below offers CEUs and CEPTC credits. Look for more details at itns.org.

ITNS Winter Workshop

February 16-18, 2006

Cancun, Mexico

In conjunction with the AST Winter Symposium. Registration fee is \$125 for three half-days.

Transplant Nurse Review Course

May 5-6, 2006

Pittsburgh, PA USA

An excellent review course for those wishing to prepare for the CCTN examination.

World Transplant Congress/Transplant Nursing Workshop

July 22-23, 2006

Boston, MA USA

Nursing Workshop collaboration with ISHLT and NATCO in conjunction with the World Transplant Congress. The World Transplant Congress continues through July 27.

16th Annual ITNS Symposium 2006

October 5-7, 2006

Rotterdam, The Netherlands

Call for Abstracts due February 7, 2006. Advance Registration deadline is September 25, 2006.

Transplant Nurse Review Course

November 10-11, 2006

Rochester, MN USA

An excellent review course for those wishing to prepare for the CCTN examination.

17th Annual ITNS Symposium 2007

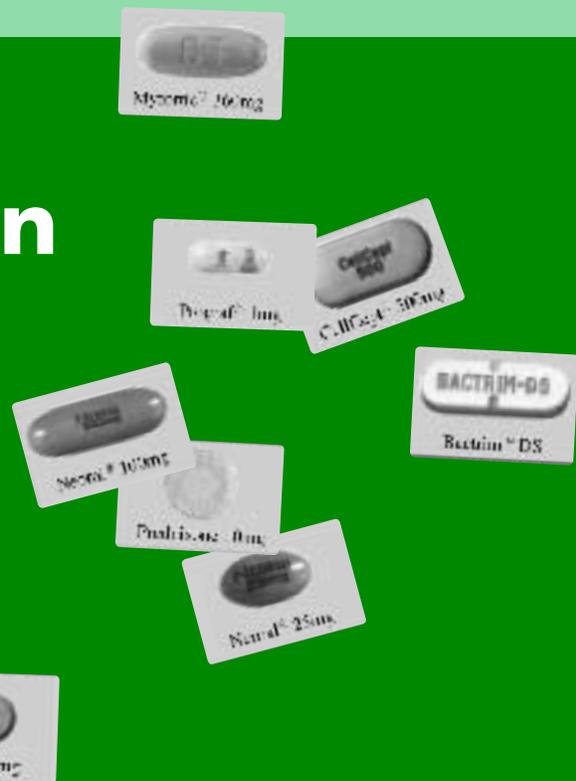
October 4-6, 2007

Denver, CO USA

Novartis sponsors updated Medication Sticker Sheets

ITNS has updated its medication sticker sheets. View these sheets at www.itns.org to see pictures of the many medications used by recipients daily in their post-transplant regimen. These stickers, available for a nominal charge of \$25 for 50 sheets, are being used in transplant centers throughout the USA and Canada.

Thanks again to Novartis for its support of this valuable patient education tool.



Advanced Practice Nursing SIG Kicks Off at 2005 Symposium

By Bev Kosmach-Park, MSN, CRNP, Director of Education ITNS

Two years ago during the 2003 ITNS Symposium, Anne Hamric RN, PhD, internationally recognized for her work in the development of Advanced Practice Nursing, delivered the keynote address. It was then that some ITNS members began considering the issues related to the scope and practice of APNs.

The following year, those members met to determine membership interest and possible development of a SIG to meet the needs of the group. There was an overwhelming response to this meeting and preliminary plans for a SIG were discussed.

And now, just one year later, 40 enthusiastic international participants attended the first meeting of the ITNS Advanced Practice Nursing Special Interest Group during the 14th Annual ITNS Symposium in Orlando this September.

guidelines for transplant APNs and a scope of practice paper; presenting an annual APN workshop at the ITNS symposium; collaborating with the Research SIG on research projects and evidence-based practice issues; creating a listserv; developing exchange programs for APN study and providing a forum for discussion of advanced practice in transplant nursing.

Additionally, the first APN Workshop was held during the Orlando symposium. Dr. Hamric, as the Keynote Speaker, discussed role development of the APN in transplant nursing. Specific dimensions of the APN role were then presented by APNs with transplant roles in the inpatient and outpatient setting as nurse practitioners, APN transplant coordinators and clinical nurse specialists. Career development issues, research and

“During the first meeting of the SIG, participants developed a mission statement, proposed several short and long-term goals for the group, established plans for a listserv and brainstormed ideas for an APN workshop for the next symposium.”

