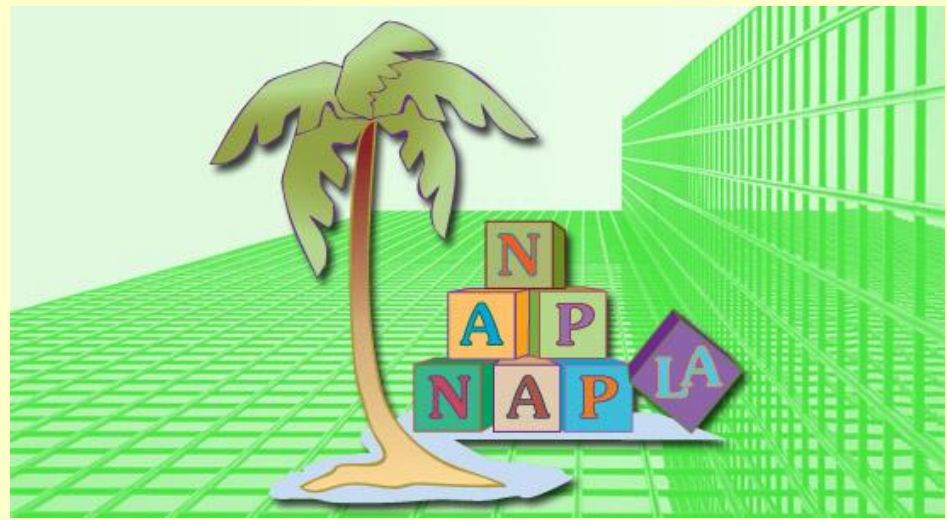


November 2011

Newsletter

Editor: Patty Quan



President's Message

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Remembering Our History and Looking Toward the Future

NAPNAP-LA Newsletter, November 2011

By Joana R. Duran, MSN, RN, CPNP, CNS

The profession of nurse practitioners has come a long way, and the Los Angeles Chapter of NAPNAP has been there to support our colleagues and the local community through many of these professional changes over the years. Looking back on the rich history of our organization and it's members, I am amazed at everything we have accomplished.

1953 – The NP role originated in California when a group of Public Health Nurses in a Child Health Clinic began scheduling children for appointments to see the PHN. The PHNs did not diagnose patients at this time. Five years later, the California Conference on Child Health delineated that adding skills to the nursing role would create more responsible healthcare for children. The Berkley Public Health Department responded by adding screening and counseling to the nursing role. At this time, the expanded nursing role was only used in the pediatric setting.

1965 – Henry Silver and Loretta Ford started the first Pediatric Nurse Practitioner program at the University of Colorado, Denver. The program lasted 4 months and included clinical preceptorship.

1966 – The Los Angeles County Department of Health Services and the Kaiser Health System began using PNPs. One year later, the American Academy of Pediatrics surveyed its members showing that Pediatricians were eager to delegate tasks. The following year, the California Nurses Association adopted a supportive position, and the NP role expanded to other areas, such as family planning.

1969 – The first Family Nurse Practitioner courses began in Schools of Public Health in San Francisco and Los Angeles. Shortly thereafter, Loma Linda began offering courses in pediatric and obstetrics at

the undergraduate level. One year later, 42 universities around the country began offering PNP courses.

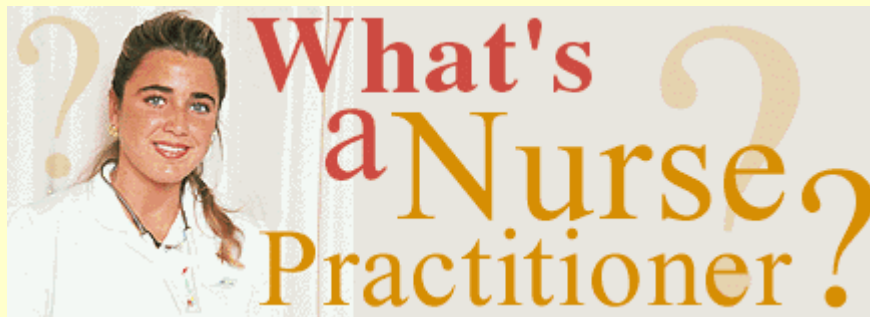
Today, UCLA, Azusa Pacific University, and California State University in Long Beach offer comprehensive PNP training at the Master's level in the Los Angeles Area, along with many other universities throughout our state. Healthy Start programs, adolescent clinics, health education programs, and multiple urban and community-based initiatives, health centers, clinics, and hospitals benefit from the role of the PNP.

