Greetings to you all,

Hoping this message finds everyone healthy and happy and looking forward to saying goodbye to “old man winter” and hello to warmer temperatures and new beginnings. I am happy to say that our Board of Directors have planned a full year’s worth of activities with some new changes and hopefully a few new beginnings. We’re on board for the regular educational dinner meetings, our annual OCN recognition Bus Trip, our OCN Review Course and our charity Bingo in the Fall, however we’re also focusing on some additional fun and networking. I am pleased to announce our Board will be participating in a Relay for Life event and hope many of you will join and support this cause. It’s another way GBCONS can celebrate together, participate as a group in supporting our community and raise some funds for the American Cancer Society…also it’s a great way to recognize our patients and the caregiver.

Please join me and the Board on June 3, 2017 at the CCBC Dundalk Campus from 4pm to 12 midnight; bring friends and family as we walk for Team GBCONS.

The second new change is that our Board has recognized that our Annual Members Only Crab Feast is a venue to kick up our heels, bang a few crabs, and generally have an old-time summer get together with old and new friends. This year’s Crab Feast will be held on August 17 at Conrads Crab House in Perry Hall and will be sponsored by the Chapter and not an outside vendor. This will not be an educational program but will be an evening for networking and fun for membership. We’re very excited about these 2 new activities so look for upcoming announcements on the VC.

So, I’m wishing you a glorious Spring, as well as, hoping you’ll join me in the Relay for Life. I’m also hoping you’ll get to know your Board members a little more and your interaction with this dynamic group of leaders will inspire you to join us. Our Board has many opportunities for you to share your talents or you could just attend one of our meetings to give us your input. We welcome all members and hope you can join us at our next Board Meeting.

See you soon,

Ruth

The Presidents Message

Ruth E. Evans RN, BA, CNOR, OCN

Congratulations to our Newest OCN's:

UMMC ~ Jaclyn Merkel Bryant BSN, RN, OCN®
Let's say that you're a nurse on a hospital unit, and a colleague has recently been involved in a medication error. It was a mistake that anyone might make—a tenfold overdose that occurred when she wrote down an order and accidentally moved a decimal point one space to the right. Luckily, it didn't lead to major harm, but the nurse is visibly shaken by the event and the investigation that followed. She looks to you for help dealing with her feelings of professional inadequacy and fear.

Now the pressure is on you. What do you say? What words should you avoid?

It’s tempting to try to "fix" the problem. You may want to rehash the event and figure out what would have prevented it. You may want to pry into the nurse's mental state at the time of the error. You might want to share that similar things have happened to you, in an effort to get her to move on and feel normal.

Though well-intentioned, these approaches likely won't help the nurse to process the complicated emotions that follow such an event or help her to focus on her current patient care duties. In fact, too often the responses that naturally follow when a colleague is upset may serve our own interests more than theirs. Maybe we can't help but try to dig into the event and figure out how to avoid a recurrence. Or perhaps we just want to avoid the awkwardness of having someone unload their feelings to us. Our traditional training prepares us to heal bodies, but not to soothe tormented minds.

At The Johns Hopkins Hospital, we sought to bridge that gap by developing a confidential peer support program for caregivers who are traumatized by stressful patient-related events (See recent blog post). Called RISE, this program trains health care professionals to administer emotional first aid to individuals or groups.

We hope that such "caring for the caregiver" programs become commonplace across hospitals. But even if that happened, there would still be occasions when we need to be there for a distressed colleague, to know what to say and what to do when providing emotional support. In creating our peer responder training curriculum, we learned what works in these situations.

These tips are seemingly commonsense, but it's surprising how often we say and do things that we shouldn't in these situations, whether at work or in personal situations when a loved one is coping with a traumatic situation.

**DO**

• Find a quiet place.
• Ask open-ended question and help the person to process how the event has impacted him or her.
• Listen and offer support to the person, regardless of whether you endorse his or her actions or believe the story.
• Paraphrase what you’re hearing. For example: "It sounds like you’re pretty angry with the situation. Is that right?"
• Make empathetic statements, such as "That must be overwhelming for you."
• Ask the individual to identify resources in his or her life that are positive, such as running or cooking.
• Help the person plan the next day or week, and incorporate positive activities into his or her schedule.
• Direct the person to resources, such as an employee assistance program for Medically Induced Trauma Support Services.

*continued on page 3*
DON'T

- Ask questions about the event or try to investigate whether he or she was at fault. You are there for the person.
- Try to "fix" anything. You are just there to listen.
- Tell the person how you feel about the event.
- Use statements that belittle the person’s feelings, such as "I know how you feel," "The same thing happened to me" or "It's a routine complication; get over it."
- Tell the caregiver what to do, how to feel or how not to feel.
- Shut the person down. If they are crying, don't hug them or give them tissues just to make them stop.
- Share any information about the encounter unless there is an overwhelming reason, such as fear they may hurt themselves.

