



*Volume 63 Issue 3*



### *PRESIDENT'S CORNER*

Brittany Waller, MS, RN, OCN

Hello Greater Kansas City ONS!

Our chapter has had a busy spring and summer and I'd like to highlight some activities our members have participated in!

**Annual Banquet** – Thank you everyone for attending our annual spring members banquet! We had a great turn out for a fun time at a fantastic venue! (see pictures).

**2018 ONS Congress** – This year congress was held in Washington DC from May 17-20. We had a great group representing Kansas City! Our chapter also had several individuals speaking! Speakers included:

Stephanie Hammontree with the University of Kansas Cancer Center: Promoting the role of the Oncology Nurse: Development of an Undergraduate Nursing Student Oncology Internship

Jamie Leopold, Nicole Munday, and Coralie Pickert with the University of Kansas Hospital – End-of-Life Simulation for the Novice Nurse

Jamie Myers PhD, RN, AOCNS® with KU School of Nursing about the ONS Foundation's support through funding for her study "Qigong Intervention for Breast Cancer Survivors with Complaints of Cognitive Dysfunction" and participation in the ONS Foundation Nurse Scientist Intensive which involved a mock-section review of our grant proposal for the NCI. This presentation was a prelude to the Mara Mogensen Flaherty Lectureship.

Be sure to read about some of our members experiences attending congress! Our chapter chose to award 3 members free registration cost to attend congress. Next year it could be you! Stay tuned next spring to learn how you can submit to win free registration next year! Also – check out some of the pictures!

**Cancer Survivor's Day – June 3<sup>rd</sup>** – Our chapter was asked to show our support for Kansas City cancer survivors at the annual Cancer Survivor's Day. This year Gilda's club sponsored the event. We hope to see you next year! (See pictures)

**Volunteering with Harvesters! June 16<sup>th</sup>** – Some of our members and dedicated significant others volunteered at Harvesters sorting various donations of food and other essentials to needy families in our community. Thank you to everyone who participated! We hope to volunteer more in the future! (see pictures).

**Meetings with our local state representatives** – During the month of June, our ONS National Lobbyist/activist Alec Stone, who spoke for us at our January meeting, coordinated meetings with 2 of our local state representatives. The goals of the meetings were to establish relationships with these offices, in hopes that the nurses of our chapter can be a resource and source of expert opinion regarding issues that impact our community. Yvonne Ward, representing the state of KS, had the opportunity to meet with Rep. Kevin Yoder's staff, representing the state of MO Erin Leever and myself had the opportunity to meet with Rep. Emmanuel Cleaver's staff to discuss important. We hope this is the start of many more opportunities! If you are interested in being a legislative liaison for ONS, email Brittany Waller!

Now, we look forward to the rest of the summer and Fall! Thank you everyone and thank you for being oncology nurses!

Respectfully,

Brittany Waller

## ONS Congress 2018

# ONE NURSE. ONE MOMENT.

# ONE ACTION.

*This year we were able to assist three of our amazing members to attend congress!*

I wanted to take this opportunity to thank our local GKCCONS for the financial help to attend ONS Congress in Washington, DC this year.

My fellow oncology nurses and I were on the go from the minute we arrived. If you have not had the opportunity to attend Congress I strongly recommend going.

The theme this year was **One Nurse, One Moment, One Action.**

Thursdays opening ceremony was exciting. The keynote speaker Lee Tomlinson gave a presentation on *The Naked Truth About Compassion ...Revealed*, it was so inspiring as he told his story as a cancer patient (all while wearing a hospital gown). If you have never heard his story it is available on YouTube titled *Finding Your Summit*. I was able to customize my schedule to suit my interests and there was much to choose from, I couldn't possibly attend everything I wanted, but I tried. On the first day I attended a presentation on symptom management, getting patients moving, a lunch presentation with Joan Lunden about being a cancer warrior, a clinical chat on oral anti-cancer agents, an abstract on proactive assessments, a session on professional incivility, and that evening I attended The Extraordinary Healer Award for Nursing Oncology dinner with Robin Roberts from Good Morning America, and this was just the first day! The second day I attended a 6 am breakfast on Identification and Management of Adverse Events in Cancer Immunotherapy that was awesome and continued attending amazing sessions until 7:30 pm ending the day with a presentation from a 21-year-old athlete who was diagnosed with lung cancer. Alas, on Saturday we slept in until 8 am but we were still able to attend plenty of educational sessions.

