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Greetings to all who read these pages,

I am delighted to have had the AANLCP Executive Board ask me to resume the editorship of the JNLCP. For those of you who don’t know me, I’m a legal nurse consultant with a specialty in life care planning. I edited the JNLCP from March 2009 – September 2016. This issue marks a new beginning.

In keeping with new beginnings and the signature February holiday, and while we gear up for quarterly production starting in May, we’re calling this historical review the Presidents’ Issue. Almost all of our past presidents have been kind enough to send along some history, memories, and personal anecdotes. We hope this will be a fun read-- a trip down memory lane for some of us, and a chance to appreciate how those who came before did the work of establishing nurse life care planning as a nursing specialty for others.

Now to work. Putting out a really good practice journal is a privilege with challenges. We need to have a journal that’s laser-focused on the needs of our primary readership, nurse life care planners. We need to provide clinical information, of course, but we can’t be a strictly clinical journal.

We need to provide how-to information on the business side of NLCP, but not at the price of losing why we do this work.

We need to critically minimize material with little direct applicability or appeal for the working nurse life care planner. If we don’t put it in our nursing plans of care, we don’t need to put in our journal. Anything we publish has to be accessible and of immediate use to our readership in NLCP practice.

My goal is to have us produce that journal. We will have an editorial process that’s brisk but not dumbed-down, encourage authors from many perspectives, actively engage new and aspiring NLCPS, and provide flexibility for our volunteers. Many of you have heard me say this before; I think it bears repeating: Four things have to happen to produce this work and everybody has to do at least one, but nobody (well, except me) has to do all of them.

• Spend one hour per month, no more, in a meeting to plan, brainstorm, and spark creativity in each other
• Seek out and attract authors who have something of value to NLCP
• Write something yourself, or curate a Round Table discussion
• Give thoughtful feedback to authors on their submissions so they look their best

I have been gratified to have about 15 people (and counting) return to the JNLCP because this is appealing. Historically, we pick up more at conference, so nobody is overworked and everybody has the flexibility to contribute to the whole even when life happens. And… we have brownies.

Thank you for reading this far. Now turn the pages and see what our past leaders have brought to our association and profession; then let me know what you think.

Warm regards,

From the Editor

Wendie A. Howland MN RN-BC CRRN CCM CNLCP LNCC
Editor, JNLCP
journal@aanlcp.org
Information for Authors

AANLCP® invites interested nurses and allied professionals to submit article queries or manuscripts that educate and inform the Nurse Life Care Planner about current clinical practice methods, professional development, and the promotion of Nurse Life Care Planning within the medical-legal community. Submitted material must be original. Manuscripts and queries may be addressed to the Editorial Committee. Authors should use the following guidelines for articles to be considered for publication. Please note capitalization of Nurse Life Care Plan, Planning, etc.

Text
Manuscript length: 1500 – 3000 words
- Use Word© format (.doc, .docx) or Pages (.pages)
- Submit only original manuscript not under consideration by other publications
- Put the title and page number in a header on each page (using the Header feature in Word)
- Use Times New Roman, Arial or Calibri 12 point font
- Place author name, contact information, and article title on a separate title page, so author name can be blinded for editorial review
- Use APA style (Publication Manual of the American Psychological Association 6th Ed)

Art, Figures, Links
All photos, figures, and artwork should be in JPG or PDF format (JPG preferred for photos). Line art should have a minimum resolution of 1000 dpi, halftone art (photos) a minimum of 300 dpi, and combination art (line/tone) a minimum of 500 dpi. Each table, figure, photo, or art should be on a separate page, labeled to match its reference in text, with credits if needed (e.g., Table 1, Common nursing diagnoses in SCI; Figure 3, Time to endpoints by intervention, AmericanCancerSociety, 2003) Live links are encouraged. Please include the full URL for each.

Editing and Permissions
The author must accompany the submission with written release from:
- Any recognizable identified facility for the use of name or image
- Any recognizable person in a photograph, for unrestricted use of the image
- Any copyright holder, for copyrighted materials including illustrations, photographs, tables, etc.

