



December 2025

WINTER NEWSLETTER

President's Address

Icel Sullivan ARNP, CPNP-PC

NAPNAP Washington State Chapter President

As this year comes to a close and I reflect back on 2025, I am amazed at how much can be fit into a singular year of time. As healthcare providers, especially pediatric providers, this last year has had many challenges. As we move into 2026, we as a chapter hope to continue to be a source of resource and connection. We have a few things planned to help you connect and network.

Save the date because on January 15th, we are offering a FREE get together at E9 Firehouse and Gastropub from 7pm-9pm. Our very own Maria Brnjic will be giving a brief in service on the pre-surgical and pre-anesthesia assessment in primary care. We plan to have a fun raffle for several gift cards and tasty treats for those that come as well. Please join us because we'd love to see your faces and make connections. Space is limited so please RSVP to our chapter email napnaphwashington@gmail.com no later than January 5th so we can have an estimated head count.

You may have noticed that our website is getting some updates and our Instagram has had new activity. We want to connect with you, our chapter members, and hear what you would like most from your chapter board.

IN THIS ISSUE:

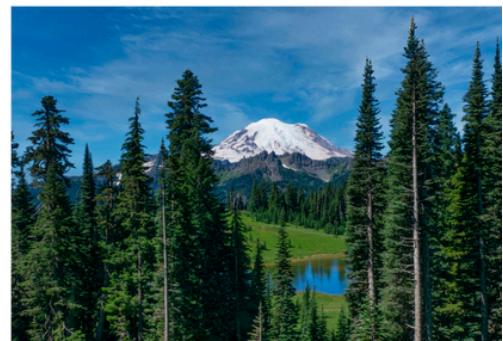
**A NOTE FROM THE PRESIDENT
NORTHWEST PEHSU INFORMATION
LEGISLATIVE UPDATES
YOUR 2025-2026 BOARD**



I encourage you to reach out, whether through social media or email. We would like to hear from you. What topics would you like to learn about and have offered at our next conference. What type of networking opportunities would you find helpful? Have you recently learned something new you'd like to share with others?

We as the board are really trying to determine ways to make our State Chapter work for you. We recognize that many of us have lots of opportunities for free CE, either through our place of work or through memberships with other organizations. We put a lot of thought into what our chapter members might find informative while not being repetitive or trying to compete with what is already available. Be on the look out in the future for a survey we are putting together. I promise we will try and make it short and sweet and easy to complete. We would really appreciate you taking the time to complete it. I know we still have the busy Christmas/Holiday season approaching us and might still have quite a bit left on our "to do" lists. I hope you all have a safe and happy holiday season and look forward to meeting some of you in January!

**Merry Christmas,
Icel Sullivan**



PEHSU: A Pediatric Environmental Health Resource for WA PNPs



Early life exposures to biological, chemical, and radiological hazards in the environment can contribute to many childhood conditions, such as adverse birth outcomes, developmental disorders, intellectual delays, asthma, and childhood cancers. Environmental exposures are a source of avoidable childhood morbidity and mortality, considerable parental stress, and significant healthcare expenses (1).

As evidence for environmental factors as an important determinant of children's health grows, so too has media attention and parental concern. Ideally, parents turn to healthcare professionals as a trusted source of information. Exposures can be complex to address as many variables determine the potential health risks. Most healthcare curriculums contain limited content on environmental health and may leave providers feeling unprepared to respond to parental concerns or to identify and manage environmental-related illnesses.

The Pediatric Environmental Health Specialty Units (PEHSU) program is a not-for-profit network of experts established to assist health professionals address pediatric and reproductive environmental health issues through free consultation and educational services.

Northwest PEHSU is based at the University of Washington and serves providers in Washington, Oregon, Idaho, and Alaska. Northwest PEHSU can help you

- Understand possible health effects from past or present exposures
- Identify clinically relevant tests for exposures and/or interpret test results
- Determine whether a child's symptoms could be environmentally related
- Use evidence-based practices for addressing or preventing exposures (medical management, risk communication, exposure risk assessment)

The PEHSU network also offers factsheets, trainings, and tools for healthcare providers. To request to speak with a PEHSU specialist, call (206)-221-8671 or email pehsu@uw.edu. You can also request a specialist to give a presentation on a topic or suggest future outreach and educational activities or materials. Visit pehsu.net/ for pediatric environmental health resources.

The PEHSU is a resource for addressing non-acute exposures that do not present a medical emergency. Call the Washington Poison Center at (800)-222-1222 for immediate assistance with a suspected poisoning. By staying informed and proactive, you can help children have a safer, healthier future!

Join us at E9 Firehouse and Gastropub on Thursday January 15th!

Thursday January 15th at 7:00 pm

E9 Firehouse and Gastropub

Address: 611 N Pine Street

Tacoma, WA 98406

Thursday January 15th at 7:00 pm

FREE Dinner, raffle prizes, in-service, and networking.

We hope to see you there!



December Advocacy Corner

By Rachel VanDeMark



5 MINUTE ADVOCACY

The U.S. Department of Education is proposing financial aid regulations that fail to recognize nursing as a “professional degree”, meaning lower annual and lifetime limits on federal student loans.

Add your name to the joint NAPNAP and national nursing organization: [Link here](#)

Dr. Felesia Bowen, NAPNAP President, identified Republican members of the House Education and Workforce Committee [\[Link here\]](#) and the Senate Health, Education, Labor, and Pensions Committee [\[Linked here\]](#) as particularly influential on this topic.

If one of your US Representatives or US Senators sits on these Committees please advocate for a change to this proposal.



BOOK MARK IT

Use the NAPNAP Advocacy Center to efficiently contact your elected officials -

Highlighted campaigns:

-Urge Congress to Reauthorize Nursing Workforce Programs

-Your Elected Leaders Need To Understand Your Priorities

-Call on Congress to support the “Improving Care and Access to Nurses (ICAN) Act

Check monthly for the latest updates, subscribe to National NAPNAP email communications, or follow on NAPNAP socials.

[Read Here](#)



CONNECTING WITH (HEALTH) COLLEAGUES

There are excellent professional health organizations in Washington State.

Check out these groups for topics of interest and ways to get involved in issues that matter to you:

- ARNP United [\[ARNP United\]](#)
- Washington Chapter of the American Academy of Pediatrics [\[WCAAP\]](#)
- Washington State Public Health Association [\[WSPHA\]](#)



JOIN THE LEGISLATIVE COMMITTEE

Have a passion for advocating for children and nurse practitioners?

Have 30-60 minutes per month to share your talents?

Email Rachel VanDeMark at rachelvandemark@gmail.com and Rachel or Robyn Evans, Legislative Committee Member, will contact you.

2025-2026 Chapter Executive Board Members



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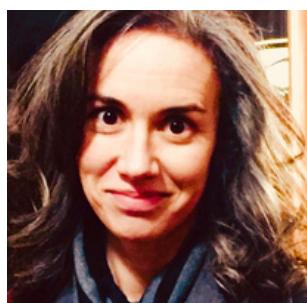
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