

THE FLORIDA NURSING



FALL 2016 • VOL. 2 ISSUE 4

QUARTERLY

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Annual
Meeting
Recap**

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A Matter of Public Safety

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Click Provider Services and Manage your License

DEPARTMENTS

4 Board Members

6 Message from the Chair

8 From the Desk of Joe Baker, Jr.

30 Calendar of Events

FEATURES

10

Annual Meeting of the National Council of State Boards of Nursing (NCSBN)

The 2016 NCSBN Annual Meeting was held August 17th-19th in Chicago, Illinois. The theme, Leading Transformation: Architects of Nursing Regulation flowed...

12

Human Trafficking: A Matter of Public Safety

Human trafficking has become an increased concern not only in Florida, but globally. According to the Florida Coalition Against Human Trafficking, human trafficking...

14

Pre-Determination of Eligibility

Our office frequently receives inquiries regarding eligibility for licensure from prospective applicants. While we are able to provide information related to basic qualifications for licensure, we are unable to ascertain future eligibility...

16

Frequently Asked Questions

Do you have a question for the editor? Feel free to contact us at info@FloridasNursing.gov.

18

Employee Spotlight

The Florida Board of Nursing is pleased to welcome Sheronda McMillan to their management team. Sheronda was promoted from within to Regulatory Supervisor of the ARNP/CNS team within the Licensure Unit.

22

NCSBN Makes Substance Use Disorder Educational Courses Free to Nurses and Nursing Students

The National Council of State Boards of Nursing (NCSBN) Board of Directors (BOD) voted to provide NCSBN courses "Understanding Substance Use Disorder..."

24

Making a Disaster Supply Kit

A disaster supply kit for your home or an evacuation should include items in six basic areas: (1) water, (2) food, (3) first aid supplies and medications, (4) clothing...

26

Family Disaster Plan

Develop a family hurricane preparedness plan before an actual storm threatens your area. If your family hurricane preparedness plan includes evacuation to a safer location for any of the reasons specified with in this web site, then it is important...

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4052 Bald Cypress Way
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Tallahassee, FL 32399-3252
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The Florida Board of Nursing licenses, monitors, disciplines, educates and, when appropriate, rehabilitates its licensees to assure their fitness and competence in providing health care services for the people of Florida. The sole legislative purpose in enacting the Nurse Practice Act is to ensure that every nurse practicing in Florida meets minimum requirements for safe practice. It is the legislative intent that nurses who fall below minimum competency, or who otherwise present a danger to the public, shall be prohibited from practicing in the state of Florida.

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Glymph**
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ARNP, LTC, USAR
RN Seat



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message

from the

BOARD CHAIR

JODY BRYANT NEWMAN, EDD, EdS

ABOVE AND BEYOND

As I reflect on my experiences as a consumer member of the Florida Board of Nursing, I can definitely say that the education I have received as a board member has been ‘eye opening.’ As a teacher and administrator, I understand the importance and relevance of a highly structured, organized, and efficient operation but until I became a member of the Board—I had limited opportunities to witness this concept in practice ‘up close and personal.’ I now know that while it may appear that the Board moves at a ‘cautious’ pace—this methodical process is critical to accomplishing our overall objective of, “licensing, monitoring, disciplining, educating and, when appropriate, rehabilitating licensees to assure their fitness and competence in providing health care services.”

As those in the profession know, the duties of the Florida Board of Nursing are many and varied with the primary responsibility of safeguarding the health and well-being of the residents in the state of Florida. Each and every board member, board staff, legal advisors, and Department of Health associates work diligently to ensure that all Floridians and visitors receive the best nursing care possible.

The Board (which consists of up to 13 members: seven Registered Nurses who have been engaged in the practice of professional nursing at least four years (one must be an advanced registered nurse practitioner, one must be a nurse executive, and one must be a nurse educator member of an approved program); three Licensed Practical Nurses who have been engaged in the practice of practical nursing at least four years; three consumer members who have never been connected with the practice of nursing) meets every two months at sites around the state to review and address various concerns that may arise relative to policies, procedures, protocols, and the practice of Nursing. The Board reviews over 60,000 pages of documentation preparing for each meeting—all of which have been thoroughly researched, investigated, and reviewed by both Department of Health staff and the appropriate legal teams. The entire preparation and meeting process must be completed according to clearly defined legal guidelines and timeframes.

As a Board member for the past seven years and as Chair the last year, it is evident to me that the Florida Board of Nursing takes its role extremely seriously and always goes ‘above and beyond’ to ensure that all Floridians are provided exemplary Nursing care.

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From the Desk of JOE BAKER, JR.

JOE BAKER, JR., EXECUTIVE DIRECTOR



I had the privilege of attending the Olympic Games in Brazil in August. It was a wonderful setting to interact with so many people from around the world – as we gathered to support our own country’s athletes, but at the same time to embrace the Olympic spirit of teamwork and individual effort. The Olympic theme of “Um Mundo Novo” translates from Portuguese into “A New World.” It was an appropriate theme for the Games and also one for us in nursing regulation as we prepare for changes in 2017.

In January, most ARNPs will be able to prescribe controlled substances after receiving registration approval from the Drug Enforcement Administration (www.deadiversion.usdoj.gov/drugreg/). The law authorizes this change in prescriptive authority for ARNPs who hold at least a Master’s degree in a clinical nursing specialty area. ARNPs will need to file a revised protocol agreement with the Board office if they obtain a DEA registration number and intend to prescribe these new levels of drugs. All ARNPs are now required to complete at least three (3) hours of continuing education in prescribing controlled substances and additional information about this change in law is on our website (www.FloridasNursing.gov). Rule 64B9-4.016, FAC, on the Controlled Substances Formulary required by law, is in effect as of October 16th. The rule text is also available on our website.

