

## Educational Offerings

### FREE CONTINUING EDUCATION WEBSITES

- Cemedicus.com
- Powerpak.com
- Cmecorner.com
- Nurseceu.com
- Primeinc.com
- Medscape.com
- Baxter.com
- Meniscus.com
- Pain.com
- Freemedcme.com
- Ukyce.com
- Nursingceu.com 1.5 CEU Hand Hygiene
- Diabetes.org
- Cmelist.com
- Theheart.org
- Nursingmatters.com
- <http://www.kiprc.uky.edu/trap/agro/index.html> Antiterriosim CEU
- <http://nursingworld.org/mods/mod725/cedecfull.htm> American Nephrology Nursing Association free CEUS
- Mededcenter.com/lessons.asp 4CEU (click on pain, assessment & treatment, scroll down, click on "take test," register to create a user name and password, take the test, print CEU certificate!)
- Mededcenter.com/lessons.asp 4 CEU (click on head to toe assessment, scroll down, click on "take test," register to create a user name and password, take the test, print CEU certificate!)

American Nurses Credentialing Center (ANCC) Certification 800-284-2378 or [www.nursecredentialing.org](http://www.nursecredentialing.org)

Visit [www.CE4Nurses.org](http://www.CE4Nurses.org) and complete CEs in the privacy of your home. Many topics including the required 1.0 legal requirement.

**Check out even more CEU offerings at**  
[www.medicalcareersource.com](http://www.medicalcareersource.com)

Registered Nurses Association of the  
University of Cincinnati Medical Center  
PO Box 31206  
Cincinnati, OH 45231

RNA  
Registered Nurses Association

*Address service requested*

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January 2015

Strength Through Solidarity



# RNA

Registered Nurses Association

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Cincinnati, OH 45231

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## The News Flash

### Save the Dates & Mark Your Calendars

#### 2015 RNA General Membership Meeting Dates

January 13

April 14

July 14

October 6

#### Upcoming Unit Organizer Meetings

February 3

March 24

***All meetings are 6P-9P at Mecklenburg Gardens, 2nd floor***

*Appetizers and non alcoholic drinks provided*

*These are drop in times, not required to stay entire time*

*Mecklenburg Gardens is just 3 blocks from the Emergency Dept. entrance*

#### ONA Biennial Convention

The ONA convention will be held October 9-11, 2015, at the Hilton Polaris in Columbus, Ohio. All RNA members are allowed to attend. If you would like to inquire more about convention, please contact RNA. New and old members, this is a great way to see what ONA is all about.

## From the VP

We have been hard at work over the past two years getting prepared for 2015 Contract Negotiations. We ask that all of you take an active role in your union so we can get the most out of our upcoming contract. Please start with attending our General meeting on January 13. If you never have attended a meeting there is no better time than now. We are actively seeking those interested in being a part of the 2015 Negotiating team. All experiences are welcome from those brand new to the experience of a negotiating team to those with 30+ years of experience and multiple negotiating teams, and from all areas of UCMC.

We are contacting everyone to make sure your units are signed up and scheduled to meet with the RNA officers regarding the 2015 Contract and what concerns or issues they have with the current contract. Units that are signed up so far have flyers hung on their individual units stating what time and where your meetings will be held. If your unit does not have a flyer or not sure if they have signed up please contact RNA so we may hear what concerns your unit has. All meetings need to be held no later than end of February 2015. Please contact RNA to setup a meeting or to find out more information.

Robert Weitzel  
RNA Vice President  
Office: 513-584-1171  
Cell: 513-926-2161

## RNA Rounding Throughout the

RNA has been rounding through UCMC for the last two months. We want to be more visible to our members so you can put a face with our name. We have been starting at either 5am or 11am on every other Monday to see how are members are doing and to give important information out to all of you. We are meeting in your break rooms and nurses stations. We are not attempting to disrupt patient care in any instance. If you see RNA or ONA members walk on the unit please take a few minutes to meet with us so we can update you with what is occurring in the Hospital. We are in the process of having some of our Unit Organizers assist with rounding so we can address concerns or issues you may have, in a timely manner. If you would like to assist with rounding or would like to find out more, please contact RNA. If you have not seen us rounding in your area yet, please feel free to contact us so we may arrange getting up to see your unit.

## RNA Website

RNA website constantly has new updates and additions monthly. Take a few minutes to visit us at [www.cincynurses.org](http://www.cincynurses.org).

If you have recently moved or have a new phone, please take a few minutes to update your information on our website under Member Updates tab.

## Unit Organizers

RNA has been full steam ahead in the past few months with making sure all of our members are well informed with what RNA is up to. One way is with are Unit Organizer group. Unit Organizers are a liaison between RNA officers and RNA members, their goal is to keep on-going communication between both of these entities. We have 25 Unit Organizers throughout the house and we are hoping to double or even triple those numbers by the first of March 2015. If you want additional information or would like to join please contact RNA.

## Community Outreach

RNA has been working with Cincinnati Public Schools to promote Health and Wellness to the youth in Cincinnati. A few programs we have been working with are Riverview East School (East side) Junior Nurse Program. We are looking for nurses to help teach health and wellness to 5th and 6th graders for 30 minute classes from 4pm to 4:30pm on every other Tuesday throughout the school year. Cincinnati Public schools are looking for nurses to also assist with health and wellness screenings as well as flu shots to students throughout the year. Please contact RNA if you would like additional information. Hours do count toward professional development for Clinical Ladder and are a great way to help out our community.

## Labor Humor

### Want a Day Off Work? Your Boss Responds

So you want a day off? OK, let's take a look at what you are asking for. There are 365 days per year available for work. There are 52 weeks per year in which you already have 2 days off per week, leaving 261 days available for work. Since you spend 16 hours each day away from work, you have used up 170 days, leaving only 91 days available. You spend 30 minutes each day on coffee break, which counts for 23 days each year, leaving only 68 days available. With a one-hour lunch each day, you used up another 46 days, leaving only 22 days available for work. You normally spend two days per year on sick leave. This leaves you only 20 days per year available for work. We are off five holidays per year, so your available working time is down to 15 days. We generously give 14 days' vacation per year which leaves only one day available for work and there's no way we can give you that day off!

## Facebook and Twitter

We have moved to social media. Please like us on Facebook and add us to Twitter. We have quick links located at the top of our website to easily add us. Contact us if you have any issues signing up.