All authors must disclose any relationship with facilities, institutions, organizations, or companies mentioned in their work. All accepted manuscripts are subject to editing, which may involve only minor changes of grammar, punctuation, paragraphing, etc. However, some editing may involve condensing or restructuring the narrative. Authors will be notified of extensive editing. Authors will approve the final revision for submission. The author, not the Journal, is responsible for the views and conclusions of a published manuscript. Submit your article as an email attachment, with document title articlename.doc, e.g., wheelchairs.doc

All manuscripts published become the property of the Journal. Manuscripts not published will be returned to the author. Queries may be addressed to the care of the Editor at: journal@aanlcp.org

Manuscript Review Process
Submitted articles are peer reviewed by Nurse Life Care Planners with diverse backgrounds in life care planning, case management, rehabilitation, and the nursing profession. Acceptance is based on manuscript content, originality, suitability for the intended audience, relevance to Nurse Life Care Planning, and quality of the submitted material. If you would like to review articles for this journal, please contact the Editor.
A Message from the President

ERIN O’CONNELL 2019
MSN, MBA, RN, CNL, CNLCP®, MSCC

Happy New Year!

I assumed this role less than a year ago, and we have made great strides to move the association forward. We had the pleasure of announcing our new association management company WP-WebWorks, and they have been instrumental in the association’s reorganization and transition.

I would also like to welcome back our former AANLCP Journal editor, Wendie Howland. I am excited to have Wendie accept this challenge, and I look forward to working with her. New and old members are always enthusiastically welcomed to the journal committee, solicit or submit an article, and brainstorm. For monthly meeting information and questions, please contact Wendie at journal@aanlcp.org.

Next, I would like to thank Phelicia McCallum (pheliciamccallum@gmail.com) from our Outreach Committee. This committee is a valuable resource to welcome new members and engage experienced ones. If you’re new to the association, joining this committee is a great way to get involved and meet new people. If you’re interested, please contact Phelicia.

There are numerous additional updates and exciting changes, but I will keep those for our annual meeting at the 2019 Sky’s the AANLCP Limit in Las Vegas, March 22-24, 2019. Our keynote speaker will be Mel Pohl, MD, DFASAM the Chief Medical Officer of the Las Vegas Recovery Center (LVRC).

Thank you, Becky Czarnik and the 2019 Conference Committee for all of your time and dedication to the conference and the association.

We look forward to seeing you March in Las Vegas!
More registration and program information at https://www.aanlcpconference.com/

Erin O’Connell
Erin T. O’Connell - MSN, MBA, RN-BC, CNL, CNLCP
AANLCP President 2019

American Association of Nurse Life Care Planners
In 1994, the company I had been working for was folding, I had kids to support, and needed something new in my life. I started my own business doing case management and later brought in legal nurse consulting. In 1997, I was asked by an attorney to develop a life care plan. At the time, I had no idea what a life care plan was; however, I was intrigued with being asked to do a project. As many of you know, this was the beginning of a lifelong career.

I took a class on life care planning and soon realized that the instructors were non-medical people teaching me how to write a nursing care plan. Needless to say, I was on a mission. I could do this better! I gathered nurses with similar feelings and the American Association of Nurse Life Care Planners was born. We developed the first set of standards and code of ethics, developed the journal, and I set up the Nurse Life Care Planning courses with the help of Judy Matekingi. We started teaching the course. Our very first course had 10 people in the class. The course developed and incorporated the nursing process at its core. The first exam was given and later transferred to the Professional Testing Corporation. Joan Schofield and I stayed in a small noisy apartment in New York City and worked with the Professional Testing Company to outline the exam. The certification board was officially born.

I am not sure I knew all that I was doing back then but intuitively knew I was right. I don’t think it was until the board was sitting in Jan Klosterman’s living room writing standards of practice that it was all confirmed. I had goosebumps along with everyone else- The nursing process was so powerful and we were doing the right thing. The very first conference was held in St. Louis, Missouri, and was cancelled due to 911. It was rescheduled in November.

Back then, nurses were so happy to help. The courses evolved and nurses joined the association. Kathy Pouch, Heather McDaniel, Jan Klosterman, Liz Holakiewicz, and Ann Barnes were instrumental in furthering the nursing process in the association. Kathy Pouch served as secretary for over 6 years. Those early nurses were my strength to fight early battles with the other life care planning courses. I had become the enemy in the field. It’s funny to look back now on friends I made, enemies I made, and the wonderful adventure of founding nurse life care planning.

