

STL PNPS

September 2014



President, Lisa Henry

StL PNP 2014-15

Past President: Beth Roehm

President: Lisa Henry

President Elect/Nominations:
open, apply now

Treasurer: Amy Hauch

Secretary/Historian: Natalie Bayton

Legislative: Sandy Summers
Glenna Harre

Programs: Carrie Wilson, Julie Berninger, Elise Schaller,
Joanne G'Sell

Membership: Ann Schulte

Newsletter: Carole Branch
Susan Davis

Webmaster: Jen Jacklin
Carrie Thrasher

Community Outreach: Melissa Sicard

Student Reps: Jodiey Cochran,
Katie Lange

Past, past president: Anne Borgmeyer

PRESIDENT'S MESSAGE

I am so excited to be starting another year with this organization and I am honored to be a part of this strong group! I think back to my first meeting as a student and the PNPs who came before me who helped pave the way. I'm so glad I took the plunge and attended my first meeting. Through the years, I have found friendship, mentors, knowledge and enjoyment and I am grateful. I want to send out many thanks to departing board members Anne Borgmeyer, Carrie Wilson, and Julie Berninger. We welcome Glenna Hare to legislation and JoAnne G'Sell to programs. Elise Schaller moves to programs and Melissa Sicard moves to community outreach. This summer the board met to look to the future and continue to find ways in which to serve our members. New ideas, involvement and suggestions are always welcome. Please reach out to me or another board member if you have any input. As Robin Williams said "no matter what people tell you, words and ideas can change the world."

Just as I took the first step to get involved as a student, I want everyone to encourage someone new to attend a meeting. Look around at your colleagues and personally invite at least one person to attend who hasn't done so before. And it doesn't have to be a student. Life goes by so quickly; it is nice to slow down for one night and network with fellow PNPs. Non-members will not get our newsletter so they may not know about what a great opportunity they are missing. And look out for the annual Whine and Wine event!

I look forward to another great year with some very timely and interesting programs and time to reconnect with friends.

Sincerely,

Lisa Henry, President

Next Meeting,

October 1, 6:30 pm

Speaker: Kathleen P Houston DNP, APRN, PPCNP-BC

Were we insane?: SLCH SANE program

Sexual Assault Nurse Examiner Program

SLCH , PL 27/29

CEUs: 1.0

RSVP to: Carrie Wilson at wilsonc@wudosis.wustl.edu



Sandy Summers
MSN, RN, PNP-BC

I represent StLPNP's on the Missouri Council on Advanced Practice (MOCAP). This is an organization of Missouri Advanced Practice Registered Nurses that operates as an organizational unit within the formal structure of the Missouri Nurses Association. It brings together representatives from APRN groups from across the state to nurture, enhance and promote the role of the Advance Practice Registered Nurses. We meet quarterly.

"No one can do everything, but everyone can do something"



Legislative Update

Legislation will be introduced this fall on "Transition to Practice".

After a period of time of working in their area of practice, APRN's will be allowed to practice to the full extent of their education and training without barriers or restrictions.

We are now in the process of developing this legislation. I will provide more information at our meetings as this legislation is developed.

Please identify and contact your State Senator and Legislator's, introduce yourself and get to know them.

Legislator's respond to their constituents concerns.

We plan to have APRN day at the Capital this January.

Please plan to attend this year.

Sandy Summers, Legislative Chair , **See the legislative tab on our website for helpful links.**

Hey Students, Looking for a Preceptor?

Increase your chances for success when approaching a potential preceptor

Pediatric Nurse Practitioners are busy professionals and typically get many requests to precept NP students. If you approach a potential preceptor with the information below, you are more likely to get a call back!

Your name

Your program (PNP vs. FNP) and University

Your semester

Your previous clinical sites

How many hours you will expect to do with the preceptor

The semester you plan to start- one semester only or more?

Your work history- where are you currently employed?

Your future career goals/special population interests

A succinct email with the above information helps your potential preceptor determine if you will be a good fit for their practice setting and starts you out on the right foot!

Thanks to Amy Campion Hauch for these helpful tips.

MEMBER SPOTLIGHT



CHRISTI ABELN PNP

Department of Orthopedic Surgery

What made you decide to become a PNP? According to my parents I voiced I wanted to be an RN since the age of 7. In nursing school my mentor was a PNP. I followed in her footsteps.

Briefly describe your role and what led you to that position. I worked in primary care for 10 years. I have been with the outpatient Department of Orthopedic surgery for almost 11 years. I see patients birth to 25 with fractures, scoliosis, ortho development issues as well as issues with pains and strains.

Best thing about your job? The best thing about my career is taking care of kids and their families.

Worst? The worst thing is sometimes the long hours I put in.

Tell us about your family. I am married and have twin boys age 17 and a new Morkie puppy named Tucker.

How about hobbies? My favorite hobbies are spending time with my kids and scrapbooking. Each of my boys have 23, 12x12 albums from birth to 2008, with still more to come.

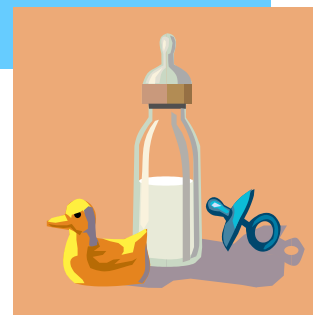
What are you currently reading? Good series I am reading is by Sue Grafton, the detective series A is for Alibi, B is for....

