

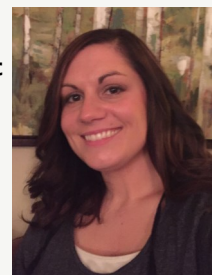


STLPNP FALL 2016



President's message

**Cheryl Grave,
President**



2016-17 StLPNP Board Members:

President: Cheryl Grave

President Elect and Nominations: Laura Kuensting

Secretary: DeAnn Wilson

Treasurer: Amy Hauch

Programs: Joanne G'Sell, Elise Schaller

Newsletter: Carole Branch, Sue Green Davis

Legislation: Sandy Summers

Membership: Beth Roehm

Social Media: Julia Sprague

Website: Jen Jacklin

Community Service: Katie Kiely

Student Representatives: Katie Kiely and Cherie Fromm

Immediate Past President: Lisa Henry

Before I start, I want to take a moment to thank Lisa Henry and the rest of the off-going Board Members for their wonderful service to our organization. I am greatly honored to serve as your president elect. This organization has a stellar reputation in our local and national community and I am very proud to be a part of it!

So, this seems like a good place and time to share a little bit about me. I received my BSN from SIUE in 2003 and worked as a staff nurse in the PICU at Cardinal Glennon. I completed my MSN/PNP from UMSL in 2008. At that point, I worked in private practice at Suburban Pediatrics and in the Emergency Department at Glennon. In the summer of 2010, I started on as a team member for the pilot Hospitalist PNP Program at St. Louis Children's Hospital. The following year, our pilot went hospital-wide and became the manager of our department. I was honored to present a podium presentation in 2014 at NAPNAP on the successful implementation of the Hospitalist PNP program. Since starting at St. Louis Children's Hospital, I have continued my clinical work with the Hospitalist team, and assumed the role of Chief APN. This role has afforded me the wonderful opportunity to see both the clinical and administrative aspects of healthcare, as well as broaden my professional relationships with the wonderful APRNs regionally and nationally. I have recently been asked to join the Thought Leaders Panel of CAP2 on behalf of St. Louis Children's Hospital. I am looking forward to working on a national level to help expand APRN practice.

I am the mother of two wonderful children. My daughter, Lili, just turned 10 years old and has been appointed to the "Supreme Court" of her 4th grade class. My son, Drew is 6 and half years old. Though he has yet to begin his political year, he keeps his options open through networking activities during his favorite parts of his 1st grade school day – lunch and recess. I stay busy with coaching my son's T-ball team, co-leading my daughter's Brownie Troop (#CookieMom), volunteering with PTO/PTA, teaching Sunday school at our church, and book club. If that was not quite enough, we just "adopted" a little four legged brother, Kody. He is a very cute Goldendoodle that keeps us busy! I am pursuing my DNP at SIUE and anticipate graduating in the spring of 2018.

I am looking forward to an exciting year for our organization. The Programs Committee has worked hard to line up wonderful speakers for us over the next year that will continue to provide us with educational opportunities. Our association with AMNP through committed efforts with our Legislative Committee will continue to ensure that we are at the forefront of practice advancement in Missouri. The Outreach Committee is devoted to helping our organization provide outstanding philanthropy for the children and their families of the St. Louis Metropolitan Area. Finally, the Social Media Committee is ensuring that we diversely disseminate all of our organization's efforts and broadening our platforms for communication. None of this would be possible without the outstanding efforts of all of you and our Board Members. I am truly blessed to be a part of this organization

and thank you for letting me serve you this coming year. ~ Cheryl

**Check out our
new mission
statement !**



STLPNP Mission Statement

STLPNP's mission is to provide leadership, advocacy, professional practice, and education for pediatric-focused advanced practice registered nurses in the St. Louis metropolitan area to ensure high-quality healthcare delivery for children and their families.



Legislative Corner

**Sandy Summers,
MSN, RN, PNP-BC**

Sandy is StLPNP's representative at the state level. She is involved in both the Missouri Nurses Association and the Association of Missouri Nurse Practitioners (AMNP).

