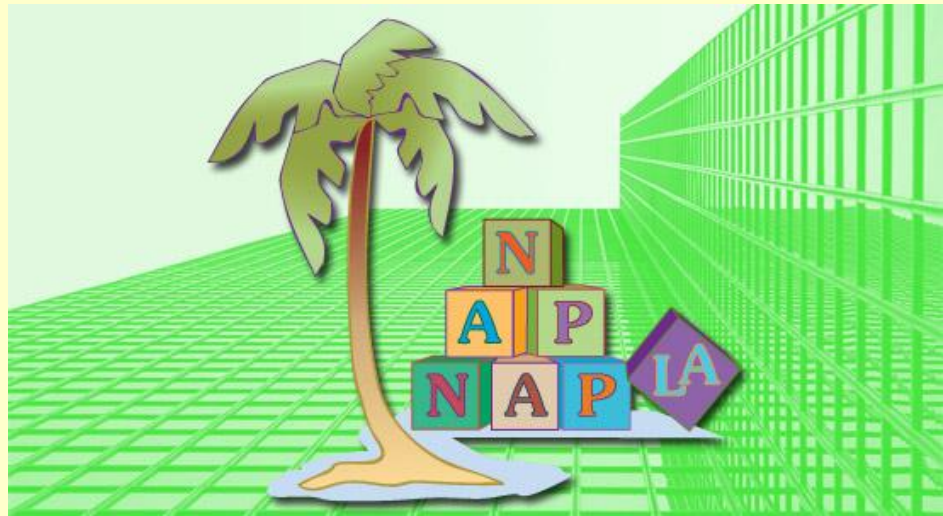


May 2010 Newsletter

Editor: Patty Quan



Inside This Issue

- 1-2** President's Message
- 3-4** Mental Health Highlight
- 5** EGroup News
- 5-7** Legislative Update
- 7-10** Committee Updates
- 11** Giving Back

President's Message

By Shannan Stephenson MSN, CPNP

Greetings NAPNAP-LA members,

The year is certainly moving right along. Summer is around the corner! Let's hope that puts an end to this crazy weather we have been having. It is no fun for those many children (that I am sure most of us have been seeing) whose allergies and asthma are going awry. Let alone our own itchy noses.

Many wonderful events have taken place since the last Newsletter. We had an incredibly successful NAPNAP-LA Annual Spring Conference on February 27th. Thank you to Cat Goodhue, Debbie Harris and all of the Program Committee for making this such an informative and entertaining event! On March 13th at Gardena Middle School, we finally presented the debut of NAPNAP-LA's "Raising a Healthy Tweenager". The presentation was a complete success and left the parents of these middle-school tweens wanting more. We thank Helen Lau (Community Outreach Chair) and the Keep Your children/Yourself Safe and Secure (KySS) Committee members for all your hard work and patience in making this endeavor a reality.

Congratulations to all of you who made it to the National Conference in Chicago last month. I was happy to see 5 other board members, multiple LA students, and a few other LA members there. It was an excellent conference and Chicago is a spectacular city! Being amongst so many influential NAPNAP members, you absolutely feel the power of all the good work that NAPNAP is doing around the nation. It allows a deeper understanding of how NAPNAP not only

affects the lives of the children that we work with, but also of our own members. For example, the following NAPNAP-LA members received awards at the conference:

- Veronica Torres – NAPNAP/Wyeth Immunization Grant
- Joana Duran – Nurse in Washington Internship (NIWI) Scholarship
- Liza Jia – NAPNAP/McNeil Rural and Underserved Scholarship
- Marianne Miller - NAPNAP/McNeil Rural and Underserved Scholarship

Way to go ladies! I encourage all members to attend next year's National Conference in Baltimore, MD.

One significant pearl that was gained from the conference is the value of networking with other Pediatric Nurse Practitioners. We have so much to learn from each other. For this reason, National has created a valuable online opportunity that has the ability to connect all members of NAPNAP. It is called the NAPNAP Community eGroup. The goal is for all NAPNAP members to join their chapter's eGroup in order to more easily receive the information and correspondence that specifically pertains to you and your practice. NAPNAP-LA will soon be phasing out correspondence via regular email and in turn will use the eGroup to communicate with our members. In order to receive information from NAPNAP-LA you will need to subscribe to our eGroup. Please read the section "Guide to using Chapter EGroups" to learn how to subscribe.