The ITNS Board of Directors (BOD) approved the institution of The Advanced Practice Nurse SIG to meet the unique educational, mentoring and professional needs of nurses currently working as APNs, those enrolled in APN programs and nurses and coordinators who are interested in the APN role and/or considering pursuing an advanced degree. During the first meeting of the SIG, participants developed a mission statement, proposed several short and long-term goals for the group, established plans for a listserv and brainstormed ideas for an APN workshop for the next symposium. The Committee Chair for 2005-06 is Beverly Kosmach-Park and Committee Co-Chairs are Belinda Kiger and Melissa Loyd.

Proposed goals/projects discussed during the meeting included: a mentoring program for APNs and students; developing

publishing were also presented. The workshop received excellent reviews by the participants and plans are underway for another APN workshop at next year's ITNS Symposium in Rotterdam.

Many thanks to Jeff Arnovitz MSN, CNP, CCTC, an ITNS member and President of the ITNS Buckeye Chapter in Cleveland, Ohio, for bringing this issue to the BOD and initiating the APN SIG. The BOD hopes to continue to be sensitive to the educational and professional needs of our membership, helping to advance the practice of transplant nursing.

If you are interested in joining the APN SIG or have any questions about the group and proposed activities, please email the SIG Chair at beverly.kosmach@chp.edu.

We also thank Deb Damas from Roche for supporting our SIG meeting with an educational grant. •

The ITNS Education Committee is Off and Running

By Bev Kosmach-Park, MSN, CRNP, Director of Education ITNS

The ITNS Education Committee is well underway in its first year of development. This Committee was established, with approval of the Board of Directors and under the leadership of the Education Director, to assist in meeting the educational needs of the ITNS membership. Committee members include transplant nurses, coordinators, managers, APNs and researchers with a strong interest in patient and nursing education, as well as experienced transplant nursing educators. Writing, editing and publishing experience is helpful, but this group will also mentor novice educators and is a great way to become more involved in ITNS.

As the Education Committee develops, some proposed projects and goals for the group include:

- developing and implementing educational opportunities for transplant nurses and patients;
- revising and updating the ITNS organ-specific handbooks;
- collaborating with other organizations, pharmaceutical companies, transplant centers and others on program development and educational opportunities;
- establishing a Transplant Nursing Speakers' Bureau;
- participating in the Transplant Nurse Mentoring Program as requested by the Board of Directors;
- collaborating with the Symposium Planning Committee and Research Committees on abstract review for the Annual Symposium as requested by the BOD;
- designing and implementing a Needs Assessment of the ITNS membership to meet their educational needs.

Committee members will complete projects while working in small groups with a Committee Chair who will facilitate the activity and report to the Education Director. Members will communicate through broadcast email, conference calls within specific workgroup projects and a committee meeting at the Annual Symposium.

ITNS and the Education Committee were pleased to receive an educational grant from Novartis Pharmaceuticals Corporation to produce six patient education brochures on transplant

topics. The first brochure, Post-Transplant Diabetes: What Every Patient Needs to Know, was debuted at the Annual Symposium in Orlando. The brochure was written and edited by members of the Education Committee including Susan Dayhoff RN, MS; Janet Mize RN, BSN, MBAHC, CCTC; Beverly Kosmach Park MSN, CRNP; and Kathy Lawrence MN, RN. If you are interested in the Diabetes brochure, please access the ITNS website to view and download the brochure or to request free copies for your patients.

The remaining brochure topics planned for this 12-month grant include: Pregnancy After Transplant, Dental Health, Nutrition and Exercise, Living a Healthy Lifestyle and Common Complications Following Transplantation.

If you are interested in participating in this committee or would like more information, please send an email to Beverly Kosmach-Park, Education Director at beverly.kosmach@chp.edu. •



My Views in My Review

By Joyce A. Overman Dube, MS, RN
Nurse Administrator, Mayo Clinic Rochester, Minnesota

This column reviews Transplant Nursing literature and highlights what our colleagues have put into writing to chart the course of Transplant Nursing.

