

# WAPNAP Newsletter



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## President's Message

As my term as President comes to a close in June, I'm finding myself reflecting back on the two years with a bit of nostalgia.

We've seen WAPNAP transition through the One Voice campaign which brought with it more Chapter members, increased Chapter monies, increased opportunities and a bit of an overwhelming feeling of responsibility to meet the needs of our growing Chapter.

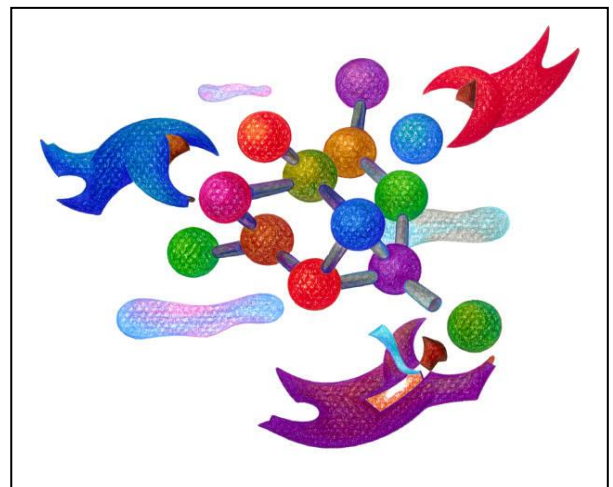
We developed a Member survey to elicit the needs of our Members.

We developed a Strategic Plan based on the survey results which will give us direction for the upcoming years.

We've transitioned through political changes; we're facing the challenge of Health Care Reform and all that entails. What an exciting and important time for us to advocate for the wonderful care that Pediatric APN's provide!

I encourage any of you to become a part of the WAPNAP Board. It's been a wonderful experience. I know it may seem intimidating, but there are opportunities to be involved at different levels, whether it is as a Member-At-Large, or as a member of the Legislative or Membership group. I've enjoyed getting to know the members of the Board from around the state. It's a great way to network with others in your field and hear about the work that they are doing. It's a great way to connect with other APN's that might be in your specialty. But most of all, it's a wonderful way to meet some wonderful people who care as much as you do about the children of Wisconsin and reinforces how awesome it is to belong to the group that call themselves Advanced Practice Nurses!

Beth Balder-Schroeder



Susan Medd is the Pediatric CNS at Waukesha Memorial Hospital and also works as the PNP in the NICU Developmental Follow-up Clinic

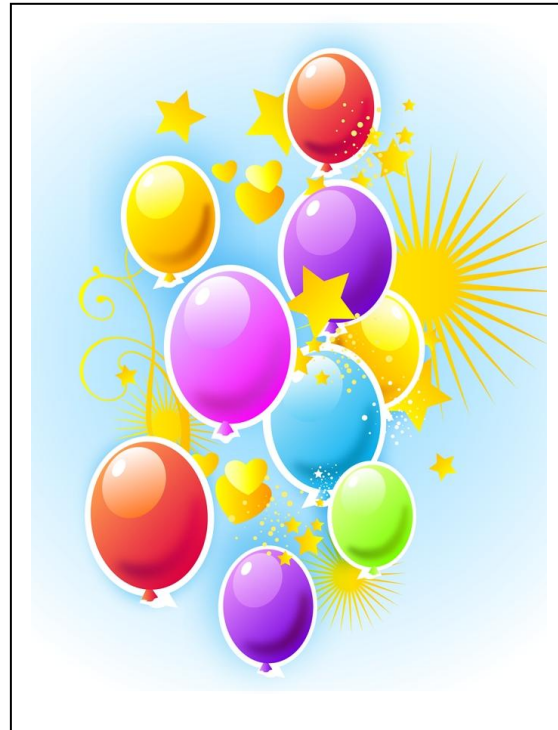
## Program Committee Update

*By: Susan Medd, MSN, RN, CPNP*

Thanks to everyone for attending the awesome 25th Pharmacology and Clinical Update held last month in Madison. We had over 600 attendees, enough to close registration due to space constraints at Monona Terrace! Though the weather did not cooperate for us (!) the speakers were very inspiring and offered great clinical pearls for practice.