With the new fiscal year quickly approaching, we have recruited multiple new board members, some of whom attended our last board meeting at Joana Duran's home on April 24th. We look forward to another successful year ahead. If you are looking to be of service, we are always in need of members for committees such as Community Outreach or Legislative. Our next board meeting will be held in Manhattan Beach at the home of Lynn Messenger on Saturday June 19th. All are invited and I hope to see you there!

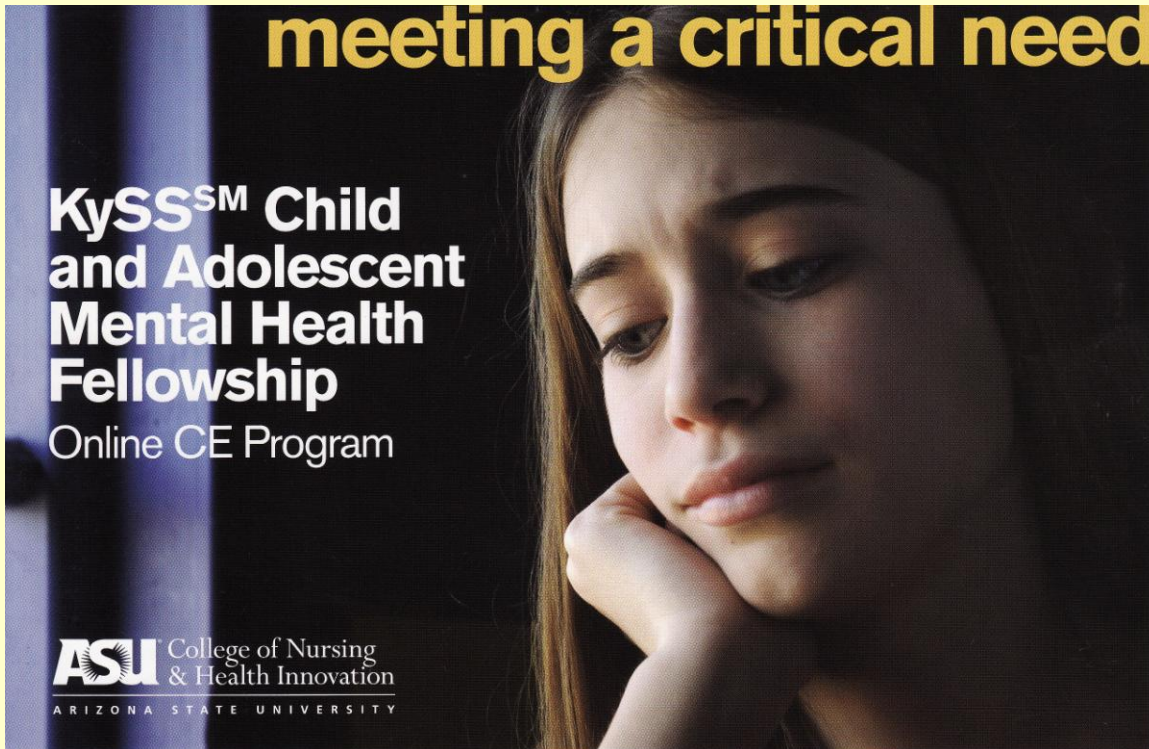
I hope all of you are taking good care of yourselves and remembering to breathe, relax and to have fun. Thank you all for all of your hard work, students included! I wish you all a wonderful summer. And don't forget the sunscreen!

Warmest wishes,

Shannan Stephenson, CPNP
Chapter President
NAPNAP-LA

Mental Health Highlight

The following opportunities are available to help you become more prepared to manage mental health problems in any pediatric health care setting.



meeting a critical need

**KySSSM Child
and Adolescent
Mental Health
Fellowship**
Online CE Program

ASU College of Nursing
& Health Innovation
ARIZONA STATE UNIVERSITY

for more information, contact

Danica Weston
Program Coordinator
(602) 496-0745
KySS@asu.edu

One in 4 children and teens (i.e. 15 million) in the United States have mental or behavioral health problems that interfere with their performance at home or at school, yet only 20 to 25 percent of these children receive any treatment. Significant health disparities also exist in the receipt of mental health services.

nursingandhealth.asu.edu/kyss

The PNCB's new Child & Adolescent Behavioral & Mental Health Specialty Certification Exam



Do you see children and adolescents who need early identification and intervention for behavioral and mental health concerns?

Are you a provider who helps patients and their families manage behavioral and mental health concerns until specialized care is available?

Do you play a role in collaboration of care after specialty care is established?

Who can take this new exam?

