

Society of Otorhinolaryngology
and Head-Neck Nurses, Inc.



President's message:

The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela

Happy New Year! I hope that your holidays were filled with many blessings and that this year gives you what you hope for.

I'm extremely proud and happy to report that the Maryland/DC Chapter won the Chapter Excellence Award at the 2008 SOHN Congress in Chicago. It was a very good conference, and those who attended will be sharing with you what they heard and learned. Thanks to the Vondersmith Fund for providing the funds to our members who regularly attend the chapter meeting to go to Congress. 15 of our members attended the conference; that's a little less than half of our membership! I attended the President's luncheon, and it seems that other chapters are having the same difficulty as us in increasing our membership and attendance at meetings. We are the only chapter doing the teleconferencing. One strategy that our chapter came up with to improve attendance is to have one of our meeting dates on Saturday, May 9, 2009. More details to follow. We can also have vendors advertise for us by giving them flyers of our upcoming events to give to other hospitals. Our chapter brochure is now the national template to be used by all chapters. We have accomplished a lot this past year, and I thank all of you for your unwavering work.

We are fast approaching the March 27 date of the Spring Conference to be held at GBMC. The topics and speakers are already lined up (see page 3), and registration has begun. I invite each of you to attend this well put together conference and I challenge you to bring a non-member with you.

Sincerely,
Carol Maragos

President
Carol Maragos, MSN,
CRNP, CNOR
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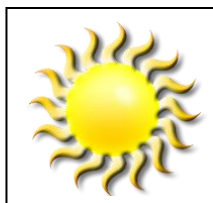
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Welcome
New Members

Vinciya
Pandian,
CRNP,
Baltimore, MD



November Meeting highlights

Topic: Melanoma in the head and neck

Speaker: SIMON BEST, M.D.

This informative talk held at GBMC helped us to understand importance of lymph nodes in staging melanoma in the head and neck. Further data was presented to support rationale for sentinel lymph node biopsies and neck dissections. A great dinner of sloppy joes, salad, and desserts followed.

HAPPENINGS IN 2009

3/11 Chapter meeting
at GBMC

March 27 Annual Spring
SOHN Conference

4/25: Johns Hopkins
Annual H&N Cancer
Patient Education Day

5/13 Chapter meeting
(Saturday) location to
be announced

May 22 23rd Annual
Spring Pediatric ORL
Nurses in conjunction
with ASPO in Seattle,
WA

6/10 Chapter meeting
location to be
announced

10/14 Chapter meeting
JHH

10/2-10/6 33rd
Congress in San Diego,
CA

11/18 Chapter meeting
- GBMC



Conference Review: Oops, Stage IV Oral Cancer? Turning Adversity into Opportunity by Eva Grayzel

Eva Grayzel is a motivational speaker who took us on a journey as she detailed her life with oral cancer. At the time, she was a young woman of 33, a non-smoker, who was misdiagnosed and mistreated, despite her efforts in trying to get her dentist to believe that there must be something else wrong with her when the pain wouldn't go away. She finally went to an otolaryngologist who diagnosed her with Stage IV oral cancer. Her treatment included chemotherapy, radiation and surgery. During this tough battle, she came up with many helpful things for patients that she shared with us. She suggests that the patient use a guest book for people who visit, as they may not remember who came to the hospital or to their home. Chapstick and socks make great gifts for patients. Encourage patients to ask for what they want. Patients may be reluctant to ask for help, but have them re-look at it as the person who is helping is stepping up one more rung on the "righteousness" ladder. She uses the word **Inspiration** as suggestions on how to help patients: **I** - instead of flowers, send funny cards often for a good laugh; **N** - Nurture with CD's on relaxation, medication, comedy, music. **S** - Say "Tell your friends to call me. I'll organize it" (driving, meals, errands); **P** - pamper with health store gift basket, or salon gift certificate; **I** - Intrigue with bestseller book on CD and portable player; **R** - respond with donation in their honor; **A** - Ask "Can I? vs. "what can I ...?" so you don't reject them; **T** - Take charge of emailing health updates to family and friends; **I** - Invite yourself for a sleepover to disguise round-the-clock care; **O** - On a visit, bring crossword puzzle, jokes, poetry, watercolor, clay; **N** - Nourish the caregiver so they have renewed energy.

-Carol S. Maragos, MSN, CRNP, CNOR

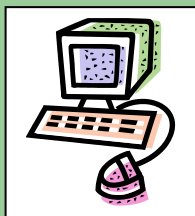


KUDOS TO OUR MEMBERS

On December 10, 2008 SOHN members Meaghan McEntee and Laurie Turner teamed up the local SPOHNC support group to bring a Christmas cookies, cocoa and caroling event to the residents of Hope Lodge. We brought gifts for all in attendance and enjoyed an evening of celebration of the season as well as sharing of journeys that brought us together.