The WNA / WAPNAP Planning Committee will be analyzing data from conference participants over the summer as we plan for next year's meeting, to be held again in Wisconsin Dells. Any suggestions for speakers in general, or ideas for the pediatric track in particular, are always welcome. Please forward to me, my excellent program members, Deb Bretl and Raandi Schmidt, or any members of the WAPNAP Board. Again, thanks for the opportunity to network with such a great group of Pediatric & Family Nurse Practitioners.

Congratulations on 25 years!!!



## Tips for Newbies

*By: Beth Balder-Schroeder*

As a Pediatric Nurse Practitioner for almost 25 years, I've developed a few approaches to infants and toddlers that have made examining young children easier. I've picked up tips along the way from other practitioners and developed some of my own. I've found with many of these little tricks I'm able to examine even 18 month olds without tears.

Approach the child from a distance when you first walk in to the room. Start talking to their parent first, and then start flirting with them gradually.

I try to examine most children under 3 in their parent's lap.

I show them my stethoscope first "see the squishy parts (ear piece)....squish, squish, squish. See...it goes in my ear, first this one, then the other one. Where does this part go (the chest piece)? Here he comes.....Boop! he got your toes! Boop! He got your leg! Boop! He got your tummy! Sssshhhhhh.....be very quiet.....he needs to hear your tummy....he's going to hide (under their shirt)." I find it helps to listen for a few beats, then pull away, then listen a little longer, etc, until you're able to accomplish a thorough auscultation.

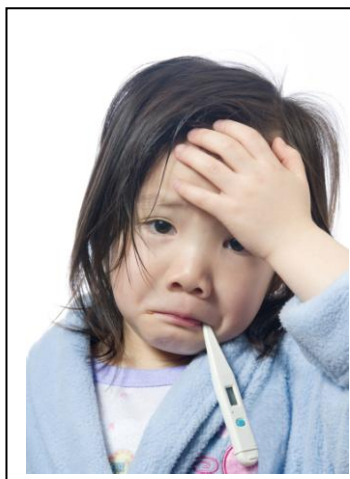
When it's time for use of an ophthalmoscope and otoscope, I call them flashlights. ("Want to see my flashlights?") I start with the ophthalmoscope and show the child the "dot" on my hand that the light makes. Then I shine it on the child's leg and say "get the light!". When they reach for it, I quickly move it and say "get him again!". Once they are done chasing the light, I take a peek in their eyes.

When using the otoscope, I show how it lights up my finger, then let them touch it (of course wipe it off between patients). Before I look in their ears, I say "I see a kitty peeking out of your ear. Can we peek at the kitty with the light?" Then I meow as I'm looking. I find puppies in the other ear.

I still haven't come up with a great way to get a child to voluntarily open their mouth. Sometimes they'll open if I ask them to see their puppy tongue (then demonstrate a panting puppy).

If the child has an older sibling along, I often enlist their help in the exam, by showing the younger child how it works on the older child. With a toddler, they may sit on the table for an exam if their older sibling sits there also. I listen to the older child's heart, then the younger, older child's ears, then the younger...etc.

So that's my tutorial for examining young children. Hope it helps a few of you!



*Beth Balder-Schroeder is a Pediatric Nurse Practitioner at Gunderson Lutheran in Onalaska, WI*

## UW-Madison: May 2011 Graduates

By: Regina Dunst, MS, RN, CPNP

Congrats to UW-Madison Pediatric Nurse Practitioner 2011 Graduates!

UW-Madison would like to congratulate Amanda Denault, Will Sunnock and Kristina Rumler, who completed the PNP program in December 2011.

