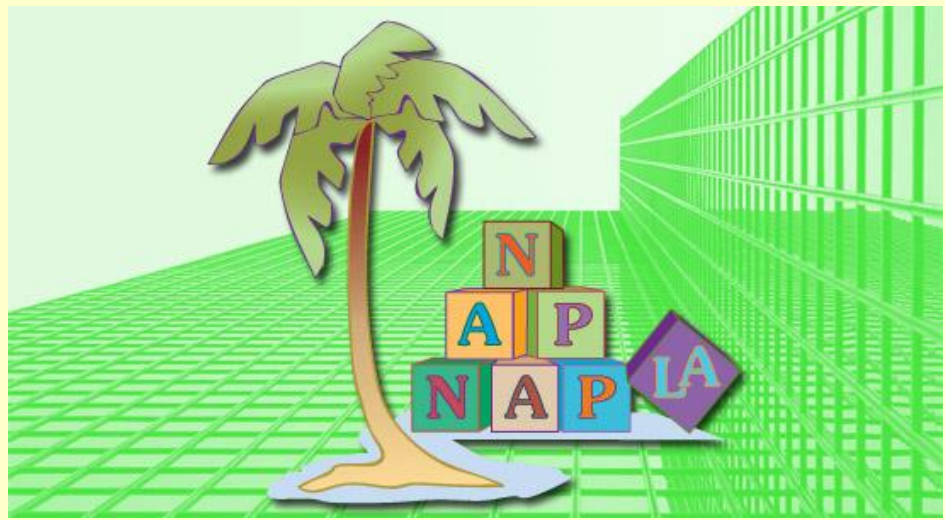


September 2011

Newsletter

Editor: Patty Quan



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President's Message

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

Dear Members,

It is with great enthusiasm that I welcome a new year for NAPNAP-LA, with many exciting developments in the horizon. This past year has been one of many accomplishments for our Chapter, as we continued to grow our membership, as well as our legislative and community efforts.

This year, we plan to continue providing a multitude of educational and professional development experiences for our members. We will be keeping our members up to date on clinical issues and matters regarding scope of practice through our quarterly newsletter and website. With the addition of the Legislative Tracker to our website, members will be able to access updated information on 25 different pieces of local legislation that NAPNAP-LA will be monitoring. These include bills that would affect bullying policies in public schools, the processing of commercially exploited minors, public health food initiatives, foster youth, and various NP scope of practice issues. In fact, one of the bills listed on the Legislative Tracker this year is ACR 62, a bill promoting childhood literacy, which NAPNAP-LA was instrumental in founding, and which is now on its way to becoming law! Demetra Bastas, our Legislative Chair, highlights this bill in the Legislative Update section of this newsletter. NAPNAP-LA's recent involvement with ACR 62 was an exercise in some important lessons on advocacy. Through ACR 62, NAPNAP-LA leveraged its position as an expert on childhood development, along with its long-standing relationships with organizations such as Reach Out & Read, the American Academy of Pediatrics, and the California Kindergarten Association, to rally around an issue that is very important to us all! In presenting ACR 62 to the legislature, Pediatric Nurse Practitioners have taken a seat as major stakeholders in one of the most pressing issues concerning children in our state today, with California holding one of the lowest literacy levels in our country.

ACR 62 passed in the Senate in late August, with a unanimous vote, and is now waiting to be signed by the Governor of California. The next phase of this journey will take NAPNAP-LA and its members from legislative advocacy to the process of creating community advocacy. This means we will have to use our clinical resources and knowledge to create initiatives in

the clinical setting that will implement the promotion of childhood literacy. For this we will again rely on our community partnerships, and the passion and creativity of our members to create change!

I am very excited and honored to be a part of this organization, and look forward to all that this year has in store for us! May we all continue to grow in our knowledge, skills, and the impact we have on the health of children in our community. My hope is that NAPNAP-LA would be able to help facilitate that kind of growth for each of its members!

Warmest wishes,

Joana R. Duran, MSN, CPNP, CNS
President, Los Angeles Chapter
National Association of Pediatric Nurse Practitioners

Past-President's Message

On behalf of Cathy Goodhue, Lynn Messenger and myself, Leslie Larsen, the NAPNAP-LA 2010-2011 Co-Presidents, I would like to take this opportunity to extend our thanks and congratulations to the NAPNAP-LA 2010-2011 Board for a very successful year for our professional organization!

