Don’t you love a good challenge? We encounter minor challenges daily – both at home and on the job. We learn to work in and around difficult situations as a matter of course. At some point we all face major challenges in our lives or in the lives of someone close to us that affects our own lives. These things are expected in life.

How do we meet these challenges? As we start a new year, many people create lists of resolutions or goals for the coming year. We ponder in our minds what the new year might have in store for us. The older I become, the issue that comes to me more than resolutions is this: how will I handle whatever comes my way? I know there will be good things, but what will be my challenges?

Our world has changed in the last year. We have been forced to think not only within our close personal realm but beyond to a more global view. We were challenged by events that made us aware of the world and our place in it. For help with our challenges, did we turn to family, friends, our faith, or ourselves for the strength to meet the challenges?

Our contact with our patients means that we are part of meeting other people’s challenges regarding their health. Our patients look to us as health care providers to help in the challenge of maintaining their health. We play an important role in helping our patients deal with their health problems through our knowledge and expertise as we explain, teach, guide and encourage them. Whether the patient has a relatively minor challenge, such as a simple infection, or a major challenge, such as prostate cancer, we play a significant role in helping them deal with that challenge.

How does this topic apply to SUNA? Part of what SUNA does is equip members with the latest information at educational conferences to help meet patients’ needs when their urologic health is challenged. By networking with colleagues we are able to develop solutions for problems as knowledge is shared. SUNA’s membership consists of health care providers from a wide variety of subspecialty areas that overlap in practice. As we come together and compare our practices, we all become better equipped to help our patients.

I hope your personal challenges are few in this coming year. As you face challenges in your career, I hope that SUNA can provide you support in your practice. Make use of SUNA’s Web site (www.suna.org), the membership directory, and local and national educational meetings. Have a great year!

Marie Page, RN, CURN
SUNA President-Elect
SUNA Represented at Inaugural Meeting of the Nursing Organizations Alliance

On November 15-17, 2002, SUNA President-Elect Marie Page, Executive Director Rick Grimes, and I attended the inaugural meeting of the Nursing Organizations Alliance in Indianapolis, IN. In November 2001 the National Federation for Specialty Nursing Organizations (NFSNO) joined with the Nursing Organizations Liaison Forum (NOLF) of the American Nurses Association (ANA) to create the Alliance. As of the November 2002 meeting, SUNA is one of the 54 nursing organizations represented within the Alliance.

The Alliance's vision is to serve nursing organizations by influencing and optimizing the profession, health, and health care delivery. The Alliance's mission is to increase nursing's visibility and impact on health through communication, collaboration, education, and advocacy. The basic structure of the Alliance is fluid and adaptable. Each organization needs to be willing to compromise, build consensus, demonstrate flexibility, enthusiasm, and responsiveness, and have mutual respect for one another.

Because this was our first meeting, there was some business we had to address, including the creation of bylaws. Additionally, there was much time designated to networking with representatives from other organizations. Many well-known nursing leaders participated, including Karlene Kerfoot, Tim Porter-O'Grady, and Leah Curtin. A common theme that we heard was that we are experiencing a revolution in health care. The revolution includes accessibility and quality. We are in a time of chaos, which also should be a time of opportunity. Each of the 54 organizations is an intellectual capital within the Alliance, and the Alliance is composed of organizational synergy. Today, there is a shifting paradigm from skills measurement to intellectual ability and capital. In our changing world, we were reminded to adopt these new work habits:

- Become a quick change artist.
- Speed up - be flexible and furious.
- Accept ambiguity and uncertainty.
- Behave as though you are in business for yourself.
- Engage in lifelong learning.
- Enhance performance.

There was also discussion about health policy, including the Nurse Reinvestment Act, hormone replacement therapy, the “Elder Abuse” Bill, FDA regulation of tobacco, pharmaceutical pricing, and smallpox vaccinations for healthcare workers in a pre-event scenario. In summary, there was certainly a great deal to share and incorporate into SUNA as we left Indianapolis!

Donna F. Brassil, MA, RN, CURN
SUNA President

Call for Room Monitors and Session Moderators

Your help is needed to assist with speaker support during one of the exciting educational sessions at SUNA’s 34th Annual Conference (March 26-30 in San Antonio, TX). If you’ve been looking for an opportunity as a SUNA member to get involved in the organization, this is a great occasion for networking, meeting other members, and welcoming colleagues to the 2003 conference. As a room monitor or session moderator, you’ll have the chance to experience the most current topics and trends in urology.

Room monitors will assist at sessions by distributing handouts, troubleshooting during the session, monitoring the doors, pointing out empty seats, and assisting with lighting and audiovisual equipment. Session moderators will introduce the speaker from the podium, handle audiovisual equipment for the speaker, and keep the session running on time.

There will be an orientation session for all monitors and moderators on Wednesday evening, March 26. For more information, contact the SUNA National Office (1-888-827-7862, suna@ajj.com).
REGISTER NOW for the 2003 SUNA Annual Conference

Don’t miss SUNA’s exclusive education-packed conference in beautiful San Antonio, Texas! SUNA’s 34th Annual Conference, River of Knowledge, will be held March 26-30, 2003. The picturesque Marriott Rivercenter and Riverwalk will serve as the headquarters hotel while the conference educational sessions will be held at the San Antonio Convention Center.