- PNP's
- FNP's
- CNS's

In 2010, the Pediatric Nursing Certification Board (PNCB) will launch a unique specialty certification exam for APRNs who manage and collaborate in the care of children and adolescents with behavioral and mental health care needs. The PNCB's new Child & Adolescent Behavioral & Mental Health Exam will provide practice recognition, beyond APRN certification, of value added specialty knowledge and skills in this important practice area.

Purpose. This new exam will validate specialized knowledge as well as strengthen collaborative care to support implementation of evidence-based practices in primary mental and behavioral health care.

Benefits. Specialty certification in child and adolescent behavioral and mental health care will provide added recognition, beyond APRN certification, of practice knowledge and expertise in child and adolescent behavioral and mental health care. Post-APRN specialty certification will strengthen the primary mental and behavioral health care delivered to children and support patient and family confidence in care.

Candidates. Eligible candidates will document earned APRN status as a nurse practitioner or clinical nurse specialist. As a value added specialty certification program for APRNs, certification as a pediatric behavioral mental health specialist would not be linked to APRN state licensure requirements.

Find Out More. Visit www.pncb.org for updates about this exam, including a description of eligibility requirements, information about the exam content outline, and study resources.

About Us. For more than 35 years, the PNCB has remained the largest pediatric nursing certification organization in the country. Today more than 25,000 CPNPs, CPNs and CPENs are actively certified through the nationally acclaimed certification programs of the PNCB. All PNCB exams are recognized and endorsed by the American Academy of Pediatrics (AAP), the Association of Faculties of Pediatric Nurse Practitioners (AFPNP), the National Association of Pediatric Nurse Practitioners (NAPNAP), and the Society of Pediatric Nurses (SPN).

The Pediatric Nursing Certification Board
www.pncb.org



Guide to Using Chapter EGroups

All Chapters now have the ability to communicate with their members through the NAPNAP Community using eGroups. The eGroups will connect you with members within your Chapter so you can have discussions or share documents in a private forum.

In order to receive communications regarding chapter news, upcoming events, job postings and activities we request that you complete your community profile on the National website. These are the steps you will need to take (please do not be intimidated, it is easier than it looks):

1. Login to www.napnap.org with your Member Number and Password
2. Click on "Community Profile" (top middle) and edit as needed
3. Under the "Groups" section click on your Chapter Name
4. Click on "View the eGroup" and Click on "Post a Message" to the group
5. You will be asked to subscribe to the group and identify your communication preferences when you attempt to engage with the eGroup.

Note: If a member has not yet joined both National and the Chapter they will not be included in this eGroup.

For more information on the NAPNAP Community visit: <http://www.napnap.org/docs/FAQ.pdf>

Legislative Update – May 2010

Nurse In Washington Internship (NIWI) 2010

by Joana Duran MSN, PNP, CNS

In the month of March, 2010, I had the privilege to travel to the Nation's Capitol to represent NAPNAP and children's health policy issues during the time when the Healthcare Reform Bill was passed. Six of us were chosen from across the country to participate in the Nurse In Washington Internship (NIWI), an experience for which I will be forever grateful. I would like to share with you some of the things I learned during my time in Washington DC, in hopes that it will make you a more informed and prepared advocate for children's health.

First, it is important to consider the timing of advocating for children's health issues during a period of healthcare reform. With approximately 9 million uninsured children in the United States, access to healthcare for the pediatric population is a major concern. As legislators investigate solutions to this problem through reform, the input of healthcare providers, such as Nurse Practitioners (NPs), provides valuable insight into the best ways to ensure access for all.

Some of the issues addressed with legislators regarding healthcare reform included:

