



CHAPTER CAPSULE

Celebrating 30 Years

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Providing optimal care through promotion of professional standard, networking and development

HUMOR AND HEALTH

GAYLE SNIDER, RN, MSN, OCN

“THE ART OF MEDICINE CONSISTS OF KEEPING THE PATIENT AMUSED WHILE NATURE HEALS THE DISEASE.” *Voltaire*

Doesn't Voltaire make the task of injecting humor into almost impossible situations sound as easy as removing the wrapper from a Reese's Peanut Butter Cup? Medical professionals, no matter their specialty areas, all face the challenge of appropriately incorporating all of the care giving tools they have accumulated throughout their years of medical exposure and experiences. Oncology nurses are certainly no exception to that rule. There are many who would argue that the job of oncology nurses ranks quite high on the "Richter scale" of job difficulty. Not only are there the obvious rigorous physical demands of performing oncology duties, but compounding the difficulty of oncology care is the emotional component of providing care for those with potentially terminal illnesses.

One of my favorite plaques that hung in our home as we were raising our children read: "Children need love the most when they deserve it the least". So true! The same principle applies to humor. It seems that humor is needed most when we feel least able or inclined to produce it.

As with all situations in life, timing is everything. A cancer diagnosis is not a laughing matter. A newly diagnosed cancer patient would most certainly not be the optimal candidate for humor. Receiving a cancer diagnosis is, for most patients, the most trying and frightening experience they have ever had to face. Patients' immediate concerns at this time are centered around issues such as survival, treatment, comfort, finances, and family issues. Once patients have adjusted to their diagnoses and treatment regimens, patients may be able to benefit from humor.

Humor therapy is recognized as one of the alternative therapy modalities, along with aromatherapy, music therapy, and healing touch, to name just a few. Humor therapy is the use of humor to promote overall health and wellness. It aims to use the natural physiological process of laughter to help relieve physical or emotional stress or discomfort. (Worldwide web, 2012)

Humor has been used in medicine dating as far back in history as the 13th century. Studies do not support the idea that humor can cure cancer, but studies conducted in the 20th century concluded that episodes of laughter helped to reduce pain, decrease stress-related hormones and boost the immune system. (Worldwide web) This can then lead to an improved quality of life by

enhancing pain relief, relaxation, and stress reduction. Humor is also thought to stimulate the circulatory system and immune system as well as other systems in the body. There are several types of humor that can be utilized to promote wellness. Passive humor involves looking at or watching some type of prepared media such as a movie, book, or a stand-up comedian. Spontaneous humor or unplanned humor involves seeing humor in everyday life. (ACS, 2008)

As with all therapy involved with cancer, the question must come up as to the side effects or negative effects of humor therapy. Used inappropriately to avoid painful situations, humor can be harmful, but otherwise, humor is a safe therapy for cancer patients.

So you may ask, where can I find sources to use in my practice? The world is your oyster! You just have to seek out the humor in life. If you want to utilize passive humor, the world wide web is a great help: <http://www.aath.org/> Association for applied and therapeutic humor where their mission is to serve as the community of professionals who study, practice, & promote healthy humor & laughter.

http://www.ehow.com/how_2060507_use-laughter-therapy.html is an e-how to for laughter therapy or just go to YouTube and search humor therapy and prepare to giggle! But if you are looking for spontaneous humor, you just have to look inside of yourself and find the humor around you, it's there, you just have to find it!

“IF TAKING VITAMINS DOESN'T KEEP YOU HEALTHY ENOUGH, TRY MORE LAUGHTER: THE MOST WASTED OF ALL DAYS IS THAT ON WHICH ONE HAS NOT LAUGHED.”

Nicolas-Sebastien Chamfort

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FROM THE EDITOR CAROLE BAUER, ANP-BC, MSN, OCN®, CWOCN



I read with interest a recent editor's note in the ONS Connect where Debra Wejcik discusses the recent IOM report and how it supports nursing efforts to improve care. The Institute of Medicine IOM is an independent not for profit organization that provides advice based on evidence to decision makers and the public. This organization has produced a number of reports over the last decade that have had a great impact on health care. These include: Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care, From Cancer patient to Cancer Survivor: lost in Transition and A National Cancer Clinical Trials System for the 21st Century: Reinvigorating the NCI Cooperative Group Program.

The recent report, *The Future of Nursing: Leading Change, Advancing Health*, published in 2010 in conjunction with the Robert Wood Johnson Foundation has now been chosen by ONS as a topic for discussion. This report can be retrieved online at: [http://www.iom.edu/reports/2010/the-future-of-nursing-](http://www.iom.edu/reports/2010/the-future-of-nursing-leading-change-advancing-health.aspx)

[leading-change-advancing-health.aspx](http://www.iom.edu/reports/2010/the-future-of-nursing-leading-change-advancing-health.aspx). It is an informative document with many recommendations for advancing health. In the summary, the document states: This report offers recommendations that collectively serve as a blueprint to (1) ensure that nurses can practice to the full extent of their education and training, (2) improve nursing education, (3) provide opportunities for nurses to assume leadership positions and to serve as full partners in health care redesign and improvement efforts, and (4) improve data collection for workforce planning and policy making. Yet, as ONS has discussed these recommendations with nurses around the country they have found that nurses feel that these recommendations may be difficult to implement. ONS has many resources that can address the four action areas. These resources can be found at www.ons.org/media/ons/docs/LAC/iomfuturenursg.pdf.