I was honored to participate in the Florida Nurse Practitioner Network’s Annual Conference and to present an update on current laws and rules. The Network recognized the hard work of Senator Denise Grimsley and Representative Cary Pigman from the 2016 legislative session. I also

presented Barbara Lumpkin with a Retired RN License for having the ARNP prescriptive authority law named in her honor.

Similarly, we still anticipate the revised Nurse Licensure Compact (NLC) will go into effect in 2017. Please stay tuned to our website or Twitter feed (@FLNursingBoard) for updates about the Compact and the ways it will change how Florida licensees can practice nursing in the United States. Existing licensees will have the opportunity to apply to upgrade to the multi-state license and applicants for licensure will be processed for a multi-state license if they meet the statutory requirements to receive one. Otherwise, they will be reviewed for eligibility for a single-state license in Florida only. You can also stay abreast of NLC developments by visiting nursecompact.com.

Many of us in the Tallahassee area were impacted by Hurricane Hermine over the Labor Day weekend and then much of the East Coast of Florida was devastated by Hurricane Matthew in October. It was a timely reminder for all Floridians to have hurricane preparedness kits and to be mindful of taking care of ourselves for at least three (3) days following any natural disaster. Please visit <http://www.floridadisaster.org/index.asp> for important information for you and your family.

My staff and I are glad to assist you with nursing regulation issues. Please visit our website or write to us at MQA.Nursing@FHHealth.gov with your questions or concerns.

Best wishes.

Joe Baker, Jr.

Executive Director



The Olympic theme from the Summer Games in Rio.



Joe Baker, Jr.; Janet DuBois, FNPB President; Barbara Lumpkin



Vickie Boyd, Regulatory Supervisor, and Patricia Day, Regulatory Specialist, reviewed hurricane preparedness information at a recent Board of Nursing staff meeting.

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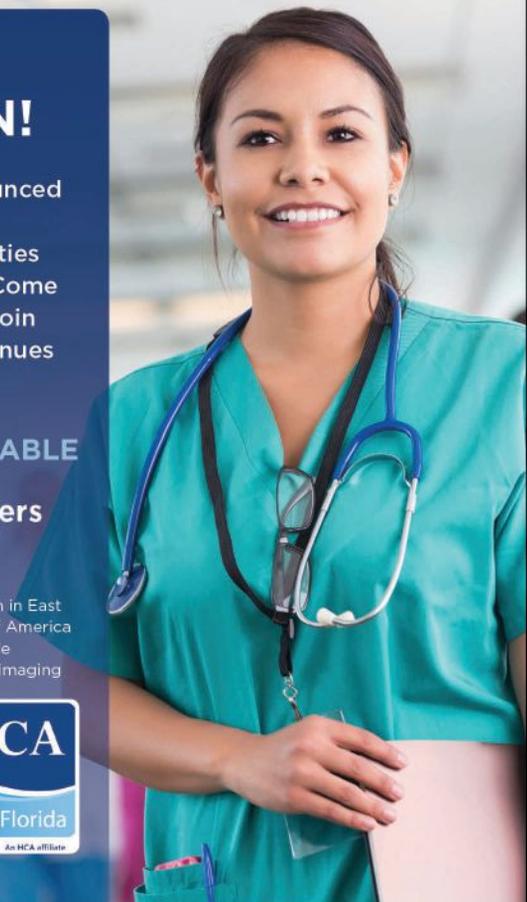
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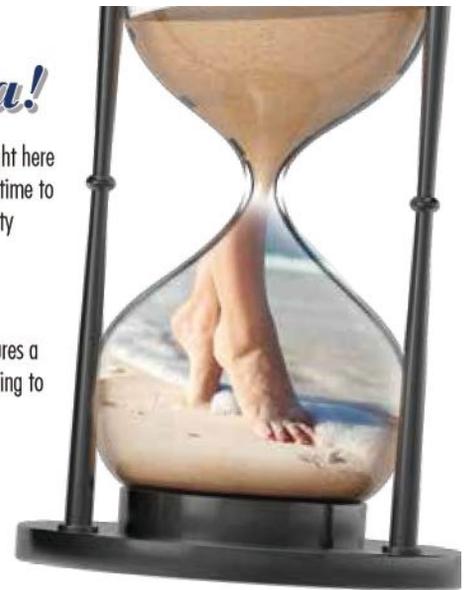
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Annual Meeting of the National Council of State Boards of Nursing (NCSBN)



DIANA FORST AND LISA JOHNSON, MEMBERS OF THE FLORIDA BOARD OF NURSING



The 2016 NCSBN Annual Meeting was held August 17th-19th in Chicago, Illinois. The theme, Leading Transformation: Architects of Nursing Regulation flowed consistently throughout the meeting.

With Florida being one of the largest states for licensed nurses, it was imperative that our voice be heard. In fact, when asked to serve as the voting delegates for Florida, we could not have been more excited at the opportunity to network with our fellow Boards of Nursing peers and be part of something much bigger than within the boundaries of Florida. This meeting was well attended by BON representatives and delegates from the US and associate territories and countries.

The first day was highlighted by the Leadership Succession Committee and the Slate of Candidates, Board of Director's and NCLEX Committee's Recommendations.