“Solid Organ Transplantation; A Handbook for Primary Health Care Providers”

Editors: Sandra A. Cupples, DNSc, RN
Linda Ohler, MSN, RN, CCTC, FAAN
ISBN Code: 0-8261-1906-9
Copyright © 2002 by Springer Publishing Company, Inc.

Organ transplantation is a complex field as transplant professionals understand all too well. Outside of the transplant field many healthcare providers have very little knowledge, and in some cases have great fears and reluctance, to assume care for organ transplant recipients. Understandably, primary care providers are anxious to maintain primary responsibility for their patients and desire more information to help them know when to refer the patient back to the Transplant Center and when to treat them locally. Some Transplant Centers assume almost all of the recipients' care following organ transplantation and certainly all of the care related to the management of immunosuppression and post-transplant complications. The balance between Tertiary Transplant Center Care and Primary Care can and should be managed and balanced carefully.

“... urge the primary healthcare providers you collaborate with to utilize this comprehensive reference.”

In “Solid Organ Transplantation: A Handbook for Primary Health Care Providers”, Cupples and Ohler incorporate the expertise of many transplant professionals to increase understanding for both primary healthcare providers and organ-specific professionals interested in information on organs outside of their area of expertise. The book provides these professionals with a deeper understanding of transplant complexities, thus improving the coordination of care between a patient's primary physician and transplant professionals.

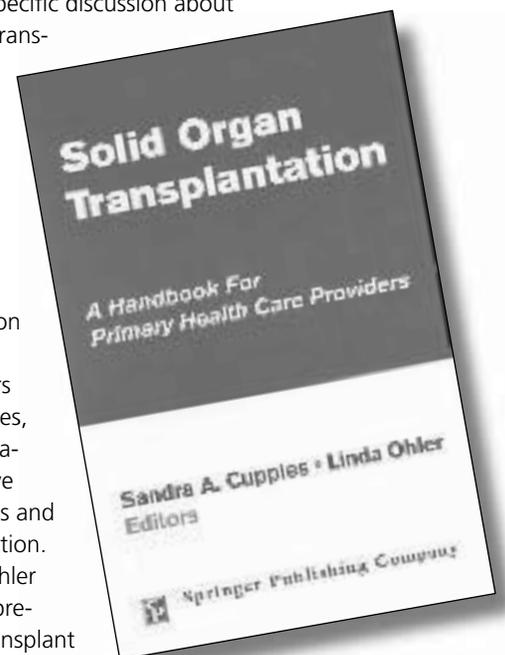
This text gives a comprehensive review of organ transplantation by specific organ type. Information includes indications for transplant, evaluation of the potential transplant candidate,

contraindications, donor selection/criteria for living donors and deceased donors, organ procurement, the operative procedure, immediate post operative care, immunosuppressive therapy regimens, rejection, long term care, complications (including cardiovascular complications, skin cancers, recurrent disease, etc.), survival rates and specifics about when to call the transplant center. Some chapters include specific discussion about ethical issues regarding transplant of specific organ types as well as UNOS listing criteria, and new approaches to organ specific transplantation.

The book also provides an organ-specific guide to optimal patient care and patient education for those awaiting transplant. Additional chapters address Infectious Diseases, Nutritional Issues, Pharmacotherapy, Neurocognitive Issues, Psychosocial Issues and Pregnancy in Transplantation. In the appendix, Linda Ohler provides a brief yet comprehensive summary of “Transplant Immunology for Community Health Care Providers”. She succinctly reviews key highlights of immunology to help the non-transplant professional better understand factors impacting immune response both before and after transplantation.

While the volume of information can appear overwhelming, it is easily broken down into focused areas for specific transplant issues. The individual chapters for each organ type serve as a basic review for primary health care providers with little or no experience in the care of transplant recipients. There is as much or more detail than any primary provider would need. As particular issues arise in the primary care setting, providers can reference the corresponding chapter or portion of a chapter to help determine the patient's condition, the urgency of the problem and whether to seek the assistance of the transplant center.

I recommend that transplant professionals urge the primary healthcare providers they collaborate with to utilize this comprehensive reference. The book will increase their understanding of their transplant patients' needs and help them maintain primary care responsibility of these patients. •



Renewing your Passion for Transplant Nursing

By Barb Schroeder, MS, RN, CNS, Mayo Clinic
Newsletter Director, ITNS

Aspects of this article are taken from a presentation given during the recent ITNS Symposium.

