

# Puget Sound Quarterly

Northwest Regional Edition

Vol. 20, No. 4, 1997



ONCOLOGY NURSING SOCIETY



## WINTER ISSUE

*Day Treatment  
Infusion Clinic  
and more...*

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# From the President

## On the Move Again

Elizabeth White

After months of deliberation, PSONS has a new organizational support facilitator, that is, a new secretarial service hence a new address and phone number. Laurie Valazeques is the owner of Alliance Strategies which is located in the Belltown neighborhood of Seattle. Having our office back in Seattle will make it a local call again for many of you.

The new address and phone number are:

PSONS  
2601 Elliott Ave  
Suite 4119  
Seattle, WA 98121  
Phone 206-443-8718

Since the vast majority of our calls are internal, (from member) we have chosen not to have a separate phone line at this time. The phone will be answered "Alliance Strategies" but they know who we are.

My sincere thanks to our President-elect Gloria Winters who spent many hours helping us to identify our secretarial needs. She distributed 17 request for proposal and created a data base with 19 separate decision criteria. We would love to hear any feed back you might have as we are looking forward to a long and successful relationship with Alliance Strategies.

### OCN of the Year Application Completed

Mary Underbrink of Fred Hutchinson Cancer Research Center has been nominated by the chapter for OCN of the year. Thanks go to Barbara Jagels and Juanita Madison who worked on the application. Among her varied accomplishments, Mary single-handedly encouraged and served as mentor to 10 colleagues, who took the OCN exam for the first time this fall. Congratulations to those nurses too. If we had an award for recruitment to ONS and PSONS Mary would win easily.

### News from the Mother Ship

ONS has awarded Dr. Fran Marcus Lewis, a long-time PSONS member, the researcher of the year award. Her research centers around the families of cancer patients. PSONS's nomination of Fran represents the first attempts by a chapter to enter a nominee. Judy Peterson and Mona Epp Stage guided the application through the process with the assistance of Drs. Donna Berry, Marilyn Dodd and Laurel Northouse. There are plans underway for a celebration at Congress in San Francisco this spring. Give me a call if you want to help in the planning or preparation.

### Miss Manners Says

Donna Berry's thoughtful article in the ONS News reminded us about our responsibilities regarding RSVPs to special events at Congress. Many people don't show resulting in costly waste that ultimately gets past on in the cost of the drug and treatments patients are receiving. The article addresses ways in which ONS is attempting to correct this problem.

We are having the same problem locally. Please, if you RSVP for one of our educational offerings and find out later that you cannot attend... call the office or the reservation contact on the flier and let them know. The meals at our monthly ed-meetings are generously underwritten by the sponsors.

### Your Vote Does Count

Concerns about dismal voter response rates to ONS's election have been a discussion point at ONS's leadership meeting and at the 1997 Congress. Our chapter talked about voting issues at the June membership meeting. PSONS's 1997 response to the national elections was low even though Carole Edwards ran successfully for Director at Large. Perhaps having our member, Ann Reiner slated for the nominating committee will encourage us to "get

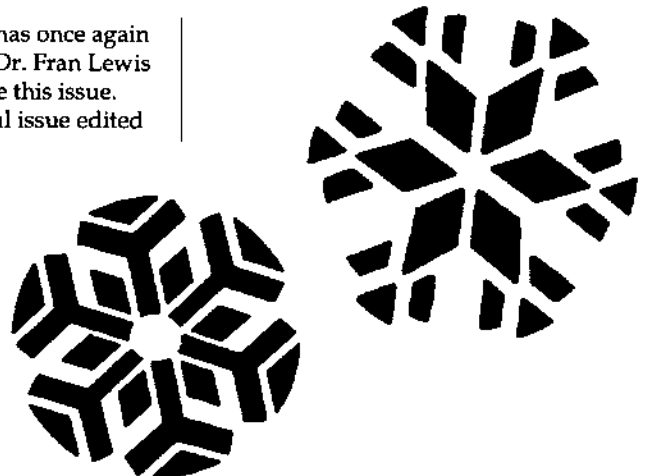
Continued on page 6

# From the Editor

Many thanks to all whom have contributed to the *Quarterly* this year. Once again, your contributions have made this an outstanding regional newsletter. I apologize for the "sparseness" of this last issue, lacking both a topic and a guest editor. There are still several people to thank: Sue Elsom, RN OCN, president of the MT Hood Chapter, has written on the Day Treatment Infusion Clinic at Good Samaritan Hospital in Portland. Jean Quint Benoliel has generously allowed the publication of her response to Ann McElroy's McCorkle Lecture from the Symposium Issue and Cari

Kastama, a cancer survivor, has once again blessed us with her poetry. Dr. Fran Lewis is the featured PSONS profile this issue. The winter issue is the annual issue edited by the research committee and should be coming out in January. The deadline for articles is January 20, 1998. We are still looking for a new editor for the *Quarterly*...