As one of the largest NAPNAP chapters in the nation, our vibrant community of advanced practice nursing professionals has accomplished many things in 2010-2011:

- 1) **NAPNAP-LA has continued to advocate for a prominent role for nurse practitioners in this era of health care reform.** Many thanks to Joana Duran and Demetra Bastas, our outstanding 2010-2011 Legislative Co-Chairs, for their efforts to keep our membership informed regarding legislation, policy, practice and advocacy issues. NAPNAP-LA's Legislative Blog and links to state and national legislation tracking sites have set a new standard for regional NAPNAP chapters throughout the country.
- 2) **With an emphasis on promoting excellence in clinical practice,** this year NAPNAP-LA hosted several educational dinners throughout Los Angeles County, including a September 2010 lecture presenting the latest in Asthma and Allergy, and a May 2011 dinner lecture regarding Von Willebrand Disease. In February 2011, NAPNAP-LA partnered with Children's Hospital of Los Angeles to sponsor an all-day pediatric conference, "Reflections on Teen Health," which was attended by over 130 NPs, graduate and nursing students, and other health professionals. Thanks to Debbie Harris, our Program Chair, Cat Goodhue and the program committee, for another

excellent and informative conference. Also, it is important to thank Joana Duran and Lynn Messenger, for coordinating the dinner lectures.

- 3) **NAPNAP-LA has impacted our community** via education and outreach to address the many challenges faced by parents and children as they enter adolescence. NAPNAP-LA's 2010-2011 Community Outreach Committee, co-chaired by Helen Lau and Sharemae Salvador, met with parents, educators and other concerned community partners for several "Raising a Healthy Tweenager" presentations, which incorporates elements of NAPNAP's KYSS curriculum (Keep Your Children and Yourself Safe and Secure.) Additionally, NAPNAP-LA's Community Outreach chairs organized NAPNAP-LA's participation in a health fair which was held at Peary Middle School on May 21, 2011. Helen, Sharemae and their team have worked very hard throughout the year to share the expertise of advanced practice nursing professionals beyond the exam room or hospital, in order to make a difference at the level of the community.
- 4) **Our LANAPNAP.ORG website and quarterly newsletters** have allowed members to **stay connected with our over 180 members** and keep up-to-date with regard to clinical practice issues, continuing education, professional networking, legislative issues and opportunities for mentoring and advocacy. For their outstanding efforts in keeping all of us informed, we owe our thanks to Veronica Torres, NAPNAP-LA's 2010-2011 Website Chair, and Patty Quan, NAPNAP-LA's 2010-2011 Newsletter Editor.
- 5) **Encouraging and mentoring graduate NP students** has long been a priority for our professional organization. To that end, NAPNAP-LA awarded three scholarships for graduate NP students in 2010-2011. Our thanks to Denise Alejandro Rhodes for her efforts as Scholarship Chair. This year's NAPNAP-LA Student Representative, Lily Denton, was also a tremendous help in coordinating these efforts for 2010-2011. Thanks very much to Lily, as well as to those NAPNAP-LA Board members who acted as liaisons with the graduate NP programs in Los Angeles: Mimie Lorca Honda, Lynn Messenger, Veronica Torres, Shannan Stephenson, Joana Duran and Liza Jia.
- 6) **Strong leadership** is essential for the success of any organization and NAPNAP-LA is no exception. We have been extremely fortunate to have a dedicated and determined NAPNAP-LA 2010-2011 Board, which has supported and helped to sustain the work of NAPNAP-LA. Thanks to our

Past President, Shannan Stephenson; President-Elect, Joana Duran; Secretary, Jenifer Lipman; Treasurer, Lia Jia and Membership Chair, Vira Wu, for their commitment and all of their efforts on behalf of NAPNAP-LA

NAPNAP-LA members are busy, hard-working nursing professionals, who are daily working to promote excellence in pediatric health care, and whose time is valuable. During the 2010-2011 term we have accomplished far greater things for our patients, our colleagues, our agencies and our communities than we could have achieved on our own, as isolated professionals. **Thanks to the NAPNAP-LA Board for all that you do, and all that you have done; lending** your expertise, your ideas, and your passion, so that we can continue to meet the needs of our members and the children and families whom we serve.

As we remember and celebrate the accomplishments of NAPNAP-LA in 2010-2012, the NAPNAP-LA 2011-2012 Board looks forward to a new year of working together with our members to improve the quality of health care for infants, children, adolescents and their families in the greater Los Angeles Community.



Patty Quan, Leslie Larson, Lily Grybauskas, Shannan Stephenson, Veronica Torres, Demetra Bastas, Vera Wu, Judi Zimmerman, Joana Duran, Lynn Messenger

Legislative Update – September 2011

By Demetra Bastas, MSN, MPH, FNP

Legislative Chair

& Joana Duran, MSN, CPNP, CNS

President

Los Angeles NAPNAP

Dear Members,

Learning is not attained by chance, it must be sought for with ardor and attended to with diligence. - Abigail Adams

It is with exciting key strokes that we type this legislative article. Over the last few months, NAPNAP-LA has been actively involved in a legislative measure (ACR 62) that would proclaim the month of March every year as the *Month of Reading* across California. This measure was proposed by a collaboration of community organizations, government agencies, and professional groups (including NAPNAP-LA). The measure was enthusiastically adopted by Assemblywoman Julia Brown (she represents the 41st district, Santa Monica), and thus it began its journey through the legislative process. ACR 62 was introduced May 23, 2011, and after some revisions, was introduced and accepted by the Senate July 1, 2011. August 24, 2011 the measure sat in the house with expectations of full acceptance, as the measure intuitively made sense, and there were no financial obligations or risks. This measure simply requested “that public and private stakeholders work together to raise awareness of the importance of reading to young children and the importance of independent reading among the pupils and citizens of California by encouraging everyone to read for 30 minutes for 30 days during the month of March of every year”.