Attending ONS Congress this year was the most motivating, encouraging, edifying thing I have ever done. It renewed my commitment to nursing and recharged my nurse battery. I strongly encourage anyone who ever thought they would like to attend Congress to sign up next year for Anaheim. Thank you again for the opportunity to attend the ONS 43<sup>rd</sup> Annual Congress.

Brenda Sander, BSN, RN, OCN

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I want to thank the chapter for allowing me the opportunity to attend Congress in DC. DC is a great place to visit but it is even better when you get to spend time with and learn from amazing oncology nurses! I attended so many great sessions, from radiation, nurse navigation, immune therapy, genetics and the inspirational opening session there was so much information to take in and peak my interest to learn more. I was greatly inspired to impact change in government after hearing Alec speak in the ONS booth and I am excited to learn more about how I can advocate for my profession that I love! While I am not currently taking

care of patients with cancer, oncology will always be where my heart is, and I hope to get back to it at some point. Oncology nurses are phenomenal and a true inspiration. My favorite non-conference experience was witnessing a man do various fitness activities in the street while I enjoyed breakfast at a French bistro. Who knew you could fit a "gym" in your car?!

Kristy Reynolds, MBA, MSN, RN-BC, CPON, OCN

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This was my second time attending the ONS Congress. I attended the first time 5 years ago, just a few months after switching from Labor and Delivery to Oncology. (Thank you, breast cancer, for that nudge!) That first congress was so overwhelming! I enjoyed it, but it was all so foreign to my fetal-monitor-reading, APGAR-scoring, cervix-checking mind that I barely knew what to do with all the information.

This time, I went with more focus. I wanted to attend the APRN sessions and any breast cancer specific events, but I also found myself learning a lot about opioids, survivorship and other "hot" topics. My focus grew while I was there and found more and more things to learn! The motivational sessions were also a great way to recharge and reconnect with the spirit nursing. The noon-time yoga was amazing!

Thank you to the local chapter for the scholarship. It made a big difference. And thank you to Lori Ranallo and the team who pulled together the Post-ONS Congress Review. I doubt that I will be able to attend Congress next year, so I will anxiously await the 2019 Review.

Gina Shay-Zapien, MSN, APRN, AONS

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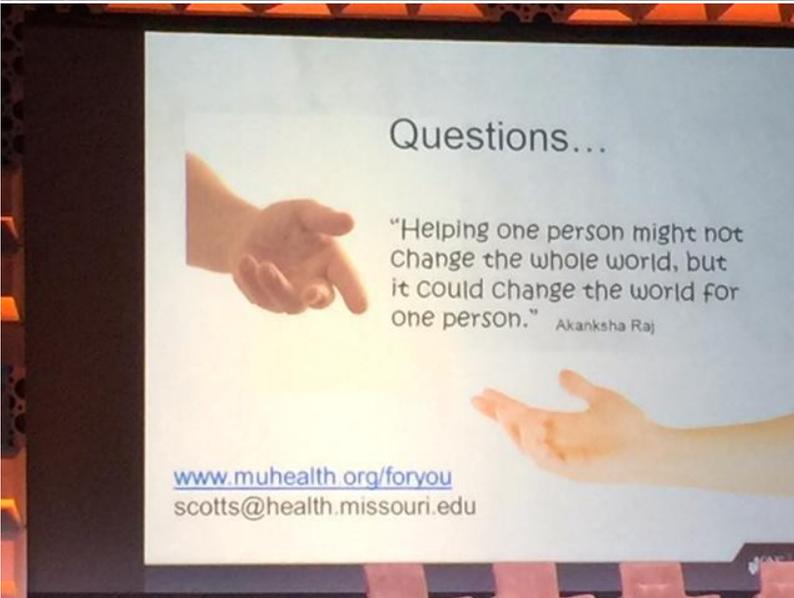