Preconference Workshops

Wednesday, March 26, will feature a choice of optional half-day and full-day preconference workshops, including:
- Urodynamics
- Comprehensive Review of Urologic Nursing
- Geriatrics
- Complementary Therapies and Herbs for the Urology Patient
- Demystifying the Basic Steps in Conducting Clinical Nursing Research, and
- Chapter Leadership Workshop (by invitation only).

Also on Wednesday, Novartis will sponsor a dinner symposium entitled “Managing Bone Complications in Patients with Advancing Prostate Cancer.”

Conference Highlights

The conference will officially kick off on Thursday, March 27, with an inspiring keynote presentation from Dr. Kim Ventus-Darks titled “Release It and Let It Go!” Hearing “Dr. Kim” speak is like being swept away by a one-woman typhoon. She captures her listeners and takes no prisoners with her no-nonsense approach to regaining confidence and attaining balance in life.

As the conference continues on Thursday, experts from across the country will provide information on a variety of urologic topics. A choice of concurrent sessions are available on topics such as pelvic pain, interstitial cystitis, and irritable bladder; OSHA guidelines and sterilization techniques for the OR and physician offices; tattooing and genital piercing; wound, ostomy, and continence workshop; the nursing shortage; bladder exstrophy and epispadias; urodynamics; current advancements in sexual medicine; and new therapies for advanced prostate cancer. Additional events include a luncheon symposium sponsored by Sanofi-Synthelabo on “Men’s Health: Innovations in the Treatment of Prostate Disease,” Special Interest Group (SIG) meetings, and a reception in the exhibit hall.

On Friday morning TAP Pharmaceuticals will sponsor continental breakfast and a session on “Reduced Needlestick Protection.” A choice of concurrent sessions will be offered. Topics will include bladder cancer, prostate brachytherapy, coding, malignant hyperthermia, urinary incontinence, pelvic muscle rehabilitation, laparoscopic prostatectomies, osteoporosis, palliative care for prostate cancer patients, and a writer’s workshop. The day also will feature a luncheon symposium sponsored by Bayer Corporation on “Improving Erectile Function: Incorporating the New HCC Erectile Function Guidelines and New Treatment Options into Nursing Practice,” an advanced practice session on the assessment and treatment of vaginitis, opportunities to visit the exhibit hall and view the posters on display, SIG meetings, a Certification Reception, and a Texas style party.

Saturday will start off with continental breakfast and a session entitled “Insights on Managing Bladder Instability” sponsored by Ortho-McNeil Pharmaceutical, Inc. Then Sandi Soldwisch, PhD, RN, APRN-BC, a professor at North Park University in Chicago, will discuss “The Essence of Health Care: Evidence-Based Practice.” This session will help participants understand the vital role research plays in determining how and why urology clinicians do the things they do in clinical practice.

Saturday will continue with a choice of concurrent sessions on topics such as genital emergencies, neurogenic bladder, innovative patient teaching strategies, urinary diversions, urinalysis, treatment for benign prostatic hyperplasia, urinary tract infections, pelvic prolapse, and differential diagnosis in scrotal/testicular masses. Additional highlights include the Awards Luncheon/Business Meeting, regional meetings, a dinner symposium sponsored by Watson Urology on “Managing Overactive Bladder to Help Patients Live Fuller Lives, and more opportunities to visit the exhibit hall and view the posters on display.

Once again, AstraZeneca will provide a wonderful breakfast symposium with an exciting mystery speaker on Sunday, the final day of the conference. Every year participants eagerly await news of the wonderful guests provided in this symposium, although it will be difficult to top some of the past speakers like Harry Belafonte and Suzy Ormon.

Two general sessions will follow: “Collaboration! Optimizing Outcomes in Women with Stress Incontinence” and “SUNA Search.” The conference will wrap up with a presentation by Father Niklas A. Mezacapa, who will offer a prescription for balancing dedication to our work with the demands of our culture. With the romantic scenery of San Antonio as our backdrop, you will not want to miss this education-packed event!

Registration Information

Conference registration fees are $360 for SUNA members and $420 for nonmembers if received by February 19, 2003. Registration brochures were mailed in December. To request a brochure, contact the SUNA National Office at 1-888-827-7862 or suna@ajj.com. Or view the brochure and register online at www.suna.org.

Jeffrey Albaugh, MS, APRN-BC, CUCNS
Annual Conference Chairperson
Regional News

Southeast

Our two new chapters in the Southeast Region are thriving. My compliments to the presidents and boards of directors of the Florida Sunshine Chapter and the Lubbock (TX) Whirlwind Chapter for jobs well done!

The Florida Sunshine Chapter completed all requirements for chapter affiliation. Lots of activities are planned, so if you live in Florida contact President Lillian Hormozdi at hormozdi@msn.com for more details.

The Lubbock Whirlwind (TX) Chapter is getting final documents in order for chapter affiliation. Contact Stacy Norwood at stacyn@door.net to get involved in their many activities.