- Ensuring access to care for all children through a care delivery system that makes full use of all its providers. For example, using Nurse Practitioners as full providers in the Medical Home Model. The Medical Home Model seeks to ensure access to primary care services for all, so that everyone will have a provider for basic healthcare services, screenings, etc. Nurse Practitioners are the perfect candidates to fill this role. NPs provide a holistic approach to the delivery of healthcare maintenance and specialty care services, routine developmental screenings, anticipatory guidance, treatment of common illnesses, childhood immunizations, school physicals, and referrals. By employing Nurse Practitioners to their full scope of practice, the number of primary care providers will increase, resulting in more accessibility to medical homes for everyone. This also means opposing arbitrary restrictions on the role of NPs within the medical home. Through education and training, NPs are prepared to lead medical homes, and legislation should enable all providers to practice to the full extent of their license and training.
- Providing effective guidelines and models for primary care providers to tackle major pediatric health issues such as childhood obesity. NAPNAP has created the Health Eating and Activity Together (HEAT) Program, which includes a set of guidelines for primary care providers to use in treating childhood obesity and providing health education and anticipatory guidance to parents with a holistic approach. The HEAT model can be implemented in any primary care or specialty setting, and was developed in response to the growing need for providers to have training and confidence in tackling this issue in the clinic.
- Supporting appropriations for the National Institute of Nursing Research (NINR) branch of the National Institutes of Health (NIH). The NINR supports basic and clinical research with the goal of discovering effective approaches to achieving and sustaining good health, and improving clinical settings and the quality of care delivered. Nursing research is essential in ensuring that clinicians are using research-based best clinical practices. The NINR is requesting funding of \$160 million for the 2011 Fiscal Year (FY).
- Supporting Title VIII funding and Nursing Workforce Development Programs at the Health Resources and Services Administration (HRSA) through a \$267.3 million grant for the 2011 Fiscal Year (FY). These programs support the recruitment, education, and retention of nurses by providing nursing education loan repayment and scholarships. These efforts alleviate the nursing shortage by ensuring a higher number of active nurses in the workforce.

If you would like to learn more about how you can get involved, please visit the Legislative page on our Chapter website at www.lanpnap.org. Under the Resources tab, view NAPNAP's Handbook on Federal Advocacy to learn about effective advocacy techniques, including understanding the legislative process, developing relationships with policy makers, coalition building, and appropriate lobbying.

Archived Webinar on Advocacy

On January 12, 2010, Ann Sheehan, Health Policy Chair conducted a webinar for all chapter leaders on the importance of advocating for nurse practitioners and children's health. The following were the learning objectives of the webinar:

- The definition advocacy, lobbying, grassroots advocacy, health policy, policy, power, primary care
- Describe who is an advocate and how one becomes an advocate
- Identify barriers to advocacy for nurses
- Describe the role of the professional nursing organization in facilitating grassroots advocacy Describe ways to make contact with legislators
- Define power and nurses' use of power in improving advocacy efforts

This webinar is approved for 1.0 NAPNAP Contact Hours, of which 0 are pharmacology hours. In case you missed it, this presentation will be placed on PNP SourCE for your review. You will earn 1 contact hour after reviewing the presentation and successful completion of the post test. Please check your email for additional information about the availability of this presentation online.

Committee Updates:

COMMUNITY OUTREACH

By Helen Lau, CPNP

Community Outreach had a great year with our various donations to our local organizations and health centers and with our ongoing support of the KySS project.

Every year, Community Outreach donates to an organization and this year, general membership decided to support WE CAN, a non-profit support network for families of children diagnosed with brain tumors. In the past 15 years, this group has grown to serve several hundred families in Southern California whose children have been affected. The \$750 donation will be used to fund outings for the young adult group and will help pay for monthly get-togethers where dinner and an opportunity to socialize will be provided. To read more about WE CAN, see www.wecan.cc.

We collected over 40 books from general membership at the annual Spring Conference in Long Beach. Thank you to our NAPNAP members who brought a new book to donate. All the books were donated to the Child Crisis Center for Abuse Children at Harbor-UCLA.

The KySS presentation was well received at Peary Middle School in Gardena with a turnout of about 25 families. We also provided local resources, a book list and raffled off books related to normal teen development to the participants and it was a big success. Outreach applied for and received a \$500

grant from the NAPNAP Foundation in support of our effort to continue to raise mental health in the early adolescent and to continue the KySS project. (<http://community.napnap.org/NAPNAP/losAngeles/CommunityOutreach1/Default.aspx>)

Outreach donated \$150 to help fund a Children's Holiday Event at Harbor-UCLA this past Winter.

Our focus on mental health awareness in the community continues to be a project of community outreach as we move into this next year. If you are interested in joining the Community Outreach Committee, contact me at helenlau01@hotmail.com.

Helen Lau, CPNP

Community Outreach Chair

PROGRAM

Despite a torrential rain, on February 27, 2010, NAPNAP and the Advanced Practice Nurses of Childrens Hospital Los Angeles held a successful conference at Long Beach Memorial Hospital entitled "Magnifying Our Insights Into Pediatric Nursing. We were fortunate to enroll 136 attendees, with a large portion of the attendees being nursing students. We were delighted to have a wide variety of topics from renowned speakers at this year's conference. Our speakers and topics were as follows: Bryna Kane, MD :Pediatric Dermatology; Dan Thomas, MD: Digestive Aches and Ills in Childhood; Andreas Reiff, MD : Biologic Therapy in Autoimmune and Auto-inflammatory Disorders; Doug Vanderbilt, MD: New Updates in the Management of Autism and ADHD; Kathleen Anulao, FNP: Pediatric Ophthalmology and Melanie Balestra, NP, Esq.: Malpractice and the NP.