**Our very own Lindsey Norris from the University of Kansas Cancer Center showing us daily what Living with Cancer is all about!**



**And a few shots from Washington DC and Congress!**





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**The 2018 Annual Banquet was a huge success thanks to all the hard work done by Diann Godbey, Jennifer Roggy and Erin Shonkwiler. Great job ladies!! The food and Jonna's Body presentation were amazing!! We presented our very first ONS Nurse Champion award to Brittany Waller. Congratulations Brittany!**

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## Cancer Survivor's Day



### Upcoming Events:

University of Kansas ASCO Review	July 14, 2018	Overland Park Sheraton
ONS Meeting	August 28, 2018	Location to be determined
Light the Night	September 15, 2018	Overland Park
Get Your Rear in Gear	September 23, 2018	Zona Rosa
Relay for Life	September 5, 2018	Overland Park
Race for the Cure	October 6, 2018	Black and Veatch Headquarters
ONS Fall Vendor Fair	October 20, 2018	Location to be determined

**Please let us know of any upcoming events we missed!**

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## Member's Corner

**...and just so we don't forget that it's the little things....**

### **All that and a PB&J**

By Beth Harvey, RN, BSN, CHTC, BMTCN, Lead Blood & Marrow Transplant Coordinator

During my almost 25 years in the field of blood and marrow transplant (BMT), my career has given me the opportunity to see incredible growth, yet some things remain the same. The care that is taken of the patient must always come first. Patients should never feel that they are being ignored or forgotten, however, as nurses, we all know that sometimes it does happen and that often it is the littlest of things that can make the patient feel that way.

I have been a BMT staff nurse, managed an outpatient clinic, performed peripheral stem cell collections, donor lymphocyte collections, therapeutic plasma exchanges, Prosorba columns, marrow harvests and transplant coordination. I always have prided myself on my ability to find any vein and stick someone, to my attention for detail and my finely-honed nursing assessment skills! Yet, from the time I was a staff nurse years ago, I learned a valuable lesson of the fact that the littlest things can make all the difference. We are not talking necessarily what someone would consider the "nursing" type of things, but just something that tells the patient that they are important.

Years ago, I had a young man who was diagnosed with acute leukemia that was admitted for a haplo-identical transplant. I took care of him every day that I was on, this was my patient. I hung his chemotherapy, transported him to TBI, changed his lines, and stayed with him when he would react to his amphotericin and to his anti-thymocyte globulin. I hung his TPN and lipids when he couldn't eat, helped him to the shower when he was too weak to go on his own (and too obstinate to not try) and placed that difficult intravenous line in one try when his hickman line fell out. In my humble opinion, I rocked his care right out of the park.

I was called into my manager's office when this patient was discharged for a compliment card that he had left. I just knew it was going to be something that would tell my manager that my skills were second to none, had never before had a nurse done everything so well and so right! However, it was because of a very simple thing that I had done one night. He had been taken off TPN and was still having issues with nausea and vomiting but wanted to try to eat. Nothing had looked (or smelled) good on his tray and now it was 11 pm and he finally felt that he could keep something down. With dinner a long-time past being served, and the cafeteria closed, I made him a peanut butter and jelly sandwich. To me, this was no huge effort that I put forth, but for this patient, that is what he remembered about his 8 weeks stay in our transplant unit. He told my manager that he would never forget that I took time out of a busy schedule to make him a sandwich.

Nursing is not always about critical thinking skills, education, certifications or our technical skills, but it is about the care that we take of our patients on a human level. It is the comfort that we provide to them, physically and emotionally. Out of my 25 years, this is probably what has stayed with me the most as it reminds me that sometimes the most insignificant of

interactions, or those that we feel are insignificant, can have the biggest impact on our patients. Nurses should embrace all aspects of taking care of patients. Leo Buscaglia said it best when he wrote; "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around".

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***Save the Date***

***Fall Education and Vendor Fair 2018***

***October 20, 2018***

***Location to Be Determined***

***Please Join Us!!!***

**MARK YOUR  
CALENDAR!**

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## ONS Board Members 2018

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