

*National Association of Pediatric Nurse Practitioners
Los Angeles Chapter*



<http://www.lanapnap.org>

August 2006

Newsletter Editor: Nancy Yap

President's Message:

Mary Whitten

AHHHHH, SUMMERTIME! Not only do we have lazy days, but record setting temperatures make heat a topic of conversation wherever we go! As we start our fiscal year, 2006-07, I am excited to serve as your president and plan to keep the momentum and progress that the former boards have worked hard to provide us. As the relaxing days of summer wind down and we get back into our routines, our professional and energetic Board collaboratively has goals in place to ensure yet another successful year. Along with your support, ideas and participation I know we will have an awesome year!

Working in primary care, I enjoy seeing all kinds of kids, but my absolute passion is special needs kids. One of my goals for this year is to highlight their issues. The Spring conference is in the early planning stages, but stay tuned as we anticipate this focus.

NAPNAP-LA is already off and running this year as we have officially endorsed the Asthma Call to Action for LA County. One of our members, **Leslie Larsen**, was instrumental in getting us involved. See her article in this newsletter for information and to see how you, too, can be involved. I don't know about you, but I have been continually frustrated in caring for my asthma kids. Too many acute visits with too many relapses. I look forward to working with the coalition in improving a better quality of life for these kids and their families.

Our chapter also wrote in support of AB 2560, the Public School Health Centers Program bill. School health centers bring accessible care to children and we need them! This bill will help to maximize their effectiveness and support their expansion. School health centers represent a powerful partnership between health and education to put health care where the kids are, creating a true safety net for children and youth.

As you can see, NAPNAP-LA is making a difference in the life of children's health. We are the largest chapter in California and have an awesome responsibility. Join me, contact me with your ideas and suggestions at mwhitten@rocketmail.com. We always look back and admire the pioneers of our profession. Well, WE are still paving the way. WE are still the pioneers. Don't miss out in sharing your time and enthusiasm. When people look back at the history of NAPNAP-LA, wouldn't it be great for you to be able to say, "yes, I was there?"

Message from our Past-President
Judy Cobos

Mid-summer and it is time for the first newsletter for the term of our new President – Mary Whitten. I was contemplating on what to write when I began to consider the interconnection of humor and healing. After all, what can be the argument against healing?

My favorite book, a compilation of many humorous quotes and vignettes, *Heart, Humor and Healing*, Patty Wooten, RN, Ed, is recommended reading. When we start to feel that “burn out” creeping into our minds and “compassion fatigue” becomes overwhelming, we owe ourselves a good laugh. It can be used for stress reduction in both our professional lives and daily living, and especially with our pediatric patients.

Consider the following: Sebastian Chamfort wrote, “*The most wasted day of all is that on which we have not laughed*” and Jan King’s creative pun on words, “*Who ever thought up the word Mammogram? Every time I hear it I think I’m supposed to put my {breast} in an envelope and send it to someone*”.

*Laughter is a melody,
a concert from the heart,
a tickling by the angels,
creative living art.*

*Laughter heals and comforts,
sometimes gentle sometimes bold.*

*Laughter is a freeing dance,
performed within the soul.*

Serene West

Hope to see all of you next week at the annual NAPNAP-LA night out.



2006 – 2007 NAPNAP-LA Executive Board

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Committee Chair Reports

Treasurer: Dominic Koh

As of July 24, 2006, we have 36,180.86 in all accounts to conduct business for this year. This money will continue to fund all operating expenses, educational conferences, newsletters and mailings, community outreach and public relations, legislative issues, website, membership recruitment, Tijuana Medical Missions, scholarships and ways and means as well as other projects that will occur throughout the year.

Program/Community Outreach: Jody Church

I will be trying to resurrect our Layette donations for the LAC-USC Nursery from the Quilting Guild, and the clothing donations for the SCAN clinic also at LA County. Anyone who has a favorite charity that we can donate our annual \$1000 can send me an e-mail at jochurch@adelphia.net. I would like to plan some community trainings on Booster seats, and to make all of our NAPNAP members aware of the "Fever is your Friend" campaign I am doing at my clinic.