Connie Horton, editor.



*This letter was written to Ann McElroy in response to her McCorkle lecture. Ann and the author, Jean Quint Benoliel have graciously agreed to share it with all of us.*

Dear Ann:

I read with interest the printed copy of your McCorkle lecture, CHERRY AMES TRANSITION NURSE. It raises many interesting questions about nursing's position in society now and in the future. Although my experiences in nursing are not the same as yours because we came through different historical periods, I cannot help but think that the more things change the more they stay the same.

Past or present the work of nurses has been defined by the structural conditions of their working situation defined by those holding power over budget and policy. In times of abundance nursing (like other components of society) does well, and in times of depletion, nursing is constrained. These fluctuations, no doubt, come in response to changes in social and economic conditions in society; and during the downward times, those who are economically marginal, endure the greatest deprivations. (Many that lived through the Great Depression know this well.)

Despite its position of limited social power, nursing as a collective force, has been led by some very sharp women who recognized that change is fundamentally a political process. Though the A.N.A. does not represent all nurses, it has done a remarkable job of exerting political influence (along with the newer specialty nursing organizations) to further the interests of nursing and good patient care. As a teacher, I tried to help students understand that survival as an underdog depends on political strategy and know-how, and for nursing as a whole, must be exerted by the collective.

Yet in many ways, nurses are ill prepared to work together as a political force for change. In my experience, nurses often are naïve and unsophisticated, and do not see the work world as a social arena in which political forces constantly are at play to influence who gets the biggest piece of the pie. In a way, nurses represent the spectrum of women in society, ranging from radical feminists (of whom there are very few); to highly traditional people who think that a woman's place is in the home. I would wager that the bulk of nurses, even though they may work full time, do not think of their work as a professional obligation to patients, but rather as tasks performed in the interests of a monthly paycheck. When I say this, I am not trying to put these women down, but rather to illustrate how the meaning of work in many women's lives is tied to their ideas about primary roles in life as wives and mothers.

There is one other thought that I would share with you on these matters. When one looks at the occupations that have been called "women's work" (primary education, nursing, childcare, secretarial services), one notes that they have in common a lot of interpersonal activity besides the tasks that compromise the daily routine. In many ways this interpersonal work has been taken-for-granted as part of what women do (like housekeeping), but it is not written up as a key component of the job description. I think this taken-for-granted element reflects the meaning of women's work in a patriarchal society—what women traditionally have done to make it possible for men to "do their own thing." Because these kinds of work have required an intermeshing of interpersonal skills with various activities performed in the interests of others (e.g. reading to a child, monitoring phone messages for the manager, changing a dressing, developing learning activities), they have not fit well with the reductionist approach to categorization that is the heritage of Cartesian science. I think one of the major political "problems" for nursing is how to push for definitions of nursing practice that move beyond the medical model of "advanced practice skills" to encompass this combination of interpersonal, technical, and scientific skills that make up what Baer calls the "tapestry" of nursing.

Well, Ann, as you can see, your words stimulated a lot of thinking in me... Hang in there. Nursing and patients need you.

Sincerely,  
Jean Quint Benoliel

# Day Treatment Infusion Clinic Legacy Good Samaritan Hospital

Submitted by: Sue Elsom RN, OCN

**W**e would like to share with you how we manage and run our infusion clinic. Originally our unit was created to meet the needs of the Oncology Physicians and physicians in the adjoining medical office building. Through the years we have adapted to the needs of the medical community in our Outpatient setting. At present, we are seeing patients from the following settings: Oncology, Nephrology, Rheumatology, Hematology, Infectious Disease and general medicine. We also provide an Autologous blood

program for surgical patients. Our services include infusion of chemotherapy, blood products, IgG, antibiotics and supportive infusions for numerous illnesses. We devote a large portion of our time teaching, whether it is Central Lines or home infusion of antibiotics. We specialize in Picc Line Placement, and also have a