Cards or Cubs? Cards fan all the way!

What advice would you give a new PNP or someone that is considering getting a PNP? My recommendation for all PNP students—**Go for it!!** There are so many opportunities to expand education, knowledge and experiences working with kids and their families.

StLPNP Donates to Crisis Nursery

We had a successful campaign last December for St. Louis Crisis Nursery. We hope to continue the tradition. We collected diapers, wipes, toys, educational materials, clothes, movies, toiletries, gift cards, etc.



Bring donations to our December 4th meeting at Rankin Jordan.

Look for more information to follow in blast email as we get closer to the date.

Melissa Sicard, Community Outreach.

Seen at End of the Year Awards Banquet at Hacienda



Besides the fun, the camaraderie, and the awards, we gave back...

We made over 1200 dollars at our auction that we donated to a patient with cancer whose treatments were not covered! Thanks Debra Spoljaric for the patient /family nomination.

Congratulations to our PNP and student PNP of the year

*PNP of the Year
Debra Spoljaric, SLCH/WU*



*PNP Student of the Year,
Robert (Bobby) Parker,
UMSL*

Thanks for being such great representatives and role models!!

Upcoming Meetings

Thursday	Dec. 4	<i>Title:</i> PhD Research <i>Speaker:</i> Sybill D. Naidoo PhD, RN, CPNP <i>Venue:</i> Ranken Jordan <i>Sponsor:</i> Ranken Jordan <i>CEUs:</i> 1.0
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Please RSVP to Carrie Wilson at wilsonc@wudosis.wustl.edu



PROGRAM COMMITTEE UPDATE

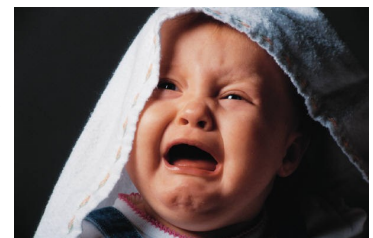
A general review of speaker evaluations from 2013-2014 meetings shows that speaker evaluations have been positive! There have been a number of comments about preferring a restaurant to the hospitals and utilizing Cardinal Glennon as a meeting location. Another issue that has come up is the preference for wine/alcohol at meetings. With money being tight (as we all know) the drug reps have had to make cutbacks as well. It is becoming increasingly difficult for the drug reps to host the meetings and provide speakers plus stay within a budget. To offset the decreased support from the drug reps, our local chapter, StL PNP's has sponsored some of the meetings. However our organization doesn't have the budget to host all of the meetings held throughout the year. You may have noticed the NAPNAP dues have increased \$10 for "chapter fees". That extra \$10 is NOT coming to the St Louis chapter but is for NAPNAP administrative fees. If anyone has suggestions for reps that may be able to sponsor a meeting, please offer them to the program chairs. Carrie Wilson and Julie Berninger are currently the program chairs. Elise Schaller and Joanne G'Sell will assume this position in February 2015. Any suggestions for programs or speakers would be greatly appreciated. But speaking of wine.....

4th Annual Wine and Whine



Its finally here again, the moment we have been waiting for. A chance to visit with our PNP friends and colleagues in a relaxed non business atmosphere. Join us on Thursday November 6th at 6 pm. Our hostess is Beth Roehm, 2064 Oak Drive, Des Peres, MO 63131, 314-984-9571.

Bring: An appetizer or a dessert or a bottle of wine, and of course your witty conversation. RSVP to Beth at bethroehm@sbcglobal.net.



Run for Alex

5K Run & 1 Mile Fun Run/Walk

Saturday, October 4th, 2014

1 mile fun run/walk begins at 9:00am
5K run begins at 9:30am



Location: Carondelet Park – Boathouse - on Loughborough (West of I55), St. Louis, MO 63116

Registration Fees:

Preregistration until September 12th: \$30 (adult) \$15 (kids 12 & under) & guarantees your event t-shirt

After September 12th and day of race: \$35 (adult) \$20 (kids 12 & under) & does not guarantee a t-shirt

Fees are nonrefundable.

*All proceeds will go to Alex's Lemonade Stand to benefit pediatric cancer research.

Donations may be sent to Stacy Pokorny, 109 McClelland Dr., Troy, IL 62294. Make checks payable to: Run for Alex

*Don't want to run? Please consider volunteering! If interested, please email: runforalex@gmail.com

Online Registration: <https://www.raceit.com/Register/?event=29159>

On this site you can register for the race, make a donation, or both!

Save the Date!

7TH Annual APN Conference "Updates and Trends in Pediatric Health Care"
November 7th, 2014 at EPNEC site on the Washington University School of Medicine Campus.

Topics include: Autism, Trauma, Adolescent Gynecological Issues, and so much more!! Look for a brochure in your mailbox soon.

Job and Continuing Education Opportunities

See StLPNP website for more job postings and up to date educational opportunities

This is the place to go for current job postings (several new postings now listed), chapter information and more. Look up our beautiful website on the web at stlpnp.org. Thanks webmasters!

NAPNAP

"Promoting optimal health for children through leadership, practice, advocacy, education and research."