



Wisconsin Association of Pediatric Nurse Practitioners

MAY 2009 NEWSLETTER

Jayme Frank, WAPNAP President
Bonnie Ohm, Connie Westphal, and Stacey Lerret, Newsletter Editors
<http://www.danenet.org/wapnap/>

Message from the President Jayme Frank

As I conclude my two years as President of WAPNAP, I am glad that I was able to have this experience and the privilege of meeting many exceptional advanced practices nurses in the care of children and their families. We can be proud to have such skilled and committed practitioners through our state. Through the hard work of many, Wisconsin can move forward as a healthier state with the recent passing of the state wide smoking ban. My congratulations to all who worked so hard to get this passed and improve the environmental quality for children. I look forward to continue working with you as a member of WAPNAP and encourage all of you to become active in this great organization.

Jayme Frank RN, MS, CPNP-AC
WAPNAP President

WAPNAP PNP of the Year 2009 – Deb Bretl

By Jayme Frank

Deb Bretl was the recipient of the PNP of the Year award this year. Deb is a PNP with the Child Protection Center through Children's Health and Hospital System within the Child Advocacy and Protection Services. Deb exemplifies commitment, compassionate care and advocacy for her patients. As the first Child Advocacy inpatient nurse practitioner, she has been instrumental in developing an innovative model of care for inpatient child abuse evaluations. Deb's initiatives have dramatically improved patient care through improved follow-up, consistent documentation, and facilitating communication.

Deb was instrumental in organizing and implementing out of home care safety evaluations, recruiting and offering physical screenings to all foster care children within the program. She has been a strong advocate for improved mental health and reproductive health for foster children and teens evaluated at the CPC.

Deb is an APN mentor for graduate nursing students and provides education for pediatric residents. She created, in conjunction with Educational Services, online education for all direct care providers entering CHHS. This provides a core competency expectation for all providers interacting with children and their families.

WAPNAP has had the privilege of having Deb as an active and committed member having served as chapter secretary since 2005. Deb demonstrates exceptional care and leadership in her PNP role and we are delighted in awarding her this recognition for her contributions and accomplishments.

Unification of WAPNAP and NAPNAP membership

By Jayme Frank

As of July 1st 2009, membership to NAPNAP and WAPNAP will be linked. There will **not** be separate chapter membership. The impetus behind this is to have a strong unified voice in advocating for children and the NP role. As a local chapter, we continue to have autonomy in chapter functioning and decision making regarding programs, service projects and local legislative issues. We get the benefit of national providing us with Web hosting, and other administrative duties, which has the potential of providing us more time to focus on community projects and chapter development.

- As of June 30, 2009, WAPNAP will no longer be collecting membership dues
- Effective July 1, 2009 new and renewing NAPNAP members will pay the new dues rate of \$165.00 and \$85.00 for students. You choose enrollment as a WAPNAP member at the time of your national membership.
- WAPNAP receives \$30.00 from NAPNAP for each enrolled member and \$10.00 for each student.

For our members who currently do not belong to NAPNAP, I strongly encourage you to look at national membership and continued WAPNAP membership. Some of the benefits of national membership are:

- Journal of Pediatric Health Care subscription. This is a great peer journal with many good research and clinical articles.
- Discounts on NAPNAP publications, products and annual conference.
- Free or discounted PNPSourCE online learning.
- Ready, Set, Grow parent education digest.

WAPNAP has suspended the annual Community Service Project for the 2009-2010 fiscal year. The format for this community project was strongly linked to chapter membership application and with the Unification, we will no longer be handling membership. We are looking for input from our membership for ideas on community service projects and look forward to the development of new programs to service our patients and families.

Please send any questions you may have to myself or Beth Balder-Schroeder.

We have a great chapter with talented and devoted nurse practitioners. I look forward to growing our chapter, and development of community projects to benefit our patients. To do this we need your help and involvement.

Membership Update

By Linn Duga

As of May 18 we have 83 APN members and 29 student members.

Because of WAPNAP's unification with NAPNAP, chapter dues are no longer collected, and chapter only membership ends at the end of this fiscal year, on June 30, 2009.

Membership will be consolidated. When a member chooses to join NAPNAP, s/he pays one fee to join both National and a local chapter, WAPNAP. Chapter dues collection ends June 30, 2009 for 2008-2009 WAPNAP membership.

Unification dues are as follows:

Members: 165 (\$30 goes to the chapter)

Students: \$85 (\$15 goes to the chapter)

Retirees: \$65 (10 goes to the chapter).

Please note that as a result of consolidation, WAPNAP regrets it is no longer able to offer free membership to students. The Membership Committee and WAPNAP Board hope student members find value in the benefits of membership including access to both local and national websites, job postings, networking opportunities, reduced conference fees, and scholarship opportunities that come with membership.