The second day highlighted the regulatory aspects of prescription drug abuse in the US. Colleen Labelle, MSN, RN-BC, CARN, took us through the journey of opioid abuse. According to Ms Labelle, the drug we as medical professionals need to watch out for is Fentanyl; users may think they are receiving hydrocodone or some other pharmaceutical opioid but are really getting Fentanyl, thus causing fatalities.

Keynote speaker, Malcolm Sparrow, PhD, MA, MPH, spoke on matters of regulation with his keynote on “What is a Risk-based Regulator and Would You Like to be One?”. Professor Sparrow’s presentation covered a topic of interest for the attendees who represent BONs. The speaker addressed different types of risks associated with regulation in settings from independent regulation to those regulators in umbrella agencies or hybrids.

The last day of the meeting featured guest speaker Alan Hobson, a two-time cancer survivor who led us on an unforgettable journey of trial and triumph. Mr. Hobson’s dream since the age of ten was to climb Mt. Everest. He embarked on not just one, but three expeditions in hopes of reaching that dream. The first two attempts proved unsuccessful, however, the last expedition as he stood at 29,035 feet he radioed down to base camp, “If we’re persistent enough, we can do the dreams.” In August 2000, at the age of 42, Mr. Hobson was diagnosed with acute leukemia. After receiving stem cell transplant, courtesy of his brother, he is now leukemia-free for over a decade. Mr. Hobson’s motto when training to climb the Earth’s highest mountain was, “I can. I will.” As he was fighting for his life, he repeated that very same motto. He showed great appreciation for nurses who he says were instrumental in his survival and recovery.

A national conference like the NCSBN annual meeting provides a great opportunity to hear what other state boards are doing, to discuss issues of importance to the nursing profession in the United States, and to work together with our peers from other states, as well as the professionals employed by the NCSBN, to put forth innovative proposals to strengthen public healthcare in this country.

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Pam Bondi, Florida Attorney General, addressed this issue through a partnership with the Statewide Council on Human Trafficking, the Florida Juvenile Justice Foundation, the Florida Department of Juvenile Justice (DJJ), the Florida Department of Children & Families (DCF), and the University of Central Florida (UCF) for the fifth annual statewide Human Trafficking Summit on Monday, October 10, 2016, at the Rosen Centre Hotel in Orlando, Florida. This year's summit focused on connecting stakeholders throughout Florida. Profession-specific breakout sessions and training opportunities were available to law enforcement, the legal community, service providers, healthcare professionals, educators, and other first responders.

For more information, please contact the Attorney General's office at 850-414-3350 or visit the following link for additional details regarding the summit: <http://www.myfloridalegal.com/htsummit>. You can also obtain additional information about the Coalition by visiting their website at <http://www.stophumantrafficking.org/>.



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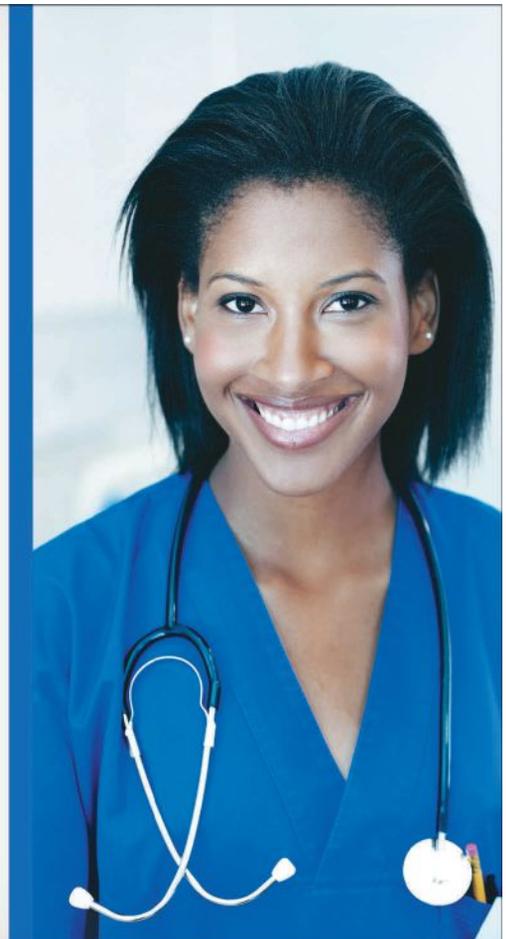
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Pre-Determination of Eligibility

BY TIFFANY ROBINSON, REGULATORY SUPERVISOR

Our office frequently receives inquiries regarding eligibility for licensure from prospective applicants. While we are able to provide information related to basic qualifications for licensure, we are unable to ascertain future eligibility status for applicants with criminal, disciplinary, or health history. These limitations are due to our inability to predict future events which might occur that would adversely impact an applicant's eligibility status. These events include legislative changes to statutes which govern our profession, additional criminal charges, subsequent disciplinary actions, and medical-related events.

Any applicant who has experienced a health event, which would require reporting at the time of application, must submit all pertinent documentation for evaluation by our Nurse Consultants. Once the evaluation of these items has been completed, a determination is made on the progression of your application.

Applicants who have been subjected to disciplinary action must provide the board office with a self-explanation, the Administrative Complaint, Settlement Agreement, and Final Order related to the case(s). The recency of the action and severity of the complaint are all evaluated to determine in what manner applications will proceed.