There will be a dinner sponsored by MedImmune on September 7th at Café Santorini in Pasadena for our annual "Winter Viral Update." Please RSVP by August 31st as space is limited. Please contact Jody Church at (818) 760-7639 or jochurch@adelphia.net.

Membership: Carolina Sandoval

We currently have about 140 members. If you have not renewed, please do so. Also, if you have moved, let Carolina Sandoval know so that you can be included in the updated directory before it is sent out to the printers. Carolina can be contacted at Carolina_sandoval@chino.k12.ca.us.

Scholarship: Denise Alejandro

I am excited to be the Scholarship Chair for the second time in a row, and I can not wait to see what is in store for NAPNAP-LA this year. My goal this year as Scholarship Chair is to increase student interest in NAPNAP by reaching out to the local MSN/PNP programs. I plan to distribute scholarship and membership applications to the following programs in November: UCLA, CSULA, CSULB, and APU. If any NAPNAP-LA members are faculty at these programs, please contact me at the following email address: denise.alejandro@gmail.com.

Student Representative: Jessica Jehle (UCLA)

I am currently working as a nurse at Children's Hospital Los Angeles on the hematology/oncology floor. I absolutely love working with the pediatric oncology patient population. The children are so resilient and teach me how to live my own life better. Since starting the dual Pediatric CNS/NP program at UCLA, I have realized that I enjoy working with well-children as well. My ultimate dream is to work in an underprivileged area providing preventive health care to all children. I am pleased to be the UCLA student representative for NAP-NAP-LA. The association of pediatric oncology nurses was created for the purpose of coming together to promote the best evidence-based practice available for pediatrics. I believe students need to be involved in the national organizations, as the pediatric nurse practitioners of the future, decisions being made now will effect us and the organization allows us to have a voice. When I am not working or going to school, I enjoy running, reading, hiking, the beach, and hanging out with my fiancé.

Tijuana Medical Missions: Mariela Nava

Watch your email for upcoming trips in October to Tijuana to provide medical care. For more information, please contact Mariela Nava at mariela.c.nava@kp.org.

National News: Nancy Yap

NAPNAP's 28th Annual Conference on Pediatric Health Care: Rediscovering the Magic will be held March 21 – 24, 2007, at Disney's Coronado Spring's Resort, Lake Buena Vista, Florida. More information to follow.

Website: Francis Yap

I'm making some major updates to the website and hope to launch it soon. I hope you will like it.

Communications/Newsletter: Nancy Yap

Please make sure you have renewed your membership and have updated your information so that you may continue to receive all newsletters and announcements. I would like to thank Mary Whitten for giving me this great opportunity and for trusting me with her "baby." I only hope to do her justice. Let me know how I'm doing – please email me with your comments and suggestions at nyap@sbcglobal.net.

Legislative Update

Debbie Harris

SB1555 (Speier) - Umbilical Cord Blood Banking.

Status: Located in the Assembly. Last amended on 8/8/2006. Hearing date set for 8/16/2006.

Background: This bill affects three areas that are vital to better women's and children's health. First this bill directs the Department of Health Services to design, with private funds, a public awareness program regarding umbilical cord banking. Umbilical cord banking has great potential for treatment of cancer, sickle cell and other diseases.

Second, this bill expands the California Prenatal Screening Program from a triple marker to a quadruple marker test. Quadruple marker testing allows for more accurate identification of children at risk, which leads to early diagnosis and better, more timely medical intervention. Currently, California is the only state that does not conduct quadruple marker testing.

Third, this bill provides funding for the California Birth Defects Monitoring Program (CBDMP) to significantly augment its research program to find causes of birth defects and prematurity.

This bill will specifically benefit the California Birth Defects Monitoring Program by:

1. Stabilizing funding. This bill adds a \$10 fee to the Prenatal Screening Program so that blood samples from that program can be confidentially stored and used to measure nutritional, infectious, chemical, metabolic and genetic research risk factors for children's and women's diseases
2. Creating a process to share pregnancy blood samples with competent scientists, while still protecting patient confidentiality. A stringent process will be developed enabling sharing, using de-identified blood samples.

AB1591(Chan)-Medi-Cal Reimbursement for all Nurse Practitioners

Status: Off for third reading in the Senate. Last bill amendment 6/13/2006.