I encourage you to read the IOM report and then look at the resources that are available through ONS and find out just how you can lead the change and advance health.

PROGRAM COMMITTEE UPDATE

All meetings start at 5:30 (unless otherwise noted) with dinner and at least 1 free CE

JANUARY 8, TUESDAY

Patient Prognosis: Public Policy Issues Affecting Patients in 2013
Jen Johns, MPH – National Patient Advocate Foundation
Karmanos Weisberg Canter
31995 Northwestern Highway, Farmington Hills

FEBRUARY 6, WEDNESDAY

23rd Annual Updates in Oncology Nursing
Silver Garden Events Center
Southfield

MARCH 12, TUESDAY

Optimizing Outcomes in Hormone Positive Breast Cancer Patients
Complements of IMER
St. John Van Elslander Cancer Center, 22101 Moross Road, Detroit

APRIL 9, TUESDAY

Pain and Culture
Joint meeting with Social Workers
American Cancer Society Office
20450 Civic Center Drive, Southfield

MAY 14, TUESDAY, 5 PM

Annual President's Dinner
You CAN Teach a Pig to Sing – Create Great Relationships ... with Anyone, Anytime, Anywhere
Mary Jane Mapes
Peking House
215 South Washington Avenue, Royal Oak

JUNE 12, WEDNESDAY

Everything you want to know about Amyloidosis (But didn't know to ask!)
Steve Burt, CNP
Karmanos Cancer Institute, Auditorium

SEPTEMBER 10, TUESDAY

Laparoscopic Cancer Surgery
Dr. Michael Jacobs
Providence Hospital, 16001 W 9 Mile Rd, Southfield
Café D lower level, park in front of hospital, visitors' lot

OCTOBER 9, WEDNESDAY

TBA
Topic and place to be announced

NOVEMBER 12, TUESDAY

Cancer Rehab
William Beaumont Hospital, Royal Oak,
Beaumont Hospital, Administration Building
3601 West 13 Mile Road, Royal Oak

DECEMBER 3, TUESDAY

Holiday Party
Jimi's
714 South Washington Avenue, Royal Oak

For any last minute questions, weather cancellations, etc., please call Deborah Olszewski at work 313-576-8687 or cell 248-245-6670

HIGHLIGHTING A MEMBER: MELISSA JAMES, BSN, RN



This month I had the good fortune of interviewing Melissa James, BSN, RN for the MDONS newsletter. Melissa earned her Bachelor's degree in Nursing from Madonna University in Livonia, MI. She has worked as a nurse for the past five years, all of them spent in oncology.

Prior to her exposure to the specialty of oncology, Melissa was

interested in working in infectious diseases. A colleague suggested she look into working with bone marrow transplant patients. This group is so immunosuppressed, many people contract viruses and infections. Since she did not know much about bone marrow transplant, Melissa thought this specialty would also be a great learning experience and a challenge. She is currently working on the bone marrow transplant unit at Karmanos Cancer Center in Detroit.

Melissa loves being a nurse. One of her favorite aspects of the profession is the trust that patients have in you. Many people share intimate details of their lives that often their family members and loved ones do not know about. This is an honor that is frequently bestowed on nurses.



Melissa credits caring for one of her first bone marrow transplant patients as a defining event that has positively impacted her career. The patient was a friend and church member of her family. She did not even know the person was ill until she was admitted to Melissa's floor. Being allowed to experience the emotional and spiritual rollercoaster with the patient and her family was an event that will stick with Melissa forever. She knew, after caring for this particular patient, that BMT was what she wanted to do.

Melissa enjoys the educational aspect of being a member of MDONS. Since she is always looking for ways to continuously educate herself, MDONS gives her that opportunity in her own backyard. For Melissa, one of the biggest benefits of being a member of MDONS is having the opportunity to meet all of the other nurses who are members (whom she may not have met if she wasn't a member).

When Melissa is not caring for patients, she enjoys spending time with her significant other, Kevin and their dog, Angus (who is their son). Melissa, who resides in Bloomfield Hills, is an avid couponer and she has played the piano and violin since she was 5 years old.

It was a pleasure to meet and learn about Melissa James. She is someone who values her career as a nurse and truly understands what an impact nurses can make in the lives of patients.

ALICIA PICCOLO, MSN, RN, AOCNS

CJONPlus Podcasts... Listen Now or Download for Later!

CJONPlus podcasts highlight articles from the Clinical Journal of Oncology Nursing (CJON) to help supplement your educational experience. The podcasts feature insightful and informative interviews with CJON authors that expand on the topics and questions raised in ONS's clinical journal. Listen instantly at your computer or download to your iPod or MP3 player. Check out a CJONPlus podcast today! <http://www.ons.org/Publications/CJON/Features/CJONPlus>

Congress Is the #1 Conference for Cancer Nurses!