It is clear that PNPs have historically served as pioneers in advancing the nursing role to better meet the health needs of our communities. Many of these efforts have taken root right here in the state of California, with ambitious PNPs leading the way. Many of these individuals were instrumental in founding NAPNAP-LA and leading our organization in progressive efforts to improve access to healthcare for children and expand NP scope of practice.

As our organization looks toward the future, we must acknowledge the need to remain progressive in our goals and innovative in our efforts. Over the past several months, our organization has begun working on a year-long strategic planning process. Since NP scope of practice and the community at large are always changing, it is important to reevaluate the direction of our organization every 3-5 years in order to evolve along with those changes.

NAPNAP-LA began the strategic planning process by clarifying our **mission statement** and **goals**. We also created a **vision** and **values statement**, which did not previously exist, in order to more clearly identify the purpose of our organization and our core beliefs. These are detailed by Past President, Leslie Larsen, MSN, RN, CPNP, in this newsletter.

The next step will be to create deliberate and measurable steps to accomplish our goals, in order to maximize our impact as an organization. For this, we will be surveying our members (in January) in order to gain their feedback about what types of programs and initiative we should invest our time and resources in. We will also be clarifying our operational structure, and calling on our members to step up into leadership roles within our organization. Our hope is that this will create an opportunity for members to receive mentorship and leadership training, while ensuring the continuity of our organization and succession of our efforts.



NAPNAP-LA: Strategically Planning for Our Future

Leslie Larsen, RN, MS, CPNP, NAPNAP-LA Past-President

Under the leadership of NAPNAP-LA President, Joana Duran, MSN, RN, CPNP, CNS, the 2011-2012 Board has been hard at work to **create a strategic plan**, which will help guide our organization toward the **fulfillment of our mission** and the **realization of our vision**.



We began working on the NAPNAP-LA Strategic Plan began August 2011, when the Board hired Julie A. Elginer, Dr.PH, MBA as a professional consultant. Sharing her considerable expertise, Dr. Elginer has assisted the NAPNAP-LA Board in the creation of a **new mission, vision, and values statement, and organizational goals** for the next three to five years.

NAPNAP-LA's Mission: Why do we exist?

NAPNAP-LA's Pre-2012 Mission: "Directed toward the future and caring for the health and wellness of our children and providing support for the dedicated pediatric nurse practitioners who care for children in a variety of settings."

NAPNAP-LA's 2012 Mission: "To promote optimal health for children and support nurse practitioners caring for children through leadership, practice, advocacy, education and research in the greater Los Angeles area."

NAPNAP-LA's Vision: What are our aspirations?

NAPNAP-LA's Pre-2012 Vision: Not documented.

NAPNAP-LA's 2012 Vision: "Children in Los Angeles experience optimal health, prevention of illness and increased access to care through the efforts of the nurse practitioner. Association members provide the highest quality health care and experience personal and professional satisfaction."

NAPNAP-LA's Values: Who we are

NAPNAP-LA's Pre-2012 Values Statement: Not documented.

NAPNAP-LA's 2012 Values Statement: "We believe in:

- 1) The inherent value of all children**
- 2) Access to the highest quality health care for all children**
- 3) Commitment to our members**
- 4) Compassion, leadership, innovation, diversity, collaboration, ethics and resourcefulness in all of our operations."**

NAPNAP-LA's Goals: What we plan to accomplish

NAPNAP-LA's Pre-2012 Goals:

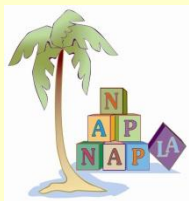
- 1) Provide leadership at the local level to promote professional development and respond to the needs of our membership.
- 2) Provide a forum for clinically relevant continuing education programs.
- 3) Facilitate a proactive voice and representation in legislative and health policy issues affecting pediatric nurse practitioners.
- 4) Promote collaboration with our professional nursing and health care organizations to address critical practice issues.
- 5) Encourage and support pediatric nurse practitioner students through scholarship, research grants and mentorship.

NAPNAP-LA's 2012 Goals:

- 1) Promote professional development that is responsive to the needs of our members.**
- 2) Support nurse practitioners and advanced practice nursing students through scholarship, leadership and mentorship.**
- 3) Provide opportunities for continuing education programs to promote evidence-based practice.**

- 4) **Facilitate legislative advocacy in issues affecting the health of children and nurse practitioner scope of practice.**
- 5) **Promote the health and well-being of children, families and communities through outreach efforts.**

NAPNAP-LA members are encouraged to contact Board members to provide feedback, ideas and suggestions regarding the strategic plan at any time, as well as via an upcoming electronic survey.