Advance congratulations to Kristin Jones, Janis Hansen, Jolyne Check-Ostrowski and Nicole Hunker who will graduate in either August or December of 2011. These are the final UW-Madison Master's-prepared PNP graduates.



*Regina Dunst is a Clinical Associate Professor at UW-Madison School of Nursing*

## Marquette University: May 2011 Graduates

Submitted by: Maureen O'Brien, PhD

### **Master of Science in Nursing – MSN – Pediatric Primary Care**

Robert Fox  
Lisa Hurley  
Sara Kichler  
Cynthia Matzinger  
Kari Nelson  
Julie Schmidt  
Christa Thalacker  
Lindsey Thomsen

### **Master of Science in Nursing – MSN – Pediatric Acute Care**

Lyndsey Battaglia  
Kristen Clark  
Lori Duesing  
Amanda King  
Hillary Meyers  
Elizabeth Sedgwick  
Elissa Ver Hey

### **Doctor of Nursing Practice – DNP**

Leslie Talbert

### **Doctor of Philosophy in Nursing – PhD**

*December Graduates:*

Stacey Lerret  
Christine Schindler



*Maureen O'Brien is a Clinical Associate Professor at Marquette University College of Nursing*



*Beth Balder-Schroeder is a Pediatric Nurse Practitioner at Gunderson Lutheran in Onalaska, WI*

## Meet our New Treasurer: Dr. Kathy Sawin

*By: Beth Balder-Schroeder*

Kathleen J. Sawin, PhD, CPNP-PC, FAAN Professor and Children's Hospital of Wisconsin Nursing Research Chair (Pictured on the left)

**Education** Postdoctoral Fellowship: Indiana University, Post doctoral fellow Child and Family Adaptation to Chronic Illness, and Fellow, Training Program for Leadership in Adolescent Health School of Medicine

PhD, Indiana University

MS, University of Wisconsin-Madison, (Sociology- Social Psychology)

M.S, University of Minnesota (Public Health)

BSN, University of North Dakota

Before joining the faculty at the University of Wisconsin-Milwaukee and Children's Hospital of Wisconsin as Professor and the Research Chair in the Nursing of Children in 2003, Dr. Sawin had over 40 years experience as an educator, researcher and clinician.

She came from Virginia Commonwealth University where for the last 16 years she was a faculty, department chair, and PI on several training grants for graduate students including an innovative weekend FNP program that provided opportunities for many rural nurses to become primary care providers. Previous to her time at VCU, Dr. Sawin was a clinical faculty at the University of Wisconsin-Madison where she was one of the team of faculty that developed the PNP concentration and held a joint appointment as a Senior Clinical Nurse Specialist/Nurse Practitioner at the University of Wisconsin- Whitewater. In this position, Dr. Sawin had direct care and program develop responsibilities with a focus on the population of college students with chronic health conditions.

She was also a Robert Wood Johnson Primary Care Faculty fellow. In this program she completed course work to extend her certification as a Pediatric Nurse Practitioner (PNP) to a family focus as a Family Nurse Practitioner (FNP). In this fellowship she focused on women with disabilities. Dr. Sawin has practiced both as a PNP and FNP in Migrant Health in Wisconsin and on the Eastern Shore of Maryland, in school and college health, as well as in public health and specialty pediatric clinics.

For the last 15 years her practice and research has focused on individuals with Spina Bifida and their families. Dr. Sawin has a particular interest in adolescents, women with disabilities, and the transition to young adulthood for those with chronic conditions. Her program of research has addressed health, adaptation, self-management and quality of life outcomes in individuals with disabilities and their families as well as the risk and protective factors (individual, family and environmental) that are associated with these outcomes.

Current funded work focuses on adolescents with neurological conditions, specifically spina bifida and cancer. Previous studies have included adolescents with spinal cord injury, diabetes, cancer, and epilepsy as well as young adult women with cerebral palsy and spinal cord injury.