Background: Currently in California, all certified NPs may provide healthcare to Medi-Cal recipients in an authorized healthcare system. Current law states that only certified family nurse practitioners and pediatric nurse practitioners may bill Medi-Cal independently for services. This bill will broaden the application to all certified nurse practitioners by removing the reference to "Family" and "Pediatric."

Asthma Call to Action

Leslie Larsen

NAPNAP-LA has joined with other state and local professional organizations in offering an endorsement of the Asthma Coalition of Los Angeles County's "Asthma Call to Action." In response to the serious impact of asthma for children and families in Los Angeles County, the coalition has developed a policy paper to address the impact of asthma on Los Angeles County residents, as well as the many factors that contribute to the disease and recommendations for improving asthma outcomes. The goal of this "Call to Action" is to 'raise awareness among public officials, community leaders and people working to improve asthma-related policies and systems of care,' and to serve as a catalyst for implementation of the document's recommendations (Controlling Asthma in Los Angeles County: A Call to Action, July 2006, pg 2.)

Evidence-based recommendations in the "Call to Action" include:

- 1) Increase access and improve quality of health care
- 2) Improve indoor air quality in homes and workplaces
- 3) Improve asthma management in schools and child care centers
- 4) Improve outdoor air quality
- 5) Address race/ethnic and socioeconomic disparities
- 6) Strengthen research related to asthma.

As pediatric nurse practitioners who are committed to promoting and sustaining the health of children, families and communities, we look forward to partnering with City, County, and State officials, health and environmental organizations, hospitals, community clinics, universities and other health care professionals in the implementation of the recommendations in the "Call to Action" document.

For additional information about the Asthma Call to Action or to contact the Asthma Coalition of Los Angeles County, go to the following website:

http://lapublichealth.org/mch/CHI/chi_asthma.html

Save The Date!!

Southwest Regional Conference

November 3rd – 5th, 2006

Doral Desert Princess Resort

Save the above dates and join us for another great weekend of learning, networking and just some good fun! Come for the weekend or just a single day, whatever fits your schedule. We have a great line up of speakers, something that should be of interest to each of you. The planning committee took all your comments and came up with a variety of topics that many have requested. Also, please excuse me for not including all the credentials all our speakers have, as it is impressive!

Start off Friday evening by joining us at the reception. Exhibitors will be present and it's a great way to pick up information as well as meeting up with your friends. We have Dr. Waldman giving us an update on allergies – not just asthma, but allergic rhinitis, what to include in an allergy work-up, when to refer a child, as well as just how effective those allergy shots really are. I have heard him speak and was very appreciative of the concrete information he gave that is useful in day-to-day practice.

The exhibitors will be available during breakfast so make sure you stop by. After breakfast, Sandra Jo Hummer, RN from CDHS, Immunization Branch, will clarify any confusion you have about the new vaccines and some of the ones we can expect to see soon. She will let us know the current recommendations that always seem to be changing. Once again will have the informative Susanne Phillips, FNP updating us the on legislative issues that affect the practice of NPs. This is always an eye opener! After lunch, we close out Saturday's presentations with Dr. Friedman speaking to the topic of current trends in adolescent drug use. I personally am surprised each time I hear what teens are using now. After that, enjoy the rest of your afternoon and evening relaxing, shopping, golfing, sightseeing or whatever you desire.

Enjoy breakfast Sunday morning before listening to our last speakers. We all are aware of the issue of overweight children and we are pleased to have Margaret Brady, CPNP and Karen Duderstadt, CPNP coming to present NAPNAP's Healthy Eating and Activity Together (HEAT) campaign. Find out what's new in clinical practice guidelines and what resources are available for you to aid in your care of the overweight child. And I'm sure that some of you are like me; I see all ages in my practice but not too many newborns. And when I do, it seems that the mother has questions about breastfeeding. I catch myself falling back on old information or finding someone who might be better at answering her questions. Well, Kittie Frantz, CPNP will take care of this by explaining how to deal with common breastfeeding problems in primary care.