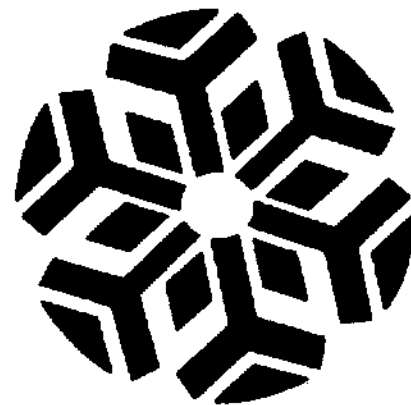
treatment room in which we assist surgeons in the placement of Pas Ports and Chest Ports. Because of our high volume of assess devices we also troubleshoot any problems

in relation to them. Very soon we will be providing Outpatient Autologous Bone Marrow and Stem Cell Transplantation as well as an anticoagulant clinic in conjunction with pharmacy. Our Center is overseen and managed by Medical Director, Business Manager, Nursing Manager who manages the Oncology Nursing for inpatient and outpatient, as well as a Clinic Nurse Manager. We have wonderful support because of this team and are fortunate to work in this setting. Not long ago we formulated the following "Why I Work Here". It is posted in the open kitchen that serves as a reminder to us on

"It's one of those days" and the patients and families may find it interesting to peruse on a trip to the kitchen while refilling a cup of coffee. (We serve great coffee, sometimes it's Starbucks!)

#### Why I Work Here

- Commitment to patient: Any issue impacting patients gets addressed, nursing time per patient is reasonable.
- Quality of Nurses, nursing: Allowed to make decisions, autonomy, able to direct medical needs of patient, opinion respected by MDs. Respect received from



other units, MDs.

- Safe for patients and staff to be here.
- Stuff stays where it is supposed to be.
- Big Family: People support each other.
- Good Managers.
- "I can make a difference": The unit is not too big.
- Patients have a sense of family too: Patients have say over care, becoming autonomous.
- Confidence that all staff provides good patient care – never worry.
- Every day is fulfilling, rewarding.
- Patients know they will be taken care of.
- It feels like coming to someone's house.
- Start at day one with each patient.
- Our physical layout: great windows in patient's rooms.
- "Customer oriented": You can get an RN on the phone versus a machine.
- Information available: Resources here.
- Patients trust all of the RNs.



## ONCOLOGY CLINICAL NURSE SPECIALIST

Northwest Hospital, located in North Seattle, has a flexible benefited Oncology Clinical Nurse Specialist position with breast cancer/health specialty. Qualifications: Current WA RN license, BSN req., MN required, three years oncology experience with breast cancer/health focus.

For more information, call Bette Barlund, Nurse Recruiter (206) 368-1821.

Northwest Hospital

1550 N. 115th St.

Seattle, WA 98133

FAX (206) 368-1949

E-mail: bbarlund@nwhsea.org

EOE

## "CELEBRATE 98"

20<sup>th</sup> Annual PSONS

Oncology Nursing

Symposium

March 6 and 7

at the Sea-Tac Marriott.

A brochure is coming soon

or call Tami Robison, RN

(206) 527-2081

for further information.

# Chapter News

**A** renewed sense awaits us all as we begin again this Fall. Where did the time go this summer? Wasn't it just our June banquet which was shared with Intravenous Nurses Society. Florence Seelig, spoke about the Bone marrow / stem-cell pheresis program at Oregon Health Sciences University Hospital. We all learned, and shared a great evening, remembering, next year it is our turn to host the June Banquet.

Carolyn Pettinger returned to her Reserves June commitment at McCord

Army Airfield, Major Pettinger that is. Sue Cook's daughter received a new kidney from her Dad (both are doing well), Linda Abercrombie is enjoying a new sense of hope as our cohort from Oncology nursing is in remission from lymphoma, and Joanne Tuthill and Lyn Glenn are returning to Graduate School. Rebecca Long has been harvesting wheat this summer and plans to continue getting her DataRN business

up and running. The last I heard from her she was awaiting semis to come and pick up wheat.

September "Wine and Grapevine" kicked off our Fall meetings which was sponsored by Glaxo-Wellcome at Il Fornaio Restaurant. October brought us Susan Hedlund presenting "Health Care Abroad."

Our thanks to Pharmacia for our catered dinner that evening. Becca Hawkins spoke to us in November on *Diarrhea Management in the Cancer Patient* and Novartis sponsored the evening. We defer December's meeting because of the Holidays, but come January will be the changing of the guard, at which time Carolyn Pettinger will assume the presidency. Good luck Carolyn. You have been a tremendous program

chairperson. We will also be electing a new secretary. Thank you Kathie Newlyn for your ability to keep good minutes in all kinds of environments: i.e. McMenamins becomes rather "dark" during the winter months!