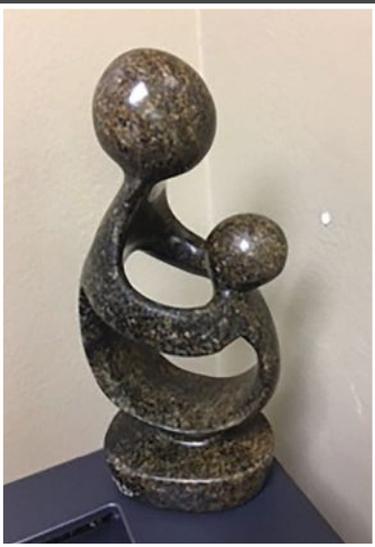
Section 456.0635, Florida Statutes, identifies mandatory exclusion timeframes from licensure for certain criminal offenses and for those individuals listed on the United States Department of Health and Human Services Office of Inspector General's List of Excluded Individuals and Entities. The Board has no discretion in granting licensure to individuals to whom this statute applies until the mandatory timeframes have been met.

Applicants who have been convicted or have had adjudication withheld on a criminal case must provide our office with a self-explanation, the final court disposition, proof of completion of probation and in some instances, the arrest report related to the case(s). The recency, frequency, and severity of the case(s) are all evaluated to determine if full Board review is required.

We advise all applicants to thoroughly review the instructions located in our application. These instructions provide applicants with all reporting requirements and a list of required documentation. The Florida Board of Nursing is unable to determine eligibility for enrollment into a nursing program. The criteria for entering these programs are established by the educational institution.



Diana Forst, RN member of the Board of Nursing, was surprised by the administration of Martin Health System with the Daisy Award for Outstanding Care in Nursing for October 2016. Ms. Forst received a statue of a healer to recognize her dedicated service to patient care. Ms. Forst works on a surgical unit at Martin Medical Center in Stuart and has the ability, background and experience to float to many different units as an iFlex nurse. As a result, she has worked in all three Martin Health hospitals. She is nationally certified in oncology, chemotherapy, medical surgical, and critical care, and is also stroke-certified.



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WHAT IS THE PROCESS FOR ACQUIRING A REGISTRATION NUMBER FROM THE DRUG ENFORCEMENT ADMINISTRATION (DEA)?

To apply for a registration number or for registration support, please visit the DEA Office of Diversion Control website at: <http://www.deadiversion.usdoj.gov/index.html>.

The DEA will begin accepting and processing registration applications for Florida ARNPs as of 1/1/17.

HOW MANY CONTINUING EDUCATION HOURS ARE REQUIRED FOR LICENSURE RENEWAL?

Licensed Practical Nurses, Registered Nurses, Clinical Nurse Specialists and Advanced Registered Nurse Practitioners are required to complete 24 hours of appropriate CE during each renewal period, including two (2) hours relating to prevention of medical errors and two (2) hours in Laws and Rules in Nursing. In addition to these 24 hours of general CE, every third renewal two (2) hours of domestic violence CE must be completed for a total of 26 hours. See Sections 456.013, 456.031, and 456.033, Florida Statutes, and Rule 64B9-5, Florida Administrative Code (FAC) for more information about continuing education requirements.

A nurse who is certified by a health care specialty program accredited by the National Commission for Certifying Agencies

or the Accreditation Board for Specialty Nursing Certification is exempt from continuing education requirements. This exemption includes general and mandatory nursing continuing education. Regardless of this exemption, however, ARNPs are required to take at least 3 hours of continuing education on the safe and effective prescription of controlled substances.

WHO IS REQUIRED TO COMPLETE AT LEAST 3 HOURS IN THE CONTINUING EDUCATION ON THE SAFE PRESCRIPTION OF CONTROLLED SUBSTANCES?

A new continuing education requirement for licensure renewal became effective on August 1, 2016, for Advanced Registered Nurse Practitioners (ARNP) certified under S. 464.012, F.S. All ARNPs must complete at least three (3) hours of continuing education on the safe and effective prescription of controlled substances for each biennial renewal.

Providers approved by the following organizations can offer the required course to ARNPs:

- Statewide Professional Association of Physicians in this state accredited to provide educational activities designated for the American Medical Association Physicians Recognition Award Category 1 credit
- American Nurses Credentialing Center

- American Association of Nurse Anesthetists
- American Association of Nurse Practitioners

WHERE CAN YOU FIND A LICENSE VERIFICATION OR DISCIPLINE INFORMATION FOR A NURSE?

License verification or discipline information can be searched by logging into:

- <http://floridasnursing.gov>
- Select the Lookup/Verify a License icon



- Choose from: License Verification, Practitioner Profile, Discipline & Admin Actions, Nursing Education Programs, or Prescription Pad Vendors
- Make a selection from the drop down Board/Council List
- Please note you can adjust your search by profession/license number
- Then select Search

WHERE CAN YOU FIND INFORMATION FOR A NON-PRACTICING LICENSEE (NULL AND VOID, RETIRED, OR CLOSED)?

Change the status of your search (at the bottom of the page)



WHY AM I REQUIRED TO PAY STUDENT LOAN FORGIVENESS AND UNLICENSED ACTIVITY FEES?

Many licensees think these are new fees, but they have actually always been included in initial licensure and renewal payments.

