

Iowa Nurses Association (INA) Legislative Day
Putting Public Policy into Action

Embassy Suites Program in the morning
Individual Appointments at the State Capitol in the afternoon

How to Get the Most Out of the Afternoon

1. Identify who your legislators (Senators and House Representatives) are for your home address or college address. Go to this web site: <https://www.legis.iowa.gov/Legislators/leadership.aspx> and type in your home address in the text box.
2. Click on the legislator's web page, find their e-mail address, and drop them a brief e-mail telling them you will be at the Capitol for Nurse's Legislative Day and if possible you'd like to meet with them. Tell them you will send in a note with a page once we get to the Capitol.
3. I would recommend printing your Senator and Representative home pages off so you have them with you. Know something about your legislator and use this information to start your conversation.
4. Read through the attached documents and documents located on the INA Lobby Day website to become more familiar with the legislative process and terms.
5. Research current bills using the www.legis.iowa.gov website. Know what is currently being debated. Bills are introduced each day. The INA Lobby Day website will update a list of relevant bills in the Talking Points document.
6. Bring all of your information and research with you to Legislative Day. A notebook will help you stay organized as you speak with your legislators. It is nice to have relevant information at your fingertips for easy access when legislators ask questions.
7. Talk with other nurses about current issues and bills. Obtain information about pending legislation. Stories that illustrate your position will help you communicate more effectively with your legislator. They will remember specific examples more than facts and figures.
8. Trust your knowledge, instincts and experience. Nurses care about health care and are advocates for their patients/clients. Legislators need to hear from you and learn from you. Most legislators are not familiar with health care.
9. Summarize your position on a legislative bill and give that information to your legislator and/or their aides. Include your contact information so they can communicate with you if they need more information.