President Joan Gulianelli reports that the Research Triangle (NC) Chapter had a very busy fall, which included an educational lecture given by Dr. C. Donatucci and a meeting in December. Many of the chapter members were involved with community prostate screening in September. Unfortunately, during that time one of their board members, Chris Kunckle, fell, broke her arm, and required surgery. We hope that you are fully recuperated by now, Chris!

President Irma Moodt reports that the Greater Houston Chapter is working on their February Seminar and also a Urodynamics Program for March. The chapter offers many programs throughout the year. For more information, contact Irma at gemoodt@msn.com.

President Sharon Bretz reports that the Rocky Mountain (CO) Chapter held a Prostate Cancer Seminar in November that offered 4.6 contact hours. They are planning a tour of the Sanofi-Synthelabo Pharmaceutical Company in January. This will include a speaker and contact hours. They also are completing plans for their Spring Seminar in April. Sharon invites everyone in the Denver area to attend these activities. For more information, contact Sharon at 303-421-1203.

President Debbie Hensley reports that the Alamo (San Antonio) Chapter is getting geared up to host the SUNA’s Annual Conference (March 26-30) on the Riverwalk. The chapter members really want this to be a special time for all attendees and look forward to seeing you there! If you have questions about the chapter, contact Debbie at hensleyd@uthscsa.edu.

North Central

Not only has winter arrived in the Midwest, it seems to have moved in permanently! And there are some of us who are contemplating hibernation (or a semi-hibernation) that includes sitting by the fire, curling up under a blanket, or sipping hot cocoa with marshmallows. However, many of our regional members are not hibernating. In fact, they are quite busy during this time of the year!

The Southeast Nebraska Chapter has planned a winter meeting. It will be held on February 25, 2003. The topic will be Continent Urinary Diversions. Contact Mary Jo Bosworth at 402-397-7178 for more details.

The Chicago Metro Chapter has also planned a winter meeting! It will be held on January 15 and the topic is Botox Use for Incontinence. You can call the chapter at 1-888-218-4365 to obtain more information. Or, you may email the chapter at chicagometrosuna@att.net.

The Great Lakes Chapter is planning a January meeting as well. Contact Susanne Quallich at greatlakes-suna@excite.com for more information regarding the date and time.

The Great Lakes Chapter has a new board of directors that I would like to introduce to the North Central regional members. The incoming board members are President Susanne Quallich, Vice President Nancy Lowenberg, Secretary Phil Rupp, and Treasurer Rudi Rabe. I also would like to thank and applaud the outgoing board of directors: AnneMarie Welbes, Marti Rheault, Dianne Vosburg, and Margaret Novaksoki. They have worked very hard to sustain the Great Lakes Chapter!

I also would like to take this opportunity to introduce the new board of directors of the Southeast Nebraska Chapter. The new officers are: President Mary Jo Bosworth, President-Elect Betsy Speigelman, Secretary LaDonna Konsel, Treasurer Kay Jack, Program Planning Committee members Norm Wise, Wen Chen, and Peggy Poe, and Bylaws Committee member Jill Oetken. Thank you for volunteering your time and talent to SUNA!

Finally, please don’t hesitate to contact me with any ideas or suggestions that you might have. I am always ready and willing to talk about SUNA! You can reach me at 319-656-2920 (home), 319-356-4362 (work), or wendelyn@kctc.net.

Lynn M. Fisher, BSN, RN, CURN
North Central Regional Director
wendelyn@kctc.net
After SUNA’s 2002 Annual Conference in Orlando, a group of enthusiastic Southwest Florida nurses met to initiate a SUNA chapter. The Sunshine Chapter is off and running under the very dynamic leadership of Lillian Hormozdi, RN. Lil went to school in Brooklyn, New York, but has lived in Ft. Myers, Florida, for the past 10 years where she works for Southwest Florida Urologic Associates as their telephone triage nurse. She is one of a group of RNs that rotate into the “message center” for the office of eight urologists. She is also very active in patient, staff, and community education.

Now that her son and daughter are grown, during her free time Lil enjoys taking cruises, playing golf, and is very involved in church activities. She is also an active participant in the American Cancer Society’s annual “Relay for Life Event.” Lil says that she is impressed with the recognition of urologic nursing over the past decade. She has a passion for nursing and feels very fortunate to have found a job with many rewards.

SUNA also feels fortunate that Lil is a dedicated professional who has taken on the challenge of leading the new Florida Sunshine Chapter. Way to go, Lil!

Nancy McFadin Mueller, MA, MSN, RN
Southeast Regional Director

To say that San Antonio has something for everyone is an understatement! We hope that everyone can come to our unique and beautiful city for SUNA’s 34th Annual Conference (March 26-30, 2003). The conference hotel, the Marriot Rivercenter and Riverwalk, is located on the beautiful San Antonio River Walk. You can stroll along the romantic river walk lined with many wonderful restaurants, shops, and clubs for your musical and/or dancing entertainment.

Another fun downtown destination, just a trolley car ride away, is the El Mercado Market Square. It is two blocks of more than 50 shops, each with a taste of Mexico, filled with everything from pinatas and pottery to beautiful clothing, jewelry, baskets, and much more! La Villita (“the little village”) houses more than 25 artisans in shops featuring handcrafted items.