Student Loan Forgiveness — The Florida Legislature established the Nursing Student Loan Forgiveness Program (NSLFP) in 1989 to encourage qualified personnel to seek employment in areas of the state where critical nursing shortages exist. The program provides funds to assist in the repayment of nursing education loans. Pursuant to Section 1009.66(6), F.S., the department is required to collect a five dollar (\$5.00) fee upon initial licensure or renewal of all LPNs, RNs, and dual RN/ARNP licenses for the Student Loan Trust Fund. More information about NSLFP may be found at: http://www.floridastudentfinancialaid.org/FFELP/Nursing_Loan_Forgiveness/NursingLoanForgiveness.html

If you have any further questions about this fee, you may contact the Florida Department of Education at 1-800-366-2475.

Unlicensed Activity — The \$5 unlicensed activity fee is required by Section 456.065(3), Florida Statutes, and was mandated in 1997 to assist the state to combat the unlicensed practice of health care services in the state of Florida. All licensees pay a \$5 unlicensed activity fee as part of their initial license fee and license renewal fees.



Joe Baker, Jr., Anna McDaniel, PhD, RN, FAAN (Dean, University of Florida College of Nursing) and Sherri Sutton-Johnson, following the conclusion of the Florida Association of Colleges of Nurses (FACN) meeting in Orlando on September 15, 2016. Dean McDaniel serves as FACN Chair. Mr. Baker and Mrs. Sutton-Johnson attended as guests and participated in a discussion on 2017 Nursing Legislative Proposals.



From left to right: Joe Baker, Jr., Lori Desmond, William Spooner, Kathy Whitson, Jessica Hollingsworth, and Sherri Sutton-Johnson at the Board Chair/Vice-Chair Meeting on September 28, 2016.

An illustration of a diverse group of business professionals. In the center, a woman with long brown hair, wearing a blue blazer and a dark skirt, is highlighted by a bright yellow spotlight. To her left, a man with glasses in a brown suit and a woman in a grey blazer are visible. To her right, a man in a grey suit and a woman in a brown blazer and grey skirt are shown. The background features several black silhouettes of people in business attire, suggesting a larger group. The overall color palette is green and yellow.

Employee Spotlight

BY SHERONDA MCMILLAN

The Florida Board of Nursing is pleased to welcome Sheronda McMillan to their management team. Sheronda was promoted from within to Regulatory Supervisor of the ARNP/CNS team within the Licensure Unit.

“Wow! How do I begin to describe my amazing and memorable 14 years of experience working with the Florida Board of Nursing? Let me first say that the retreats, holiday, and birthday parties have been amazing throughout the years. Since I began working at the Florida Board of Nursing, we have transformed in many ways with the processing of applications, as well as the office unit itself. I remember when CNA Registry paper applications took 6 months or more to license because of waiting on fingerprint cards and paper license verifications. There were also a lot less approved schools and the Licensed Practical Nurse (LPN) and Registered Nurse (RN) exams were administered through Chauncey. Oh, I can’t forget the 2 other computer systems in which we processed applications, which were P.R.A.E.S. and C.O.M.P.A.S.

I began working with the Florida Board of Nursing in 2002 as a Senior Clerk. I was promoted to a Regulatory Specialist I a few months later, processing Endorsement and Exam applications. During this time, I attended several board meetings, as well as Productivity Awards ceremonies. A few years later, I was promoted again to Regulatory Specialist II and Endorsement Team Leader, processing Advanced Registered Nurse Practitioner (ARNP) and Clinical Nurse Specialist (CNS) applications, as well as more complex applications with criminal and discipline history. I served in this position for 7

years, where I received the MQA Customer Focus Award in 2006, and had the pleasure of representing the Florida Board of Nursing in Chicago, Illinois in 2007 at the National Council Meeting. I later transferred to the Pending/History Team, where I served as Team Leader, writing board summaries and processing applications with criminal, health, and discipline history. Now I am currently serving as a Regulatory Supervisor and Consultant for the ARNP/CNS Team.

I was also able to pursue my education and obtain my Bachelor’s and Master’s Degrees while working at the Florida Board of Nursing. I can truly say I am blessed to be one of the few who has been a part of this board office’s transformation, which has taught me to appreciate and embrace change with a smile. I now know the true meaning of teamwork. I have learned to be committed, maintain good communication, and collaborate with teams by embracing and accepting change as a way of benefiting the public, employees, and the organization.

The most rewarding part of my job is leaving at the end of the day knowing we, as a board office, have played an important role in starting and maintaining safe nursing careers. Knowing that my family and friends are taken care of when I can’t be there, gives me a great sense of relief.

My advice to someone just starting in a new career is to always come with a positive and open mind to be willing to embrace and accept change. Set goals, stay focused, and always have a sense of urgency with a purpose to continue to do better. Finally, remember to always respect your co-workers.”

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- Med Surg/ER (Job ID # 4008)
- Progressive Care (Job ID # 109)
- Skilled Nursing (Job ID # 2419)
- Operating Room (Job ID # 519, 1379, 4811, 316)
- Recovery Room (Job ID # 2179)
- ICU (Job ID # 293, 1279)
- OB/L&D (Job ID # 392, 1790)
- Outpatient (Job ID # 593, 3489)
- Recovery Room (Job ID # 5370)
- Inpatient GI Lab (Job ID # 4696, 5333)
- Manager Nursing Med Surg/ER (Job ID # 3995)
- LPNs

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To learn more about career opportunities at Presbyterian contact Tammy Duran-Porras at tduran2@phs.org or (505) 923-5567, or Janna Christopher at jchristop2@phs.org or (505) 923-5239.

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There are three CE/CME accounts to select from. Please visit www.flhealthsource.gov/ayrr to create the account that best fits your needs. The Basic account is free and is the only account the Department requires you to create. The other accounts are options to you should you wish to take advantage of their services.

