



February 2017

RNS Newsletter

Advocates for Quality Healthcare

~ February 23rd Meeting ~

Our Mission

RNS is a membership organization for medical care coordination that provides continuing education and networking. The professional goal of its members is to advocate for quality patient care while utilizing community resources in a cost effective manner

Upcoming Meetings

2017

- February 23
- March 23
- April 27
- May 25
- July 27
- August 24
- September 28
- October 26
- December 7

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Visit us on our website:
www.rns-ca.org

Topic: Exploring the Economic Benefits of Obstructive Sleep Apnea Diagnosis and Treatment and Ambulatory EEG Monitoring

Location: Quiet Cannon Conference and Event Center
901 Via San Clemente, Montebello, CA 90640

Speakers: Kenneth L. Nudleman, MD (IME/QME),
Medical Director of Breathe Diagnostics



Dr. Nudleman, a highly recognized specialist in the field of neurology and electrodiagnostic studies will be presenting two topics at this meeting. The first topic is on sleep apnea studies. He will discuss the different types of sleep studies available and show us how to understand a sleep report and what parameters to look for. He will also discuss the different kinds of treatment and how the treatment can be applied towards cost savings, safety and better health. Next, he will introduce EEG testing that is done at the patients' homes as opposed to at the doctors' offices or hospitals. He will discuss the advanced technology that can not only be more convenient to the patients but much less costly to the payer. The convenience will promote better patient compliance which can aide in treatment and therefore reduction in unnecessary costs.

Objectives of the Program:

At the end of this presentation, the attendants will be able to:

1. Define sleep apnea and recognize the different types of sleep studies and their reporting.
2. Describe the different types of sleep apnea treatment, cost analysis of diagnosed, undiagnosed, and treated patients with sleep apnea.
3. Identify effects of sleep apnea on comorbidities, work place accidents, motor vehicle accidents, and loss of productivity, and costs associated with each.
4. Describe the capabilities of ambulatory EEG.
5. Identify the advanced technologies, convenience, cost effectiveness and compliance associated with ambulatory EEG.

Agenda:

- 11:30 Registration & Networking
- 12:00 Luncheon, Networking, Introductions
- 1:00 Define sleep apnea, types of sleep studies and reports
- 1:30 Types of sleep apnea treatment, effects of sleep apnea on comorbidities
- 2:00 Capabilities of ambulatory EEG, advanced technologies, cost effectiveness and compliance with ambulatory EEG
- 2:40 Questions & Answers
- 3:00 Meeting Adjourn

Cost:

Members - \$25.00
Non-members - \$35.00
Vegetarian meal available upon prior request

Target audience: RN, CCM, other allied health care professionals
Approved for 2 BRN CEUs (BRN provider # 01219)
Approved for 2 CCM CEUs (CCMC Approval # 170000485)



To register for meetings see page 3 or contact: **Hanna van der Walt**
E-mail: hvanderwalt@caremeridian.com or Call: **Hanna van der Walt (714) 222-9466**

Dear Members and Friends,

Since this is my first “Letter from the President” I want all of you to know what an honor it is to have been chosen to help lead such a distinguished group of healthcare professionals. Your new board also sends a heartfelt thank you to the previous RNS board for providing us with an easy transition into 2017.

As you all know, we face many challenges in this new year as an association. This includes growing our membership. With so many demands on our time, from employers requiring us to get more done with less help, to not being able to squeeze “everything” in to our very busy schedules, we must remember that if we do not expand our personal horizons, how can we continue to help others? RNS meetings provide us with the opportunity to add to our knowledge, meet new people and stay connected to others in our industry.

We are asking our members to help share the rewarding experience of being active in this association by inviting a friend or associate to one of our upcoming meetings. Angie Jung, our new Vice President, has arranged for some AWESOME speakers this year.

We also invite those interested in providing speakers, sponsorship or hosting of future RNS meetings, in Montebello or at their facilities, to please contact us.

This leads me to extending a very special thank you to Laura Weiss, Dignity Health Northridge Hospital and Medical Center, Thomas Hedge, Jr, MD, Kathryn Vaughn, PT, DPT, and Lupe Mesa for their presentation and demonstration of the ReWalk Robotics System at our January meeting. It was so very inspiring. Watching Lupe walk the entire room after being injured for so many years, brought many of us to tears. The experience was emotional, as well as educational and lunch was delicious.

So as your new President, I again want to thank each and every one of you wonderful women and men who continue to attend and support RNS. We are looking forward to an exciting new year and hope to surprise and please you with what we have planned.

Francine Aron
RNS President 2017-2018



March 23rd 2017 Meeting

Topic:

RNS Healthcare Awards Luncheon

~Physician of the Year~

Dr. Luis Montes ~ Rancho Los Amigos

~Thomas Gucker Award~

Lily Lee-Martyn

Her charity of choice is Kindred Hope Fund.

Representatives from Kindred will be there to share about the function and services of this organization.

~RNS CARES Award~

Ryan's Reach and High Hopes

Both are non-profit brain injury community support services.

Representatives from each organization will share their stories and services.

Location:

Quiet Cannon Conference and Event Center,
901 Via San Clemente, Montebello, CA 90640

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Membership Enrollment

We are accepting memberships for 2017.
Applications are on the [RNS website](#) or will be available at the February 23rd meeting.

Please RSVP for meeting by e-mail, phone or mail.

E-mail: hvanderwalt@caremeridian.com or

Call: Hanna van der Walt (714) 222-9466

February 23rd 2017 Luncheon and Meeting Registration

Topic: Exploring the Economic Benefits of Obstructive Sleep Apnea Diagnosis and Treatment and Ambulatory EEG Monitoring

Speaker: Kenneth L. Nudleman, MD (IME/QME), Medical Director of Breathe Diagnostics

Meeting Location: Quiet Cannon Conference and Event Center, 901 Via San Clemente, Montebello, CA 90640

Detach and mail to...
(Please include your check)

Hanna van der Walt
c/o RNS
10459 La Ballena
Fountain Valley, CA 92708



Number of members _____ at \$25.00

Number of non-members: _____ at \$35.00

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Regular Meal Vegetarian Meal

Please remember, if you register, you are still responsible for paying for the meal, even if you don't attend.

February 23rd 2017 Meeting

Mark your calendar to attend
the February 23rd meeting

To e-mail your reservation,
send an e-mail to:

hvanderwalt@caremeridian.com

To RSVP by phone call:

Hanna van der Walt
(714) 222-9466

or

Mail your completed registration to:

Hanna van der Walt
c/o RNS
10459 La Ballena
Fountain Valley, CA 92708

We're on the Web!

see us at

www.rns-ca.org

Topic:

Exploring the Economic Benefits of Obstructive Sleep Apnea Diagnosis
and Treatment and Ambulatory EEG Monitoring

Speaker:

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RNS c/o

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Look inside for RNS February 23rd Meeting Info!