**Next
meeting:
March 11th
Topic: TBA
Speaker: TBA
Place: GBMC**



Head & Neck Cancer Webcourse

2009 course dates:
6/9-7/7
Registration
deadline: 5/27

Contact
information: ONS
Education Team
educationcourses@ons.org

Phone: 866-257-
4ONS

Click below to learn
more and register:
<http://onsopcontent.ons.org/Education/DistanceEducation/headneck/index.shtml>

MARYLAND/DC CHAPTER 14TH ANNUAL SPRING SEMINAR “START AT THE TOP: NEW TOPICS IN ORL NURSING”

Date: Friday, March 27, 2009

Location: Greater Baltimore Medical Center, Physician's Pavilion East
Conference Center, Towson, MD 21204

Time: 8:00A to 4:30P (Registration opens at 7:30AM)

Cost: SOHN Member – \$60.00 Non-Member – \$75.00 Allied Health – \$40.00

POC: Elaine Walizer, MSN, RN Program Chairperson
emwalizer@comcast.net or 301-509-7737

Program (7.1 contact hours) content includes:

Maximizing Team Action to Minimize Anesthesia's Disruption for our Golden Oldie ENT Patients with speaker Deborah Dlugose, RN, CCRN, CRNA
Management of Depression in H&H CA Patients with speaker Laura Hoofring, RN

Advanced Tracheostomy Management with speakers Carol Maragos, MSN, CRNP, CNOR & Karen Ulmer, BSN, CORLN

Influenza Pandemic Planning CAPT with speaker Lynn Slepiski, PhD, RN, USPHS

Primary Ciliary Dyskinesia with speaker CDR Victoria Anderson, FNP-C, USPHS

Sleep Apnea: Indications for Surgery with speaker Stacey Ishman, MD

Basic Interpretation of Audiograms with speaker Mei-Ling Chen, MA

Voice Therapy with speaker Barbara P. Messing, M.A., CCC-SLP

<http://www.sohnnurse.com/files/MDC%20Spring%20Program%20Brochure%20revised%201%2021%2009.pdf>

Otorhinolaryngology/Head and Neck Nursing Certification

Certification/Recertification

Are you thinking about becoming certified in ORL nursing, or do you need to be recertified? The certification examination schedule is as follows:

Application Deadline

4/1/2009

9/1/2009

Examination Date

5/2/2009 - 5/16/2009

10/10/2009 - 10/24/2009

Please go to the National Certifying Board of Otorhinolaryngology/Head and Neck nursing website

<http://www.ptcny.com/clients/NCBOHN/index.html> to learn more details and to apply.



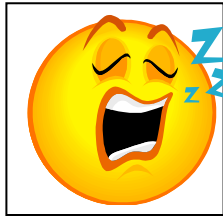
We have been using Spiderphone.com to connect to other groups in DC and Virginia. This is the web-enhanced audio conferencing service. Both audio conferencing and web interfaces allows our conference participants to hear the speaker in real-time and view the presentation. This has allowed us to collaborate with our colleagues from far away.



Editor's Note:

Please submit information to me as the news happens. This is a record on what is happening in our chapter. All content will be considered.

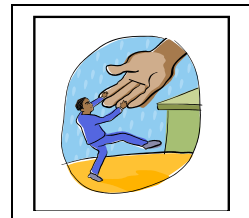
Send all info by email to mdesell1@jhmi.edu
Nina DeSell,
C.R.N.P.



January Meeting highlights

Topic: Pediatric Sleep Apnea
Speaker: NINA DE SELL, CRNP

This discussion held at Hopkins reviewed snoring, sleep disordered breathing, and obstructive apnea. Symptoms, evaluation, medical and surgical treatment were described. A warm-your-bones dinner was served included homemade broccoli soup, salad, and desserts



SPOHNC Meetings

Next Meeting: 2/11

Speaker: Jeremy Richmon, M. D. otolaryngologist and reconstructive surgeon from Johns Hopkins

Topic: "Ask me where my fibula is: Explaining the process of surgical reconstruction in head and neck cancer surgeries."

Please join us for questions, discussion and sharing on **any** topic related to your head and neck cancer treatment.

Meets monthly, the 2nd Wednesday

Time: 7:00 – 8:30 p.m.

Place: Johns Hopkins Greenspring Station, 10755 Falls Road, Lutherville, MD.

SPOHNC, is a patient-directed, self-help organization dedicated to meeting the needs of oral and head and neck cancer patients or caregivers.

For more information on participating, call Kim Webster at 410-955-1176 or Dwayne at 717-615-7464.

WWW.SPOHNC.ORG
WWW.JHHSPOHNC.COM

There is no January, 2009 meeting