Contact Linn Duga, Membership Chair with any questions: dugal@juno.com.

Community Service Project

By Jill Aruguete

The Wisconsin Chapter of the March of Dimes was selected to be the recipient of donations made to WAPNAP's 2008-09 community service project. For the last 3 years WAPNAP has organized an annual Community Service Project which allows one of our members to name an agency as the recipient of a fund raising effort. This year Kristin Haglund won the opportunity to name the agency and selected a worthy cause. The WAPNAP board has decided to suspend this model of community service project due to the pending unification with NAPNAP. Fund raising for past community service projects have been strongly linked to the annual WAPNAP membership application. The board is interested in hearing from WAPNAP members regarding other ways WAPNAP can support local health projects or community organizations. Please send ideas for board consideration to: jfrank@uwhealth.org.

The March of Dimes works to improve the health of babies by preventing birth defects, premature birth and infant mortality. The Wisconsin chapter is involved in community based services, education for professionals and families, research, and advocacy to save babies' lives. It is a resource for professionals and families and truly makes a difference in the lives of Wisconsin's children. Please consider making a contribution to the Wisconsin March of Dimes through WAPNAP's Community Service Project. Checks should be made out to the March of Dimes Wisconsin Chapter to be tax deductible. Mail contributions to:

Jill Aruguete WAPNAP Treasurer
1410 Wyldewood Drive
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Research Highlight: Coping Skills Training

By Betsy Roth-Wojcicki

Many children with chronic health conditions (CHC) are at increased risk for poor adaptation such as psychosocial problems, behavioral disturbances, and decreased quality of life (QOL). Their parents face economic, social and emotional challenges. In addition, management of the CHC and the involvement of the child in that management can severely challenge both child and parent. Effective coping has been shown to moderate the negative impact of CHC.

The purpose of this study is to pilot an adapted Coping Skills Training (CST) intervention for feasibility and preliminary efficacy with a sample of children 8 to 12 years of age and their parents.

The participants in this study at Children's Hospital of Wisconsin are dealing with one of four chronic health conditions (Rheumatologic Conditions, Epilepsy, Spina Bifida, and Asthma).

A non-categorical sample of school-aged children 8 to 12 years of age, with one of the four targeted chronic health conditions has been invited to participate in the study. The study is a randomized clinical trial with a wait-list control group. Each arm consists of 25 families. CST is a 6-session group intervention based on cognitive behavioral and learning theory. The CST group intervention is held at Children's Hospital of WI. The impact of CST on both outcomes (*child*: depression, QOL; *parent*: depression, Child QOL, CHC impact on family) and protective factors (*child*: health motivation, attitude, self-management efficacy; *parent*: family conflict) will be measured.

At the present time the study is still open for enrollment. To date 33 families have participated with 20 in the intervention group and 14 in the control. The average age is 10.9 with 21 girls and 13 boys. Preliminary data analysis shows there is a significant relationship between type of chronic health condition with asthma having the highest impact and rheumatologic conditions the lowest ($F = 4.56, p = .01$). Higher impact on Family was reported by parents of boys ($F = -4.93, p = .003$). Although data from this study are preliminary, they support the need for intervention to attenuate the impact of a Chronic Health Condition on families.

This is a multidisciplinary research study with representation from Nursing, Child life, Chaplaincy, and Psychology. PIs on the study are Betsy Roth-Wojcicki RN, MS, CPNP And Kathy Sawin, DSN, CPNP, FAAN

Congratulations By Maureen O'Brien

Congratulations to the following students who graduated from Marquette University's Master of Science in Nursing – Pediatric Primary Care Option on Sunday, May 17 2009:

Ariane Baumgartner	Rebecca Fischer	Sara Quates
Stacy Boden	Julia Klug	Rebecca Schauer
Erin Cattey	Jennifer Neubauer	Rachael Zastrow

New Publication

Social Skills Training Guide

In December 2008, the S.T.A.R.S. Guidebook; A Social Skills Training Guide for Teaching Assertiveness, Relationship Skills, and Sexual Awareness written by Susan Heighway, MS, PNP-BC, APNP and Susan Webster, MSSW, LCSW at the Waisman Center, was published by Future Horizons, Inc. The book is co-authored by Susan Heighway, MS, PNP-BS, APNP, a clinical professor and nurse practitioner at the Waisman Center, and a faculty associate in the School of Nursing, along with Susan Kidd Webster, MSSW, LCSW, formerly with the Waisman Center and currently on the faculty of the School of Social Work.

This guidebook focuses on comprehensive sexuality education for individuals with developmental disabilities and is to be used by support providers to design and provide a sexuality education program based on the individual's learning needs and style.

For more information, please visit the Future Horizons, Inc. website <http://www.futurehorizons-autism.com>.

WAPNAP Committee Chairpersons for 2008-2009

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