<p style="text-align: center;">Concierge</p> <p style="text-align: center;">FULL REPORTING SERVICE</p> <p style="text-align: center;">\$99/yr Sign up!</p> <p>WE'LL DO EVERYTHING BUT TAKE THE COURSES FOR YOU!</p> <hr/> <p>THE PROFESSIONAL ACCOUNT PLUS...</p> <ul style="list-style-type: none"> A Personal Reporting Assistant. We'll report your courses for you. We'll help find additional CE for you. We'll follow-up to keep you in the loop. 	<p style="text-align: center;">Professional</p> <p style="text-align: center;">EASILY MANAGE YOUR CE</p> <p style="text-align: center;">\$29/yr Get started</p> <p>MAKING LICENSE RENEWAL SIMPLE</p> <ul style="list-style-type: none"> See your renewal requirements in detail. Quickly report missing CE. Check your compliance status anytime. Know when your requirements are fully met. Find approved educational providers. Receive important notifications from your regulating agency. 	<p style="text-align: center;">Basic</p> <p style="text-align: center;">LIMITED ACCESS</p> <p style="text-align: center;">NO COST Sign up!</p> <ul style="list-style-type: none"> Report hours manually. Confirm course completions.
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You can access your CE/CME account on-the-go with CEBroker's free app. The app works with all account types.



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*Date of Birth		
*Last Four Digits of Social Security Number		
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City/State/Zip		
Country (other than US)		
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City/State/Zip		
Country (other than US)		
Telephone	<input type="checkbox"/> Home:	<input type="checkbox"/> Work:
E-Mail Address:		
*Signature:		Date:

***Required field. For your protection, we ask for specific information to verify your identity. Incomplete requests will not be processed.**

For Applicants:

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Medical Quality Assurance
Board of Nursing
4052 Bald Cypress Way, Bin C-02
Tallahassee, Florida 32399-3252
Telephone: (850) 245-4125

For Current Licensees:

Department of Health
Medical Quality Assurance
Licensure Services Support Unit
P.O. Box 6320
Tallahassee, Florida 32314
Telephone: (850) 488-0595

Florida Department of Health
Division of Medical Quality Assurance
Bureau of Health Care Practitioner Regulation / Board of Nursing
4052 Bald Cypress Way, Bin C-02 • Tallahassee, FL 32399
PHONE: 850/245-4125 • FAX: 850/617-6460
FloridaHealth.gov





NCSBN Makes Substance Use Disorder Educational Courses Free to Nurses and Nursing Students

Chicago — The National Council of State Boards of Nursing (NCSBN) Board of Directors (BOD) voted to provide NCSBN courses “Understanding Substance Use Disorder in Nursing” and “Nurse Manager Guidelines for Substance Use Disorder” free of charge for all nurses and nursing students.

NCSBN BOD President Katherine Thomas, MN, RN, FAAN, executive director, Texas Board of Nursing, comments, “The chronic and complex disease of substance use disorder (SUD) is an issue of importance to U.S. boards of nursing because of the potential harm to patient welfare. Cognizant of the opioid crisis and substance use disorder’s societal impact, NCSBN is responding to the American Public Health Association’s call to action to implement evidence-based provider training programs in substance use disorder.”

NCSBN’s SUD toolkit, which includes brochures, posters, a book and two continuing education (CE) courses, was developed to assure that nurses are armed with knowledge to help identify the

warning signs of SUD in patients, nurses and the general public and provide guidelines for prevention, education and intervention.

Now all of these resources are available free of charge from www.ncsbn.org. Both CE courses award contact hours upon successful completion. Register for the courses at www.learningext.com. In addition the toolkit includes the “Substance Use Disorder in Nursing” resource manual, the “Substance Use Disorder in Nursing” video, prevention-focused posters for health care facilities and two brochures, “What You Need to Know About Substance Use Disorder in Nursing” and “A Nurse Manager’s Guide to Substance Use Disorder in Nursing.”

About NCSBN

Founded March 15, 1978, as an independent not-for-profit organization, NCSBN was created to lessen the burdens of state governments and bring together boards of nursing

(BONs) to act and counsel together on matters of common interest. NCSBN's membership is comprised of the BONs in the 50 states, the District of Columbia, and four U.S. territories — American Samoa, Guam, Northern Mariana Islands and the Virgin Islands. There are also 27 associate members that are either nursing regulatory bodies or empowered regulatory authorities from other countries or territories.

NCSBN Member Boards protect the public by ensuring that safe and competent nursing care is provided by licensed nurses. These BONs regulate more than 4.5 million licensed nurses.

Mission: NCSBN provides education, service and research through collaborative leadership to promote evidence-based regulatory excellence for patient safety and public protection.

The statements and opinions expressed are those of NCSBN and not the individual member state or territorial boards of nursing.



