You may recall from our prior newsletters that we are doing a call for nominations for nurses who are interested in being on the Hospital Nurse Staffing Committee. This year will be our first year holding elections for this committee. Are you interested or know someone who is? If so, please fill out the consent to serve form below and make sure the ONA office or your staffing committee co-chair, Kristin Harman, receives your consent to serve form. The deadline to nominate is July 15, 2018. Elections will be held at our monthly meeting on Aug. 8 from 6 - 8:30 pm in HCC8.

### PPMC Hospital Nurse Staffing Committee Intent to Serve Application

This application will be available for viewing by hospital staff.

<table>
<thead>
<tr>
<th>Name:</th>
<th>Unit/Divisions:</th>
<th>PPMC Hire Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Briefly state why you would like to be a member of this committee.</td>
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<tr>
<td>What qualities or experience do you feel you will bring to the committee?</td>
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<tr>
<td>What staffing issues would you like to see addressed in your cluster and in the hospital?</td>
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</tbody>
</table>

Direct care nurse representatives must:
- Be able to attend all scheduled and ad-hoc meetings.
- Interested in thoroughly understanding Oregon’s staffing law and advocating for safe staffing.
- Be willing to do advocacy work such as attend cluster UBCs/Staff/PNCC meetings as needed, educating, and supporting staff in their own advocacy for safe staffing levels.

### Bargaining Prep Begins!

Your newly elected bargaining team is beginning preparations for upcoming full contract negotiations. We are currently working on the pre-negotiation survey to ask members what is important to you before we begin crafting our opening proposals. Stay tuned - we expect the survey to go out in July.
Bargaining Prep Begins!

Your 2018 Bargaining Team:
- Chairperson: Sabra Bederka, 7 South Surgical Oncology
- Vice Chair: Richard Botterill, Emergency Room
- Secretary: Rudolph Francis, Critical Care Services 2K
- Treasurer: Elizabeth Gately, Surgical Services/Operating Room
- Member at Large (position 1) Christine Bernier, Neurosurgery
- Member at Large (position 2) Kristin Harman, Respiratory Cardiology 2R
- Member at Large (position 3) Heather McDougall, Float Pool

What is Going on With Breaks?

We are aware PPMC is rolling out a new program on meals and breaks and we plan to discuss this with management at our next Task Force (labor management) meeting. Do you have thoughts on this? Please share your concerns with your newly elected ONA leaders or ONA staff rep so we can make sure your voice is heard in our discussions with management.

Here is your contract language on breaks:

ARTICLE 8 - HOURS OF WORK OVERTIME AND BREAKS

B. The basic workday shall be the length of the shift that is agreed upon by the Medical Center and the individual nurse at the time of hire or upon the change of position (e.g., eight (8), nine (9), ten (10) or twelve (12) consecutive hours) in a twenty-four (24) hour period, including:

1. A lunch period of one-half (1/2) hour on the nurse’s own time in addition to the length of the shift; and
2. One fifteen (15) minute rest period without loss of pay during each four (4) consecutive hours of work which, insofar as is practicable, shall be near the middle of such work duration.

3. The parties acknowledge the legal requirements and the importance of rest and meal periods for nurses. The parties further acknowledge that the scheduling of regular rest periods may not be possible due to the nature and circumstances of work in an acute care facility (including emergent patient care needs, the safety and health of patients, availability of other nurses to provide relief, and intermittent and unpredictable patient census and needs). The parties therefore agree as follows:

(a) Scheduling of breaks is best resolved by unit-based decisions, where the affected nurses are involved in creative and flexible approaches to the scheduling of rest periods.