According to results of a recent ITNS web poll, stress is a part of the job for transplant nurses. While members indicated various stress-relievers, one of the most effective is an active renewal of energy and passion for what we do.

Keeping the passion for transplant nursing alive takes some effort. But it can be as simple as taking a few minutes each day to reflect on what you are grateful for as a transplant nurse, and how you make a difference to your colleagues, patients and family members.

In "Finding Your Purpose- A Guide to Personal Fulfillment", author BJ Braham suggests you ask yourself these questions:

1. Do you love what you are doing?
2. Do you find it easy to go to work most days?
3. Do you feel there is nothing else you would rather be doing?
4. Do you feel at peace in your life?
5. Do you trust things will work out for you?
6. Do you have a positive attitude most days?
7. Does your work energize you?

Answering these questions can help you identify the energy in your work life. Answers of yes indicate that your work and passion are in alignment.

What do you love about your nursing career? Now is a good time to sit down and write down 15 things that energize you about being a transplant nurse. Writing down what we love or like about our job can help us discover themes of passion in our nursing practice. For example, you may notice that you like caring for critical patients or that you like to do patient teaching. Maybe one thing that excites you about transplant nursing is working with new staff or providing classes on transplant topics.

Feeling good about your role and the quality of your work can add a renewed sense of purpose to what you do everyday. Is nursing everything you imagined it would be? Are you everything nursing hoped you would be?

As you think about your nursing practice, consider what you can do to help build your professional presence on the transplant nursing unit or team. According to Employee Development Systems, Inc., the questions below can help identify personal behaviors that build professional skills.

Professionalism

- How do your values define your behaviors as a nurse?

Corporate Culture

- How do you maintain your professionalism?
 - integrity
 - leadership skills
 - trust
 - accountability
 - respect

Image

- How do you create your image as a professional nurse?
 - professional performance
 - professional dress
 - professional behaviors

Communication

- How do you relate professionally to others on the team?
 - by what you say
 - by how you say it
 - by your interactions with other members of the team
 - by selling your ideas to your colleagues and the leadership team

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Relationships

- How do you develop professional relationships with your colleagues, team members, patients and family members?

Competence

- How do you add value to others through your work?
 - by working hard
 - by working smart
 - by using critical thinking skills
 - by increasing your clinical knowledge and skills

Personal Effectiveness

- How do you plan to grow personally and professionally?
 - by owning your personal and professional choices
 - by planning your career
 - by taking responsibility for your career

As you reflect on your nursing career take the time to think about everyone you interact with as a nurse. How do you project professional nursing to them? Not sure? Ask a peer who works with you.

Transplant nurses need the following qualities to help them in their practice.

- flexibility
- assertiveness
- organizational skills
- desire to seek new challenges
- effective communication skills

Show your professional expertise by using these behaviors in your practice: self-confidence, comfort with uncertainty, having integrity, being optimistic, showing empathy and having passion for your own individual practice.

You can inspire a spirit for your professional work every day by taking time to infuse critical thinking, genuine feeling and renewed energy. Each of us has a responsibility to rekindle that vital component within us that gives life and meaning to our transplant nursing profession.

Start your New Year by igniting your passion for transplant nursing. It's a great way to begin the year and the rest of your life. •

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Manion, J., (2003), Joy at Work! Creating a Positive Workplace. *Journal of Nursing Administration*, 33, (12), 652-659.

Urban, H., (2003), *Life's Greatest Lessons: 20 Things That Matter*. 4th edition, Fireside Book.



