



# NAPNAP-LA Newsletter

[www.lanapnap.org](http://www.lanapnap.org)

**Editor: Nancy Yap**  
**May 2007**

## President's Message: Mary Whitten

Since returning from the National NAPNAP Conference, held in Orlando, Florida, I have found a renewed vigor and energy as a PNP. The conference was informative, inspiring with many, many things to learn, see and do! I also felt pampered. Therefore, with my heart bursting, I just have to share with you all. This article will focus on the conference from my perspective.

I arrived late Monday not wanting to chance flight delays and missing the orthopedic workshop on Tuesday. The ortho workshop lasted over the allotted 4 hour time frame as it was so interesting. We could not stop asking questions. **Ray Kleposki, MSN, CRNP** and **Elizabeth Shannon, PhD, RN, CPNP** were riveting speakers. This old brain learned some new office exam tricks.

Wednesday started early with the chapter president's meeting/breakfast. Lots of information and tips were dispersed and I got to meet people from chapters all over the states. One issue was websites. I am so thankful to our webmaster, **Francis Yap** (Nancy Yap's amazing brother and honorary PNP), as we were able to give helpful ideas to other chapters.

Keeping in line with my passion for special needs kids, I attended two concurrent sessions, genetics and autism. Finished the evening off at the Opening Reception in the Exhibit Hall. Met up with NAPNAP-LA members and networked with newly met friends. Of course, the food and wine also made the evening lots of fun. A huge thanks to the room FULL of vendors, must have been nearly 100 there. I left with a suitcase full of items to assist me in practice! Oh, and a couple of items for newborn care as my first grandbaby is due in September. A little girl. Lily. Can you feel the grandma excitement?

Thursday afternoon, I met with the Communications Committee. As a member for the past few years, we have been responsible for updating NAPNAP brochures and reviewing/recommending applicants to the Clinical Expert Panel.

Thursday evening was quite the time for networking. At the Chapter President's Reception, I met with all of the presidents to the California chapters. We will be phone conferencing this month to continue our discussion of the possibility and feasibility of uniting for a "West Coast" conference.

Friday morning, I attended an ancillary breakfast with a speaker on GERD. Finished the morning learning about bipolar issues and management. The General Session Luncheon had an amazing speaker, **Julia R. Plotnick, MPH, RNC, FAAN**. Among her long list of accomplishments, Admiral Plotnick was Chief Nurse Officer of the US Public Health Service and Assistant Surgeon General. She is well known for her humanitarian and consultative work in numerous underdeveloped countries. It was fascinating to hear about other countries. And I complain about the lack of resources here?

Later that evening was another ancillary dinner, ADHD, put on by Accumentis. I can't believe I can say this as I have been intimidated in the past on diagnosing and treating, but now feel comfortable treating ADHD in my office. What a take-home gem!

Saturday, I crammed in another autism session and one on newborn hematology. I sunk into the seat on the shuttle to the airport a tired but inspired PNP. But there was to be one more bonus, who sat down next to me? Admiral Plotnick! We chatted on nursing issues but finally got down to our mutual addictive vice, Sudoku.

These are only a few of the highlights from this conference. Looking forward to next year's conference to be held at the Gaylord Opryland Resort in Nashville, Tennessee. Join me April 2008!

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**Special points of interest:**

- Spring conference update
- Newly introduced bills
- How to detect developmental and behavioral problems early
- Info on scholarship recipients
- Committee updates
- June Banquet
- NAPNAP-LA Application

## **Past President's Message**

### **Judy Cobos**

One more week and my husband and I will be on our way to new adventures in Arizona. It is difficult to believe nearly 30 years have passed since we moved into this home in San Dimas – that is until I see the numerous boxes piled into each and every room awaiting the moving van! And then I think forward 2 weeks and see those very same boxes in the new home waiting to be put away for the next 30 years. I am looking forward to meeting new PNs and comparing practice in Arizona to us in California. I have joined NAPNAP Arizona but have not attended any meetings. There is a single chapter throughout the State and their meetings seem to be in various cities such as Phoenix and Sedona (and we thought it difficult to get together in Los Angeles).