<http://asmdc.org/members/a41/legislation/itemlist/category/288-2011-legislative-highlights>.

As we type this message today (August 29, 2011), the bill was just approved by the Senate with a unanimous vote! It is now adopted and ordered for engrossing and enrolling. This means that we move away from the legislative advocacy piece of our work (trying to make a bill into a law), and progress to the community advocacy piece of

our work. Over the next few months, NAPNAP-LA will continue to recognize reading as a fundamental skill that is one of the cornerstones of childhood development, academic achievement, and therefore personal success. We will work together with 15 other organizations to implement measures throughout the public and private education, community, and primary care settings that will promote childhood literacy and encourage parents to read daily to their children starting with our first well baby check. As one of the original sponsors of this Bill, NAPNAP will work closely with long-time partners such as the local chapters of Reach Out and Read and the American Academy of Pediatrics (AAP), and we are so proud to be leading the way!

This is just one example of our community coming together to support a cause that is important to all of us! Through this process, we have learned more about how to use our resources to create legislative change that will be reflected in how we provide care to children in our state. As always, we encourage you to get involved to ensure that NPs are recognized as active leaders and providers within the health care setting. Visit the Legislative Tracker on our website to learn more and monitor current legislation affecting pediatric care and NP scope of practice.

Remember... *Inspiration does exist, but it must find you working.* - Pablo Picasso

Committee Updates:

WEB SITE

By: Veronica Torres

Stay current with local events and announcements happening with NAPNAP-LA by viewing the website www.lanapnap.org . You have access to our calendar of events, employment opportunities, and links to continuing education, and more! If you would like more information or have any comments regarding the chapter's website, please email your comments to vero3@aol.com

COMMUNITY OUTREACH

By Shannan Stephenson

Thank you Helen and Shareemae! - This year we will be saying good-bye to Helen Lau and Shareemae Salvador as our Community Outreach Co-Chairs. Helen Lau has a new addition to her family so she will be stepping down for now, and Shareemae has moved to Orange County. We truly appreciate all of the hard work that these two have done for Community Outreach and they will be sincerely missed!

We are currently looking for a **Community Outreach Co-Chair** to work hand-in hand with myself. The Community Outreach Committee serves "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" (NAPNAP-LA Bylaws). As a Co-Chair of this committee, we will work together to reach the goals of the 2011/2012 year as identified by the board at our next board meeting.

Last year, Community Outreach had a huge success in presenting "**Raising a Healthy Tween-Ager** " at 3 middle schools in Gardena and Long Beach. The goal of this presentation is to educate as many middle school parents as possible about the normal development of early adolescents, warning signs to alert parents of a problem, how to get help, and how to be a more effective parent. We hope to continue to branch out to middle schools in Los Angeles County and we thank you all for the continued support and encouragement.

At our most recent event on May 21st, NAPNAP-LA hosted a health information table at **Peary Middle School's Community Festival**. We offered handouts in English and Spanish on 1) Immunizations, 2) Emergency preparedness for children with special healthcare needs, 3) Nutrition and feeding for the school-age child and teen, 4) Dealing with loss and grief, 5) Raising a Healthy Tween-Ager, 6) Coping with natural disasters and traumatic events and 7) Other mental health topics such as Depression, Anxiety, and ADHD and more... It was a great day and the parents were very appreciative to have us there. Thank you to those of you who volunteered and made this day a success.



Liza Jia and Joana Duran at NAPNAP-LA table at Peary Middle School's Community Festival

If you are interested and would like to get involved in Community Outreach, please contact Shannan Stephenson at 310-721-9650 or shannanstephenson@gmail.com. Thanks!

PROGRAM

By: Cathy Goodhue & Debbie Harris

SAVE THE DATE!!! Saturday, March 3, 2012 for the NAPNAP-LA Annual Conference. It is tentatively scheduled to be held at Long Beach Memorial Medical Center. If you have any suggestions for speakers and/or topics please email Deb Harris at dharris@chla.usc.edu. See you there!!

SOCIAL

By: Judi Zimmerman

The NAPNAP End of the Year luncheon was held at Matisse Restaurant in Hawthorne on June 5. Three students, Carin Hanson, Patricia Sandoval and Lillian Denton, were present to receive scholarships. The outgoing 2010/2011 board members were honored for their service and the new 2011/2012 board was introduced.

Congratulations to KySS Fellowship Scholarship Recipients!

NAPNAP received 29 applications for the scholarship and NAPNAP and the NAPNAP Foundation provided four \$1,000 scholarships to **Karlin Krebs, Naomi Schapiro, Christina Sobczak, and NAPNAP-LA's own Shannan Stephenson** to attend ASU's KySS Child and Adolescent Mental Health Fellowship Program.