

# Caring for Children Together



## NAPNAP-LA

### 2013-2014 NAPNAP-LA President's Message

**Veronica Torres, CPNP, NAPNAP-LA President**

Hello members!

It has been a great year, so far. I had the opportunity to meet with some NAPNAP-LA members at our regional conference and am happy to hear that you are pleased with your professional advanced practice nursing organization. As an organization we focus on the needs of our members and provide educational and networking opportunities that we feel may be beneficial and welcomed by the membership.

I also met many upcoming graduating students who are excited to enter into professional practice as NPs. I would like to thank the many NPs who have been preceptors to these

students and have helped mentor them into the growing NP community. Historically, it has been difficult to find placement for NP students and as a PNP organization, NAPNAP-LA is often approached for assistance in placement. I would kindly ask for you to consider becoming a preceptor for whatever period of time works for you. We have local universities such as CSULB, UCLA, and Azusa Pacific that will always welcome preceptor availability throughout the year. Please email us at [la.napnap@gmail.com](mailto:la.napnap@gmail.com) if you are interested in sharing your contact info with their nursing department.



**Veronica Torres  
President  
NAPNAP-LA  
2013-2014**

As always, we welcome all feedback from our members. We will be welcoming new board officers for the next term starting in July, and of course there is an open invitation to members to attend any of our quarterly board meetings.

Please visit [lanapnap.org](http://lanapnap.org) regularly for event announcements.

**May 2014  
Volume 2, Issue 3**

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**“Local universities such as CSULB, UCLA, and Azusa Pacific University, will always welcome preceptor availability throughout the year. Please email us at [la.napnap@gmail.com](mailto:la.napnap@gmail.com) if you are interested in sharing your contact info. with their nursing department contact.”**

#### LA Chapter Moving Ahead:

- Follow NAPNAP-LA on Twitter and Facebook
- 2014-2015 Board members needed!
- End-of-Year luncheon  
June 21, 2014

**NAPNAP-LA Regional Conference at CHLA,  
April 26, 2014: “Pediatric Health Care Across  
the Spectrum”**

## End-of-Year Luncheon and Student Networking Event

“The soul is healed by being with children.”

Fyodor Dostoevsky

The NAPNAP-LA 2013-2014 Professional Development Committee and Melnic Consulting Group, Inc. are pleased to co-sponsor an end-of-year luncheon and student mentoring event to be held Saturday, June 21, 2014 from 12:00 to 2:00 p.m. at *Il Fornaio* Restaurant, 1800 Rosecrans Avenue, Manhattan Beach, CA, 90266.

Cost per person is \$35 for NPs and \$15 for NP students who are graduating in 2014. **Please RSVP no later than June 7, 2014**, to Lynn Messenger, CPNP, 2907 Braeholm Place, Hermosa Beach, CA 90254, [lmesscpnp@hotmail.com](mailto:lmesscpnp@hotmail.com) or via telephone 310-213-4443.

Please refer to the website, [lanapnap.org](http://lanapnap.org), for details.

CELEBRATE NAPNAP-LA  
**ANNUAL LUNCHEON**  
AND STUDENT RECEPTION

JUNE 21, 2014  
12:00 TO 2:00 P.M.

IL FORNAIO RESTAURANT  
1800 ROSECRANS AVENUE  
MANHATTAN BEACH, CA 90266

NAPNAP-LA and Melnic Consulting Group, Inc. invite NAPNAP-LA members and 2014 NP graduates to participate in this end-of-year luncheon featuring a panel discussion to mentor NP graduates.

Cost: NAPNAP-LA members \$35 2014 Graduating NP students \$15

RSVP no later than June 7<sup>th</sup>, 2014 to: Lynn Messenger, CPNP, 2907 Braeholm Place, Hermosa Beach, California, 90254. Tel: 310-213-4443

FOR MORE INFORMATION CONTACT: LYNN MESSENGER AT LMESSCPNP@HOTMAIL.COM

## Community Outreach Update

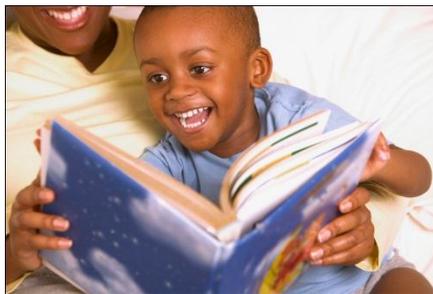
Shannon Stephenson, RN, MSN, CPNP, Community Outreach Chair

The interactive presentation of “**Raising a Healthy Tween-ager**” at Stanford Middle school on April 15, 2014, in Long Beach was a huge success. There were approximately 25 parents present and all post-evaluations stated that they would highly recommend this presentation to another parent. The presentation was geared to parents and families of middle school students. Session topics included the healthy development of early adolescents, warning signs of a problem, bullying, how to get help, and effective parenting skills that help to increase a child’s resilience.

