



JULY 1, 2020
e-Chapter
Doctoral
pediatric
scholarship
application
submission
opens for
DNP & PhD
students

Applications accepted

July 1 through
midnight
August 15
Watch your Inbox &
Our NAPNAP
e-Chapter webpage

Letter from the President (2019-2020)

Dear e-Chapter Members,

I hope you are all well during these challenging times in our nation. Living in NYC, I have personally felt the impact of the pandemic and I have never been more proud to be a nurse and healthcare provider.

With the move to a more digital way of doing things, the e-Chapter is already steps ahead. We have always been a "virtual" chapter. We hosted our first member wide virtual meeting in May and had a great turnout and even greater conversation. I left the meeting feeling so inspired and engaged. We are excited about all of the things we have in the works. The chapter board, as well as our membership, is a vibrant and productive group. We are also here to serve you so don't hesitate to reach out if you have any ideas or suggestions. Our chapter email is napnapechapter@gmail.com

The chapter is in great hands with Christine Hallas moving into the role of chapter president this summer and Sarah Scheuermann as president-elect. I have enjoyed being the e-Chapter president for the past year. I couldn't have done it without the rest of the board: Linda, Hannah, Debbie, Christine, Melissa, and Sarah. Be on the lookout for information coming over the next few months about scholarships, conference stipend, continuing education and more. I hope you have a healthy and happy summer!

Sincerely,
Jaime Panton
e-Chapter President, 2019-2020



Jaime Panton
DNP, APRN, CPNP-AC/PC
e-Chapter President

e-Chapter News

Summer 2020 Volume 4 Issue 2

NAPNAP e-Chapter President Elect Dr. Christine Hallas, APRN, CPNP-AC: Op-Ed

We are in a very challenging time facing two very important, and very pervasive, public health issues. As healthcare providers and trusted members of our communities, we are called upon to be knowledgeable, supportive, and actively engaged in the fight.

COVID-19 has been at the forefront of healthcare in 2020 and has, in a very short amount of time, transfigured how we provide healthcare, to whom we provide it, and even who the persons are that are providing it. We are being given updates daily on the spread and mortality rates of this deadly virus and adjusting our profession and our daily lives accordingly. Communities have worked together with medical experts to address this enormous health challenge to protect as many lives as possible while providing care needed and getting communities open to restart the economy. This has been a tough, exhausting task. And we are not finished. We are likely going to be fighting this for some time.

Another very prominent public health issue has been brought to the forefront through Black Lives Matters movement which has been gaining incredible momentum since the murder of George Floyd. So much momentum that we are seeing support across the world! Racism is a longstanding social determinant of health. Blatant and daily microaggressions inflicted through racism compounds toxic stress on the children and their families we are dedicated to serving. Racism is a public health issue; as healthcare providers it is incumbent upon us to boldly stand against racist policies, practices, work cultures, and healthcare provision. It is not enough to not knowingly be racist. White coats for black lives must be more than a symbolic gesture. We must be actively anti-racist. This is a public health issue that has been present for more than 400 years!!! Imagine dealing with COVID-19 for that long (oh my please no!!).

This challenging time can be the springboard for meaningful change; not just Instagram posts and small appeasing policy changes to quiet the uprising. Take these uncomfortable conversations to your home, your neighborhood, your community. Examine your own reactions and those that react differently than you. Seek understanding; listen to learn, not to respond. And do what we already know how to do to tackle a serious problem: get informed. Attached are some excellent resources to watch, read, or listen to really learn some history behind this and some ways to move forward. I have also included some action strategies that were shared with me.

To be clear: This is not a political message. This is an omni-partisan issue, a public health issue, a human issue. So I very sincerely implore you continue to read and do the work along with me. I challenged myself to begin this discussion with my esteemed colleagues, this is my beginning. Because we are trusted and dedicated healthcare providers, we must be comfortable talking about this; and if we aren't, get to practicing! Use and contribute to this revolutionary energy in our nation to affect change that will improve the health and wellness of all our families. Let our communities know that we truly are partners and willing to do the work with them.