As a reminder, most of our monthly programs will continue to be held at the SMILE STATION in historic Sellwood. The SMILE station, originally a firehouse, was built in 1926. As the American Cancer Society building is no longer available for a meeting place, we are happy to have found this. THE SMILE STATION "Sellwood Moreland Improvement League" is located at 8210 SE 13<sup>th</sup> Avenue. Street parking is available which doesn't seem to be a problem in the evening.

To close, I want to let you know what has transpired in the month of October. Mt. Hood Chapter was approached by the coalition director for an endorsement for "Yes on 51". The National ONS Board endorsed this measure and our local Mt. Hood Chapter Board did as well.

Thank you all for your support this last year. It has been a pleasure to serve as president. We have a great organization and you all are a part of that. Keep smiling, keep the spirit, and together we will continue our vision "to lead the transformation of cancer care" and our mission "to promote excellence in oncology nursing and quality cancer care."

Submitted by: Sue Elsom RN, OCN

## Photographs

The camera sat in its case,  
The film loaded, the battery on,  
Ready for significant shots  
To be taken perhaps with great ceremony  
On a day trip to La Connor or a visit to Yakima Valley.

Out of town there would be tulips and curved bridges,  
Orchards heavy with red fruit and historical murals.

But I wasn't getting out much;  
Fatigue and proximity to the clinic were the elements of my days.  
The house and yard are what I see day after day  
And I'm really quite tired of it.

One day I was resting on the back deck,  
Looking up at the clouds through thirsty rosebush leaves.  
Suddenly I wanted a picture of those clouds  
From the angle of the plastic lawn chair.  
My hands hadn't held the odd-shaped magic box lately.  
I hadn't heard the music of the shutter clicking on a moment in time.

I couldn't get enough of the lens-view:  
The drought parched rose leaves were delicate against the sky.  
The utility pole was a guardian of our back yard.  
A bed of baby's breath was a blizzard of tiny white blooms.

Our cat posed in front of a batch of brilliant portulaca blossoms.

Five a. m. another day,  
I raced out of the bedroom door to capture a flaming fuchsia sunrise.  
Yesterday, bushes outside the front window made  
Chinese scroll patterns on the bamboo drop.  
The soft green of a misty morning lawn  
Framed the old brown picnic table.  
The white arch of a make-shift trellis curved  
Over a lacey scented geranium.

I was awfully tired of this house and yard.  
It seemed like I saw the same old things and the same old place.  
But the camera is out of it's case.  
And it is a world and it is a home with a new view.

— Cari Kastama



# PSONS Profile

Congratulations to Dr. Fran Lewis, recipient of the 1998 Distinguished Researcher Award.

Dr. Lewis has devoted her professional career to better understand and assist families as they deal with cancer in their lives. She has built a carefully evolved theory of the family's adjustment to cancer. It explains why the diagnosed person and spouse get depressed; what the spouse does or does not do that helps or hinders the patient and family move ahead with their lives; where and how the family can act to prevent difficulties in parenting the school age and adolescent children as well as prevent heightened tension in the marital pair; and in what areas the couple commonly "get stuck" or experience difficulty in adjusting to the cancer. These "stuck points" have now been identified by Dr. Lewis from 10 years of descriptive research involving hundreds of families, including husbands/partners and school age and adolescent children.

Dr. Lewis' current work includes the development of two psycho-educational videotapes for mastery learning by couples in their homes so they can get "unstuck" on areas of concern related to cancer. Ongoing research includes a clinical trial intervention to facilitate skill efficacy enhancement in single women diagnosed with breast cancer.

Dr. Lewis has published over sixty professional papers in many different professional journals. This list includes: The Journal of Behavioral Medicine, Oncology Nursing Forum, Journal of Family Relations, Nursing Research, Journal of Psychosocial Oncology, Social Science and Medicine, Cancer Practice, Cancer: A Journal for Clinicians, Cancer



**Dr. Fran Lewis**

Nursing, and Seminars in Oncology.

Dr. Lewis has shared and disseminated her research findings to her nursing colleagues in many diverse ways: through published articles; speaking at national, international, and local conferences and workshops; as a consultant; teaching at the University level; through community colloquia and mentoring nursing students at all levels.

Dr. Lewis has had and will continue to have significant impact on the lay public. Thousands of women in the United States have attended workshops, seminars, and plenary talks given by Dr. Lewis on breast cancer. They have left these presentations affirmed, exhilarated, motivated to enhance their own self care, and committed

to better lifestyle practices.