I still have all the notes, records, and early works of the association that is so dear to my heart. 20 years later, I still teach Nurse Life Care Planning, foster the nursing process, and write Nurse Life Care Plans. I have learned a lot and most important, I created a nursing specialty and still love what I do.
DORA JANE APUNA 2005

Currently working in Sacramento, California

Received Masters in Business Administration (1985)
Doctorate in Healthcare Administration (2011)

Editor for AANLCP Core Curriculum

• Peer reviewer for Nursing Management periodical

• Written many published articles on nursing management and healthcare management

• Working on research project for Webster University on critical thinking in nursing

• Currently working on next book

• I’m an avid reader and love to knit complicated Fair Isle designs
JAN KLOSTERMAN 2006-2007  
RN, CNLCP, MSSC

In 1998 and 1999, I sat in one of the first few AANLCP certification courses with no clue what was about to happen to my career or the opportunities this career choice would afford me professionally and for my family for the next 20 years. I was thrilled with the opportunity to utilize my previous 20 years of nursing experience in an entirely new application.

After certification I was immediately caught up creating Life Care Plans and the whirlwind of a practice in the midst of the strange world of litigation. I realized the value of certification and soon realized in order to be the best I could be professionally, I needed Life Care Planning specific nursing education and to share/compare experiences with fellow life care planning colleagues. The adage of “squeaky wheel gets the grease” landed me a co-captain position of the First Annual AANLCP Educational Conference in St. Louis. The power of coming together as colleagues to share knowledge and practical experiences fueled my enthusiasm and participation for the next ten years to assist developing a credible professional organization and recognized certification.

Prior to any process for the election of officers, I served by appointment on the Executive Board (2001-2003) and the Advisory Board (2004-2005). I was elected by the membership as President and served for 2006-2007 in that role. In 10 years of leadership roles, I have facilitated and participated in the development of the By-laws, Code of Ethics and initial drafts of the AANLCP Standards of Practice that first aligned our practice with the ANA Scope and Standards of Practice. I also initiated the first face-to-face board work-group for the development of an Annual Strategic Plan. The legacy of my presidency, from my perspective, was toeing the difficult line to complete the framework for these foundational documents. I’d also like to think I contributed to raising the bar of professionalism in the way we conducted ourselves as an organization and reflected that to the public.

Now 20 years as an AANLCP member, when I reflect on those years of leadership it is with pride, respect, thanks and admiration to all those who devoted their time, commitment, and vision to build a foundation for the Association to grow. Presently, I encourage those with fresh ideas to step up and contribute to preserving the integrity of our Association, membership and certification process. For the future, I challenge those nurses who are adept at critical thinking and have a compassion for the proper care of the catastrophically injured to brave this adventurous career path with the support and professional growth provided by your fellow members of the American Association of Nurse Life Care Planners! We need replacement and replenishment, some of us will have to retire one day!
SHELENE GILES 2008
MS, BSN, BA, RN, CRC, CNLCP, CLCP, MSCC, LNCC

Twenty years ago, I was running a catastrophic case management department for a multi-million-dollar corporation. My role included supervising, marketing, and managing cases. I was working 60 hours/week, the department was soaring, but I was hitting a glass ceiling. Life Care Planning (according to the corporation) was another revenue engine. The light bulb went off – if I can do this for a corporation, then why can’t I do this for myself.

This sparked the fire to be an entrepreneur.

Twenty years later – we are FIG! This has been the most challenging and rewarding journey – to be a Nurse Life Care Planner and to share with nurses who have a similar vision.

My inspiration has always been my family – spend more time with the family, work from home to be near my family, and financially provide for my family.

I use my NLCP skills every day – as a Nurse Life Care Planner, as an Expert Witness, as an Instructor, as a Mentor/Coach, and as an Entrepreneur (President of FIG).

My most rewarding moments as AANLCP President was to represent an extraordinary group and support the vision of AANLCP.

To new and aspiring Nurse Life Care Planners, remember: Nurse Life Care Planners are not born – they are groomed and polished with much intellectual labor. The learning curve does not cease. We can easily feel isolated as solo entrepreneurs. Find your family in this industry and stay connected for growth and support.

This has been a humbling and honoring experience – to stand side by side with the most successful nurse entrepreneurs – Nurse Life Care Planners. Thank you for the opportunity to be a learner, a colleague, and a leader of such a rewarding profession.
Almost 20 years ago I was teaching nurses about marketing, speaking all over the country. I became fascinated with and developed a Legal Nurse Consulting private practice as a side gig; it quickly became my full-time passion. Within a few years I was invited to attend one of the first meetings of leaders in the nurse life care planning field to advise on marketing— and found myself being a guest speaker at the AANLCP 2004 educational conference in Boston. By the end of the conference I was so inspired by their work that I attended Kelly Lance's NLCP course and came out running!