Free limousine rides, stunning jewelry from Magpie Store, a deluxe Pampered Chef gift basket, *The Harriet Lane Handbook*, wine, Starbucks gift cards, and more. Thanks to the many generous door prize donations and purchase of raffle tickets, we were able to raise \$459 in cash donations towards NP student scholarships. On top of that, many of our guest lecturers donated their speaker fees totaling another \$800 towards NP scholarships.

The award for One of Our Own was given to Jan Fredrickson, RN, MN and the award for Pal of the Year was given to Yolanda Quam, MD (See pictures below)

We were fortunate to have the support of our dedicated vendors and exhibitors: Astra Zeneca, Elsevier; Medimmune; Leadership in Education in Neurodevelopment al Disabilities (LEND) at the UCEDD from CHLA; Nestle; Novartis; Pampered Chef; Silpada Jewelry; and The Painted Turtle

This day wouldn't have been possible without the help of our educational conference committee members: Denise Alejandro, Margaret Bottcher, , Margaret Brady, Debbie Browne, Cindy Costello, Anna Evans , Anne Hakes, , Karla Haynes ,Mimie Honda , Pat Lachelt, Leslie Larsen, Helen Lau, Lynn Messenger, Belinda Mitchell , Bobbie Nelms, Maki Okada, , Melissa Reider-Demer, Shannan Stephenson, Debbie Jury, Mary Whitten, and Judi Zimmerman.

We would like to thank all of our members who attended and helped to make our 2010 NP conference such a success! We look forward to seeing you again next year--rain or shine!

Regards,

Catherine Goodhue and Debbie Harris

Educational Conference Co-chairs

“One of Our Own”: Jan Fredrickson, RN, MN



Left to right: Marianne Miller, Jan Fredrickson, Denise Rhodes, Shannan Stephenson

“Pal of the Year”: Yolanda Quam, MD



Left to right: Shannan Stephenson, Mary Whitten, Yolanda Quam, Carolina Sandoval, Denise Rhodes

SCHOLARSHIP

Congratulations Scholarship Recipients!

Congratulations to this year's NAPNAP-LA scholarship recipients: Marianne Miller and Nancy McNeil! They have each been awarded a \$500 scholarship award towards their educational endeavor. Congratulations again and best wishes!

MARIANNE MILLER

Marianne is a second year pediatric nurse practitioner student and will be graduating from UCLA this coming June. She has worked in hospitals in Chicago and Los Angeles for over six years as a neonatal and pediatric nurse. She is a member of various organizations including Sigma Theta Tau and California Association of Nurse Practitioners, and volunteers at the Union Rescue Mission in downtown Los Angeles. Her professional interests include supporting the role and rights of advanced practice nurses and health care policy. Upon graduation, Marianne would like to work with the medically underserved population.

NANCY McNEIL

Nancy is a first year pediatric nurse practitioner and clinical nurse specialist student at UCLA. She has been an RN in the NICU at Miller Children's Hospital in Long Beach for three years. She is involved with the nursing practice and nursing performance improvement council at Miller Children's Hospital and has traveled to Mexico and Uganda with her church's medical team to organize medical clinics to treat wounds and dispense medicine. Utilizing her educational, work, and volunteer experience, Nancy would like to develop better nursing practices locally and globally, and ultimately be a leader in the nursing community.



Left to Right: Shannan Stephenson, Nancy McNeil, Mr. McNeil, Lily Denton (2010/2011 UCLA Student Representative). Unfortunately, Marianne was unable to be present for her photograph.

Giving Back - \$10 for 2010 Campaign!

The NAPNAP Foundation has launched the “Giving Back - \$10 for 2010 Campaign”, appealing to every NAPNAP member and friend of NAPNAP to donate a minimum of \$10 to support our NP profession. As members of the *Nurse Practitioner Profession*, we have all benefited from the work that was done by nurses and nurse practitioners in our past and we have a responsibility to give back. Our NAPNAP Foundation offers one means for us to carry on the advancement of our NP profession. Your generous support will make it possible for the Foundation to continue its work of providing needed grants and scholarships to NAPNAP members