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For tools and emergency supplies, DOH recommends:

- Cash or traveler’s checks, coins
- Map of the area for locating shelters
- Battery-operated radio and flashlight, extra batteries
- Fire extinguisher
- Pliers and shut-off wrench to turn off household water and/or gas
- Compass, signal flare, whistle and tube tent
- Plastic sheeting, storage containers and bucket with tight lid
- Plastic garbage bags and ties for sanitation
- Tape (duct, masking)
- Candles and Matches in a waterproof container
- Paper, pencil
- Needles, thread
- Medicine dropper
- Aluminum foil
- Toilet paper, moistened towelettes and towels
- Soap, liquid detergent, disinfectant and unscented household chlorine bleach
- Feminine supplies and personal hygiene items
- Infant supplies (diapers, bottles and pacifiers)

For clothing and bedding supplies, DOH recommends:

- At least complete change of clothing and footwear per person
- Sturdy shoes, work boots, hats and gloves
- Blankets or sleeping bags and pillows
- Rain gear

DOH recommends having first aid kits for your home and cars, including:

- A three-day supply of each person’s vital medications
- Prescription drugs in original packaging (bottles)
- Sterile adhesive bandages in assorted sizes
- 2-inch and 4-inch sterile gauze pads (4–6)

- 2-inch and 3-inch sterile roller bandages (3 rolls)
- Triangular bandages (3)
- Latex gloves (at least 2 pairs)
- Cleansing agent, soap and moistened towelettes
- Antiseptic and antibiotic ointment
- Petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Scissors, tweezers, needle and thermometer
- Tongue depressors (2)
- Non-prescription drugs
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication, antacid and laxative
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Activated charcoal (use if advised by the Poison Control Center)
- Sunscreen
- Mosquito repellent, with DEET when appropriate
- Extra prescription glasses, sunglasses and/or contact lenses

- Hearing aid and batteries
- Personal items required to perform basic daily functions

DOH recommends copies of the following important family documents are kept in a waterproof, portable container within kits:

- Insurance policies
- Contracts and deeds
- Stocks and bonds
- Social Security cards and passports
- Immunization records and prescriptions
- Bank account numbers
- Credit card account numbers and company names and telephone numbers
- Inventory of valuable household goods
- Family records (birth, marriage, death certificates) and wills
- Current photographs of family members

For further information, please contact your local county health department or visit www.floridahealth.gov or www.floridadisaster.org.



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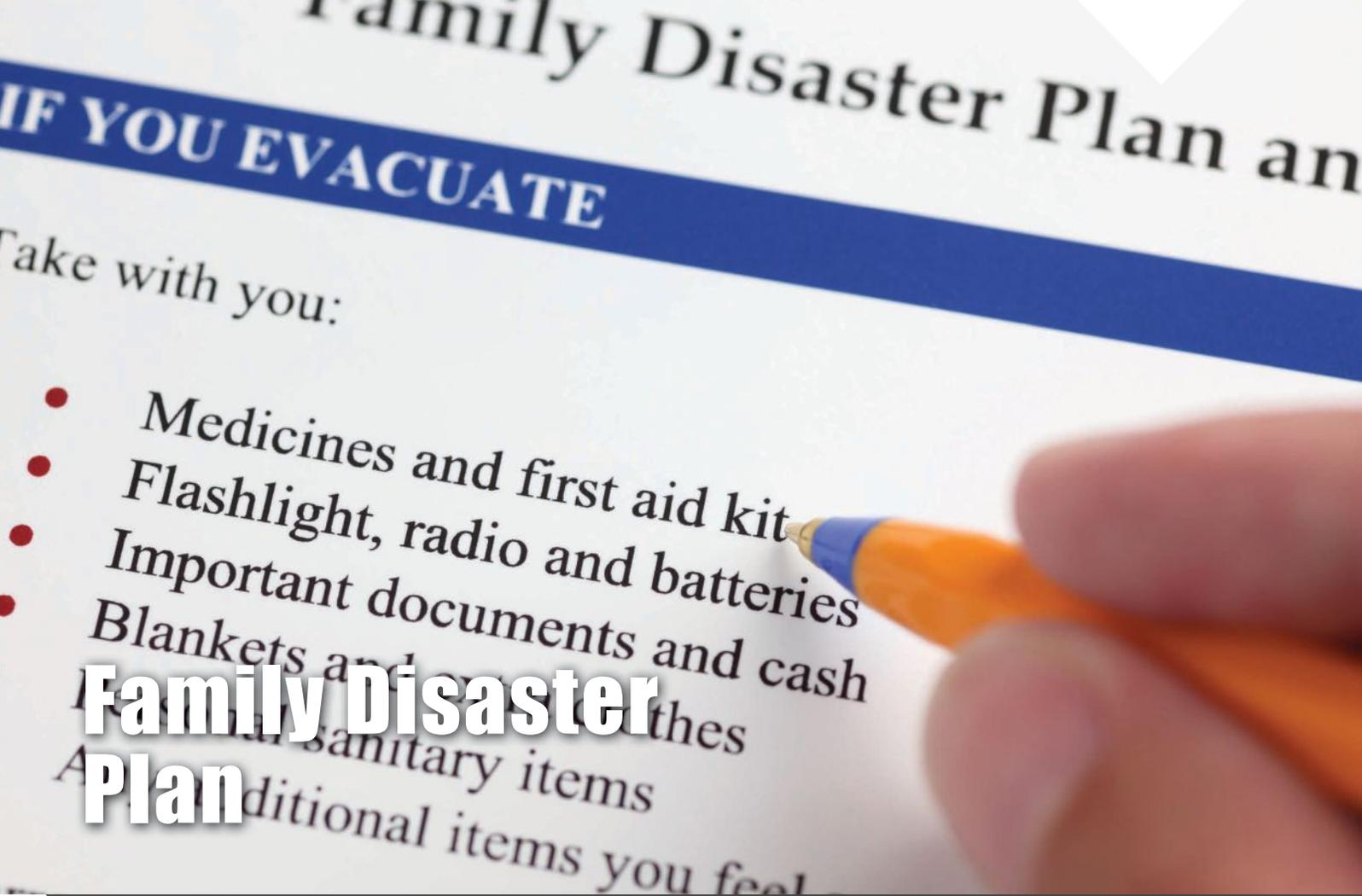
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Develop a family hurricane preparedness plan before an actual storm threatens your area.