Dr. Lewis contributions to ONS and the cancer community at large have included membership in ONS for over 15 years, including being a founding member of the Research Committee. Locally, Dr. Lewis was

selected by PSONS in 1988 to present the 2nd Annual Ruth McCorkle Lectureship on "The Family's Experience with Cancer: Implications for Nursing Therapy," as well as present at PSONS Chapter Annual Meetings. Dr. Lewis also served for 5 years as the ACS Oncology Nursing Professor in the State of Washington and established the annual ACS Summer Colloquium at the UW, which educates hundreds of nurses and student nurses throughout the state in oncology nursing services.

Dr. Lewis followed the feeling of being drawn to oncology nursing when she was a sophomore nursing student at Loretto Heights College. She was working as a CNA and was assisting a diabetic patient who

previously had a mastectomy for breast cancer. Dr. Lewis recalls the hollow expression on the face of the patient while she assisted with personal care. From this experience, Dr. Lewis wanted to integrate this

experience and focus on the humanistic approach in providing care and the ability for breast cancer patients to cope with their illness and move on with their life.

Also during this period, Dr. Lewis was an avid reader of Virginia Barckley, a forerunner on breast cancer.

In her spare time, Dr. Lewis enjoys spending time with her family, skiing, hiking, camping, snorkeling and enjoying chamber music.

## President's Message

Continued from page 2

out the vote." It would be fantastic to win a chapter prize for having more than 80 percent chapter response rate for the 1998 elections.

Be on the look out for materials in December and January for ONS elections. There will be information in the mail, on-line and available by phone.

Local chapter elections will be occurring too, ballots will be in the mail toward the end of January. Thanks to **Renee Yanke**, the response rate for the 1997 local elections was almost 100 percent improved over the year before. Come to the January educational meeting and talk to your colleagues informally about local or national elections during dinner. Be on the look out for material at the beginning of the year and remember to vote. PSONS and ONS are your organizations.

Thanks for your involvement.

**PSONS HAS  
MOVED  
The new  
address is:**

**2601 Elliott Ave  
Suite 4119  
Seattle, WA 98121  
Phone 206-443-8718**



could walk two blocks, but this week I can walk just one block." Being specific helps the medical team understand that there is a serious complaint not to be easily dismissed.

There are other things one can do to manage fatigue. Keep a daily journal of

times when you are most tired and when you have the most energy. This helps you identify when it is best to do the important tasks. Mild exercise, such as walking, has been shown to restore some energy. But don't overdo it, or the exercise program is defeated because of being over-tired. Read

through "Tips for Conserving Your Energy" and find those that can be easily incorporated into your life. And remember, fatigue will diminish with time.

*Reprinted with permission from Cancer Lifeline newsletter, Nov. 1997, Vol 1, #1.*

## Energy Conservation Techniques Can Help Patients Manage Fatigue

Eillen Donovan, PT, MEd  
Physical Therapist  
University of Texas, M.D.  
Anderson Cancer Center

Successful management of fatigue is important to oncology nurses because of its profound impact on patients' quality of life. By working with patients, families, and other members of the healthcare team, nurses can design individualized plans of care to minimize fatigue and improve outcomes for patients. Fatigue management strategies include ensuring adequate nutrition, managing stress, associated with cancer, managing symptoms and cofactors (e.g., anemia) that may influence the degree of fatigue, adjusting the therapeutic regimen to lessen fatigue, ensuring appropriate patient education and initiating energy restoration and conservation measures. This article will focus on measures that patients can employ to conserve energy while performing common activities of daily living.

The concept of energy conservation is based on the assumption that when one's energy is limited, available energy can be budgeted to help meet the demand. This may be accomplished by planning, prioritizing, and pacing activities; correcting faulty body mechanics; or modifying tasks. Priorities are not the same for everyone; patients may need help in separating essential from nonessential tasks. Once priorities are established, patients can plan the timing and method of performing the activities to maximize available energy.

Improper body mechanics, which may result from postural deviations, altered gait, weakness, and other factors, increase the energy requirements for an activity. Identifying and correcting deviations from normal alignment and movement and providing assistive devices or adaptive equipment can increase the efficiency and

reduce the energy cost of activities. Healthcare providers at the University of Texas M.D. Anderson Cancer Center teach patients and families how to apply the principles of energy conservation and then assist them in identifying the specifics that will allow them to budget their energy to accomplish their individual goals. This sometimes requires a patient to make a major change, but minor alterations often can make a big difference.