I will be back for our Awards Luncheon in June. I hope everyone is able to attend. This is when we honor our own and it is a wonderful time to just catch up with everyone.

## **NAPNAP-LA/CHLA Spring Conference**

### **Cathy Goodhue**

Approximately 50 RNs/PNs attended our second Annual Education Conference "Advancing Pediatric Practice" in conjunction with the Advanced Practice Nurses Group at CHLA. Dr. Weiss refreshed us with an informative review of common pediatric sports injuries. Dr. May presented a thorough look at anabolic steroid use in sports. A national favorite, Karin Reuter-Rice provided us with guidelines for easy interpretation of chest x-rays and an in-depth look at bullying and peer victimization. Detectives Sirkel and Trapp enlightened us with internet safety tips. Cathy Goodhue concluded the day with 8 common genetic syndromes. Our vendors included: Phill Saunders from Ortho-McNeil Neurologics, Kathryn Melton from BioMarin, Jane Lee Choe from Wyeth Vaccines, Valery Huntley from Ross, and Matt Fee from Elsevier.

We raffled off lots of fun prizes ranging from T-shirts to jewelry, to champagne.

A special thanks to everyone who helped make this conference a success!!!! I appreciate all your help!

### **Special Thanks to:**

**Valerey Huntley- Ross (division of Abbott)**

**Phillip Sanchez- Pfizer**

**Phil Saunders- Ortho-McNeil Neurologics**

**Matt Fee- Elsevier Health Services**

**Jane Lee Choe- Wyeth Vaccines**

**Kathryn Melton from BioMarin**

# Legislative Update

## Debbie Harris

- **H.R. 2052 (Lowey)**

The purpose of this bill is to enhance Federal efforts focused on public awareness and education about the risks and dangers associated with Shaken Baby Syndrome. This bill was referred to the Committee on Energy and Commerce on April 26, 2007.

A National public health campaign shall be created to inform the general public, new parents, child care providers and other care givers of young children, health care providers, and social workers about brain injuries and other harmful effects that may result from shaking, or abusive impact to the head of infants and infants under the age of 5, and healthy strategies to cope with a crying infant and related frustrations, in order to help protect children from injury. This bill will allocate resources to provide supportive services such as a 24-hour phone hotline, and the development of an Internet website for round the clock support for parents and caregivers who struggle with infant crying; parents and caregivers of surviving children who suffer serious injuries as a result of shaking; parents and family members of children who do not survive shaking or abusive impact.

- **A.B. 1436 (Hernandez, Emmerson and Nielo)**

This bill defines the scope of practice for nurse practitioners and physician assistants. It also increases the requirements to practice as a NP in the state of California. It is supported by the California Assoc. of Nurse Practitioners and California Academy of PA's. The following are ways this bill will affect NP practice:

This bill would mandate that in the state of California, nurse practitioners must have either a master's or doctoral degree in nursing and be certified by a nationally recognized certifying body approved by the BRN. This bill will allow NP's to have both hospital admitting and discharge privileges, in collaboration with physicians.

- **A.B. 1643 (Niello, Benoit, Huff, Smyth, Strickland, Tran, and Villines)**

Current law does not prohibit a nurse practitioner from furnishing or ordering drugs or devices under conditions that require physician supervision. For purposes of these conditions, a physician is prohibited from supervising more than 4 nurse practitioners at one time. This bill would repeal the prohibition against a physician supervising more than 4 NP's at one time. S. 59 (Inouye)

This bill is intended to improve access to advanced practice nurses and physician assistants under the Medicaid fee for service Program. It expands access to these services from the currently included pediatric and family nurse practitioners, to include all nurse practitioners, clinical nurse specialists, and physician assistants as primary care service providers. It would specify that Medicaid recognize these providers as primary care case managers and require Medicaid managed care panels to enroll NPs, certified nurse midwives, CNSs, and certified registered nurse anesthetists.

