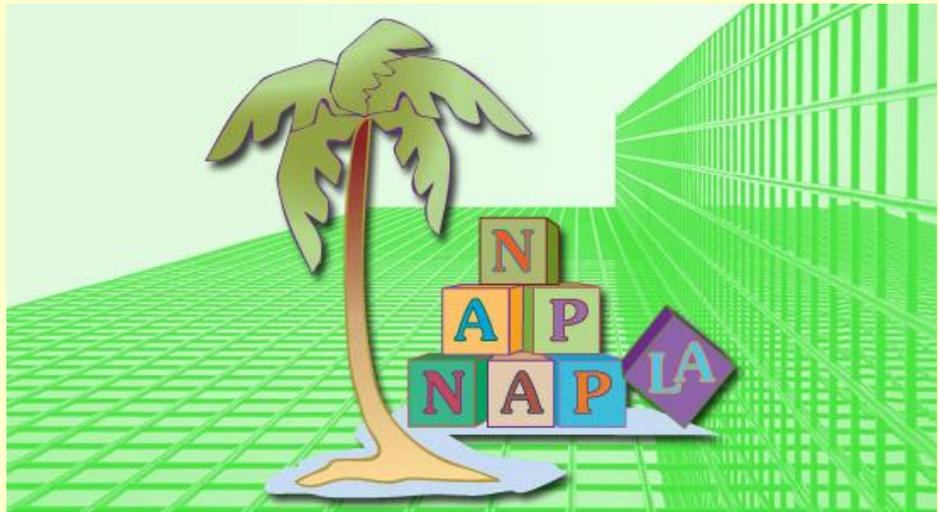


# February 2012

## Newsletter

Editor: Patty Quan



### President's Message:

I hope you are all hanging in there with flu season in full swing! NAPNAP-LA has been hard at work wrapping up the intensive Strategic Planning process that we have been undergoing this year, as well as all of the preparations for our exciting Regional Conference on March 3<sup>rd</sup> in Long Beach. I hope you will consider joining is for an informative session of pediatric practice updates, including talks on infectious diseases, cancer survivorship, trauma, research, and advocacy from some of the foremost experts in the

area!

Later in March, NAPNAP-LA will participate in a Community Leadership Forum (CLF) that will bring together community organizations, foundation leaders, researchers, educators, legislators, and health professionals for a collaborative discussion on the topic of early childhood literacy. Please join us for this special event, which will feature a keynote address by Dr. Celia Ayala, CEO of the Los Angeles Universal Preschool (LAUP), an exciting discussion from a panel of experts, and an opportunity to network with key stakeholders on the issue of early childhood literacy. We will wrap up the month with the NAPNAP National Conference, which will be held in San Antonio, Texas from March 27<sup>th</sup> through 31<sup>st</sup>, so please join us for that as well!

In June, we will finish the year with an open Executive Board meeting and End-of-the-Year Social Brunch on June 23<sup>rd</sup>, so mark your calendars for a Saturday morning of good food and celebration of all the hard work our members have accomplished this year!

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Please keep an eye out for announcements about these events and other great opportunities to get involved.

Take care,

Joana R. Duran, MSN, RN, CPNP, CNS

President, Los Angeles Chapter

National Association of Pediatric Nurse Practitioners

## **Los Angeles Community Leadership Forum**

"Disparities in Early Childhood Literacy"

Thursday, March 22nd, 2012

6:30pm - Networking/Refreshments

7:00pm - Event Begins

9:30pm - Event Ends

Children's Institute

2121 West Temple Street

Los Angeles, CA 90026

For registration information please email

Joana Duran at [joanarduran@gmail.com](mailto:joanarduran@gmail.com)

## Past-President's Message

NAPNAP-LA 2012-2013 Elections

**Leslie Larsen, RN, MS, CPNP**

As Republican and Democrat candidates are campaigning for the votes of their constituents across the country, **the NAPNAP-LA Executive Board is preparing for its own elections.**



The Constitution and Bylaws of NAPNAP-LA mandate that “the Officers of the Association shall be President, President-Elect, Secretary and Treasurer...Officers shall be elected by and from the active membership near the close of the fiscal year.”

**For the 2012-2013 Fiscal Year, NAPNAP-LA will conduct elections to select the President-Elect,**

**Secretary and Treasurer.** All officers shall hold office for a term of one fiscal year or until their successors have been duly elected and qualified, with the exception of the Secretary and Treasurer, who shall serve for two-year terms.

With the creation of the **NAPNAP-LA Board Member Placement Guide**, as part of the strategic planning process, the duties of the President, Past-President, President-Elect, Secretary, Treasurer and Committee Chairs have been clearly outlined, including qualifications, time commitments, responsibilities, resources and contact information for those individuals currently in office. This year it is more convenient than ever before to discover how to become involved in the NAPNAP-LA Executive Board!