If your family hurricane preparedness plan includes evacuation to a safer location for any of the reasons specified within this web site, then it is important to consider the following points:

If ordered to evacuate, do not wait or delay your departure.

If possible, leave before local officials issue an evacuation order for your area. Even a slight delay in starting your evacuation will result in significantly longer travel times as traffic congestion worsens.

Select an evacuation destination that is nearest to your home, preferably in the same county, or at least minimize the distance over which you must travel in order to reach your intended shelter location. Be sure your

shelter destination can accommodate any disability related concerns.

In choosing your destination, keep in mind that the hotels and other sheltering options in most inland metropolitan



areas are likely to be filled very quickly in a large, multi-county hurricane evacuation event. Be sure to alert them of any disability related needs.

If you decide to evacuate to another county or region, be prepared to wait in traffic.

The large number of people in this state who must evacuate during a hurricane will probably cause massive delays and major congestion along most designated evacuation routes; the larger the storm, the greater the probability of traffic jams and extended travel times. If possible, make arrangements to stay with the friend or relative who resides closest to your home and who will not have to evacuate. Discuss with your intended host the details of your family evacuation plan well before the beginning of the hurricane season.

If a hotel or motel is your final intended destination during an evacuation, make reservations before you leave.

Most hotel and motels will fill quickly once evacuations begin. The longer you wait to make reservations, even if an official evacuation order has not been issued for your area or county, the less likely you are to find hotel/motel room vacancies, especially along interstate highways and in major metropolitan areas.

During times of an emergency, VisitFlorida and our private sector partners in the state provide to you information on available accommodations through the Emergency Accommodations System. This partnership is intended to provide residents and visitors to the state information regarding available accommodations when they most need it. For more information go to www.visitflorida.com

If you are unable to stay with friends or family and no hotels/motels rooms are available, then as a last resort go to a shelter.



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Member: The American Association of Nurse Attorneys (TAANA)

Carole's practice concentrates on the defense of nurses, nurse practitioners, and other health care providers in professional licensing matters, investigations, Board of Nursing hearings, Medicare and Medicaid matters, OIG exclusions, criminal defense, disputes with hospitals and employers, contracts, administrative hearings, corporate matters and transactional matters.



**Carole is an attorney licensed to practice law in the state of Florida. She is a registered nurse in the state of Colorado.*

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Telephone: (970) 416-7456
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Remember, shelters are not designed for comfort and do not usually accept pets. Bring your **DISASTER SUPPLY KIT** with you to the shelter. Make sure that you fill up your car with gas, before you leave!

The first step in being prepared for a disaster is creating a Family Disaster Plan.

More information at:

<http://www.floridadisaster.org/family/>

This is a set of tools and information to create your family or business emergency plan.

Emergency Contacts

In planning for a disaster, you should learn about the emergency departments located in your community and their services. Before, during, and after a disaster, listen closely to the information they provide. They will supply you with details regarding the disaster event; including shelters openings/closings, safety tips to consider, and instructions to follow to ensure your safety.

Evacuation Routes

When evacuating always try to use which have been pre-selected by local authorities. Using shortcuts may cause evacuation delays due to roads impassable, dangerous, or unknowingly closed. Below is a map of and your designated Evacuation Routes. Even routes identified on Florida Evacuates website may be closed without notice.

Evacuating with Pets or Service Animals

If you evacuate your home, **DO NOT LEAVE YOUR PETS or SERVICE ANIMALS BEHIND!** Being prepared can save their lives. Pets most likely cannot survive on their own; and if by some remote chance they do, you may not be able to find them when you return. Florida Evacuates Shelter Locator enables you to identify shelters that accept pets. Service animals are allowed to accompany you wherever you go.

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- Dietary Approaches for Diseases Associated with Insulin Resistance
- Salt Intake and Health: The Dilemma of Determining the Correct Amount
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- Food and Cancer Prevention: Myths vs. Realities

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Questions? meetings@nutrition.org

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UPCOMING BOARD MEETINGS

The Florida Board of Nursing meets publicly every two months to review licensure applications, disciplinary cases and discuss any legislative changes. All board meetings are open to the public and you are encouraged to attend!

Our meetings are held in different cities around the state to maximize the opportunity for the public to attend. You can find meeting agendas on our website at www.FloridasNursing.gov/meeting-information approximately two weeks prior to each meeting. If you are interested in attending, see our calendar below for the 2017 schedule.



**November 30 -
December 2, 2016**
Full Board Meeting
Location:
Doubletree Deerfield Beach
100 Fairway Drive
Deerfield Beach, FL 33441

February 1-3, 2017
Full Board Meeting
Location: TBA

April 5-7, 2017
Full Board Meeting
Location: TBA

June 7-9, 2017
Full Board Meeting
Location: TBA

2017

CALENDAR



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Sun	Fun Day At Sea		
Mon	Fun Day At Sea		
Tue	Montego Bay, Jamaica	9:00 AM	6:00 PM
Wed	Grand Cayman, Cayman Islands	7:00 AM	4:00 PM
Thu	Cozumel, Mexico	10:00 AM	6:00 PM
Fri	Fun Day At Sea		
Sat	Galveston, TX	8:00 AM	

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