## Other Legislative News

### Nancy Yap

The U.S. Senate Passed the FDA Revitalization Act which included three pediatric related provisions:

- ◆ The Best Pharmaceuticals for Children Act (BPCA)
- ◆ The Pediatric Research Equity Act (PREA)
- ◆ The Pediatric Medical Device Safety and Improvement Act

The AAP released the following points:

- ◆ A large majority of drugs/devices used in pediatric medicine have not been properly tested on children
- ◆ Children are not just small adults
- ◆ Children have died or have had serious injuries as a result of taking drugs or using devices that have been shown to be safe in adults
- ◆ This legislation will help to improve the availability of safe and effective drug/medical device use in the pediatric population

More information can be found at  
<http://www.ppag.org/en/art/?417>

# New AAP Policy on Early Detection of Developmental and Behavioral Problems

## Frances Glascoe

Most health care providers attempt to identify children with developmental and behavioral problems in order to ensure that patients receive the enormous benefits of early intervention. Unfortunately, 70% of pediatricians rely on informal milestone checklists. These lack reliability, validity, accuracy or scoring criteria (including selected items from the Denver-II/PDQ). The result is that only one-fourth of children eligible for early intervention services actually receive them.

To address this problem the American Academy of Pediatrics (AAP) issued a new policy statement (*Pediatrics*, July, 2006) that calls for enhanced developmental surveillance. Surveillance includes eliciting and addressing parents' concerns at every well visit. But, informal questions to parents are also fraught with problems: Many questions don't work well and how best to respond is not guided by evidence. One approach is to use *Parents' Evaluation of Developmental Status* ([www.pedstest.com](http://www.pedstest.com)), a 10 question screening and surveillance tool, that indicates, based on substantial research, when to refer, screen further, advise parents, or reassure.

But, surveillance also involves routinely monitoring milestones and screening periodically. Using quality tools is absolutely essential for accurate detection. A new measure can help with these additional recommendations, *Parents' Evaluation of Developmental Status: Developmental Milestones (PEDS:DM)*. The *PEDS:DM* is for children birth to age eight and consists of 6 to 8 questions per visit, one per developmental domain: fine motor, gross motor, social-emotional, self-help, expressive language, receptive language, and for older children, reading and math. Parents can answer these on their own or providers can elicit the skills directly from children (but parent report saves time and is equally accurate). Each question serves as a screen for the domain from which it is derived and problematic performance is tied to a cutoff at the 16<sup>th</sup> percentile or below (the point below which children have great difficulty with regular curricula). Standardized and validated on more than 1600 children around the US, who participated from health care settings as well as day care centers and preschools, the *PEDS:DM* has sensitivity and specificity across domains as well as age ranges of 83% to 84%, well within standards for screening tools.

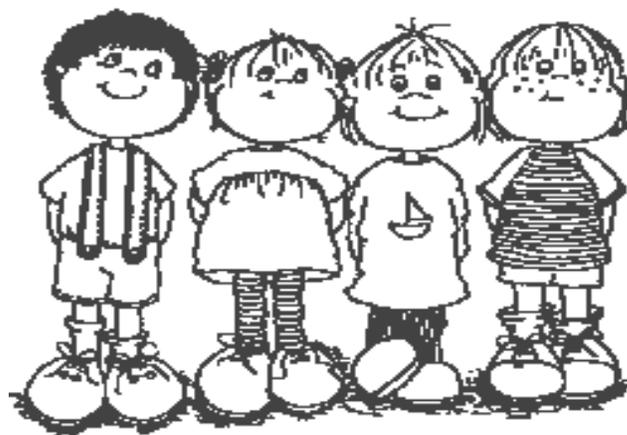
There are many interesting features to this measure. It consists of a book of laminated forms (so there is little recurring costs for paper), one for each age range, that parents complete with a dry erase marker. The 6 – 8 questions per form are written at the high first grade level and answered, via multiple choice, and in less than 5 minutes. Parents are then encouraged (optionally) to read to their child a short story presented on the opposite page from the screening questions. The stories focus on child development and positive parenting practices (such as talking and reading to your baby, giving toddlers choices, making clean-up time into a game, etc.). Since parents are known to learn about child developmental through assessment, the fact that the *PEDS:DM* actively promotes healthy development is exciting as are the accompanying photographs and drawings that reflect the diverse ethnicities within North American society . In addition, the *PEDS:DM* manual contains photo-copiable parent education handouts, a list of links helpful for finding local services, and referral letter templates (all are also downloadable at [www.pedstest.com](http://www.pedstest.com)).