Feeling a bit historic? The Alamo, originally named “Mission San Antonio de Valero,” is the location of the famous 1836 battle between the Texans and the Mexican Army. Want to know more about Texans? Plan a visit to the Institute of Texas Cultures where you can tour the great history of Texas and see the accomplishments of 27 ethnic groups that settled Texas. The King William Historic District offers a walking tour of the 19th century Texas neighborhood of restored Victorian homes and is home to San Antonio’s art district, dotted with boutiques offering antiques, art, gifts, and more! The Tower of Americas offers a birds-eye-view of the city’s sights and treasures from 58 stories above.

Feeling a bit adventurous? The San Antonio Zoo features more than 3,500 animals of 750 species on 25 beautiful landscaped acres. Thinking more along the lines of a theme park? Sea World and Six Flags Fiesta Texas are popular destinations for the whole family.

So spring into step and join us in San Antonio for a fun and educational experience that you won’t soon forget! For more information on San Antonio, visit www.downtownsa.org.

Debbie Hensley, BSN, RN
Annual Conference Planning Committee
<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1970</td>
<td>The American Urological Association (AUA) provided a seminar for allied health professionals.</td>
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<tr>
<td>1971</td>
<td>AUA structured the American Urological Association Allied (AUAA) Council, selected the members of the Council, and permitted the Allied to apply for AUA membership in a specific category.</td>
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<td>1972</td>
<td>AUAA became an official organization as part of the AUA. AUAA President Russell Church began publication of the Uro-Gram. AUAA became a charter member of the National Federation for Specialty Nursing Organizations.</td>
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<tr>
<td>1975</td>
<td>Creation of the Standards of Urological Nursing Practice was initiated in collaboration with the American Nurses Association (ANA). The Standards were completed and published in 1976.</td>
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<tr>
<td>1977</td>
<td>AUAA officially separated from AUA and became a nonprofit incorporation, assuming all responsibility for its future.</td>
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<td>1980</td>
<td>The AUAA Journal began publication.</td>
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<td>1984</td>
<td>For the first time, the Council was elected by mail vote of the membership.</td>
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<td>1987</td>
<td>Industry members exhibited at the AUAA Annual Assembly, marking the beginning of a close relationship between AUAA and manufacturers.</td>
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<td>1988</td>
<td>The name of the AUAA Journal was changed to Urologic Nursing.</td>
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<tr>
<td>1989</td>
<td>The first long-range planning meeting was held. The subspecialty groups became a part of AUAA.</td>
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<tr>
<td>1990</td>
<td>The revised Standards of Urologic Nursing Practice was published.</td>
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<td>1991</td>
<td>The first Multispecialty Nursing Conference on Urinary Continence was held.</td>
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<td>1993</td>
<td>The first 2-year term for the office of SUNA President began.</td>
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<td>1994</td>
<td>The “Annual Assembly” became the “Annual Conference.” Many AUAA funds were embezzled by the president of the management firm at that time. AUAA was left with the amount with which the group started in 1977.</td>
</tr>
<tr>
<td>1995</td>
<td>Anthony J. Jannetti, Inc., was chosen as AUAA’s new management firm. AUAA was forced to cancel an Oncology Conference. The Fall Institute was created, combining the comprehensive review course and the urodynamics course. Urologic Nursing: Principles and Practice was published. The name of AUAA was changed to the Society of Urologic Nurses and Associates (SUNA).</td>
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<tr>
<td>1996</td>
<td>The Bylaws were amended to eliminate the eight sections and to divide the country into four regions. Urologic Nursing: A Study Guide was published.</td>
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<tr>
<td>1997</td>
<td>ANA granted SUNA accreditation as a provider and approver of continuing education in nursing.</td>
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<td>1998</td>
<td>The Ron Brady Career Mobility Scholarship was established in memory of Ron Brady, who served as SUNA’s Executive Director prior to his death in 1998. The Bylaws were amended to return to a 1-year term for the presidency with the 1999 election. The Scope and Standards of Advanced Urologic Nursing Practice was published.</td>
</tr>
<tr>
<td>2000</td>
<td>Telephone Nursing Practice in Adult Urology: A Manual for Urology Nurses was published.</td>
</tr>
<tr>
<td>2001</td>
<td>Numerous task forces were formed to determine long range strategic plans for the future direction of SUNA.</td>
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Urodynamics

Saundra Seidel and Melissa Morrison are the new leaders of the Urodynamics SIG. They are using this issue of the newsletter to introduce themselves to SUNA members.

I am Saundra Seidel and have been a member of SUNA and the Urodynamics SIG since 1995. I was a perioperative nurse in my early care and still assist with all of my collaborative physicians today. I am an advanced practice nurse/clinical nurse specialist with prescriptive authority in Arkansas. I received my one on one “on-the-job” training in urodynamics from my mentor, Pat O’Donnell, MD, with whom I was in collaborative practice for 5 years. Now I work at a private clinic, Northside Specialty, with an uro-gynecologist (who is also a gyn oncologist) and a urologist. I perform urodynamics for several other physicians in the area.

