Suggested Steps:

- **Find your representatives:** WOCN® has a webpage to help its members find out who represents them in Congress and in state legislatures. It is also important to find out who in the office handles health care issues for the legislator. Members of Congress all have dedicated staff who are responsible for advising the members on health care issues; call your member’s office and ask who their Health Legislative Assistant is and get their email address. State legislators don’t always have dedicated staff, but you can always call their office to ask.

- **Send an introductory email:** Use this first contact to develop your relationship with the office. Provide information, such as the WOCN Society’s position statements to educate legislators about the important role WOC specialty nursing plays in your community, and what issues are important to us. Make sure to provide information about where you work and the patient population in the district that you care for; and remind the staff to contact you as a resource for further information.

- **Maintain contact with legislator’s office:** Look out for grassroots alerts sent out by WOCN and use them to contact your legislators about specific issues. Find opportunities to send positive articles and information about wound, ostomy and continence nursing (e.g., press clips, success stories, WOCNow [the official WOCN Society newsletter]) at least a few times a year. Your communication should always be directly with the legislative staff whenever possible.