A single scoring template is laid on top of the completed *PEDS:DM* form to reveal correct and incorrect answers. These are then transferred to a one-page longitudinal growth chart that remains in the patient record. Over time, the growth chart builds a graph of children's developmental strengths and weaknesses.

The second section of the *PEDS:DM* Family Book contains supplementary measures (also laminated) that together with (optionally) *Parents' Evaluation of Developmental Status* are helpful in fully complying with the AAP's new policy. The supplementary tools include: the *Modified Checklist of Autism in Toddlers (M-CHAT)* recommended by the AAP at 18 and 24 months; the *Pictorial Pediatric Symptom Checklist-17* (a screen for depression, attention, and conduct problems in older children); the *Brigance Parent-Child Interactions Scale* (to determine whether parenting style is likely to lead to healthy development); the *Family Psychosocial Screen* (a measure of parental depression and other risk factors); the *Safety Word Inventory and Literacy Screener (SWILS)* (a measure of school skills for older children); and the *Vanderbilt ADHD Scale* (a diagnostic measure of attention, hyperactivity and impulsivity). The *PEDS:DM* manual suggests when to use supplementary measures, since not all are needed at any single well-visit.

In terms of electronic applications, *PEDS* (the measure eliciting and addressing parents' concerns), and the (optional) *M-CHAT* are already available online. The site can be used with or without integration with electronic medical records. The *PEDS:DM* will be added to the website by late Summer, 2007. A Spanish language version of the *PEDS:DM* should be available this summer (*PEDS* and the *M-CHAT* are already published in Spanish and *PEDS* has been translated into many other languages). Vanderbilt University is trialling *PEDS* plus the *PEDS:DM* via a waiting room computer kiosk. Also of note, the *PEDS:DM* was created with items from several of the *Brigance Diagnostic Inventories*. Albert Brigance and his publisher, Curriculum Associates, along with Ellsworth & Vandermeer Press have jointly agreed to donate a portion of *PEDS:DM* sales to the American Academy of Pediatrics' Section on Developmental and Behavioral Pediatrics in support of its website devoted to helping health care providers learn about screening and surveillance, [www.dbped.org](http://www.dbped.org) including other screening tools such as the ASQ. More information on *PEDS* and the *PEDS:DM*, including slide shows and other training materials, can be found at [www.pedstest.com/dm](http://www.pedstest.com/dm).

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# Scholarship

## Denise Alejandro

In late January, scholarship applications were sent out to five graduate pediatric programs at the following universities: APU, CSULA, CSULB, Loma Linda, and UCLA. A total of five applications were received and reviewed by the Board on April 28<sup>th</sup>. This year we are thrilled to be able to offer three scholarships! Below you will find a brief tidbit about each of the Scholarship recipients. We will be awarding two Diana Castillo Memorial Scholarships and one NAPNAP-LA Newsletter Scholarship to these three students at the June 2<sup>nd</sup> Luncheon. See you there!