I look forward to an exciting year for the SIG as we move forward in the field of urodynamics. The best way to reach me is via my home email (sseidel@cox-internet.com), or you can call my work office and leave a message at 479-575-9000.

Saundra L. Seidel, MNSc, APN, BC, CNOR
Urodynamics SIG Co-Leader
sseidel@cox-internet.com

I am Melissa Morrison. I’ve been a registered nurse at St. Luke’s Episcopal Hospital in the Texas Medical Center in Houston, Texas, for 14 years. I graduated from nursing school at San Jacinto College, in Pasadena, Texas, in 1988, and immediately began working at St. Luke’s in solid organ transplant. After 9 years I then spent 1 year in radiology. For the past 4 years I have been the urology manager of St. Luke’s Urology Institute. We do a variety of diagnostic testing and treatments. We primarily do urodynamics and cystoscopy procedures, including urethral implants. We also do prostate biopsies, erectile dysfunction studies, pelvic floor biofeedback, and InterStim testing.

I joined SUNA in 2000. At that time I had no idea of the support and incredible resources that I had found. Through the years I’ve discovered what a great organization it is. I encourage you to use SUNA’s resources. Oftentimes, urodynamic clinicians work alone or with a small group of people. There are many of “us” spread across the country. If you have any urology-related questions or issues of discussion, please send an email. I can be reached at mmorrison@sleh.com.

Melissa Morrison, RN
Urodynamics SIG Co-Leader
mmorrison@sleh.com

Inpatient

The Inpatient SIG continues to receive many inquiries related to catheter care. Most recently there have been inquiries about catheter microwave sterilization. Catheters should be sterilized daily. Before sterilization, catheters should be cleaned in the usual manner with soap and water. After air drying, catheters should be placed on a paper towel in a microwave oven on the highest setting for 6 minutes. A heat sink with 1 cup of water in a microwave-safe container should be placed in the oven to absorb extra heat. Using this technique, Sherbondy and associates published a study in The Journal of Urology (Sherbondy, Cooper, Kalinowski, Boyt, & Hawtrey, 2002). They found that even when patients were given verbal and written instructions on proper sterilization techniques, there was significant variation in patients techniques used at home. Variables such as time, wattage, type of oven, heated sink size, and catheter size were identified. This certainly has implications for patient teaching. Good luck with your patients. Please keep those challenging patient inquiries coming.

Susan Lipsy, MS, RN, CUNP
Inpatient SIG Leader
lipsy@a-znet.com

Reference

Extracorporeal Wave Lithotripsy (ESWL) / OR / Cystoscopy

I’ve had several inquiries concerning education material. I would like to submit the following. Many companies offer videos and educational materials on Foley catheters, ureteroscopy, cystoscopy, TURP procedures, intermittent self-catheterization, and the care and cleaning of endoscopy instruments. If SUNA members are in need of these training materials they can contact the companies and they will gladly provide this information. The same applies to TUNA, cryo, and other new procedures. The materials are available. You just have to contact the appropriate company.

I also would like to ask this question of members. How many of you doing cystoscopy in your clinics are taking vital signs on your patients before and after the procedure? Please reply to my email address.

Frank Salazar
ESW L/OR/Cysto SIG Leader
frank.salazar@cnn.amedd.army.mil
President-Elect

Nancy McFadin Mueller, MA, MSN, RN

Current Position
Nurse Clinician and Office Manager, Edward J. Mueller, MD, FACS, San Antonio, TX

Education
- BSN, 1970, University of Evansville, Indiana
- MA, 1981, Webster University, St. Louis, MO
- MSN, 1982, University of Texas Health Science Center, San Antonio, TX
- ETN (Enterostomal Therapy), 1983, MD Anderson, Houston, TX

Professional Organizations
- Society of Urologic Nurses and Associates
- Oncology Nursing Society
- Sigma Theta Tau
- Army Nurse Corps Association

SUNA Activities
- Southeast Regional Director, 2001-present
- Editor, Telephone Nursing Practice in Urology Nursing, 2000
- Annual Conference Planning Committee, 1998-present
- Outpatient SP Chairperson, 1997-99
- Alamo Chapter Treasurer, 1998-present
- Alamo Chapter Education/Program Chairperson, 1996-98

Goals for the Position
As your president, I will be committed to promoting our mission of excellence in urology nursing. The Long Range Strategic Plan is our guide to accomplishing that mission, and I will direct my leadership based on that plan. I will work to give each member and potential members the opportunity to be involved, to share, and to grow within SUNA, both locally and nationally. I also will strive to build strong bonds between our national organization and the local chapters as well as foster our collegial relationship with the American Urological Association (AUA) and other professional nursing organizations. I sincerely believe that our strength, growth, and success lie in our ability to work well together.

SUNA is a dynamic professional organization. I feel honored to be a part of the leadership, and I thank you for the opportunity to be considered for the position of president.