Whether you volunteer to do so or not, you're likely to find yourself in the position of an informal peer responder at some point in your career. And you may feel like you’re in over your head, trying to fix a problem that can't be fixed. But in truth, just being there for someone is the most important thing you can do. As long as you focus on the caregiver who is the "second victim," you can help this colleague to begin the path to recovery.  

Author: Cheryl Connors, RN, MS

Support Program: RISE  RISE: Resilience in Stressful Event  Resources / Resources at Johns Hopkins / RISE

Resources for Hospitals and Caregivers

- RISE: Peer Support for Caregivers in Distress
- Johns Hopkins Hospital RISE Program (intranet)
- Medically Induced Trauma Support Services (confidential second victim support)
- Support for Clinicians Involved in Errors and Adverse Events (AHRQ patient safety primer)

ABOUT THE ARMSTRONG INSTITUTE FOR DIAGNOSTIC EXCELLENCE

eLearning in Patient Safety and Quality Improvement

Get concepts, tools and strategies to improve care at your organization.
It is with mixed emotions I must announce that Onyinye Mkparu will not be able to fulfill her position as Director-At-Large 2017-2018. She has relocated to the Washington DC area to accept a nursing management position at MedStar Washington Hospital Center. Onyinye exhibits the spirit of today’s young oncology nursing professional and her attitude is inspirational. We will miss working with her on the Board and wish her much success in her career.

A call went out to our Board asking if someone would be interested in serving in this position and I am happy to announce Mary Ellen McFadden has stepped up to the plate. Mary has been a working member of our Board for many years serving as project lead for our Annual Bus Trip along with advocating in Annapolis and D.C. She has been a strong voice on our Board and for GBCONS. Please congratulate and thank Mary Ellen the next time you see her at one of our events.

Ruth Doerfler-Evans RN, OCN
President GBCONS

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There is still plenty of time to register

EDUCATIONAL TRACKS

At Congress, you'll find content that meets your learning needs, no matter your experience level or position.

Clinical Practice

For Nurses Working in Acute Care or Ambulatory Settings Treating Oncology Patients

Learn about up to date, evidence-based practice issues on treatment, symptom management, unique patient situations, and more. Sessions will provide practical, implementable information for nurses working in oncology-specific settings or other locations.
**2017 Regional Chapter Officer Programs (RCOP)**

As you may know, the Regional Chapter Officer Programs (formerly called ‘Chapter Officer Mini-Retreats’) started about five years ago and since then ONS has held 25 RCOPs throughout the U.S. with a combined attendance totaling 668 chapter officers from over 200 different chapters and Chips. Popularity has really taken off over the past couple of years, with each RCOP averaging about 25-30 attendees from 10-12 neighboring chapters.

So, what are the Regional Chapter Officer Programs all about? The main purpose is to provide a networking forum for chapter officers and board members to have the opportunity to get-together and share their chapter programs, successes, their challenges, and best practices. Also at each RCOP, an ONS National Board member will attend and provide a Board report, plus interact with the participants.

We are very happy to announce that Baltimore has been selected as one of the eight locations for the 2017 ONS Regional Chapter Officer Programs (RCOP)!

**Regional Chapter Officer Program**

Saturday, April 8, 2017  
11am – 3pm (Eastern Time)  
MedStar Franklin Square Medical Center  
Crawford Conference Center  
9000 Franklin Square Drive  
Baltimore, MD 21237  
For more information go to: chapter.vc.ons.org

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Do you have a talent that you can share with us? Are you looking for a way to give back?  

**Please Join Us**

We are an organization made up of volunteers. One of our goals this year is to increase participation from our members. We believe that we become better as a result of our combined efforts, and we are looking for renewed energy.

It will take some of your time, but the reward is worth it!

See one of our GBCONS Board of Directors volunteers for more information

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**Do You Have an Interesting Topic to Share?**

**Clinical Journal of Oncology Nursing; Safety Column**

Safety provides readers with information on safety issues affecting patients with cancer and those caring for them. Length should be not more than 1,000 – 1,500 words, exclusive of tables, figures, insets, and references. If interested, contact Associate Editor Clinical Journal of Oncology Nursing:

David G. Glenn RN, MS, at, David.glenn@umaryland.edu

https://cjon.ons.org/content/columns-and-editorial-board

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I received a brochure concerning renewing my certification. After working on the GBCONS Certification Review Course, I thought I understood how to determine the number of points for a CE program that provided more than 4 contact hours.