I look forward to seeing you at the conference. Watch for your brochure, it should be arriving by the beginning of September. Feel free to email me for further information. If you know of anyone who might be interested in the conference that is not NAPNAP-LA member, email me their name and address and I'll make sure the information gets to them. This is a perfect conference for PNs, FNPs, PAs, school nurses, pediatric nurses or anyone who works with children.

Cheryl Deters

Southwest Regional Conference, NAPNAP-LA representative

NAPNAP-LA "NIGHT OUT"

Saturday, August 12, 2006

7:30 P.M.

(Gates open at 5:30 p.m. for picnicking on the lawn!)

CALIFORNIA PHILHARMONIC ORCHESTRA

"FESTIVAL ON THE GREEN"

LA COUNTY ARBORETUM & BOTANIC GARDEN

301 N. Baldwin Ave., Arcadia

(626.300.8200)

"PHANTOM GOES TO THE OPERA"

Victor Vener, Music Director

Ticket Price(s):

NAPNAP-LA MEMBERS: FREE

OTHERS: \$16

CHILDREN 3 -18: \$10

CHILDREN <2: FREE

RSVP: Mary Whitten

mwhitten@rocketmail.com

909.628.4033

Contact Mary, there may be some seats left!!!

Come early. Gate opens at 5:30 P.M.

- **Plan your menus, pack your picnic baskets & wine of choice/beverages**
- Bring the whole family & friends
- These are lawn seats – Bring low back beach chairs if you wish
- Spread your blankets & pillows

on the lawn, enjoy and *listen* to the **"The Music of The Night"**

- Parking is across the street on Baldwin Avenue/Free Shuttle to Main Gate

• Parking Fees:

General - \$7.00 (Free Shuttle)

Preferred - \$12.00 (Free Shuttle)

Santa Anita Parking (Free)

No Shuttle – (Walk to Gate)

Annual Dinner Awards

Nancy Yap

The annual awards dinner, held on June 3rd at Il Forniao in Manhattan Beach, was a huge success where everyone enjoyed friendship and camaraderie over cocktails and hors d'oeuvres followed by a delicious meal.

Congratulations to our distinguished honorees, Pal of the Year **Charles Cobos, M.Ed.** and One of Our Own **Judy Cobos, C.P.N.P.** This year's scholarship recipients were both PNP students from UCLA. **Shannon Stevenson** received the Diana Castillo Memorial Scholarship and **Ana Hocker** received the NAPNAP-LA Newsletter Editor Scholarship. Also, congratulations and many thanks to **Francis Yap, MS** (Electrical Engineering) for creating our wonderful website!

Special thanks to Cyberonics, Ortho-McNeil, and Wyeth Vaccines for their generous contributions. To Olivia Boyce, thank you for presenting the Diana Castillo Memorial Scholarship. Thank you Tami Cobos-Mendez for donating the beautiful centerpieces! Many have commented that not only were they gorgeous, but lasted nicely and smelled so sweetly for 2 weeks after the dinner. You can visit Tami at her store, Conroy Flower Shop – Tustin Plaza, 13791 Newport Ave, Suite 1, Tustin, CA 92780, (714) 730-9120.





2006 – 2007 NAPNAP-LA Calendar

Saturday August 12th. Concert on the Green "Phantom Goes to the Opera"

Thursday, August 24th Novartis Drug Dinner (Judy Cobos)_

Thursday, Sept 7th Medimmune Synagis drug dinner date (Jody Church)

Monday, October 16th Board mtg PHONE CONFERENCE 7pm

November 3-5 Southwest Conference Palm Springs

December 2nd Board meeting (in person) at home of Carolina Sandoval. Study on a female with Fragile X Syndrome will be presented

February 2007 scholarship applications go out to the schools.

Deadline for return April 30th.

Monday, February 20th Board mtg PHONE CONFERENCE 7pm

March 21-24, 2007 NAPNAP National Conference, Orlando Florida

April 22, 2007 NAPNAP-LA/CHLA Conference

April 2007 NAPNAP-LA elections Prez-elect, treasurer and sec'y - mail ballots

April 29th Board meeting (in person) to do Pal of the Year, One of Our Own and review the Scholarship applicants at home of Judy Cobos.

Saturday June 2nd. June Dinner

June 23rd Board meeting (in person) at home of Mary Whitten





Nancy Yap

NAPNAP-LA

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