Please join me in welcoming Dr. Sawin!

## 2011 PNP of the Year: Betsy Roth Wojcicki

*Submitted by: Regina Dunst*

Congratulations to Betsy on being our 2011 award recipient. The following is an excerpt from her nomination letter:

Betsy was a “trailblazer” for Advanced Practice Nursing at Children’s Hospital of Wisconsin (CHW) in Milwaukee, WI. She was one of the first PNP’s to be hired in this institution in the mid-1980’s, as a PNP working with the Hematology/Oncology population. In the mid-1990’s she transitioned to working with the Pediatric Rheumatology population, where she continues to practice. Betsy’s example of Advanced Practice Nursing in both of these settings resulted in increased respect for and utilization of Pediatric Nurse Practitioners and Advanced Practice Nurses in the CHW system.

Throughout her 25-plus years of advanced practice nursing, Betsy has maintained a commitment to promoting the Pediatric Nurse Practitioner profession and to mentoring Pediatric Nurse Practitioner students. Students who are placed with Betsy not only have the benefit of an expert clinician and teacher, but are fortunate to have a role model who embraces all dimensions of the Advanced Practice role. Betsy models active involvement in professional organizations, engagement in research, sharing of knowledge in the form of presentations and posters, and engagement in outreach activities. Betsy is gaining a national reputation as an expert APN.

Students who are placed with Betsy have the opportunity to participate in many of the dimensions of Betsy’s practice, for example to attend support groups with Betsy, or to participate in community outreach at the Lupus or Arthritis Foundation. Betsy has developed a stellar reputation as a preceptor among students — a reputation as an excellent, challenging, supportive teacher and role model. She is repeatedly sought after by students who have heard about the experiences and mentoring received by a peer who has been placed with her.

Betsy excels at developing relationships with the chronically ill clients and families with whom she interacts, and at advocating for them as a member of the interdisciplinary team with which she works. She is highly respected by her colleagues of all disciplines. I wish that every member of the award committee could have the opportunity to observe Betsy’s skillful therapeutic interactions with adolescents with lupus and their families. It is hard to imagine a more knowledgeable, caring, and professional Pediatric Nurse Practitioner and role model for current and future Pediatric Nurse Practitioners.



*Regina Dunst is a  
Clinical Associate  
Professor at  
UW-Madison School  
of Nursing*

*Linn Duga is a PNP working in the Neurodevelopment Center in Pediatric Specialties at Gunderson Clinic in La Crosse, WI.*

## Membership Committee Update

*By: Linn Duga*

Our numbers have grown since unification with National and now appear to be holding steady. As of March 31, 2011 we are 180 members strong!

Membership Type	Number
DNP Student	4
Student	21
Member	23
Fellow	128
New Graduate	2
Retired	2
	Total: 180

The WAPNAP board requested a representation of the geographic distribution of membership and this was created based on membership data through December 31, 2010. The majority of WAPNAP members live in south eastern and south central Wisconsin---essentially the greater Milwaukee and Madison areas, though we also have members in the greater La Crosse area as well as a few near Eau Claire and Wausau. (My apologies, I am unable to attach the map due to software issues).

As membership chair, I would like to continue to grow our organization and would welcome committee members' thoughts, ideas, suggestions and participation.

Linn Duga

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### WAPNAP Newsletter Editor

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## WAPNAP Newsletter Update

*By: Stacee Lerret*

I hope you have enjoyed your annual WAPNAP Newsletter!

I certainly enjoy putting this newsletter together every year and in a small way helping all of us stay connected. I encourage you to send me newsletter submissions throughout the course of the year so that you can share updates, accomplishments, conference information, etc with your WAPNAP members.

You may contact me at any time by phone 414-266-3944 or email at [slerret@chw.org](mailto:slerret@chw.org) with any thoughts or ideas about the newsletter or any submissions.

Thanks so much! Stacee