**Humbly, your colleague,
Dr. Christine Hallas, APRN, CPNP-AC
NAPNAP e-Chapter President Elect**

e-Chapter News

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Recommended Resources from Dr. Christine Hallas, APRN, CPNP-AC

Watch

Confronting 'intergroup anxiety': Can you try too hard to be fair? Explores why we may get tongue tied and blunder when we encounter people from groups unfamiliar to us. (5 minutes)

The Disturbing History of the Suburbs, An "Adam Ruins Everything" episode that quickly and humorously educates how redlining came to be. (6 minutes)

Birth of a White Nation, Keynote speech by legal scholar Jacqueline Battalora, offers a blow-by-blow description of the moment the idea of, and word for, "white" people entered U.S. legal code. (36 minutes)

13th, Netflix documentary by Ava DuVernay about the connection between US Slavery and the present-day mass incarceration system. (1 hour, 40 minutes)

How to deconstruct racism, one headline at a time, TED Talk by Baratunde Thurston that explores patterns revealing our racist framing, language, and behaviors. (10 minutes)

Indigenous People React to Indigenous Representation in Film And TV, Conversation with a diverse range of Indigenous people by FBE about media depictions of Indigenous people, Columbus day, and Indigenous identity. (15 minutes)

Tyler Merrit Project: Before You Call (3 minutes)

Read

10 Ways Well-Meaning White Teachers Bring Racism Into Our Schools, by Jamie Utt

21 Racial Microaggressions You Hear on a Daily Basis, by Heben Nigatu

Climbing the White Escalator, by Betsy Leondar-Wright
Explaining White Privilege To A Broke White Person, by Gina Crosley-Corcoran

Guide to Allyship, Created by Amélie Lamont

What White Children Need to Know About Race, by Ali Michael and Elenora Bartoli

White Privilege: Unpacking the Invisible Knapsack, by Peggy McIntosh

Who Gets to Be Afraid in America?, by Ibram X Kendi

Listen

Code Switch, hosted by journalists Gene Demby and Shereen Marisol Meraji

Black Like Me, host Dr. Alex Gee

Scene on Radio – Seeing White Series, host John Biewen and collaborator Chenjerai Kumanyika

TED Radio Hour – Mary Bassett: How Does Racism Affect Your Health? host Guy Raz speaks with Dr. Mary T. Bassett, Director of the FXB Center for Health and Human Rights at Harvard University

Listen

Here & Now – Without Slavery, Would The U.S. Be The Leading Economic Power? host Jeremy Hobson and author Edward Baptist

Pod Save the People, Activism. Social Justice. Culture. Politics. On Pod Save the People, organizer and activist DeRay McKesson

Taken from Racial Justice Toolkit:

Call to Action Strategies – Top 10 Recommendations Changes We Can Make Personally

1. Watch 13th on Netflix. Better yet, get a group of friends together and watch 13th.
2. Listen without ego and defensiveness to people of color. Truly listen. Don't scroll past articles written by people of color — Read them.
3. Don't be silent about that racist joke. Silence is support.
4. Seek out a diverse group of friends for you. Practice real friendship and intimacy by listening when POC talk about their experiences and their perspectives. They're speaking about their pain.
5. Be honest about our history. One genocide, another genocide, then apartheid. It sucks, but it's true. We'll never be free from our history unless we're honest about it. Denial is our pathology, but the truth will set us free.
6. If you have a close relationship with a young person of color, make sure he/she knows how much you love them. Love and affirm that child.

Changes We Can Make in Our Communities

7. Google whether your city or town currently employs evidence-based police de-escalation trainings. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
8. Many companies have recruiting channels that are predominantly white. Work with your HR department to recruit Americans who are descendants of enslaved Africans. Recruiting from HBCUs is a good start. Work to put descendants of enslaved Africans already hired under supportive managers.
9. Support black businesses. Find them on WeBuyBlack, The Black Wallet, and Official Black Wall Street.
10. Call or write to your state legislators and governor to support state-wide criminal justice reform

e-Chapter News

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e-Chapter Legislative Update

Town Hall Brief

NAPNAP has a Corona Virus Safety page full of information and resources on the NAPNAP website.

Lessons Learned & Changes due to Covid-19 Pandemic

Recommendations for the primary care office setting include having separate sick/well appointment times & waiting areas, have wait in their cars until the appointment time, limit the visit to the patient and 1 family member. The downside of the current situation is the loss of engagement with the patients and families. Immunization rates have dropped dramatically. It is critical for us to engaged with our families and encouraging immunizations using options like drive through immunization clinics and giving immunizations at an off-site safe location.