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

StLPNP members...Strongly consider joining AMNP (Association of Missouri Nurse Practitioners). This organization is actively involved in supporting APN legislation at the state level is excited about the upcoming legislative year being a positive one for Missouri APN's. The link to the website is <https://amnp.enpnetwork.com>.

Our chapter now has 187 members. There is power in numbers!

Next Meeting Date: Wednesday, December 7, 6:30

Topic: Safety Hazard Education for homeless mothers using a simulation van for assessment as a means to decrease unintentional injury

Speaker: Susan Fleisher RN DNP PNP

Venue: Edison Café dining room at SLCH RSVP to Joanne at jmg9956@bjc.org by December 3rd CEUs: 1

Sponsor: Physician Services Paula Murphy



Don't forget to bring a gift for our holiday drive— See page 4



PNP of the Year, Jen Jacklin

At the June Awards dinner, Jen Jacklin was chosen as the PNP of the year, not only for the compassionate care she provides her patients but also how she helps in her community.

Jen has worked at [Mercy Clinic Pediatrics South City](#) for 10 years.

Jacklin volunteers weekly at the crisis nursery and Bryan Hill Elementary School. While the volunteer project started through her church, she now works with the St. Louis Public School District to eliminate barriers and provide children well care through check-ups and make sure they are seen for illness either at the school or a clinic.

Jacklin's colleague and fellow nurse practitioner Carrie Thrasher nominated Jacklin for the honor saying, "Not only is Jen an exceptional PNP, but she is also a super mother to four children and an amazing wife...Jen is an outstanding PNP, an awesome individual and a great role model!"



Student PNP of the Year, Rema Malone —shown with past presidents Lisa Henry and Beth Roehm

Congratulations to Rema Malon, the StL PNP 2016 PNP Student of the Year. Rema graduated from St. Louis University in December, 2015 with her master's degree in nursing with a specialty as a primary care pediatric nurse practitioner. Her student clinical experiences were in pediatric primary care as well as emergency room care and several outpatient specialty settings including endocrine, GI, and surgery. Some comments from her preceptors: "Great clinical skills", "good rapport with families and children", "exceeds expectation and is extremely knowledgeable", "a pleasure to work with". Congratulations to Rema!!



***Congrats to our own Amy
Hauch named Alton Me-
morials PNP of the Year!***

Way to go Amy!



Holiday Gift Drive

This year, our holiday gift drive will benefit Crisis Nursery. This



well deserving organization can use any of the following items. Keep this list handy while you are shopping!! Art paint, play dough especially the multicultural dough, model; magic, craft kits, model kits for older boys, multicultural shades of construction paper, sizes 4,5,6 diapers and pull ups, wipes, high efficiency laundry detergent, dish soap, batteries, AAA, C,D and 9V , lo-

tion, bubble bath, Disney or other Children's DVD's rated G or PG, clothing in sized 3T-16/18, new underwear and socks, kitchen trash bags, dress up clothes for boys and girls, plastic spoons and forks, paper plates, sippy cups, kitchen trash bags, paper towels, Lysol wipes. These are just a few suggestions. More ideas are posted on Crisis Nursery's website at www.crisisnurserykids.org. We will be collecting gifts/donations at our meeting on December 7th. Please consider donating items to this worthy cause!!!!

How do you stay up to date with what is happening within our organization?

1. *Join our Face Book page at STL PNP (that's STL space PNP)*
2. *Check out our wonderful Website: stlpnp.org*
3. *Come to the meetings, socialize and with peers*
4. *Join the Board*
5. *Keep an eye out for our new online community via National office, TeamPeds and*
6. *Read this biannual newsletter front to back!*

UPCOMING CONFERENCES

Friday November 11th, 2016 St Louis Children's Hospital and Washington University School of Medicine present the

9th Annual APN conference: Updates and Trends in Pediatric Nursing.

Topics include: Pediatric Movement Disorders (Tic, Tourette's, Conversion Disorders and more), Down's Syndrome, Toxic stress, Essentials of asthma and food allergies, Behavioral Sleep Problems in Young Children, and The Role of Firearm safety in Pediatric Primary Care.

Seven nursing contact hours, 1.25 of which are pharmacy hours are available to participants attending the entire session.