NAPNAP-LA’s Community Outreach Committee will continue to give this presentation in the fall of 2014. Shannon Stephenson, RN, MSN, CPNP, Community Outreach Chair, is the driving force behind the creation and implementation of this important project. Future dates will be posted on the website, [lanapnap.org](http://lanapnap.org). If you are interested in learning more about this com-

munity outreach project please contact Shannan Stephenson, CPNP, Community Outreach Chair, [shannanstephenson@gmail.com](mailto:shannanstephenson@gmail.com) or via telephone at 310-721-9650.

As part of NAPNAP-LA’s commitment to early childhood literacy, 25 children’s books were collected by NAPNAP-LA members at the Annual Spring Conference. The books were donated to Harbor-UCLA KIDS Hub Clinic. Your donations will be greatly appreciated by this vulnerable population!



**Shannon Stephenson at Stanford Middle School, Long Beach, CA April 15, 2014.**

NAPNAP-LA’s Annual Spring Conference book donations will be greatly appreciated by the children and families of the Harbor UCLA Child Crisis Clinic.

# NAPNAP-LA and CHLA 2014 Regional Conference Update

Catherine Goodhue, CPNP and Debbie Harris, CPNP  
NAPNAP-LA Program Committee Co-Chairs



**Cat Goodhue & Debbie Harris, NAPNAP-LA Program Co-Chairs**

NAPNAP-LA's Annual Regional Conference, "Pediatric Health Care: Across the Spectrum" was another fabulous success! We had approximately 100 participants. Our dynamic speakers included:

- **Julie Jenks, DDS** – Oral Health for Infants and Young Children;
- **Johanna Olson, MD** – Treating Transgendered Youth;
- **Larry Yin, MD** – How Developmental Screening Can Improve Early Identification, Intervention and Improved Outcomes in Children Born Preterm;
- **Shannan Stephenson, CPNP** – Fostering Health: Providing Comprehensive Health Care for Children in the Foster System;
- **Nancy Pike, PhD, CPNP** – Alphabet Soup: The ABCs of Education, Certification and Practice for APNs;
- **Pedro Sanchez, MD** – Growing Up in the Post-Genomic Era: The Impact of Personal Genomic Information on Children and Their Families.

NAPNAP-LA received industry support from: **[Gold Circle]** Affymetrix, Inc., Azusa Pacific University; **[Silver Circle]** Baxter; Children's Hospital Los Angeles; Five Acres; GlaxoSmith Kline; Mission Road Pharmacy; **[Friends]** California State University, Long Beach. A special thank you to all of our vendors/supporters! The raffle proceeds were \$219 – PLUS, Dr. Yee generously donated his \$200 stipend, so that the PNP Scholarship fund received **\$419** from this year's conference! **Thanks to all who donated raffle items and to those who purchased raffle tickets.**

**A very SPECIAL thank you to our Program Committee members** who assisted at the conference – without whom this conference would not have happened: Debbie Jury, Susan Carson, Karla Haynes, Anna Evans, Maki Okada, Trish Peterson, Jennifer Donkin, Leticia Boutros and the Surgical Admitting Team, Kamala Gipson, Bea Chun, Karen Fond, Paola Pederzoli, Veronica Torres, Patty Quan, Kristi Westphaln, Mary Whitten, Valerie Willis, and Judi Zimmerman. It certainly does take a village, and we really appreciate your help and support.

## Member Spotlight

**Debbie Harris, RN, MSN, PNP**

"Education is never a waste of time. Be sure to always learn, study hard, get your degrees," was my mom's mantra. I took this to heart and headed to nursing school receiving my BSN. from Mount Saint Mary's College in 1988, my Master's in Nursing in the Clinical Nurse Specialist program from UCLA in 1991, and completing the Pediatric Nurse Practitioner Program at CSULB in 1994. I obtained both my primary care and acute care PNP certification

The year was 1990. I was taking care of a beautiful, teenaged girl from Belize who was affected by Sickle Cell Disease and was suffering terribly. Not only was she having a vaso-occlusive pain crisis to her legs and back—described by many as more painful than a bone fracture—she was also having an aplastic crisis where her marrow was suppressed, and severe anemia. I was diligently giving her IV morphine, warm packs, IV fluids, and getting another IV started so I could give her a blood transfusion. As I walked out of the room, I saw that she had grabbed the IV tubing and wrapped it around her neck. She was wailing when I ran into her room. She told me that she wanted to die. She was having a hard time with our treatments, as she was used to the herbal remedies used in Belize and rarely gave blood. Her disease was overwhelming for her—and that was it for me. I knew I had to do something to help persons affected by sickle cell disease—to do my best to address the physical, cultural and psychosocial impact of this condition.

This is the journey that I have taken for the past 23 years. I began my APN career in 1991 at Children's Hospital Los Angeles with

the Hematology Program. I have collaborated with the Sickle Cell Disease (SCD) Foundation of California, volunteering as a camp nurse and have been involved in SCD teen groups. I helped start the West Coast Sickle Cell Nurses group, which will host the Third Annual West Coast Sickle Cell Nurses Conference, "Concepts to Clinical Reality," at CHLA on August 4, 2014.