NAPNAP-LA: Caring for children together

Member Spotlight



Krista Doby, MSN, CPNP, CNS is a certified pediatric nurse practitioner. She received her MSN from UCLA, and BSN from California State University, Los Angeles. She currently lives in Westchester, California with her husband DaVion and 4 month old daughter.

She has been a member of NAPNAP since 2008. She joined as NP student.

She currently works at Harbor-UCLA Medical Center in the Pediatric outpatient clinic. In her role in the clinic she does well child exams, acute care follow-up, and pre-operative exams. She enjoys the variety of patients that come through the clinic in any given day. Everyday brings a different experience, from a well child exam to a complex pre-op. patient. Each patient has their own special need. She enjoys working with the underserved population that can benefit the most from her help.

Legislative Update – November 2011

By Demetra Bastas, MSN, MPH, FNP

Legislative Chair

Dear Members,

Whenever you are asked if you can do a job, tell 'em, 'Certainly I can!' Then get busy and find out how to do it. –Theodore Roosevelt

As legislative chair for NAPNAP-LA, I am participating in a great experience to enhance my exposure, understanding and hopefully implementation of public policy. What is this wonderful experience am I talking about...*The Public Policy Institute*, hosted by the Junior League of Los Angeles. The Junior League of Los Angeles is a non-profit organization committed to serving the needs of women and children in the Los Angeles area and throughout the state of California. I wanted to share some key lessons I've learned thus far with all the members of NAPNAP-LA.

What is the *The Public Policy Institute* (PPI)? It is a training program that helps prepare participants with skill in the areas of public policy. The goal of the 8wk course is to ensure that participants have the necessary understanding of public policy required to affect change in the community and non-profit sectors. At each session, we have speakers and representatives from the city, county, state, district and federal levels of government. We have readings that give us the background and then have the opportunity to engage with government officials/representatives to make those readings come to life during our sessions.

We take the didactic and apply it to real life with a Day at City Hall. This is a half day event that provides participants the opportunity to meet some of Los Angeles' top city officials and hear them speak about their roles in city government and how they impact our community on a daily basis. Additionally, we participate in a Day at the Capital and most exciting is we have the opportunity apply the knowledge and skills learned with networking into action with an optional 25-30 hour non-paid internship.

But....before all this, one has to start at the beginning. So...What does advocacy mean? Advocacy means to speak up, to plead the case of another, or to fight for a cause. As we learned in our first class, advocacy "describes a wide range of expressions, actions and activities that seek to influence outcomes directly affecting the lives of the people served by the organization." We also learned that there are two types of advocacy efforts: community and legislative. *Community advocacy* involves changing the ideas and attitudes of the public and is typically accomplished through education programs that may include direct mail, publications, group presentations, and a Web site. *Legislative advocacy* involves changing a federal, state or local law, school board policy, or budget allocation. Such advocacy involves legislative monitoring, committee testifying, lobbying, writing position statements or papers, organizing networks and coalitions, to name a few. Don't underestimate the impact you can have...you just have to start!

With advocacy comes comprehending the Lawmaking Process. It is an exhausting process and as you begin to dissect it, you begin to understand why it takes so long for laws to become laws, why some bills pass quickly and others are “laid resting”. You ask, is there a financial risk to this bill, is there a seasoned political figure supporting it, who does it impact directly and indirectly? To me, there appears to be four important facts about the legislative process:

- 1) Any legislator can introduce a bill
- 2) People interested in the bill may testify during committee hearings (THIS IS WHERE YOUR VOICE CAN BE HEARD!)
- 3) Bills passed by one house must be passed by other house before going to the Governor
- 4) Vetoed bills may be overridden by both houses.

I am excited as I have just started my journey to becoming a better advocate on behalf of children and their families. Stay tuned...and as always, I encourage you to get involved to ensure that NPs are recognized as active leaders and providers within health care. Visit the Legislative Tracker on our website to learn more and monitor current legislation affecting NP scope of practice.

Remember... Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed. If people all over the world...would do this, it would change the earth. ” –William Faulkner



Committee Updates:

COMMUNITY OUTREACH

“To identify and develop humanitarian chapter projects upon approval by the Executive Board. These projects will support worthy causes that relate to the health and well-being of youth”

(Purpose of Community Outreach Committee, NAPNAP-LA Bylaws).

