

EDUCATION DURING A PANDEMIC:

Looking for Innovative Ways to Meet the Needs of Our Chapter Members!

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The Covid-19 Pandemic of 2020 presented our LA OC Chapter with an undaunting challenge to provide rehabilitation nursing education, to not only increase our visibility with members, but to offer meaningful patient care topics to increase expertise in their professional practice.

Professional Rehabilitation Nursing (PRN) Course

As you know, we were all set to provide a *hybrid* Professional Rehabilitation Nursing (PRN) Course in April 2020. Our Chapter worked with ARN to purchase forty (40) online subscriptions to allow discounts for members/nonmembers to download the online ARN PRN Course. The pandemic presented a roadblock to having an in-person supplementary course to reinforce what had been learned and this had to be cancelled.

However, the online PRN course portion was still made available at <https://laocarn.org/crrn-course/>. We extended the original registration period to accommodate learning needs. Overall, this online course is designed for registered nurses who plan to take the Certified Rehabilitation Registered Nurse (CRRN) Examination or as a refresher course for current CRRN's. Participants are provided with access for one year to the online ARN Professional Rehabilitation Nursing Course (PRN). This continues to be a great opportunity for members, non-members, and groups of 5 or more, to take advantage of the discounted price as well as the contact hours that can safely be earned from the privacy of one's home or office.

We still have a limited number of slots — around 25 left! When someone registers, they receive information on how to link to the ARN PRN online course at any time prior to the next CRRN Test date. Upon successful completion of the online course and quiz the participant receives 20 CEU's. Without the in-person course, we had to get creative. Current and future participants will be able to have virtual consultation with other expert rehabilitation nurses covering test taking strategies, practice questions, and overview of the latest edition of *The Specialty Practice of Rehabilitation Nursing Core Curriculum*.

It is our hope that we will be able to once again offer the in-person supplementary PRN class in 2022. Until then, the online PRN course is available throughout 2021 and there are rehab nursing experts that will help you after you register online this year.

For those that did indeed take the CRRN examination in 2020, we would like to hear from you! If you took advantage of the Chapter course offering, was it valuable to help you study? Please let us know by contacting us at <https://laocarn.org/contact/>.

Virtual Quarterly Education

The pandemic also changed our plans to hold our traditional in-person Annual Educational Conference and Business Meeting. We were all set to do this in lovely San Diego in September 2020 but had to regroup quickly! We knew the ARN was offering a virtual REACH Conference and we chose to take the same path. We already had a Go To Meeting virtual platform to use. We also decided to offer this FREE to our ARN and LA OC ARN Chapter members along with a nominal fee to nonmembers. In addition, participants would be offered one continuing education hour with each quarter's educational presentation.

Our first ever virtual quarterly educational offering took place on Thursday, October 7, 2020 and was attended by 13 participants. We chose a topic that would be quite meaningful to many of us amid a growing pandemic, "H3: Helping Healers Heal". We were so fortunate to have Charlotte Sykora, PhD, Clinical Psychologist at Rancho Los Amigos National Rehabilitation Center, as our presenter. Dr. Sykora presented much needed techniques and strategies to help healers alleviate stress during a crisis such as the pandemic, especially with all of its up and downs, closures and openings, and social isolation for many. She touted the benefits of pausing and reflecting techniques that we could carry into our work and home settings. It was all about mindfulness and steps to deal with the difficult emotions many were experiencing during the pandemic. Her valuable information has helped many of us move forward in all these months. We will be forever grateful. If anyone is still interested in having her power point presentation, please contact us at <https://laocarn.org/contact/>.

With the virus surging in January 2021, we decided to delay our next quarterly educational offering until Thursday, February 18, 2021 from 2-3 PM. This time, we

chose a rehabilitation nursing topic near and dear to our hearts --- Neurogenic Bladder Management --- presented by yours truly. There were 28 registrants attending this virtual educational offering. After 33 years in rehabilitation nursing as a staff nurse, charge nurse, rehabilitation nurse clinician, and rehabilitation clinical nurse specialist, I shared both scientific and evidence-based practice for neurogenic bladder management. It is my hope that those who attended received valuable and practical tips for helping patients both accept and learn how to manage their bladders, often for the rest of their life. Again, if anyone is still interested in having this power point presentation, please contact us at <https://laocarn.org/contact/>.

Our next quarterly educational offering is slated to take place on Wednesday, April 21, 2021 from 2-3 PM. We decided to stick with a weekday afternoon to capture more interest. It seemed to work for the event conducted in February. For our April 2021 offering, we will be presenting “Nutrition Therapy for Wounds” sponsored by Abbott Nutrition Health Institute and presented by Natalie Masis, PhD, MS, RD. Dr. Masis is a Medical Science Liaison in Scientific and Medical Affairs at Abbott. We hope all members will join us for this free informative presentation on April 21st. To register, please visit <https://laocarn.org/laocarn-events/annual-conference/>.

We hope to have our next quarterly educational offerings in mid-summer and late Fall so stay tuned for more information. Keep up to date by visiting our website at <https://laocarn.org/>. Looking forward to “seeing” all of you soon!