Register now for the ONS 38th Annual Congress. May might seem like it's a ways away, but why wait? Make your plans now for the biggest and best oncology nursing conference around. Get the latest cancer nursing education, connect to almost 3,500 of your peers, and celebrate the work that you do each and every day.

Controversial Cancer Screening Guidelines Can Help Nurses Start the Screening Conversation

The controversy over prostate cancer screening guidelines heated up last November, when the U.S. Preventive Services Task Force (USPSTF) advised the elimination of routine prostate specific antigen (PSA) screening for prostate cancer in healthy men.

To read more go to <http://www.onsconnect.org/2012/08/editorsnote/controversial-cancer-screening-guidelines-can-help-nurses-start-the-screening-conversation>

FROM THE PRESIDENT MICHELLE WALLACE, BSN, RN, OCN®



It is unbelievable that the holiday season has already past us! I often feel as though I am in a marathon when making preparations for the holiday festivities. Whether it is filling the schedule with holiday gatherings, trimming the tree or going on shopping excursions, time passes quickly. While it is easy to feel as though there are not enough hours in the day, it is important to enjoy the moments that are shared with family and friends. This prompts me to impart the following quote:

“THE BUTTERFLY COUNTS NOT MONTHS BUT MOMENTS, AND HAS TIME ENOUGH”

Rabindranath Tagore

With that being said, it has been a pleasure to serve as MDONS president during the past twenty-four months. The experience has been rewarding both personally and professionally. In looking back over this time, I shall recall the many memorable moments.

>> IN LOOKING BACK OVER THIS TIME,
I SHALL RECALL THE MANY
MEMORABLE MOMENTS. <<

Despite the busy schedules, agendas and other commitments, our members continued to find time to support the chapter in a variety of ways:

- Attend monthly membership meetings and annual oncology conference.
- Participate on various MDONS committees.
- Provide Tar Wars education for elementary students.
- Maintain membership and encouraging others to join the chapter.
- Determine the future leadership by voting in the local and national elections.
- Engage in the legislation through involvement with COMON and RN-AIM.
- Applying for the available awards and scholarships.

In addition, several members are also engaged in activities at the national level:

- Serve on ONS committees, ONStat and SIGS.
- Authors of articles published in professional nursing journal articles.
- Oral or poster presentations at Congress and other ONS-related conferences.
- Nominating peers for the ONS Excellence Awards.
- Reviewer, item writers and participant for special projects.

Because of you, many moments were created that promoted the success of our chapter. Despite all your responsibilities, you still had time enough to make significant contributions to oncology nursing. As the result of the amazing talent, skill and diligence of our members, we were the recipients of several ONS awards.

Thanks to you, MDONS is perceived to be an outstanding chapter. We endeavor to achieve our goals and support our mission of promoting excellence in nursing

and quality care, and to do our part to facilitate ONS in their quest to achieve their vision to be the leader in the transformation of cancer care.

Thank you for the opportunity to serve as president. While this experience has enhanced my professional development, I have been most enriched with the formation of a new and expanded network of friends. As individuals, you are to be commended for your personal and professional achievements. Collectively, MDONS is comprised of a dynamic, diverse and indispensable group of oncology nurses.

“INDIVIDUALLY, WE ARE ONE DROP.
TOGETHER WE ARE AN OCEAN”

Ryunosuke Satoro

Veno-Occlusive Disease Is the Most Common Hepatic Complication in Stem Cell Transplants

Although blood and marrow transplants can save patients' lives, they can also result in numerous complications, including infections, renal failure, and liver complications, such as veno-occlusive disease (VOD). VOD can occur in as high as 70% of patients and is the most common hepatic complication in the immediate post-transplant period. Read more at <http://www.onsconnect.org/2012/11/5min/veno-occlusive-disease-is-the-most-common-hepatic-complication-in-stem-cell-transplants>

Manage Side Effects of Cabazitaxel in Patients With Castrate-Resistant Prostate Cancer

Although prostate cancer is still the most common type of non-skin cancer in American men, thanks to widespread use of prostate-specific antigen testing, more prostate cancers are being diagnosed in localized, early stages. Today, only about 4% are diagnosed in advanced, metastatic stages. Read more at <http://www.onsconnect.org/2012/09/5min/manage-side-effects-of-cabazitaxel-in-patients-with-castrate-resistant-prostate-cancer>

The Chapter Capsule

...is a publication of the Metropolitan Detroit Chapter of the Oncology Nursing Society. MDONS is devoted to improving the quality of care given to patients experiencing cancer. This newsletter is published four times a year, in spring, summer, fall and winter. Letters and articles from members are welcomed. All material is subject to editing for space and clarification. Neither the Metro Detroit Chapter nor the ONS National Office assumes responsibility for opinions expressed herein. Acceptance of manuscripts does not indicate or imply endorsement. Materials may be submitted to:

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NEW RENEWAL ONE YEAR \$20.00 3 YEARS \$50.00

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