When ONCC transitioned to the ILNA point system, ONCC provided a formula to determine points for CE programs with more than 4 CE’s. This involved the total number of objectives and the number of objectives that applied to a formula was provided to determine the number of points that were awarded for each objective based on the content outline.

In the 3rd quarter of 2016, ONS changed the CE application. Traditional objectives are no longer required in the application. The application is based more on outcomes.

In my mind, if there are no formal objectives that method to determine points assigned from a multiple CE program would not be valid. The formula based on the number of formal objectives is no longer being used. The method to determine the number of ILNA points still involves some time and math, but it is much less.

The person attending the program must determine the percent of each area of the content outline (health promotion, screening, and early detection; scientific basis for practice, treatment modalities; symptom management; psychosocial dimensions of care; oncologic emergencies; survivorship; palliative care and end-of-life; and professional performance) has been presented. The total number of CE’s is divided by the % for each area of the content outline. This will determine to the number of ILNA points for each area on the content outline.

ONCC’s example is a 6 hour program that addresses treatment and symptom management, the individual determined that 2/3 of the presentation addressed treatment and 1/3 was about symptom management. This would be 4 points for treatment and 2 points for symptom management. Still works for the individual, but the work is reduced from 2016.

If the program is less than 4 CE’s and covers more than one area in the Content Outline, the individual may use the points in only one area. This would be the total number of points. 4 contact hours or less may not be divided.

Below is the link to the ONCC Renewal Options book lehttp://www.oncc.org/files/RenewalOptionsBook2017web.pdf

Sally Brown, RN, OCN, CBCN
MedStar Franklin Square Medical Center
Purpose:

This award is named in memory of Dr. Mary Nowotny, an active ONS member and past chair of the ONS Education Committee. Throughout her career, she was a cancer education advocate and a widely published author, writing many articles on the measurement and significance of hope in patients with cancer. The Mary Nowotny Excellence in Cancer Nursing Education Award recognizes and supports excellence in cancer nursing education.

The award recipient receives a plaque, $500.00, and travel reimbursement to attend ONS Congress. Pretty cool stuff. We are really proud of you Barbara!

Relay For Life is a grass roots, community-based team event.

Every Relay has different components, but here are a few things they all have in common:

SURVIVORS LAP  CAREGIVERS LAP  LUMINARIA CEREMONY  CLOSING CEREMONY

Come join us as we celebrate our cancer survivors and honor those who we've lost by joining our Relay for Life team with the American Cancer Society. Our team will participate in the event When: Saturday June 3, 2017 Where: CCBC Dundalk Campus 7200 Sollers Point Rd. Baltimore, MD. Go to Relayforlife.org, click on 'Join a Team' and search for team 'GBCONS'. The event starts at 4pm and you can stay for as long as you'd like. Friends and Family are welcome to join and fundraising is optional, but encouraged! We look forward to seeing you there and celebrating with you!

For questions, please contact Rebekah Adams rei.imhoff@gmail.com
Multiple myeloma symptoms

Some signs of multiple myeloma symptoms vary for each individual, some common ones include:

- Bone pain (often in the back or ribs)
- Unexplained bone fractures (usually in the spine)
- Fatigue, feeling of weakness
- Recurrent infections, fevers
- Shortness of breath
- Weight loss
- Nausea
- Constipation

Plasma cells transform into malignant myeloma cells through the acquisition of genetic events, activation of key signaling pathways, and aberrant stromal and cellular signaling.\textsuperscript{7-14} expression and/or overexpression of key transcription factors and proliferative factors facilitate this malignant process.\textsuperscript{7,11,12} L

To continue reading and receive more information: https://www.celgene.com
**Advocacy Corner:**

Advocacy Committee Members wanted to join a growing group of GBCONS members forming now! Since the GBCONS Symposium in February, a small group of committed citizens is talking about forming a group to speak up.

Are you ready to join a dynamic group of nurses where you will learn how to advocate in Annapolis and D. C.?

Please consider joining forces with us and setting the agenda for our work in the coming year.

Email Trish at gbcons2014@gmail.com for more information.

Have a great day!

Trisha Kendall MS, RN, OCN  
GBCONS Legislative Liaison

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”  
Margaret Mead

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**Advocacy 101: Making a Difference**

Gain a basic understanding of the legislative process and health policy advocacy so that you can make sure the voice of oncology nurses is heard loud and clear. This free self-directed, self-paced course demonstrates how, in a short period of time, you can influence critical policymaking decisions. Through a series of lessons and practical learning activities, you’ll gain the knowledge and skills needed to effectively communicate your ideas and concerns to legislators to impact cancer care.

This course is offered on demand. Instructions on how to immediately access the course will be sent to you in an automatically generated email receipt after you register. You will enjoy continuous access for six months.