I was privileged to work with the wonderful, talented, and driven women whose biographies you see in these pages as the AANLCP grew in scope and influence, publishing the early foundational documents, planning conferences, all of us dedicating many hours outside of our jobs to make it what it is. It was an exhilarating time.

The number one thing that helped me in my career was joining the AANLCP association and making a commitment to not only educate myself to better serve but to give back to other nurses. By becoming involved and working with others towards common goals we moved the association forward in the specialty of nurse life care planning. In finding a new way to use my nursing knowledge of the Scope and Standards of Practice, applying the nursing process, I had found my new home in nursing.

Through this amazing association I have met brilliant nurse entrepreneurs, brave enough to be pioneers and pave the way for other in this great profession. I thank all those leaders, and mentors who had the courage to lead nurse life care planning! Now, with a new chapter in my life unfolding, I’m still loving my journey with all the awesome nurses that AANLCP brought into my professional and personal life!
BARBARA T. BATE 2010
RN-BC, CCM, CNLCP, CRRN, LNCC, MSCC

After working in hospitals for eleven years, I took a job with a worker’s compensation insurance company as nurse case manager in 1994. Working in case management opened my eyes to an unfamiliar field of nursing, a field in which I obtained valuable experience as a nurse case manager and my certification in case management (CCM).

In 2004, my supervisor mentioned a nurse life care planning course that she was taking in order to assist her with developing Medicare Set-Aside allocation reports for our company. I was getting tired of working as a worker’s compensation case manager, needing a new challenge, and decided to follow suit. Shortly after taking the course, I obtained the CNLCP® certification. With encouragement from my family, I started my own consulting business in 2005. By the time summer of 2006 came along, I was ready to leave my “day job” and focus on my business. Have there been times when I questioned whether or not being in private practice was the right thing to do? Of course, but I never questioned whether or not nursing life care planning was the right direction for me. It was the spark I needed in my professional life.

I continue to work full time as a nurse life care planner and nurse case manager for my company, Northeast Life Care Planning. I have been a member of the Certified Nurse Life Care Planner (CNLCP®) Certification Board since 2012 and am the current Co-Chair.

I am honored to have been elected to serve on the AANLCP® Executive Board from 2009-2011 and have the role of President in 2011. It was an exciting time for our Association with a lot of changes in sight. At that time, we couldn’t afford to hire a management company to help with marketing and membership, although that was our ultimate goal. When looking back it is clear to me that it really does “take a village.” All of our accomplishments then were extensions of previous work started and, those that we did not complete would serve as building blocks for future Boards. Outlined below are some of the accomplishments I recall of the 2009-2011 AANLCP® Executive Board, with assistance from “the village.” The Association …

- Membership Committee continued efforts to retain our members, keeping members updated through Newsletters and reaching out to old members.
- Marketing and Educational Committees worked in conjunction with our new web designer to offer a “green” conference with web-based conference materials and newsletters.
• Website received a major facelift and went interactive, allowing members to upload photos and modify their “Find a Nurse” listings.
• Opened a Book Store specific for nurse life care planners through Amazon and posted it on the website. The Amazon link provided the Association with a percentage of those sales.
• Launched an “Introduction to Nurse Life Care Planning” presentation
• Drafted a joint position statement regarding Education and Certification for Nurse Life Care Planners in conjunction with the CNLCP® Certification Board
• Began publishing the Journal of Nurse Life Care Planning (JNLC) electronically in 2009, saving the Association thousands of dollars per year and making it available to the public as a marketing and educational tool, in addition to being included in EBSCO and CINAHL databases.
• Began the hard work of drafting the Scope and Standards of Practice for Nurse Life Care Planning and taking steps towards securing an Editor for the Core Curriculum.
• Reestablished a relationship with the American Nurses Association, in anticipation of applying for recognition of nurse life care planning as a specialty nursing practice.
• Provided the platform for the CNLCP® Certification Board to hold its first silent auction at their annual conference. In addition to donating items, members opened doors to their homes and offered weeks to be auctioned off in order to support the CNLCP® Certification Board’s efforts towards obtaining accreditation through the Accreditation Board for Specialty Nursing Certification (ABSNC).
• Secured registration of the AANLCP© trademark and formed relationships with other like organizations that opened up marketing opportunities.
• Become involved with the Association and take advantage of all it has to offer. Networking with successful businessmen and women at the AANLCP® conferences and participating on AANLCP® committees can provide you with some of the tools and confidence you will need. Never stop learning!