ReNew

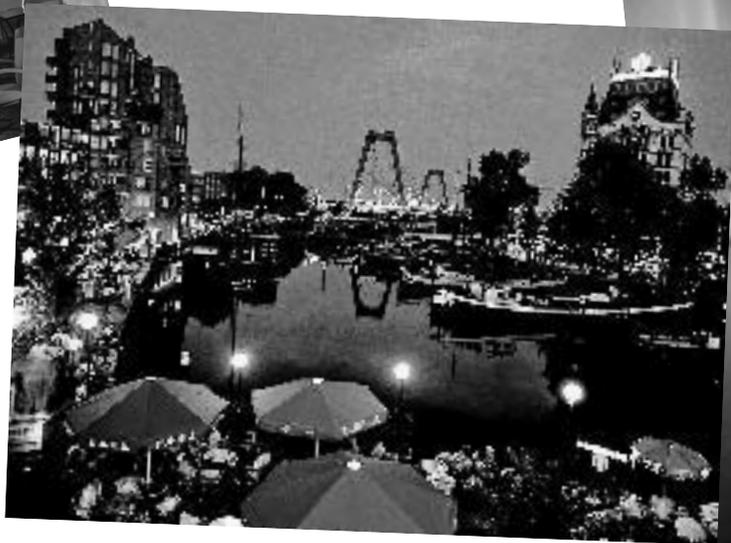
Renewing your Work Spirit

Nursing is a profession of caring. Many times the demands of this role can deplete our energy. Over the long course this can make us lose the passion we have to care for patients. Whether you are new to transplant nursing or have 25+ years of experience, you need to create rituals or habits that keep you energized.

Re ~ New:

This implies a restoration of what has become faded or dis-integrated; so it seems like new. Ask yourself:

1. Who do I admire most as a nurse and why?
2. What is a value I have that makes me a good nurse?
3. What do I appreciate most about my current transplant nursing job?
4. What strengths/skills do I bring to my nursing practice?
5. Remember a time when I really made a difference in the life of one of my patients. What happened?
6. When have I been the proudest of myself?
7. What self care habits do I use to keep energized as a nurse?



International Update: Rotterdam

By Anneloes Wilschut, RN, CCRN, International Director ITNS

The 14th Annual ITNS Symposium in Orlando, Florida, USA was a great opportunity to expand our knowledge and meet colleagues from around the world. And while it was only a few months ago, we are already very busy organizing the 15th Annual ITNS Symposium, October 5-7 2006 in Rotterdam, The Netherlands.

In the ITNS Summer 2005 newsletter we briefly introduced Rotterdam and the local Dutch organizing committee. Those who attended Friday's lunch during the Symposium previewed some slides on the Symposium along with the movie "How do you Rotterdam?". In this article, we will provide a brief summary of just how you do Rotterdam.

The most common way to travel to Rotterdam is by flying into Amsterdam International Airport Schiphol. Rotterdam is a 45-minute drive from Schiphol. A taxi is not always the cheapest or faster way to travel in Holland. The easiest and cheapest way to travel to Rotterdam is by train. There is a direct connection from Amsterdam International Airport to the city center of

Rotterdam (Rotterdam Centraal). On the website www.schiphol.com you will find all the information you need concerning travel to or from Schiphol Airport. You can check the prices of taxis or trains and find information about rental cars. It's a very helpful English website.

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"We are already very busy organizing the 15th Annual ITNS Symposium, October 5-7 2006 in Rotterdam"

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Some flights fly directly into Rotterdam International Airport. There are also very good connections by road or by train for colleagues from other European countries. The public transport within Rotterdam is very well organized. There is wide accessibility by tram, metro and busses.

The Symposium will be held in the Beurs- World Trade Center, situated in the city center of Rotterdam. The Beurs- World Trade Center has a great diversity of conference rooms, auditoriums, lobbies and exhibition space.

The host hotel is the Hilton Hotel, which is within a five minute walk from the Beurs- World Trade Center. You are free to look for another hotel but registrants always find it enjoyable to stay at the host hotel where they can meet with smaller groups, network and perhaps make dinner plans. Within this central location there are plenty of opportunities for dining and shopping.

The currency in the Netherlands is the Euro. The Euro is the currency of eleven other European Union countries: Belgium, Germany, Greece, Spain, France, Ireland, Italy, Luxembourg, Austria, Portugal and Finland.

The 15th Annual ITNS Symposium 2006 Committee is working hard to ensure that it is a great success both scientifically as well as financially. Every effort will be made to organize an event with an outstanding program based upon a budget that enables participants to attend at a reasonable fee.

We are looking forward to meeting you in Rotterdam, and invite you to submit your abstracts. The final abstract submission date is February 7, 2006.