Registration is now open for the Annual NAPNAP conference to be held in Denver March

A total of \$700.00 was raised from the auction held at the Awards banquet in June. An additional \$500 was donated by our local chapter for a grand total of \$1200!!!! Six hundred dollars of the money raised was given to a patient of Sandy Summer's for college expenses. The remainder has yet to be donated and remains in the treasury.

Facebook news

If you are a current member of STL PNP, please consider joining our facebook page at STL PNP. This is another way to connect with and share information with other St Louis PNP's.

Advocating for Transgender patients, going beyond the bathroom issue, by Julia Sprague

I recently had the privilege of attending the Transgender conference presented by Washington University. Here are some takeaway points that may help all of us in our current practice and meeting the needs of our transgender patients.

One huge concept was the terminology used. The “Genderbread Person” was a newer concept for myself and helps to explain all aspects that make us who we are and all aspects of one’s gender. It includes sex, expression, orientation, and gender identity.

Gender: describes one’s fundamental sense of being a man, woman, or of indeterminate sex. Sex: attributes that characterize biological maleness or femaleness. Gender expression: how one represents their gender identity to society. Gender attribution: how an observer views someone’s gender. Sexual orientation: gender identity in relation to sexual attraction.

Gender truly is more individualized than ever, and each of our patients is unique.

I also found it helpful to understand more about the terminology involved. Transgender is a gender identity that is not congruent with one’s biological sex. Cisgender is a gender identity that is congruent with one’s biological sex. Intersex is a medical term for a person born with disorders of sex development. Transsexual is a medical term reserved for persons who seek to change their primary and/or secondary sexual characteristics. Gender non-conformity is when a person’s behaviors, actions or interests do not conform to society’s expectations based on biological sex. And Gender Dysphoria is the new DSM diagnosis describing distress caused by an incongruence between gender and sex.

Once a pt has been diagnosed with Gender Dysphoria and wishes to transition, there are multiple treatment options. The first is GnRH Agonist which inhibits the HPG axis. It can be started once the patient has Tanner 2-3 status, it prevents undesired sexual characteristics, and is reversible. It is also costly and frequently inaccessible. It is given IM every 1 or 3 months, SubQ every 1.3.4. or 6 months, or there is a subQ implant that is good for 1 year. Next they can receive cross-sex hormones. These help achieve desired secondary sexual characteristics. This treatment is also costly and may or may not be covered by insurance. It also requires frequent monitoring at baseline every 3 months. Once the patient is 18 yrs, Gender Affirmative Surgery may be done.

Mental Health is also a concern when treating Transgender patients. Once a pt has been diagnosed with Gender Dysphoria, the traits are strong and enduring, it must cause significant distress or impairment, it is distinct from the distress of stigma or prejudice, not due to a different condition affecting identity, specify if with a disorder of sex development. It is INSIDENT, CONSISTENT, AND PERSISTENT. The psychological profile of these patients can include self-harm behavior and report suicidal ideation, low self-esteem and self-worth, they can feel socially isolated and rejected by peers and adults, experience bullying and teasing, can have problems with social competence, and other behavior problems. All of these issues can intensify when they reach puberty, and many of these psychological problems are the result of feeling uncomfortable in their body and social stigma and rejection they can experience from being different. It is our job as providers to recognize that these patients may have psychological problems and to address them as best as possible. Additional challenges these patients may face deal with the family as a whole. There are wide ranges of emotions for the entire family, parents may struggle, siblings are involved, schools are involved etc. Providing Affirmative care and promoting resiliency are both key for these patients. Helpful resources include Transparent at <http://transparentusa.org>, Gender Independent Kid’s Club and Teen Group which meets at SLCH every third Thursday, Growing American Youth <http://www.growingamericanyouth.org>, PFLAG <http://pflagstlouis.org>, the Metro Trans Umbrella Group (MTUG) <http://www.stlmetrotrans.com>, Gender Spectrum <http://genderspectrum.org>.

Overall I felt this conference did a great job at explaining what being “transgender” means and how we can help our patients that identify this way. We can help support them and their families in many ways. There are many treatment options and support groups out there.