Thank you for giving me the opportunity to serve on the AANLCP® Executive Board. I am proud to be a member of AANLCP® and to be associated with such a dynamic group of professionals, many of whom I call my friends.
JAQUELYN MORRIS- 2011
RN, BSN, CRRN, CNLCP

I have been asked to reflect on the time served as president in 2011 and how I became a certified nurse life care planner. As a nurse, I was blessed to work in varied healthcare settings (medical-surgical, mental health, community health, social services, rehabilitation, insurance case management, and traumatic brain injury community health), however, the rehabilitation philosophy of assisting people to become independent as possible was a good fit for me. So, my work choices followed. In 2004, I noticed Kelly Lance’s classes regarding nurse life care planning in the Association of Rehab Nurses journal and was curious. But not until I worked with a fourteen-year old boy who experienced a traumatic brain injury with severe spasticity did I act on it. After learning how his motor vehicle-pedestrian lawsuit settlement was spent (all of it) by a not-so adoring parent, I decided it was time to see if there was a way to impact situations such as this one. And so, going on fifteen years later, I am a still working as a certified nurse life care planner. This smiling boy, who is forever in my mind, has care provided through the Medicaid (Medicare) system- a heartbreaking case but my inspiration.

Using my NLCP and all of my nursing skills are an ongoing part of my life. We all have worked with cases as difficult as the one mentioned. We can define our work and can expand our reach beyond the case (with permission, and client anonymity). I had worked with my legislator seeking ways to develop a new or addendum law to protect grandparents’ visitation rights after their adult child with a traumatic brain injury marriage ended in divorce. The children needed counseling to adapt to their “new” parent and the other parent’s choices. The uninjured spouse was not as dedicated as it seemed during the rehabilitation course. We see it all. You cannot take the nurse out of a nurse (we are advocates even though it is not our CNLCP role)!

During my presidency, the motto and mantra were, “Moving Forward” and “Scope and Core.” There was much ground work with the 2010 Executive Board, and in 2011, the Executive Board continued work on the Scope and Standards of Practice and resurrect the Core. A dynamic group of CNLCPs all participated (please see your S&S for authors) to complete the work. Another most rewarding opportunity was working with Dr. Carol Bickford, Senior Policy Fellow from the American Nurses’ Association. She was a delight to work with. The Scope and Standards process was an interesting endeavor with many challenges, and we were pleased to have Dr. Bickford speak at the 2011 educational conference. It was there Dr. Bickford supported our position that NLCP is a nursing specialty.

My proudest accomplishment was completing the Core’s AANLCP history with the initial members of AANLCP (Anne Sambucini took the helm coordinating Core’s authors). I was humbled to work with these women, and so pleased many women who assisted with Core became re-involved with the organization. (They will always be dear friends and colleagues). Taking time from your growing business is a commitment to the organization. (I would like to acknowledge the work of Heather McDaniels, Liz Holakiewicz, Anne Sambucini, Joan Schofield,
Nancy (Zangmeister) Hamady, Wendie Howland, and others). Overall, I believe there was a refreshing enthusiasm in the organization which was needed at that time in our history.

Last, advice to new NLCP and any other tidbits: My first thought is to remember why you became a nurse. We are still nurses and to many people we are “Angels in White” (although we don’t wear white anymore) and are still the most trusted professional. We are set apart. Our work is altruistic. We work for the best outcome and care for these severely injured people and their support systems (families). I would also say we are responsible to the health system. That means providing appropriate and reasonable items in our plans. Use consistent methodology. Remember your work is discussed by attorneys, both plaintiff and defense, judges, and mediators. Your work follows you.

Seek the best and provide the best.
Like many nurses, my career took many turns, from critical care to administration and finally case management. That’s where I first learned about life care planning. It was the beginning of a new world! For the first time in my career, I invested in myself by taking Kelly Lance’s NLCP course. This led to meeting and establishing relationships with nurses throughout the country, professionals who continue to inspire me. I found a home in AANLCP that to this day includes learning, developing new skills. It is exciting to see where this field is going in the future. All thanks to AANLCP!

Do you use your NLCP skills now?

While I am not currently developing life care plans, the critical thinking skills I developed as a life care planner allow me to produce comprehensive plans to meet the needs of injured workers with complex pain syndromes.