### **Alison Bell – Diana Castillo Memorial Scholarship**

Alison is a first year student at UCLA in the Pediatric Nurse Practitioner and Clinical Nurse Specialist Program, and is a nurse at Mattel Children's Hospital at UCLA. She has also worked as a nurse in pediatric hematology and oncology at Miller Children's Hospital. She is involved in her church and enjoys teaching. Following graduation, she would like to be a clinical instructor to nursing students, as well as work in the area of hematology and oncology, rheumatology, or endocrinology.

### **Jessica Meyers - Diana Castillo Memorial Scholarship**

Jessica is a second year student at UCLA in the Pediatric Nurse Practitioner and Clinical Nurse Specialist Program, and a nurse in the hematology and oncology unit at CHLA. She has a passion for working with underprivileged communities. In fact, she has been on medical missions to Mexico and Jamaica, and has also volunteered at a free clinic at a homeless shelter. Someday, Jessica would like to start a clinic in another country.

### **Kristi Westphaln – NAPNAP-LA Newsletter Scholarship**

Kristi is a first year student at UCLA in the Pediatric Nurse Practitioner Program, and is also a nurse in the emergency department at CHLA. She is involved in many organizations, holds leadership positions, and enjoys taking part in volunteer projects. Ultimately, Kristi would like to obtain a doctorate in nursing and teach in a nursing program at a university.

**Congratulations Alison, Jessica, and Kristi! Good luck in your educational endeavors!**



# Committee Chair Reports

## Membership:

It is that time of the year again to renew your membership! Check your email for your renewal application or visit us online @ [www.lanapnap.org](http://www.lanapnap.org) for more information. Don't forget to encourage ALL PNPs to join and to become involved!

## Tijuana Medical Missions: **Mariela Nava**

Information about upcoming trips to Tijuana will be sent via email. For more information, please contact Mariela at [mariela.c.nava@kp.org](mailto:mariela.c.nava@kp.org).

## Website: **Francis Yap**

Submit all ideas, comments, suggestions to Francis Yap at [tetro@lanapnap.org](mailto:tetro@lanapnap.org).

## Newsletter:

**Nancy Yap**

Send all comments, suggestions, ideas to Nancy at [nancy918@gmail.com](mailto:nancy918@gmail.com)

## Treasurer:

**Dominic Koh**

Interest Checking:	\$12,783.30
CD #1:	\$13,265.81
CD #2:	\$12,206.98

## Community Outreach: **Jody Church**

Dear Friends and Colleagues of NAPNAP-LA,

Life doesn't always move forward as planned. Although my spirit was willing, I regret I was not able to muster the energy to accomplish much this term.

**Book Drive:** 78 Children's books were collected and donated to Northeast Valley Health Corporation Xmas Holiday Gift Program, and to their general Reach out and Read Program.

11 Books appropriate for Teen readers were gratefully received by the Library at San Fernando High School.

**Layette Items:** From the "Big Sunday" holiday giving program, 2 boxes of layette items were delivered for the LAC USC Newborn nursery. Several other agencies have contacted me from the holiday program and donations of 4 gorgeous baby quilts have been received. For future donations, we will be establishing a connection with the Nursery at Olive View Medical Center since our last PNP liason has retired. The annual "Big Sunday" regular event will take place April 28 and 29<sup>th</sup>, 2007. I am sure we will get ample donations from this effort – but I won't know until after this newsletter goes to print. If anyone wants to learn more about this amazing resource- look up [www.bigsunday.org](http://www.bigsunday.org)

We made our annual \$1000 chapter donation to Hillview Acres residential home for abused and /or neglected children. Check out their website at [www.hillview.org](http://www.hillview.org)

Food Donations: 4 cartons of canned goods and non-perishable items were donated to the Shelter in North Hollywood for homeless, and abused women.