Look for more information about tourist attractions and the Dutch language in the next ITNS newsletter. •



Euro exchange rates: as of September 2005

	1 EUR	in EUR
American Dollar	1.2058	0.829325
Australian Dollar	1.57766	0.633852
Brazilian Real	2.66783	0.374836
British Pound	0.681396	1.46757
Canadian Dollar	1.39957	0.714504
Chinese Yuan	9.75733	0.102487
Danish Krone	7.46245	0.134004
Hong Kong Dollar	9.35303	0.106917
Indian Rupee	52.9828	0.018874
Japanese Yen	136.605	0.00732037
Malaysian Ringgit	4.5449	0.220027
Mexican Peso	13.0118	0.0768534
New Zealand Dollar	1.73797	0.575385
Norwegian Kroner	7.87761	0.126942
Singapore Dollar	2.03768	0.490754
South African Rand	7.65683	0.130602
South Korean Won	1256.93	0.000795592
Sri Lanka Rupee	122.16	0.00818601
Swedish Krona	9.31963	0.1073
Swiss Franc	1.55428	0.643386
Taiwan Dollar	40.0084	0.0249947
Thai Baht	49.474	0.0202126
Venezuelan Bolivar	2585.96	0.000386704

Win 2006 Symposium Registration!

In an effort to bring members to the 15th Annual ITNS Symposium in Rotterdam, The Netherlands, the ITNS Board has issued a challenge!

Beginning January 1, 2006, each individual ITNS member or chapter recruiting 25 new members receives a FREE registration to the symposium. If 50 new members are recruited, ITNS will throw in accommodations for two nights. There is no limit to the number of complimentary registrations or room nights we award.

This incentive will encourage the recruitment of ITNS members and make it possible to defray some costs of attending the Symposium. But get busy because new membership applications must be received by June 15, 2006.

Call ITNS headquarters with any questions. •



Rotterdam '06 Call for Abstracts Available

By now, all ITNS members should have received their ITNS 2006 Call For Abstracts Form electronically by email. If not, you can access the form on the ITNS website.

The Call for Abstracts consists of two pages—the author form and the abstract text page. Be certain to read and follow the directions for submitting abstracts. Any submission that does not meet the format requirements will not be reviewed.

Forms must be submitted electronically to itns@msn.com by February 7, 2006 before 5 p.m. Eastern Standard Time. ITNS will verify receipt of your abstract with a confirmation email immediately and a letter by mail afterwards. Keep in mind, problems can occur with electronic submission. If you do not receive a confirmation email within one week, notify ITNS immediately at ++ 412-343-4876.

Consider sharing what you've learned with your fellow ITNS members and submit an abstract today! Remember, submissions received after February 7, 2006 will not be accepted. •

Health Care Observances Calendar

In many of our health care organizations, we have the opportunity to educate patients and family members waiting in our clinics and hospital lounges. We have a captive audience who has time to read and learn as they are waiting for appointments.

In each quarterly issue of the ITNS Newsletter this column will list health events that you as a unit or clinic may want to focus on. Many organizations provide free literature and other resources to help raise awareness for their cause. The trick is planning ahead. So mark you calendar for these observances during the next few months.

January

Glaucoma Awareness Month
National Blood Donor Month

February

Heart Health Month
National Hypertension Awareness Month
February 3 – National Donor Day
February 3 – National Wear Red Day

March

National Kidney Month
National Nutrition Month
March 14-20 – National Pulmonary Rehabilitation Week

April

National Donate Life Month*
Alcohol Awareness Month
National Humor Month
April 7 is World Health Day

**Order your ITNS wristbands early, so you can give them to your staff and patients during National Donate Life Month. Check on the ITNS website or on page 17 of this newsletter for an order form.*