What was your proudest or most pleasing accomplishment in your time as president?

Proudest: Completion of the first Core Curriculum for NLCP.

Most pleasing: Engaging with the EB members and the entire NLCP community. This fostered true friendships and a built-in network of support and knowledge.

Any advice for new NLCPs?

Take a course, get certified. Invest in your career. Attend conferences I cannot stress enough how important networking is. Read and save the journal. Don’t be afraid of asking questions. The AANLCP is here to help you succeed.

Anything else you always wanted to say?

I will always be grateful to AANLCP for expanding my professional and personal growth. Nurse life care planners are the most collaborative group of nurses and other healthcare professionals I have ever known in all my years in nursing. I am always amazed by the knowledge each and every person brings to the table, and their collective generosity in sharing it.

Mostly I am grateful for all the truly brilliant, supportive good friends that have been there in thick and thin throughout my LCP career and hopefully beyond. I am so lucky and blessed to have each of you in my life. I’ve been a member for 15 years. Where has the time gone?
JOAN SCHOFIELD 2013
RN, BSN, MBA, CNLCP

How did you start in NLCP and grow into the expert you are? What was your inspiration?

I entered the field by accident; it was unintentional. An attorney who represented one of my work comp patients coerced me into outlining his clients future care costs at the associated third-party liability trial. Both he and his co-counsel must have thought I did a decent job because they kept calling with more cases and sharing my name with others.

How do you use your NLCP skills now?
Years of examining the cost of goods and services has allowed me to expand my product line and expertise. Reasonableness of past medical charge analysis, streamlining a treatment plan so it is financially feasible to fund, and being a more-savvy nurse case manager are all based on NLCP principles.

What was your proudest/most pleasing accomplishment in your time as president?
Publication of the Core Curriculum for Nurse Life Care Planning (2013)

Any advice for new NLCPs?
It’s okay to start slow as you gain confidence and clients. Momentum increases with time. Consider taking advantage of the Association's mentorship program.

Anything else you always wanted to say?
The Association has really enriched my life. I have gained many treasured friends and colleagues across the country by actively participating in Association activities and positions. Working full-time as a solo practice life care planner can be isolating so opportunities to regularly interact with peers, discuss ideas, and problem-solve together are rewarding.
I discovered ANLCP in 2009. I knew right away that this was a special group filled with welcoming new friends. As a Certified Life Care Planner and nurse, I knew that I had found the organization that would nurture me in my career and help me grow both personally and professionally. I became passionate about the organization and served as secretary in 2011 and as president in 2014. The organization enabled me to grow as contributing editor of the CORE in we published in 2013 and the Scope and Standards if Nurse Life Care Planning in 2015. As president-elect and president, I witnessed many changes to the organization as we worked with a marketing company to update our website and our brand. Our work was a team effort; my work as a president would not have been accomplished without the other members of the board. I am proud of the cohesiveness we developed during my tenure.

The friends I have made through this organization are priceless and always willing to help when questions arise. All though they are scattered across the country, when we are back together at conferences, it’s as if we have never been apart. They make me want to be a better nurse life care planner and person.

My advice to new NLCPs is to reach out to the members of the organization, established members for guidance and mentoring, and new members for support as you grow your business together. Become involved in committees. Involvement in the organization not only helps AANLCP; but give you skills and credibility with attorneys and so helps you develop your business. Working as an independent business owner can be lonely. However, when you have an organization that supports you and other nurse life care planners you can reach out to, you become part of a community. I cannot express enough how much AANLCP means to me. I want to see us continue to grow and help our members become awesome nurse life care planners.
I joined the association at the conclusion of my life care planning training course. I attended the first conference held the next year. At the first conference I attended I signed up to work on the journal as a peer reviewer and I have been involved in the association in some form or another ever since.

Deciding early on that I wanted to be a strong expert, I invested in myself, and still do. Every year I spend time at many educational conferences (including some which provide me with zero CEUs), reading articles, presenting, and writing on topics in which I am most interested.

I found that serving in AANLCP provided me with more knowledge and education than I thought possible. I thought I was giving my time, but I got back a great deal more. Every journal article you read, every life care planner you mentor, every presentation you give is one more opportunity to learn. I learned that by investing in others you learn not only from your own experiences, but also from theirs. I love learning and this industry allows for learning new things regularly both inside and outside the courtroom.