Lastly, I had hoped to share the educational brochure from the "Fever is your Friend" Campaign we developed at Northeast Valley Health Corporation. We are still waiting for the handouts to go to print from LA CARE. Look for the ordering information on the website. At least I can give everyone our "**Mantra**" to use for your patients:

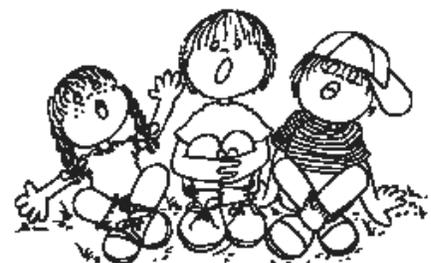
"Fever is not an illness, it is the body's *natural* response to infections. Germs are less likely to grow in a body with fever. In this way, fever is your friend, because it helps to fight the germs. Many parents feel afraid when their child gets fever, but for the first 3 days you can usually care for the child at home."

La fiebre no es un enfermedad, es la forma *natural* en que el cuerpo responde a las infecciones. Los microbios son menos propensos de desarrollar en un cuerpo con fiebre. De manera que, "la fiebre is su amiga" por que le ayuda a combatir los microbios. Muchos padres sienten miedo cuando a su nino le da fiebre, pero por los primeros 3 dias, usted usualmente puede cuidarlo en casa."

Of course, we always tell them about fever in young infants under 3 months old, but explaining the concept that fever is not an illness in itself is new information for our families. I am hoping it will make an impact in reducing our ER utilization.

**In closing I will include a favorite quote of mine –  
Let us be respectively aware, Life and death are of supreme importance.  
Time swiftly passes by, and with it our only chance.  
Each of us must aspire to awaken.  
Be aware: do not squander our life.  
(Buddhist prayer)**

Respectfully,  
Jody Church



# *NAPNAP – LA AWARDS BANQUET*

Saturday, June 2, 2007

at

The Ayres Hotel

14400 Hindry Avenue

Hawthorne, California 90250

310-536-0400



[www.ayreshotel.com](http://www.ayreshotel.com)

11:30 a.m. reception

12:30 p.m. luncheon and awards



## NAPNAP – Los Angeles Chapter

New Member Year \_\_\_\_\_ or  Renewal Year \_\_\_\_\_

Name: \_\_\_\_\_

Are you currently a member of NAPNAP National?  YES  NO

Degree:  BSN  MSN  PhD  Other \_\_\_\_\_

Title:  CPNP  PNP  SNP  FNP  NP Student  RN  Other \_\_\_\_\_

Home Address: \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

May we contact you by E mail?  YES  NO E Mail Address: \_\_\_\_\_

Employer: \_\_\_\_\_

Work Address: \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone: \_\_\_\_\_

CA RN license # \_\_\_\_\_ Do you have a Furnishing or DEA number?  YES  NO

**I am interested in becoming involved:**

Executive Board Member (president, secretary, treasurer)

Membership  Social  Legislation

Community Outreach  Newsletter  Scholarship

Continuing Education/Programs/Spring Conference  West Coast Conference

**Enclose check payable to NAPNAP – Los Angeles Chapter**

\$40.00 General Membership  \$15.00 (Students or retirees)

\$5 of the dues are given for NP lobbying purposes

**Return to: Suzanne Lee, 1431 W. 173<sup>rd</sup> St., Gardena, CA 90247**

Questions? Call (310)594-3417 or Email: [suzanne\\_j\\_lee@yahoo.com](mailto:suzanne_j_lee@yahoo.com)

## NAPNAP-LA Rewards Program

Don't forget to join National NAPNAP!!

When you join National NAPNAP, please write NAPNAP-LA in the upper right hand corner of the application. When you join, NAPNAP-LA gets credit towards annual fees, fees for chapter CE programs and registrations at the annual conference.

### Benefits:

- Subscription to the Journal of Pediatric Health Care
  - Networking Opportunities
- Conference Discounts and MORE!

### NAPNAP-LA CALENDAR

- ◆ Saturday, June 2, 2007: Awards Banquet at Ayres Hotel
- ◆ Saturday, June 23, 2007: Board Meeting, Mary Whitten Residence

We're on the web!  
[www.lanapnap.org](http://www.lanapnap.org)



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**NAPNAP-LA**

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