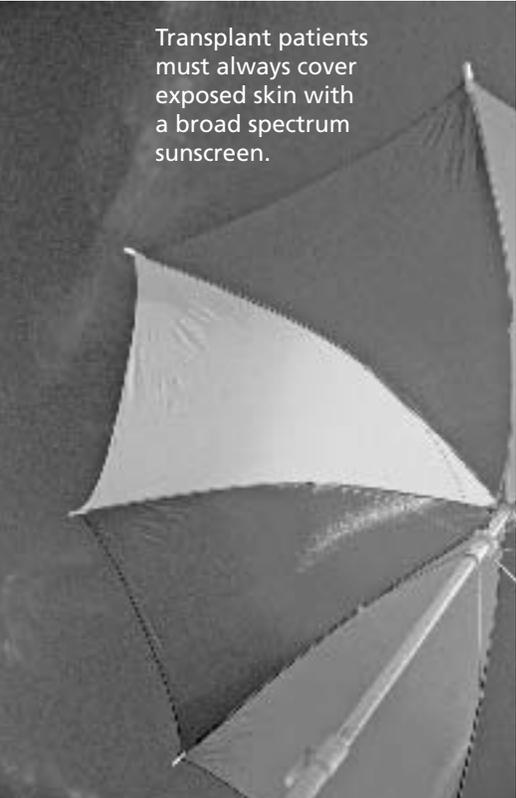
May

Mental Health Month
National Osteoporosis Awareness and Prevention Month
Skin Cancer Awareness Month
National High Blood Pressure Education Month
Better Sleep Month
May 2 – Melanoma Monday
May 4 – National Anxiety Disorders Screening Day

You can access this website to find out more about these health observances through: www.healthfinders.gov/HealthCareObservances2006.doclibrary/nho.asp?year=2005

Body of One

By Bonnie Potter, RN, CCTC, Treasurer ITNS



Transplant patients must always cover exposed skin with a broad spectrum sunscreen.

In an effort to increase skin cancer awareness and prevention in transplant patients, ITNS is working with the International Transplant Skin Cancer Collaborative (www.ITSCC.org) on a world-wide Skin Cancer Awareness initiative entitled "The Body of One". Clark C. Otley, MD, of the Mayo Clinic in Rochester, Minnesota, is President of the ITSCC and is heading up the campaign.

We all know that the majority of organ transplant recipients will eventually develop skin cancer. When going outside, any area of the skin, head, ears, nose and arms should all be covered with a broad spectrum sunscreen providing an SPF of at least 15 that protects against UVA and UVB rays. It is our hope that with better educational tools, no healthy transplant recipient will succumb to a preventable skin cancer.

"Tool kits for the physician, nurse and patients will be developed to educate with emphasis on prevention, early detection and treatment."

The project will include public awareness materials for patients, caregivers and community physicians helping to identify precancerous conditions, early stage basal cell and squamous cell carcinoma, as well as prevention education. Tool kits for the physician, nurse and patients will be developed to educate with emphasis on prevention, early detection and treatment.

A think tank group will be meeting in Philadelphia in mid-January to determine the details for this project. ITNS Board members, Bonnie Potter, RN, CCTC and Barb Schroeder, RN, CNS, along with Executive Director, Beth Kassalen, MBA, will be working with the core group of planners.

If you would like to contribute to this project, perhaps on a writing group, fact-finding committee or distribution route, please email ITNS headquarters. •

Core Curriculum for Transplantation

By Sandy Cupples, DNSc., RN

The Core Curriculum for Transplantation is well on its way to being published this summer, according to Linda Ohler, RN, MSN, CCTC, FAAN and Sandra Cupples, DNSc., RN. Developed under the auspices of the International Transplant Nurses Society, this Core Curriculum will identify the knowledge base requisite for providing quality nursing care to solid organ transplant patients.

Based on the blueprint for the Certified Clinical Transplant Nurse examination, this book will be an authoritative study tool and an indispensable resource for critical care nurses, transplant nurses, clinical nurse specialists, nurse practitioners, transplant coordinators, educators, pharmacists and social workers.

Each chapter, written by expert transplant professionals from around the world, contains information reflecting the current state-of-the-art of transplant nursing practice. In addition to

organ-specific facts, this valuable resource will provide detailed clinical and psychosocial information about concepts that are pertinent to all types of transplant procedures. Tables, bulleted side-bars and self-assessment questions will highlight essential information.

ITNS is very pleased to have had this project on its strategic plan and to have it nearly completed is fantastic.

Every day for the past 18 months, an army of ITNS members from the USA, Canada, the UK, Belgium, Germany, Italy and Australia have been writing, editing and reviewing chapters.

The book will be available at the ITNS Annual Symposium in Rotterdam, The Netherlands in October but may debut as early as May. Special thanks to the publisher Elsevier for supporting this book. •

ITNS Gear Order Form

Don't forget: April is National Donate Life Month

Wristbands

Quantity	Price each	Shipping*	Total Price
-	\$1.50	\$ See Below	\$

***Shipping:**

1-5 bands	\$1.50
6-20 bands	\$2.50
21-100 bands	\$3.85
100+ bands	\$5.00

Wristbands are green with laser engraved "LIFE-LIVE IT, THEN GIVE IT". They measure 7" Circumference, 7/16" Width, 1/16" Thick.