I own a nurse consulting business which provides a variety of interrelated services. Nurse Life Care Planning is a primary source of our business. We write life care plans, Medicare Set-Aside Allocations, do private and workers’ compensation case management, legal nurse consulting, and patient advocacy. Nearly every day I learn something new that I can apply in the future.

I will never forget the look on the faces of the other board members during our first half day of our Strategic Planning Meeting in San Antonio. I had a long, multipage list of items I wanted to work on that I began creating while president-elect. The board members were overwhelmed; their mouths dropped open as they sat shaking their heads. It took them a while to learn just how much of a list maker and how determined I was. As with all organization presidents with one-year terms, I found that even though not everything will come together in one year, in the end we accomplished a great deal. I could not have accomplished all of these things without the support of the board. Some of those accomplishments:

- Student track
- Marketing
- Membership benefits
- Major journal changes to a gorgeous, full color product
- Development of operations manual and conference manual
- Mastermind program
- Mission statement
- Three year rolling budget
• Crash Cart (continuing under Shirley Daugherty)
• Brought SEAK into conference
• Joined National Quality Forum and Nursing Alliance for Quality Care
• White papers and research committee goals
• New member packets

• Installment payments for membership dues
• Online tools for speaker and poster proposals, ways to volunteer, find a mentor, etc.
• Webinar Wednesdays

So, my advice for new and aspiring NLCPs is simple: Get involved! Stay the course. Invest in yourself.

You can’t get ahead of the pack if you aren’t doing more than the status quo. I don’t mean handling more cases, but really working to learn more about life care planning. View webinars, go to conferences, write articles, give a presentation, volunteer. It doesn’t matter if you already have enough continuing education credits for the year. Take the time, spend the money and invest in yourself.

I love this organization. I love the support and camaraderie. It thrills me when I hear new nurses who come to our conferences talking about how supported they feel and excited to get started. I can’t wait to see what is in store for us in the coming years.
Back in 2007, I was wrapping up my case management business of 12 years and making preparations to move from Michigan to Florida. Once I landed in the South, I continued doing field case management as an independent consultant. But I was restless to do something a little different. I researched options on the internet and found life care planning. I saw no mention of a program specific to nurses (although I know you were out there then). So, I graduated as a CLCP and attended a few conferences to mingle and network. These were excellent conferences, but something was missing.

Then I went to Chicago and attended my first NLCP Education Conference. There was something different about this conference. I just felt like I fit there. I was instantly welcome and was eager to learn how to further incorporate the nursing process in my plans. And learn I did! I’d like to thank all of you (you know who you are) who took my late-night calls and patiently answered my questions during those early years. Know that your help made a difference!

Life is constantly happening and free time always seems scarce, but I wanted to get more involved and support this organization because I really believed in what they were doing. During 2014, I became involved as a peer reviewer for the Journal and co-chaired the committee with Wendie Howland. I found the peer review process very interesting, learned a lot and enjoyed my time working with the committee that year.

I took the torch as your President in 2016 (I ran unopposed, so you were going to be stuck with me regardless). I like the board structure in that once elected as president, you spend the first year (2015) as President Elect to learn the ropes. I quickly learned that the Executive Board juggles multiple projects, researches, and troubleshoots multiple issues while balancing on one leg. Believe it or not, my NLCP skills came in very handy multitasking as President. The organization hired KAMO as our first ever formal management company, and we continued to market and put the word out about AANLCP. Then came the hard part…the dues increase. Now don’t get me wrong, the fact that most NLCPs fearlessly stand their ground, speak their mind, and can argue a point to the death – is what makes us so special. So, I just presented the issues and options. Hmmm, kind of like we do in a life care plan … It took several months and then came the vote, and you, the membership, passed the 2017 dues increase by an overwhelming 82%. If there is a moment for me to reflect on and smile, that would be it. AANLCP was unified. Not because of me, I just delivered a
message. AANLCP members really care about this organization. This was a total group effort and I was amazed by the moral and financial support that followed.

Words of advice and other stuff I just want to say:

AANLCP may be a small organization but there is abundant knowledge within. Don’t be afraid to tap into it.

ASK QUESTIONS! Nobody goes into a career as a NLCP knowing everything (I’m still learning).

Get involved!! You will be amazed with what you learn and it’s a great opportunity to get to know other NLCPs (can you say networking?)

The program that certifies you gives you foundation... It’s what you decide to do with it that matters. Never stop learning!

I am grateful I had the opportunity to be part of the group of amazing women that contributed to our Scope and Standards. That was an experience which I would recommend to anyone.