**Now is the time** for NAPNAP-LA members who are dedicated to the mission and vision of our professional organization, and who are interested in opportunities for leadership, **to consider joining the 2012-2013 Executive Board.** Potential candidates can contact current Board members or visit the website, [lanapnap.org](http://lanapnap.org), for more information about the Executive Board and the election process.

**Candidates for President-Elect, Secretary and Treasurer** should notify Leslie Larsen, RN, MS, CPNP ([lachaskes@aol.com](mailto:lachaskes@aol.com)) or Lynn Messenger, RN, MSN, CPNP ([lmesscpnp@hotmail.com](mailto:lmesscpnp@hotmail.com)) **prior to April 30, 2012 in order to be included on the ballot.** All members are encouraged to consider the merits of the various candidates and **VOTE when the ballots are circulated via email in May 2012.**

**This has been an exciting and transformative year for NAPNAP-LA;** please join with us to “promote optimal health for children and to support nurse practitioners caring for children through leadership, practice, advocacy, education and research in the greater Los Angeles area.”

## Legislative Update – February 2012

By Demetra Bastas, MSN, MPH, FNP

Legislative Chair

Los Angeles NAPNAP

*If you find it in your heart to care for somebody else, you will have succeeded.--Maya Angelou.*

February is *Heart Health Month* and I wanted to take a moment to encourage each of us to be part of the social initiative designed to empower women to take charge of their heart health and dispel the myths and raise awareness of heart disease as the number one killer of women. Visit ***Go Red For Women***, an initiative from The American Heart Association.

As PNs we have seen climbing obesity rates over the last few decades and we must make every effort to help children reduce their risk for heart disease, stroke and other life-threatening illnesses. It is imperative we educate our patients about the importance of early intervention to creating a healthy heart. I have highlighted two Acts that are starting the steps.

- 1) On December 13, 2010 Congress passed the *Healthy, Hunger-Free Kids Act*, but only in 2011 did we see it actualize with California taking the lead, and now in 2012 the movement is nationwide. This law sets food standards for school meals. The USDA can specify numbers and sizes of food servings, rather than nutrient percentages. This should make it easier for schools to serve foods, not food products, and offer more and larger servings of fruits, vegetables and whole grains. The USDA can also apply these standards to all foods sold during school hours – breakfasts and lunches, but also “competitive” foods sold in vending machines, a la carte lunch lines and school stores. This movement is very important, as schools that offer poor-quality food because it is cheaper are telling children that what they eat is not important.
- 2) On March 14th, 2011, U.S. Rep. Ron Kind (D-WI) and U.S. Senator Tom Harkin (D-IA) reintroduced the *Fitness Integrated with Teaching Kids Act (FIT Kids Act)*. This bill is aimed to combat childhood obesity by strengthening physical education programs in schools throughout the country. The FIT Kids Act renews the emphasis on physical

education in schools by working to ensure kids are active during the school day and are given opportunities that promote overall health and wellness.

It is our responsibility to be part of the significant steps in moving such efforts forward to help America's children thrive and grow to be healthy adults. For those of you who want to take an extra step, think about hosting a legislative Heart Health Day in your community.

Visit the following link for more information:

[http://www.startwithyourheart.com/resources/508SWYH\\_HostingALegislativeHeartHealthDay.pdf](http://www.startwithyourheart.com/resources/508SWYH_HostingALegislativeHeartHealthDay.pdf)

*The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. --Helen Keller*

## Committee Updates:

### COMMUNITY OUTREACH

Please remember to bring a new or lightly used book to the annual regional conference on March 3<sup>rd</sup>. In return you will receive a raffle ticket. The books will be donated to the Harbor-UCLA Child Crisis Center. Books for children ages 5 through 18 would be greatly appreciated.

Thank you!

Shannan Stephenson, CPNP

### Website:

NAPNAP-LA offers many opportunities for networking with pediatric nursing professionals. Please visit [www.lanapnap.org](http://www.lanapnap.org) for the latest news and updates regarding events, conferences, dinners and networking opportunities. This year we were able to have online registration for our annual regional conference. We keep trying to make our resources more accessible to your busy schedule. If you have any comments or suggestions regarding the website, please email [vero3@aol.com](mailto:vero3@aol.com)

Veronica Torres, MSN, CPNP

**Program:**

By Cathy Goodhue and Debbie Harris

The Program Committee has developed an exciting and educational program for the upcoming NAPNAP-LA/CHLA PNP conference on Saturday, March 3, 2012. This year's conference is entitled: "Advancing Pediatric Nursing Care: A Day of Practice Updates." Our speakers and their learning objectives are as follows:

Pia Pannaraj, MD, MPH, Pediatric Infectious Disease Faculty at Children's Hospital Los Angeles. Dr. Pannaraj will speak on "The Re-emergence of Pertussis, Measles and Other Vaccine Preventable Illnesses."