Car Magnets

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***Magnets are heavy and therefore postage is as follows:**

1-5 magnets	\$2.00
6-25 magnets	\$3.85
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100+ magnets	\$10.00

The car magnets are green with white lettering as shown. The middle can be removed and used elsewhere. They measure 3-7/8" W x 8" H.



T-Shirts

Choose purple or black with green message: "LIFE-LIVE IT, THEN GIVE IT". Sizes available are: S, M, L, XL, 2XL, 3XL

Quantity	Color	Size	Price each	Total Price
-	-	-	\$13.00	-
-	-	-	\$13.00	-
-	-	-	\$13.00	-
-	-	-	\$13.00	-
-	-	-	Shipping	\$
-	-	-	Total Price	\$

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Go to www.itns.org to place an online order or e-mail itns@msn.com for an order form.



ITNS Chapter Leaders Briefed on Organ Transplant Visual Med Scheduler (OTVMS)

Darlene Long, RN, MS, ANP, CCTC, Director of Chapter Development ITNS

On the first day of the Annual ITNS Symposium in September, twenty chapter leaders representing seven chapters had the opportunity to meet, greet and network over lunch.

Darlene Long, RN, MS, ANP, CCTC, incoming ITNS Director of Chapter Development, kicked off the meeting with brief introductions, including a welcome to two colleagues from Hong Kong interested in starting a Hong Kong chapter.

Tim Peters, President of MedActionPlan.com, provided an overview of the Organ Transplant Visual Med Scheduler® (OTVMS). The OTVMS is a web-based program for assisting transplant professionals, especially nurses, with patient treatment regimens. It provides a clear visual guide for patients to enhance their understanding of their medication schedule, thereby empowering them to become active partners in their healthcare.

Goals of the OTVMS include making it more efficient for the healthcare provider to prepare and print individualized medication schedules, providing a means of documenting the patient's medication plan and ultimately improving patient adherence.

Mr. Peters focused his presentation on new advances of the application, many of which were the direct result of transplant centers' input and suggestions. Additional new features are currently under development.

The key new features include:

- translation option that prints in English or Spanish;
- e-mail function to send regimens to patients;
- printed wallet-size version of My Daily Schedule™ for patients;
- easy-to-use "Add a medication" feature;
- more than 300 new medications and doses added to the database, and
- improved user interface.

If you are interested in learning more about the OTVMS or in having an OTVMS presentation at your next Chapter meeting, contact Tim Peters at www.medactionplan.com or 800-543-2230. •

ITNS Website SIG Welcomes Your Comments

News is spreading as our members and other transplant professionals discover the ITNS website as an essential tool for reaching out to the transplant nursing community.

Members can quickly and easily download symposium registrations, access information on research tools and review the most current newsletter. New transplant nurses benefit from the site's numerous resources including education links, CE links and patient education materials.

One of the Website SIG's goals is ensuring that the website remains an innovative and useful tool for transplant nurses. To that end, we are always considering improvements and updates to keep the site pertinent.

If you are interested in the website and have thoughts or ideas about developing it further, we would like to hear from you. Please email your name and contact information to Cindy Hoekstra at cmhoek@telusplanet.net.

TNMP 2005

By Cindy Hoekstra, Secretary ITNS and
Bonnie Potter, Treasurer ITNS

As we reported in the last issue of the ITNS Newsletter, the Transplant Nurse Mentoring Program was successfully repeated for the fourth time at the 2005 Symposium in Orlando.

New this year was the addition of six transplant nurse mentors to mentor the twelve novice transplant nurses. Diversity best describes this TNMP group as they are made up of staff and advanced practice nurses from a variety of organ specialties, including several international participants.

At the Welcome Dinner, the mentor nurses had the chance to meet with the novice nurses as well as with several members of the ITNS Board of Directors. Mary Laura Beal was keynote speaker for the dinner and gave an inspiring presentation on Mentorship.



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Email submission is preferred at Schroeder.Barbara2@mayo.edu. Deadlines for
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