(b) Each unit has the flexibility to develop a process for scheduling nurses for the total amount of rest and meal periods set forth in subsections B.1 and B.2 above, subject to the following:

i. The process must be approved by the unit manager;

ii. The preferred approach is to relieve nurses for two 15-minute rest periods and one 30-minute meal period within an 8-hour shift, but other options, consistent with applicable law, may be explored; and

iii. If a nurse is not able to take a 30-minute uninterrupted meal period, the nurse will be paid for such 30 minutes. If a nurse follows department protocol for preventing interruption and the meal period is still interrupted, the nurse shall be entitled to additional meal period time equivalent to the amount of time spent interrupted. The nurse must inform his or her supervisor if the nurse anticipates he or she will be or actually is unable to take such 30-minute uninterrupted meal period.

(c) In the event nurses on a particular unit or units have concerns about the implementation of this subsection B.3., the concern may be raised with the Task Force, in addition to the remedies provided by the grievance procedure.
Mark your calendar, ONA membership meetings are the second Wednesday of the month 6 - 8:30 pm in HCC8
Next meetings are June 13 and Aug. 8

Don’t Miss Important ONA Emails!

ONA wants to make sure all members receive timely communications, ensuring you have the most up-to-date information on your contract, bargaining issues, upcoming votes, nursing research, practice issues and workplace policies. If you are not receiving ONA emails, we can help.

First, check to make sure ONA emails are not being filtered into a junk, spam or clutter folder. Many email providers, like Comcast, Yahoo and Gmail, have built in Spam/Junk filters or blockers. The filters are intended to prevent you from getting junk mail or spam, but it can also unintentionally block emails you want to receive. If ONA emails are in one of these folders, flag them as “not junk” and add News@OregonRN.org to your safe sender list.

If there are no ONA emails in those folders and you still aren’t receiving ONA emails, there are various causes listed to the right.

You can fix most problems by simply emailing ONA at News@OregonRN.org with your name, personal email address and the name of the facility you work at in the body of the email.

We will update our records to ensure you don’t miss future ONA emails.

### Common Reasons for Not Receiving ONA Emails

1. **Mislabeled**: Emails from ONA are being flagged as junk or spam by your email service provider.
2. **No Email**: ONA does not have an email on file for you.
3. **Bad Email**: ONA has an incorrect or outdated email on file.
4. **Blocked**: Due to several failed delivery attempts, our system has stopped attempting to send emails to your email address.
5. **Opted Out**: You have opted out of receiving emails.
6. **Work Email Filters**: Some health care systems filter out ONA emails so nurses don’t receive ONA-related emails. This is why we encourage nurses to use their personal email addresses instead of work emails.

### Fixing Problems to Receive ONA Emails

1. **Check your junk/spam/clutter folder for ONA emails**: Flag ONA emails as “not junk/spam” and add News@OregonRN.org to your safe sender list.
2. **Email ONA**: To fix reasons 2-6, simply email ONA at News@OregonRN.org, and include your name, personal email and facility you work at in the body of the email.
Be Part of the ONA Nurse Leadership Institute

ONA is now accepting applications for members interested in participating in the Nurse Leadership Institute (NLI).

The ONA NLI, launched in 2015, is designed to create a cohesive and dynamic community of peers that is organized to affect change and respond to challenges in politics, practice, and labor.

An intensive, unique program, built on an evidence-based leadership model, the NLI will help you develop and strengthen vital skills needed to advance the nursing profession.

2018-2019 Schedule

There are six sessions taking place over a seven-month period. Participants are expected to attend all sessions in their entirety.

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
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<tbody>
<tr>
<td>Session #1</td>
<td>Friday, Sept. 14 (evening only) Saturday, Sept. 15 Sunday, Sept. 16</td>
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<tr>
<td>Session #2</td>
<td>Friday, Oct. 26</td>
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<tr>
<td>Session #3</td>
<td>Saturday, Dec. 8</td>
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<td>Session #4</td>
<td>Friday, Jan. 18</td>
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<tr>
<td>Session #5</td>
<td>Saturday, March 2</td>
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<tr>
<td>Session #6</td>
<td>Saturday, April 13 Sunday, April 14</td>
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</table>

Applications are due by Aug. 3. Visit the ONA website for more information and to start your application today!

www.OregonRN.org/NLI