Secretary

Jeffrey Albaugh, MS, APRN-BC, CUCNS

Current Position
Clinical Nurse Specialist, Center for Urology, Northwestern Memorial Hospital, Chicago, IL

Education
- Masters of Science with a Major in Nursing, 2002, North Park University, Chicago, IL
- Bachelor of Science in Nursing, 1990, DePaul University, Chicago, IL
- Diploma of Nursing, 1986, Jewish Hospital School of Nursing at Washington University, St. Louis, MO
- Associate of Arts in Communication, 1982, St. Louis Community College at Florissant Valley, MO

Professional Organizations
- Society of Urologic Nurses and Associates
- American Nurses Society
- Sigma Theta Tau
- Oncology Nursing Society

SUNA Activities
- Annual Conference Chairperson, 2002-03
- Annual Conference Committee, 2000-01
- Chicago Metro SUNA President-Elect, 2002-present; Board Liaison, 2001-02; Annual Conference Committee, 2001-present

Goals for the Position
As the secretary for SUNA, my goals would be to represent our organization with a positive image of a urologic health care clinician and to continue moving the organization towards the goals of excellence established in our long range strategic plan. It is imperative that this wonderful organization continues to strive for increased recognition. SUNA is an outstanding organization, and our level of visibility needs to be increased to both community and health care clinicians. We must continue to strive towards promotion of education, networking, and research for urologic clinicians. In my role I will strive to continue to keep accurate records and promote chapter involvement. It would be my honor to serve this dynamic organization in this capacity.
North Central Regional Director
Helen Rittenmeyer, BSN, RN

Current Position
Nurse Manager of Urology Clinic, University of Iowa Health Care, Iowa City, IA

Education
BSN, Coe College, Cedar Rapids, IA, 1992
ADN, Iowa Western Community College, Council Bluffs, IA, 1976

Professional Organizations
Society of Urologic Nurses and Associates
Sigma Theta Tau International

SUNA Activities
Member since 1999
Member, Membership/Leadership Task Force, 2001
Member, Approver Unit Committee, 2002
President, Mississippi Valley Chapter, 2001
President-Elect, Mississippi Valley Chapter, 2002-03
Chairperson/participant/lecturer at chapter CE programs
Editor, Mississippi Valley Chapter Newsletter (published annually)

Goals for the Position
As regional director, perform well as the liaison between national leaders and chapter presidents. Get to know the presidents and work with them closely on ways to increase membership. Since recruitment and retention of members is of prime importance, focus on these issues. If one chapter finds something that works exceptionally well, share that work with all other sections of the region, providing some chapter continuity; offer the chapters the chance to network more closely with one another; encourage friendships and cultivate leadership. Work with the presidents on the importance of communicating with all their members. Provide positive feedback and encourage presidents to continue in their offices and keep their chapters solvent. Be a role model as the regional director during visits at educational offerings, always looking at members as future leaders in SUNA. Attend the national meetings and provide timely feedback to the chapter on all national issues.

North Central Regional Director
Victor P. Senese, BSN, RN, CURN

Current Position
Urology Nurse Clinician, Drs. Gersack, DeMarcko, Hoyme, Nold & Associates, Oak Lawn, IL

Education
BSN, Rush University, Chicago, IL, 1982

Professional Organizations
Society of Urologic Nurses and Associates

SUNA Activities
Member since 1989
Member, Chapter Task Force, 2001-02
Member, National Meeting Task Force, 2001-02
Founding member, Chicago Metro Chapter
President, Chicago Metro Chapter, 2000-01
President-Elect, Chicago Metro Chapter, 2001-02
President, Chicago Metro Chapter, 2002-03
Speaker at chapter CE programs, 2000, 2002

Goals for the Position
I would like to see membership in SUNA continue to grow. I can foster this as Regional Director by supporting our local chapters and fostering new chapter formation. As a founding member of the Chicago Metro Chapter, I have a keen awareness for what is involved in forming new chapters and keeping current chapters strong. I am committed to continuing education for our membership and believe community-based chapters can provide this when attendance at national meetings isn’t feasible.
Southeast Regional Director
Carolyn A. North, RN

Current Position
Nurse and Office Manager, Jeffrey A. Snyder, MD, PC, Denver, CO

Education
Diploma, St. Joseph School of Nursing, 1967

Professional Organizations
Society of Urologic Nurses and Associates

SUNA Activities
Member since 1982
Member, Annual Conference Planning Committee, 2001-03
President, Rocky Mountain Chapter, 1985-86, 1988-90, 1998-99, 2001-02
Western Region Chapter Coordinator, 1997-98
South Central Representative, 1996-97

Goals for the Position
My goals are to continue to work in the direction that Nancy Mueller has set forth. We all, as members of SUNA, must be involved in all aspects of the organization to share and grow within SUNA. There are so many opportunities within the SUNA organization for networking, education, and growth. To be a part of this over the past 20 years has enlightened me in all phases of the urology field. We have such a wealth of expertise to learn from and also to share with colleagues. I will continue to work to build strong bonds between the national organization and local chapter. I feel our combined strength will only contribute to our growth. Thank you for your consideration for the position of Southeast Regional Director.