Objective:1. Understand the morbidity and mortality associated with pertussis and the measles and the important role of vaccinations for disease prevention.

Felicita A. dela Cruz, RN, DNSc, FAANP , Nurse Researcher at Children's Hospital Los Angeles. Dr. Dela Cruz will speak on "Integrating Research and Evidence-Based Nursing in Clinical Practice."

Objective:

1. Articulate how research can be integrated in clinical practice.
2. Describe the process of conducting evidence-based nursing projects in clinical practice.

Julie A. Elginer, DrPH, MBA , Lecturer at UCLA, School of Public Health. Dr. Elginer will speak on "Pediatric Nurse Practitioners as Advocates: Lifting Your Voices to Meet Unmet Needs."

Objectives:

1. Demystify the concept of advocacy and describe the various types PNs can use, particularly in a resource constrained environment.
2. Describe the role that PNs can play by combining direct service and advocacy on behalf of pressing issues.

Tena Rosser, MD, Attending Physician in the Division of Neurology at Children's Hospital Los Angeles. Dr. Rosser will speak on "I. The Basics of the Neurological Examination and Localization II. The Basics of Epilepsy Diagnosis and Management."

Objectives:

1. Learn the components of the neurological examination.
2. Understand the basics of localization to the peripheral and central nervous system.
3. Understand epilepsy classification.
4. Understand the use of diagnostic testing and the basics of medication management in epilepsy.

Kathleen Ruccione, MPH, RN, CPON, FAAN, is Co-Director, HOPE Program and Center Nursing Administrator, Children's Center for Cancer and Blood Diseases at Children's Hospital Los Angeles. Ms. Ruccione will speak on "Childhood Cancer Survivorship: Optimizing Health Outcomes in the Primary Care Setting".

Objectives:

1. Discuss trends in cancer survivorship and their implications for primary care.
2. Identify potential medical and psychosocial needs of cancer survivors, and describe strategies to promote wellness.

Kristi Westphaln, RN, MSN, CPNP, is the nurse practitioner for the Trauma Program in the Division of Pediatric Surgery at Children's Hospital Los Angeles. Ms. Westphaln will present on "Welcome to the Drama of Pediatric Trauma: Recommendations for the Management of Minor Pediatric Trauma from an Office or Urgent Care Setting."

Objectives:

1. Discuss common pediatric head injuries along with concussion management.
2. Identify key pediatric trauma exam findings that warrant immediate referral to an emergency department.

Registration forms are available online at : [www.lanapnap.org](http://www.lanapnap.org). Click on "News," then go to "Announcements" to register online and make your payment. The registration deadline is February 17, 2012. There will also be On-Site Registration available.

We encourage members to bring a raffle item with proceeds benefiting the scholarship fund. Persons who make such a donation will receive 10 complimentary raffle tickets. Also bring a new soft or hard cover book for donation as part of NAPNAP-LA's Community Outreach Program!

We look forward to seeing you on Saturday, March 3, 2012, in the Houssels Forum at Long Beach Memorial Medical Center.

For more information, please contact Cat Goodhue at [cgoodhue@chla.usc.edu](mailto:cgoodhue@chla.usc.edu).

### NAPNAP LA TREASURE'S REPORT

DATE: Activities from 11/01/11 to 12/31/11

ACCOUNT TYPE	AMOUNT
<b>SUMMARY OF CHECKING ACCOUNT</b>	
<i>CATEGORY</i>	<i>AMOUNT</i>
CHECKING	\$9,169.19
CD #1	\$14,994.05
CD #2	\$12,636.90
<b>TOTAL</b>	<b>\$36,800.14</b>
<b>INCOME</b>	
<i>CATEGORY</i>	<i>AMOUNT</i>
Interest Paid (11/30)	\$0.06
National Membership Credit (Sept 2011), electronic deposited on (11/1)	\$375.00
National Membership Credit (Oct 2011), electronic deposited on (11/29)	\$400.00
<b>TOTAL INCOME</b>	<b>\$775.06</b>
<b>EXPENSES</b>	
<i>CATEGORY</i>	<i>AMOUNT</i>
Dr. Julie Elginer (chk#440)	\$200.00
CANP Memb paid to Shannon S (chk#438)	\$200.00
<b>TOTAL EXPENSES</b>	<b>\$400.00</b>

Submitted by: Liza Jia

Treasurer