**Advocacy 101 Course Topics**

- Advocacy in Action
- A Quick Refresher in US Civics
- Getting to Know Your Members of Congress
- Preparing a Visit with an Elected Official
- Having a Successful Visit
- Resources for Health Policy Advocates

The course is free through ONS with 4.70 contact hours
Board Meetings: are held quarterly and we meet at MedStar Franklin Square Medical Center. Upcoming meetings: start at 6:00 pm and a light dinner is served.
- Tuesday, April 4, 2017
- Thursday, June 15, 2017
- Thursday, September 14, 2017
- Thursday, November 9, 2017

Dinner Meetings: held throughout the year with some CEU opportunities. Upcoming dinner meetings: start at 6:00 pm and include a brief meeting.
- Wednesday, May 17, 2017 Topic: GYN Where: Linwoods Restaurant, Owings Mills
- Tuesday, July 18, 2017 Topic: TBA Where: To be announced, CEU’s included Non Chapter Sponsored
- Thursday, August 17, 2017 Topic: All about the Crab, (no speaker) Members Only Where: Conrad’s
- Tuesday, October 3, 2017 Topic: TBA Where: TBA
- Wednesday, December 6, 2017 Topic: TBA Where: Ruth’s Chris Steak House, Pikesville

Information: Nancy Corbitt does a fantastic job with programs and asks that you sign up early which can be done through PayPal or Credit Card via: http://gb.vc ons.org/calender  Sign up early: spaces go quickly. Cost of the meetings are $15.00. Come prepared to support our Community Outreach and the 50-50.

Upcoming Events:
- Saturday, June 3, 2017  Relay for Life, please join us. Information is found on page 6. We want to let the community know who we are. GBCONS shirts are still available if you want to have one to wear for the relay. Contact Bek for Relay info and Trisha for a shirt @: gbcons2014@gmail.com
- Saturday and Sunday, September 23-24th, 2017  GBCONS OCN Review~ share this information with your coworkers, it is an exceptional program.
- Saturday, October 21, 2017  GBCONS 14th Annual NYC Bus Trip~ contact: mcfaden.maryellen@gmail.com
- Friday, November 17, 2017  GBCONS Basket Bingo~ Where: St. Joseph Church, Fullerton
GBCONS Board Members 2016

President  
Ruth Evans
Secretary  
Mary McQuaige
Treasurer  
Gina Szymanski
Directors at Large  
Rebekah Adams, Peggy Torr, Mary Ellen McFadden

And meet the rest of the board:

Sallie Brovitz-Palmer, Nancy Corbitt, Lisa Malick, Sally Myers, and Barb Van de Castle, Trisha Kendall, and Sally Brown

Board meetings:  Held quarterly at Franklin Square and are open to chapter members

GBCONS now in its 34th year:  As always we thank everyone for their time and efforts making this such a wonderful chapter.  This has been a busy few months with many members preparing lectures, abstracts and posters for this years ONS Congress which we will highlight in our June edition.  Our 2017 February Symposium: Focus on a Culture of Safety and Advocacy was a great success and well attended.  The advocacy panel was wonderful.  Mary Ellen, Onyine, Trisha, Ruth and Nancy presented and recapped their experiences related to ONS Hill Day, the cancer “Moonshot” Initiative, meeting Vice President Biden and new bills being passed.  You presented with such passion which in turn got the whole room excited.  How wonderful that we, GBCONS have been a part of it.  Brenda’s presentation Assessing and Preventing Critical Situations was fabulous and has a way of making it all look so easy.  Cheryl Connors piece on Support for Second Victims was great.  It was thought provoking, and touched each of us.  Many of us have had the personal misfortune of being the “second victim”, with little to no support.  I thank the planning committee for making this such a great day.  Our March Dinner meeting was also terrific.  Todd Milliron did a wonderful job presenting on Multiple Myeloma.  So with that said the year is young.  Please take the time to find your passion and get engaged.  Join us at a board meeting, and definitely get out and walk with us at the Relay for Life on June 3rd.  For those of you who have the privilege to at attend this 42nd Annual ONS Congress have, a great time.  We are so proud of all your accomplishments and look forward to your stories.

Editor:  Peggy E. Torr RN, BSN, OC
Contact me:  pegtorr@comcast.net

Congratulations to our 2017 ONS Congress Scholarship Winners:
Christina Board  RN, BSN, OCN  University of Maryland Medical Center
Timothy Cameron  RN, BSN  Johns Hopkins Hospital

We will looking forward to your article’s sharing your congress experience.

2016 Basket Bingo
The numbers are in and we really should be proud ~ the money raised
by our wonderful signature event for
Hopewell Cancer Support
$3240.00
www.hopewellcancersupport.org

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