



OUTLOOK

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PRESIDENT'S MESSAGE

New and exciting things are happening with CSAOHN. First and foremost be sure to check out the new look of the web site. We have hired a new vendor and we have big plans to improve the site and provide more for our members. Our web master would like to post pictures of OHNs doing our jobs. So if anyone has any pictures please e-mail them to Joanne Jerome at joanharrison@hotmail.com

The 2007 Annual Conference, Evolutionary Changes & Challenges in Occupational Health Nursing, in Monterey is coming up soon. The pre-conference is dedicated to Safety and presented by our own Pres-Elect, Mary Gene Ryan, and Mary Lou Wassel. The next two days have a variety of topics that will be of interest to all OHNs no matter what your setting. Our Friday night event is going to be held in lovely Carmel and the topic is one near and dear to my heart, wine and your health. You should have received your copy of the brochure in the mail by now as well as via e-mail. Be sure to complete your registration and send it in as soon as possible. We are offering a special deal this year, with two registrations you get the third at ½ price. If for some reason you don't have the brochure it is also posted on the web site.

Although at times this job can be a little overwhelming and challenging, I have enjoyed it immensely. The best part is getting to know the members better. Of course I wouldn't have been able to complete anything without the help of all the great Board members over the years. Thanks to each of them also.

See you in Monterey.

Monika



"ATTENTION UNCHAPTERED MEMBERS"

CSAOHN realizes that we have a good number of unchaptered members. Therefore, we are your chapter and would like to be sure we serve you in the best way possible. Please contact me with any ideas or suggestions on ways we might serve you better. I can be contacted at mfischer@ci.glendale.ca.us or 818-548-6488.

RESOURCES

This year our national organization created a networking opportunity for OHN's. "Communities" is a new feature available from AAOHN that is accessed through the member services section of the web site. This feature allows members to share information, confer with colleagues, and network with other members across the country.

A portion of the site functions as a bulletin board. Members can post questions or reply to inquiries based upon their experiences. There are several special interest forums available to participate in based upon your special interests. This is a great tool for sharing experiences and gaining knowledge. The list of AAOHN fellows, their email addresses and specialties are also available if a member prefers to address their questions to a specific expert in the field.

The California State Board would like to develop a resource bureau similar to the national model. California laws, statutes and regulations are different posing challenges often not faced by OHN's across the nation. The ability to exchange information and knowledge will promote the growth of all OHN's throughout California.

The program can only be successful if we can develop a panel of experts. Every chapter in our state has at least four or five people who are "expert" in their area. Success depends upon their willingness to share their insights and expertise. Many chapters are currently doing this informally relying only on the chapter membership. Creating a resource bureau will provide

feedback from a wider panel of "specialists" throughout the state that are familiar with our statutes and regulations.

Please take time to help other OHN's within your chapter, region and state by volunteering to be a part of our first resource bureau. We would also like to develop a special section for speakers. This resource can be used at the chapter level for meetings or at state conference to recruit a speaker.

E-mail your name, phone number, email, specialty and chapter affiliation to me at ellenchcs@yahoo.com. We would like to roll out and present the program in November when we meet for state conference. Success depends on all of us working together.

Ellen Petersen

CSAOHN ANNUAL CONFERENCE

Don't miss out on attending the annual conference to be held in beautiful Monterey Bay on November 2 & 3, 2007 at the Embassy Suites – Seaside.

Hotel deadline is October 1, 2007.

Conference early bird registration deadline is October 8, 2007.

Registration can be accepted with Visa and Mastercard!!

For more information, visit the website at CSAOHN.org



AB 139 PASSES AND IS SIGNED INTO LAW

AB 139 (Bass): Vehicles: school bus drivers: Examinations was signed by the Governor on 7/30/07. It takes effect 1/1/08. Existing law requires an applicant for an original or renewal certificate to drive a school bus, school pupil activity bus, youth bus, general public paratransit vehicle, or farm labor vehicle to submit to the DMV a report of a medical physician's examination of the applicant given not more than 2 years prior to the applications date. This bill will authorize that the medical examination can be given by a licensed physician assistant and/ or advanced practice registered nurse.

Healthcare Reform Update

Comprehensive updates and evaluations for the Governor's Healthcare Proposal, the Democrats Healthcare Proposal (AB 8 Nunez & Perata), Senate Republican Health Care Proposal (SB 236) and Senator Kuehl's Healthcare Proposal (SB 840) are available on the California Healthcare Foundation's web site www.chcf.org. A Framework

Assessment of Major Health Reforms in California is available for download and provides an in-depth comparison of major proposals on the table. This information can be located at www.calheathreform.org.

Affects on nursing practice:

SB 236 (Runner) : Bill contains following statement: "*Allow nurse practitioners to establish and run primary care clinics.*" The intent of the legislation is to, "Encourage More Clinics By Allowing RNs to Run Clinics: Physician oversight requirements should be appropriately adjusted in order to give nurse practitioner and other physician extenders additional flexibility to establish and run primary care clinics. This will improve access in underserved areas specifically urban and rural areas."

SB 840 (Kuehl): This bill includes nurse practitioners as "primary care providers" and "healthcare providers" throughout the bill.



CALIFORNIA REPORTS **EARLY WEST NILE VIRUS**

The West Nile virus season is getting an early jump-start this year due to unusually high temperatures, according to California health officials.

As of mid-May, there were no reported human cases in California but health officials reported that mosquitoes that carry the virus are breeding earlier this year.

While there is no way to predict the severity of West Nile virus this season, Californians should begin taking precautions to protect themselves from mosquito bites by eliminating all sources of standing water, and applying insect repellent containing DEET.

In 2006 California experienced almost 300 cases of human West Nile virus including seven deaths.

WORK-RELATED DEATHS **STILL A HEALTH** **CONCERN**

Despite substantial improvements in making workplaces safer, there are still 16 preventable work-related deaths each day in the United States, and males are at 12 times the risk of dying on the job as females, according to the latest federal statistics.

According to data from the 2005 Census of Fatal Occupational Injuries collected by the Bureau of Labor Statistics, there were 5,702 total work-related deaths and a rate of four deaths per 100,000 workers. This was an 8% drop from 1992 and 23 % drop in the fatality rate.

The highest percentage of fatal workplace injuries were attributed to highway incidents, follow by falls, being struck by an object and homicides. Highway incidents, falls and being struck by an object have increased since 1992, while the number of homicides has dropped.

TAI CHI CAN BOOST **SHINGLES IMMUNITY**

Tai chi may help older adults avoid getting shingles by increasing immunity to the varicella-zoster virus and boosting the immune response to varicella vaccine. A study published in the *Journal of the American Geriatrics Society* in April found that this form tradition Chinese exercise increased immunity to varicella significantly. In the trial 112 healthy adults ages 59-86, took part in a 16 week program of either tai chi or a health education program providing 120 minutes of weekly instruction.

Tai chi combines aerobic activity, relaxation and meditation, which previously have been reported to boost immune response. In the study tai chi alone was found to increase the participant's immunity to varicella as much as the vaccine typically produced in 30-40 year-old adult, and tai chi combined with the vaccine produced about a 40 % increase in immunity over that to the vaccine alone.

The tai chi group also reported significant improvements in physical functioning, bodily pain, vitality and mental health.

Source: *The Nation's Health*—APHA-
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