Southeast Regional Director
Saundra L. Seidel APN, BC, MNSc, CNOR

Current Position
Advanced Practice Nurse, Northside Specialty Clinic, collaborative practice with Randall Hightower MD (Urogynecologist/GynOncologist) and Orlando Aguilar MD (Urologist)

Education
Registered Nurse - ADN, BSN, MNSc
Certified Nurse Operating Room (CNOR)
Advance Practice Nurse/Clinical Nurse Specialist with prescriptive authority

Professional Organizations
Society of Urologic Nurses and Associates
Association of periOperative Registered Nurses (AORN) – past president and secretary of local chapter; past chair of national Legislative Committee
Sigma Theta Tau – current treasurer of Pi Theta Chapter
American Nurses Association (ANA) – past Arkansas representative to Clinical Practice Committee
Arkansas Nursing Association – Past Vice President
District 9 local chapter – past Vice President
Advanced Practice Coalition – current Board Member and planning committee

SUNA Activities
Member since 1996
Co-Chair, Urodynamic Special Interest Group, 2002
National Meetings Task Force, 2001
Clinical Practice Committee, 2000
Educational Presentation, SUNA Pearl and Research Podium at past SUNA Annual Conference

Goals for the Position
I would like to serve SUNA in the position of Southeast Regional Director. If elected I will work diligently to represent the chapters in my region to the Board of Directors. I have been and still am associated with many nursing associations and I believe SUNA is a “one of a kind grassroots specialty association.” In these challenging times of changing healthcare I think it takes all of us working together to improve urology issues. I am excited to be a nurse today and also for the past 20 years. I view this opportunity to have phenomenal possibilities.
The Health Insurance Portability and Accountability Act of 1996

This article is the first of a series of articles on the Health Insurance Portability and Accountability Act (HIPAA) of 1996. The full text of the law is available online at http://aspe.hhs.gov/admnsimp/pl104191.htm.

HIPAA Preparedness

The Health Insurance Portability and Accountability Act (HIPAA) of 1996 was enacted by Congress to ensure health insurance portability, standardize electronic transactions in the health care industry, create privacy and security standards for patient health information, and combat fraud and abuse. If you are involved in health care delivery, you already have heard of HIPAA, but much of that may be misinformation from self-proclaimed HIPAA specialists who tout rigid, costly solutions as “mandatory.” In fact, one of the most important aspects of the federal HIPAA regulations is the “reasonable,” “common sense,” and “scalable” criteria for each of the requirements. In your practice, the complexity of the policies, procedures, and forms will be dependent on your expertise, personnel, and financial and physical resources. Compliance is, in fact, readily achievable — but the key is to start today. Familiarize yourself with the federal and state law requirements; then, break them down into manageable tasks to make compliance easier.

HIPAA regulations that address privacy issues center around the patient’s protected health information (PHI). Individually identifiable health information transmitted or maintained in any form or medium is considered PHI. HIPAA regulations give patients the right to be aware of how you will use their health information within the office or disclose it to others outside the office. The regulations implement a minimum necessary standard, requiring that you make a reasonable effort to limit PHI to the minimum necessary to accomplish the intended purpose of the use, disclosure, or request. Designate a privacy official, responsible for the development and implementation of related policies, who will also serve as a contact person for inquiries and complaints regarding HIPAA. Sample job descriptions are available at various Web sites. The privacy official also will address mandatory privacy training for the office workforce and document attendance. The training program will provide a general knowledge base of the policies, procedures, and forms used by the office staff to meet privacy and security standards under HIPAA.

Developing the Notice of Privacy Practices will be one of the first issues to address. This form, posted in a clear and prominent location where it can be read, presents the information that federal law requires you to give patients regarding use and disclosure practices within your office, details patients’ rights, and identifies the privacy official for questions or complaints. It must be provided beginning no later than the date of first service after April 14, 2003. A good faith effort is required to obtain written acknowledgment from the patient of the receipt of this Notice. Though sample templates of this notice are available at various Web sites, they should be carefully reviewed to determine if the practices contained in the form are in alignment with your office privacy practices and state law.

Get started with an assessment of the current written procedures within your office that address patient privacy issues. Compare those policies and procedures with the standards promulgated by HIPAA guidelines. This assessment is called a gap analysis and will help you identify the areas that need to be addressed in order to achieve compliance. Implementation requires a team strategy, so get the staff involved as early as possible, and begin by providing an overview of HIPAA and its impact on patient rights and privacy practices in your office. Seminars, speakers, and online instruction will provide a baseline for understanding and promote compliance.

Celeste Lira, JD, BSN, RN
Brin & Brin, PC
San Antonio, TX

Suggested Readings

About the Author
Celeste Lira, JD, BSN, RN, attended St. John’s Center for Nursing in Cleveland, OH, where she received her BSN in 1978. She worked as a registered nurse for 10 years before receiving her JD from St. Mary’s University School of Law in 1990. Ms. Lira was admitted to the State Bar of Texas and joined the law firm of Brin & Brin in San Antonio, TX, in 1990. She currently holds Registered Nursing Licenses from the states of Ohio and Texas. She is a member of the American Bar Association, the Texas Bar Association, and the American Nurse Association.
CBUNA Hosts Successful Guest Item Writers Workshop

The Certification Board for Urologic Nurses and Associates (CBUNA) held their fall board meeting and a 1-day workshop on test item development October 12-13, 2002, in Philadelphia. During the Saturday board meeting, Carole Kingsbury, EdD, RN, reviewed C-Net's role in the certification process and CBUNA's role in test development. Carole Kingsbury is co-founder of the Center for Nursing Education and Testing (C-Net), CBUNA's testing agency for the certification exam. This overview was especially valuable for the new members of the board.