As we create our strategic plan for the next 5 years, we are looking for ideas from members about what you would like to see NAPNAP-LA doing in and for the community. Over the years, NAPNAP-LA has listened to our member’s passions and interests and has taken their suggestions and given back to the community in a number of ways. We have done book and food drives. We’ve attended health fairs. We’ve made monetary donations to worthy causes such as We Can - a Pediatric Brain Tumor Network. We participated in a medical mission at a family clinic in Tijuana, Mexico. We have provided scholarships for children to attend The Painted Turtle Camp and we’ve sponsored Christmas Parties for pediatric neurology patients. Most recently we have given the presentation, “Raising a Healthy Tween-Ager” to parents of early adolescents at 3 middle schools in Gardena and Long Beach. And we have done much, much more... We encourage your suggestions about future projects that could be supported by Community Outreach!

One idea on which we would like your feedback is if members would be interested in a “Train the Trainer” workshop? This workshop would provide information on how to give the “Raising a Healthy Tween-Ager” presentation in your community. Since the presentation has been such a success at the schools we have attended, we would love to expand this project to other areas in Los Angeles. Trainers could provide the presentation not only to local schools, but also to their church community or patient population. I can’t tell you how rewarding it is to have a whole hour to be able to talk with middle school parents about the tribulations of this challenging phase of their child’s development. They are so appreciative to learn about what is normal versus what is not, and about how to get help or to make things easier. Please let us know if you would be interested in this “Train the Trainer” workshop.

Also, we would like your feedback on the possibility of doing an outcomes research study to evaluate the effectiveness of nurse practitioners giving this presentation to parents. Each presentation includes parent evaluations and data about each audience collected by our Turning Point audience response system. We have also discussed developing a two-month follow-up survey to assess if our

presentation had lasting effects. NAPNAP-LA would be able present our findings at our local and National conferences. It might even be fun to publish our findings. Please let us know your ideas and if you would be interested in getting involved in research.

Please feel free to give your feedback and suggestions. You can send them to shannanstephenson@gmail.com.

Thank you!

TREASURE'S REPORT

DATE: Activities from 9/01/11 to 10/31/11

CHECKING	\$8,509.07
CD #1	\$14,994.05
CD #2	\$12,632.17
TOTAL	\$36,135.29
INCOME	
<i>CATEGORY</i>	<i>AMOUNT</i>
Interest (09/30)	\$0.06
National Membership Credit (09/30)	\$385.00
Interest (10/31)	\$0.06
TOTAL	\$385.12
EXPENSES	
<i>CATEGORY</i>	<i>AMOUNT</i>
Dr. Julie Elginger (chk#437)	\$600.00
Office supplies paid to Joana Duran (chk#439)	\$70.98
TOTAL	\$670.98

Submitted by

Liza Jia

Treasurer

PROGRAM

By: Cathy Goodhue & Debbie Harris

The Program Committee has developed a fantastic program for the upcoming NAPNAP-LA/CHLA PNP conference on Saturday, March 3, 2012. This year's conference is entitled: "Advancing Pediatric Nursing Care: A Day of Practice Updates." Our speakers include:

Pia Pannaraj, MD, MPH, Attending Infectious Disease Faculty at Children's Hospital Los Angeles. Dr. Pannaraj will speak on "Re-emergence of pertussis and measles and other vaccine preventable diseases."

Kathleen Ruccione, MPH, RN, CPON, FAAN, is Co-Director, HOPE Program and Center Nursing Administrator, Children's Center for Cancer and Blood Diseases at Children's Hospital Los Angeles. Ms. Ruccione will speak on "Childhood Cancer Survivorship: Optimizing Health Outcomes in the Primary Care Setting".

Kristi Westphaln, RN, MSN, CPNP, is the nurse practitioner for the Trauma Program in the Division of Pediatric Surgery at Children's Hospital Los Angeles. Ms. Westphaln will present: "Welcome to the drama of pediatric trauma: Recommendations for the management of minor pediatric trauma from an office or urgent care setting."

Tena Rosser, MD, is an Attending Physician in the Division of Neurology at Children's Hospital Los Angeles. Dr. Rosser will speak about the neurological exam and epilepsy.

Felicita dela Cruz, RN, DNSc, is a Nurse Researcher at Children's Hospital Los Angeles. Dr. Dela Cruz will speak on conducting evidence-based nursing research.

Julia Elginer, DrPH, MBA is the owner of Elginer Advocacy Group. She will speak on advocacy.

Please join us on Saturday, March 3, 2012, in the Houssels Forum at Long Beach Memorial Medical Center. For more information, please contact Cat Goodhue at cgoodhue@chla.usc.edu.

Website

Keep up with the latest events provided by the NAPNAP-LA chapter by viewing the website periodically at www.lanapnap.org. The website has resources to help you in your profession for example if you need continuing education credits, contact a colleague, or employment opportunities. If you want to become more actively involved with the Board, the Board meeting dates are listed in the Calendar section.

Veronica Torres, CPNP
website chair