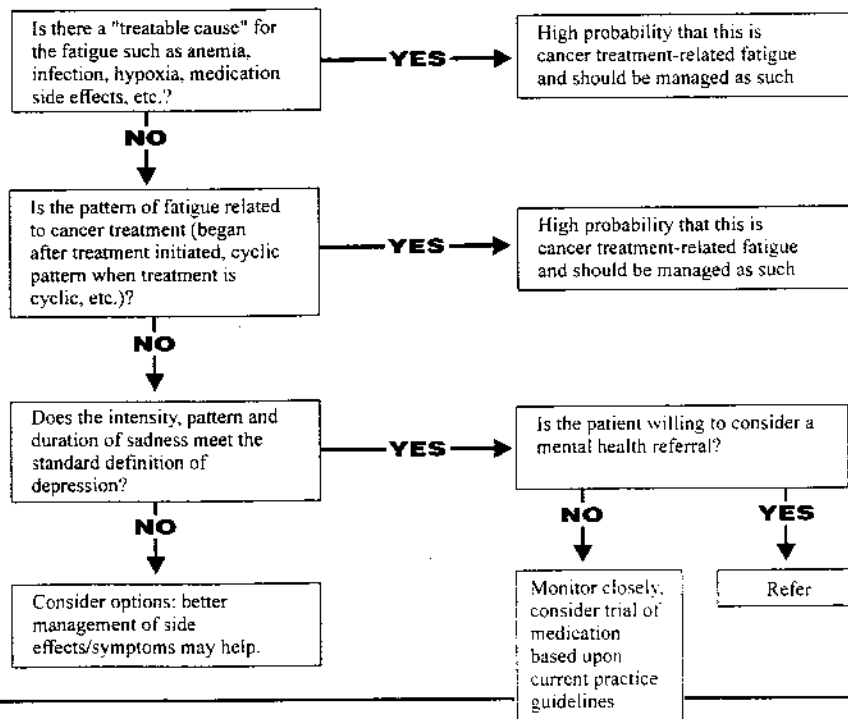
Activities of daily living are grouped as basic (e.g., grooming, feeding, toileting) and advanced (e.g., occupational, homemaking, leisure). The basic task of

showing takes substantially more energy than basal metabolic rate; housework and other occupational activities can use far more. To conserve energy, the patient can modify the way an activity is performed (e.g., long-handled shoe horn to assist with putting on shoes). A list of suggestions of ways that patients can modify simple tasks to conserve energy is printed on the following page. Patients can use these suggestions to help them envision modifications that can be beneficial to them.

*Reprinted with permission from Fatigue Forum Newsletter, October 1997.*

### Differentiating Between Fatigue and Depression in Cancer Patients

#### Guidelines for Assessment



# Membership Application 1998

Puget Sound Chapter Oncology Nursing Society

2601 Elliot Ave., Suite 4119, Seattle, WA 98121

Last Name \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_

Please asterisk mailing address.

**Home Address:**

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip code \_\_\_\_\_

Phone ( ) \_\_\_\_\_

E-Mail \_\_\_\_\_

**Business Address:**

Institution \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_

New \_\_\_\_\_ Renew \_\_\_\_\_ ONS # \_\_\_\_\_ Special Interest Group \_\_\_\_\_

ONS by-laws require that chapter members must also be member of the ONS. Call 206-443-8718 for an application.

Employment: Full Time \_\_ Part Time \_\_ Not Employed \_\_ Patient Population: Adult \_\_ Pediatric \_\_

Career Area: Patient Care \_\_ Administration \_\_ Research \_\_ Education \_\_

Highest Degree: Diploma \_\_ Associate \_\_ Bachelor \_\_ Master \_\_ Doctorate \_\_

Specialty: Chemo \_\_ Immuno \_\_ XRT \_\_ Home Care \_\_ Surg \_\_ BMT \_\_ Hospice \_\_ Other \_\_\_\_\_

**Dues:**

1998 \$25 \_\_\_\_\_ Late fee for renewals after 3/31/98 \$5 \_\_\_\_\_ Total enclosed \$ \_\_\_\_\_

Dues must accompany this application. Chapter membership runs from January 1 to December 31. No partial payments are accepted during the year. A late fee of \$5 will be assessed for any renewal of membership after March 31.

American Cancer Society  
Washington Division, Inc.  
2120 First Avenue North  
Seattle, WA 98109