**Linda Frye, PhD,
RN, CPNP**

*NAPNAP e-Chapter
Legislative Chair*

Positive Outcomes

Some of the beneficial outcomes of the crisis is relaxing of practice barriers, allowing APRNs to write orders for durable goods, etc., and reimbursement for telehealth by APRNs. It is critical for data collection to occur with these changes to demonstrate improved access to care as an effort to support making these changes permanent.

Concern: The crisis demonstrated we need to improve the public health infrastructure. We all have an important role in public health including addressing the access to physical and mental health care.

Linda S. Frye, PhD, RN, CPNP

e-Chapter Legislative Chair and Immediate Past President

e-Chapter News

Summer 2020 Volume 4 Issue 2

e-Chapter Awards

2020 NAPNAP e-Chapter Award Winners

The NAPNAP e-Chapter Board is pleased, excited, and proud to announce to all members that we have awarded three members the prestigious “Of the Year” awards.



PNP of the Year Betty Jo Alexander

Betty Jo Alexander, MSN, CPNP is the PNP and Owner of Picayune Pediatrics located in Picayune, MS. We look forward to sharing a future member spotlight detailing Betty Jo's advanced nursing career.



PNP Student of the Year Michelle Theard

Michelle Theard, MSN, CPNP-AC, DNP, PNP-AC

May 2020 DNP Graduate of the University of South Alabama Ochsner Health System Pediatric Cardiovascular Intensive Care Unit (CVICU). **DNP Project:** *Implementing a Pediatric Asthma Clinical Pathway in the Emergency Department of a community hospital in Louisiana*

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Preceptor of the Year **Deborah Stone**

Deborah Stone, MSN, PPCNP-BC, PMHS-Certified, Assistant Professor University of Southern ME, Portland, ME, PNP/PMHS, LRGHealthcare-Laconia Clinic Pediatrics, Laconia, NH



Preceptor of the Year **Amy Manion**

Amy Manion, PhD, CPNP Associate Professor, College of Nursing, Rush University, Chicago, IL, PNP Chicago, IL, PNP, Northwestern Children's Practice, Chicago, IL

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Effective July 1

e-Chapter Board



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Dr. Christine Hallas
APRN, CPNP-AC



Treasurer
Deborah Stone
APRN, PPCNP-BC, PMHS



President-Elect
Dr. Sarah Scheuermann
APRN, CPNP-PC



Secretary
Dr. Melissa Ferniz Nunn
APRN, CPNP - PC

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Get Connected **Member Spotlight Corner**

*We want to recognize
our members!*

If you are interested in sharing a recent accomplishment and telling the chapter about yourself, please send an email to the attention of:

Dr. Amy Manion
Communications Chair
napnapechapter@gmail.com

to be featured in our next newsletter.



Share your practice updates, clinical pearls, advocacy, and more on our Facebook page located at

<https://www.facebook.com/groups/echapnap/>

Effective July 1

Appointed Committee Chair Positions

Communications Chair – Dr. Amy Manion

Legislative Chair- Dr. Linda Frye

Membership Chair – Dr. Jaime Panton

Education Chair – Dr. Kathy Watson

Welcome Back with Thanks for Dedicated Leadership & Service

Nancy Cavanaugh

Legislative Committee Member

Dr. Hannah Pressler

Education and Nominations Committee Member

Welcome New Education Committee

Member Dr. Nicole Marnel who will work with Dr. Watson and Dr. Pressler

If any member has a presentation to share, please send an abstract to apply for a **FREE 1 YEAR MEMBERSHIP** to the e-chapter for **the first 5 submissions for CE presentations** to be accepted into our continuing education library! Share your knowledge! Flex those teaching/ mentoring muscles! This is a great opportunity to build your skills and resume while contributing to the e-Chapter community!

The education committee will be working to provide CE opportunities to e-Chapter members. The committee is working on an education questionnaire to send to the membership. Please take the time to respond when you receive the Survey Monkey questionnaire. **Email us for details/ questions:**
napnapechapter@gmail.com

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