Life care planning is not for the meek. Take the necessary time to really know your case and understand the family and support dynamics. Always be objective and never forget that you are writing a plan for the injured/ill individual. In the end, it has to work for them to work at all.

Personally, preparing for and giving testimony is NOT my favorite part of being a NLCP. But sometimes it just has to be done... so suck it up and get prepared!! I have found that, while most attorneys have a general knowledge of the medical issues on a case, they sometimes lack a solid understanding of how these issues impact lifetime care. That’s where you, the expert, comes in.

I will always be grateful that I climbed out of my comfort zone for a few years and got involved in AANLCP. I won’t lie, being on the board took time and commitment, and there were a few hard lessons, but it was worth it (even the not so fun stuff). Through the experiences, I grew both personally and professionally and am a better person today.
DENISE WRENN 2017
MSHA, BSN, RN, CCM, COHN-S, CLCP, CWCP, CMSP

Serving as president of AANLCP in 2017 gave me many opportunities to encourage leadership in others and foster ambassadorship in fellow nurses, the industry, our partners, and the community.

What I found most rewarding was the chance to work with members towards common goals that support and advance the association: sound leadership, resources for business growth, educational events, trusted information, and serving the association as committee members.
When asked about how I became involved with AANCLP, I tell people about my job and how they encouraged me to check out the Association. My boss even paid for me to attend her first AANCLP conference! Since that time, I used the opportunity to grow friendships as well as mentors throughout my time in the association. One of my proudest accomplishments while being a part of the AANCLP are the relationships I built. I truly came into the Association knowing no one, but chose to get involved through going to conference, participating as treasurer, and serving as president, taking this on at a very challenging time in my life. AANCLP helped me to personally connect and build new relationships with friends who understood me, including my trials and successes in my career. I believe that resources like mentorship program and online tools can help nurse life care planners be very successful. My advice to newbies are two simple words, “GET INVOLVED!” Members have access and can develop relationships with more expert life care planners who will assist them as they grow their businesses. Going to conference will give you opportunities to network, too. The Association, through the Core Curriculum, the AANCLP journal, and collaborating with the Certified Nurse Life Care Planner (CNLCP®) Certification Board lend credibility to every Nurse Life Care Plan and gives you support and backing for every one you write.

Lori Dickson, MSN, RN, MSCC, CLCP, CNLCP
Director of Clinical Operations
ExamWorks Clinical Solutions
Assistance sought for joint article with AALNC

Hello NLCP Colleagues,

In your experience as an LNC doing life care planning, have you ever felt that perhaps you were dealing with a nurse that falls a bit short when it comes to ethics? We are writing a roundtable article for the AALNC Journal (see it at www.aalnc.org) that explores this topic. Our focus is on ethical behavior and lessons learned as it relates to the LNC profession. We are interested in perspectives from both contractors and/or subcontractors.

We are asking you to please send information, both positive and negative, about your experience in either, or both, of these roles. Please be assured all responses will be kept strictly confidential and anonymous. We do not want anyone to identify the contractor or subcontractor involved in the scenarios by name or geographic area. Your own anonymity will also be maintained. Inadvertent references to names or identifying information will be removed. Respondents will only be contacted if we require more information to clarify a response. In addition, all responses will be deleted prior to publication of the article.

Please feel free to expound as much as necessary to explain any issues you encountered as a contractor, subcontractor, or both.

Please send responses privately by telephone or e-mail to any one of the following:
Christie Paige (508) 292-2372 christie.legal.nurse@gmail.com
Joanne Walker (443) 616-4954 jwalklnc@yahoo.com
Stormy Green Wan (714) 588-2418 Stormy@GreenLNC.com

Many thanks. We look forward to hearing from you.
Stormy Green Wan, BSHS, RN, RNFA, LNCC, OR 30 Years
AALNC – WV/UOV Chapter President 2018
AALNC – WV/UOV Chapter President Elect 2017
AALNC Editor Board – member since 2015
San Bernadino, CA
(714) 588-2418
Stormy@GreenLNC.com
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<th>Issue</th>
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<td>2017</td>
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<td>2018</td>
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LOOKING AHEAD

2019
May    Licensure, Qualifications, Certifications
August Topics in Pain Management Revisited
November Orthotics and Prosthetics

2020
February Advances in Spinal Cord Injury
May     Evidence-Based Practice
August  Demonstrative Evidence
November Life Expectancy