I have received several honors and awards, including: the Alpha Tau Delta, Professional Nursing Fraternity, Member of the Year 2009; the *NurseWeek* Nursing Excellence Award for Patient Advocacy for the State of California, 2003; and the NAPNAP-LA 'One of our Own Award for Excellence in the Performance of the Nurse Practitioner Role' in 2007. For the past decade I have worked to implement a clinical ladder for nurse practitioners at CHLA. Recently I advanced to the NP-3 role at CHLA, and am currently the incoming chairperson for the Nurse Practitioner Clinical Ladder committee at CHLA.

I have been able to educate the public about sickle cell disease on TV shows, in newspapers, in magazines, and at community events. I have been able to educate nurses about sickle cell disease at symposiums and in nursing and medical journals. Most importantly, I have been able to continue to learn about the healthcare needs of my patients from the families that I care for and from my colleagues.

As I watch my twin daughters, Holly and Lexi, aged 13, work diligently on their science projects for school on the lymphatic system and the digestive system, inquiring, "Mom, did I get this right? Does it make sense?", **I can say with confidence, that choosing nursing as a career and being involved with NAPNAP-LA has made a lot of sense for me as I continue to grow and learn from all those around me.**

# NAPNAP-LA 2014 Award Recipients



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

**Joana R. Duran, RN, MSN, CPNP, CNS, NAPNAP-LA's 2014 Outstanding NP Award recipient,** has excelled in clinical practice, research, mentorship, collaborative practice and advocacy. Ms. Duran specialized in the management and treatment of pediatric hematology-oncology patients at Harbor UCLA from 2008 to 2012. Ms. Duran developed an Evidence-Based Practice (EBP) proposal for a nurse practitioner-run clinic for the Long-Term Follow-Up (LTFU) of childhood cancer survivors, implemented several systems changes and formal procedures for the success of this clinic, and served as primary provider for this clinic. Ms. Duran has participated in research and contributed to multiple journal articles with regard to pediatric blood disorders, as well as co-authoring a handbook for families of children with Thalassemia.

Ms. Duran is currently serving as the legislative chair of NAPNAP-LA, president of the UCLA School of Nursing Alumni Association Board of Directors, and is an elected member of the Research & Evidence-Based Practice Committee of the Association of Pediatric Hematology/Oncology Nurses.

Ms. Duran's leadership has helped bring our professional organization to a new level of excellence and advocacy; she guided NAPNAP-LA through the strategic planning process of 2011-2012, implemented a Legislative Tracking System for NAPNAP-LA members and facilitated NAPNAP-LA's sponsorship of "**Read Across California**," a bill (ACR-62) which addresses the issue of childhood literacy in our state.

**Stacey Warner, RN, MSN, CPNP, is the NAPNAP-LA 2014 Scholarship recipient.** Stacey has been a member of NAPNAP-LA for over five years. She started her professional career in 1996 as a registered nurse. She continued her education at California State University, Los Angeles and graduated in 2006 with her Masters in Nursing as a pediatric nurse practitioner. Stacey is currently pursuing her Doctor of Philosophy in Nursing at Azusa Pacific University. She would like to complete research in genomic studies, focusing on the pediatric population and autoimmune disorders.



**Patty Quan, RN, MS, CPNP (Left)  
Stacey Warner, RN, MSN, CPNP**

## Southwest Regional Conference

The Los Angeles, Orange County and San Diego NAPNAP Chapters are hard at work preparing this year's Southwest Regional Conference! "**A Taste of Pediatrics**" will be held on **November 14-16, 2014**. The conference will be held at the Temecula Creek Inn, a gorgeous wine country venue with an amazing golf course. On Friday evening, November 14<sup>th</sup>, we will start things off with a wine and *hors d'oeuvres* reception. What a way to start this spectacular weekend!

Tentative conference speakers include: Cathy Goodhue, "Name That Syndrome"; Mary DeNicola, "Breastfeeding & Medications"; Kristi Westphal, "Pediatric Psychiatric Emergencies"; and Wendy Hunter, "Scary Baby Symptoms That are Normal." Cathy Sweeney and Robin Robinson will also be presenters at the SW Regional Conference. (Topics were not available at the newsletter deadline).

Sunday's featured speaker will be Martin Stein, M.D., who will speak on "Developmental and Behavioral Aspects of Pediatrics." Dr. Stein's new book, *Encounters with Children*, is available for purchase. You are welcome to bring your copy to the conference for his autograph; I am going to have my camera on-hand—and ask for a picture as well!

To order *Encounters with Children: Pediatric Behavior and Development, 4<sup>th</sup> Edition* (\$85.75), call the publisher (Elsevier) at 800-545-2522 (option 3). There will be no charge for shipping.



**Mary Whitten, CPNP  
NAPNAP-LA Southwest Regional  
Conference Chair**