On Sunday, CBUNA welcomed guest item writers – Tina Yancey, CURN, from Florida, Patrick Scoles, CUA, from Nevada, and Phyllis Matthews, CUCNS, from Colorado. The guest item writers joined the CBUNA members for a workshop given by Carole Kingsbury on item writing. Topics covered included item analysis, test construction principles, item writing tips, and practice sessions on how to revise and develop items (test questions). It was an eye opening experience to see how methodical it is to develop valid and reliable test questions for CBUNA's certification exams. The ultimate goal is to provide a fair test and CBUNA and C-Net work together towards that end on an ongoing basis.

CBUNA thanks the guest item writers for their time and talents and Carole Kingsbury for an enlightening and educational workshop. As the new year begins, I encourage everyone to “Reach for Excellence” by becoming certified!

Jan Giroux, MSN, CURN
CBUNA President

ICA Announces Availability of $5 Million in Federal Research Funding for IC

The Interstitial Cystitis Association (ICA) received official notice from the National Institutes of Diabetes and Digestive and Kidney Diseases (NIDDK, a division of the National Institutes of Health) that an RFA (Request for Applications) for basic science research on interstitial cystitis (IC) has been announced. This RFA, which is a direct result of the ICA's intensive 2002 advocacy efforts/campaign, will distribute $5 million towards IC basic science research. The NIDDK intends to commit approximately $5 million in fiscal year 2003 to fund approximately 20 to 25 new grants in response to this RFA.

Applications are encouraged and will be accepted from the entire international research community, both those in the United States as well as worldwide. Although individual applications are the major focus of this request, collaboration between U.S. and non-U.S. investigators is also encouraged.

For more information about this NIH research opportunity, including application instructions, please visit http://grants1.nih.gov/grants/guide/rfa-files/RFA-DK-03-010.html.

Important Dates for Applicants
- Letter of Intent Receipt Date: January 21, 2003
- Application Receipt Date: February 21, 2003
SUNA NATIONAL OFFERINGS

March 26-30, 2003

SUNA’s 34th Annual Conference, “River of Knowledge.” Location: San Antonio, TX. Sponsor: SUNA. Contact: SUNA, East Holly Avenue Box 56, Pitman, NJ 08071-0056; 856-256-2335 • 888-827-7862 • FAX 856-589-7463; E-Mail: suna@ajj.com

OTHER OFFERINGS

January 25-26, 2003

Clinical Urodynamic Workshop. Location: Houston, TX. Sponsor: Life-Tech, Inc. Contact: Clinical Workshops, Life-Tech, Inc., 4235 Greenbriar Drive, Stafford, TX 77477-3995; 281-491-6600 ext. 255; 800-231-9841 ext. 255; fax 281-491-6852; urosales@life-tech.com; www.life-tech.com

March 20-23, 2003

American Lithotripsy Society (ALS) 17th Annual Meeting. Location: Washington, DC. Sponsor: ALS. Contact: ALS, 305 Second Avenue, Suite 200, Waltham, MA 02451; 781-895-9098; als@lithotripsy.org; www.lithotripsy.org

Calder of Events

SUNA NATIONAL OFFERINGS

May 31-June 1, 2003

Clinical Urodynamic Workshop. Location: Houston, TX. Sponsor: Life-Tech, Inc. Contact: Clinical Workshops, Life-Tech, Inc., 4235 Greenbriar Drive, Stafford, TX 77477-3995; 281-491-6600 ext. 255; 800-231-9841 ext. 255; fax 281-491-6852; urosales@life-tech.com; www.life-tech.com

July 10-12, 2003

Summer Institute on Evidence-Based Practice, “Best Practice Improving Quality.” Location: San Antonio, TX. Sponsor: Academic Center for Evidence-Based Practice (ACE) of the University of Texas Health Science Center at San Antonio School of Nursing & Continuing Nursing Education. Contact: ACE, 210-567-1480; acestar@uthscsa.edu

October 5-9, 2003

33rd Annual Meeting of the International Continence Society (ICS). Location: Florence, Italy. Sponsor: ICS. Contact: Euroconventions, info@euroconventions.it; www.ics2003.info

October 11-12, 2003

Clinical Urodynamic Workshop. Location: Houston, TX. Sponsor: Life-Tech, Inc. Contact: Clinical Workshops, Life-Tech, Inc., 4235 Greenbriar Drive, Stafford, TX 77477-3995; 281-491-6600 ext. 255; 800-231-9841 ext. 255; fax 281-491-6852; urosales@life-tech.com; www.life-tech.com

Visit SUNA’s Web site at www.suna.org

The Society of Urologic Nurses and Associates, Inc. is a professional organization committed to excellence in patient care standards and a continuum of quality care, clinical practice, and research through education of its members, patients, family, and community.