

Success Again! Sept 14, 2019 ED Day

Accolades to the NVONS Team!



Special Events Coordinator Lori Durbin missing from picture

NVONS Board

President

Sally Castillo-Recile

President-Elect: vacant

Vice-President: Ann McCaffey

Treasurer: Tanya Brubaker

Secretary: Lukiah Mulumba

Program Chair: Dan Wixom

Directors at Large

Joanne Wakerling/Robbie Wooley

Nominating Chair: Grace Palka

Advocacy Chair: Yvonee D'Angelo-Sousa

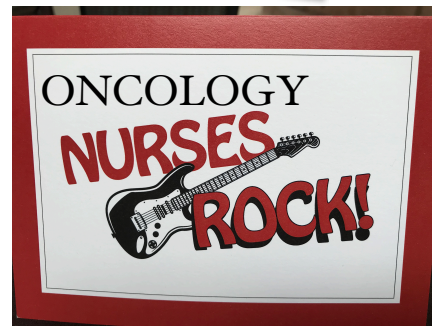
Scholarship chair: Jaya D'Silava

Student Liaison Rep: Eva Orcullo

Newsletter Editor/ CEU Provider:

Alicia Terrado-Locquiao

Virtual Community Chair: vacant



From the President

Hello Napa Valley Chapter Members,

We've made it through another successful year. This year 2019 has been a very productive year. We've had new members join our NVONS Chapter. In June, it was our inaugural NVONS Nurses Appreciation Day, during that event we've had a recap of ONS Congress, and a tutorial on how to navigate in the Virtual Community. We've initiated our NVONS branding, a new Chapter Historian role was created and Karen Stilwell has volunteered to take on that position, and our 6th Annual Educational Symposium was a success with new activities, creative passport prizes, and NVONS donor prizes towards membership and ONS Congress admission. Although the year is not quite over, we are also in the process of transition. Leadership changeover is occurring since our chapter leaders have volunteered to take on leadership roles within our chapter, we need new replacements for the roles which are due to end. If you have a knack for leading, a special skill set, or a desire to help your chapter, please step up and volunteer for a committee or leadership position.

As much as I enjoy what I do as your President, I cannot and will not be your President for life. So, I challenge all of you with this question... What have you done for your Chapter lately?

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July 22, 2019 Meeting Summary By Anne McCaffrey

Topic: Myelodysplastic Syndrome (MDS)

Speaker: Yvonne Bossert Clinical Nurse Consultant

1810 Announcements by Daniel Wixom who reviewed the Leadership Conference in PA at the ONS corporate office attended by himself and Sally. Great experience which he and Sally enjoyed as it was fun and lots of networking with the corporate leaders. He encouraged others to get involved in any form or fashion with NVONS. The rewards personally and professionally are immense.

1815 Brief introduction of our speaker by Anne McCaffrey, VP (Sally Castillo-Recile, President not present)

- Incidence of MDS increase with age
- Median age at time of diagnosis is 77 with 13,000 diagnosed with MDS each year in the U.S.
- Lack of diagnosis of MDS often presents as Anemia
- Expected to become number 1 myeloid Malignancy due to aging population of Baby Boomers.
- It is a Hematologic Malignancy

Understanding MDS

- It is a hematologic malignancy characterized by irregular and ineffective hemopoiesis
- Potential progression to Acute Myeloid Leukemia more aggressive disease
- Review of Blood Cell development where the myeloid stem cells develop into platelets, red cells and white cells- note the erythropoiesis-heme development- shape of the RBC disc allows for more surface area-Life of the RBC is 3 months
- Ineffective Erythropoiesis IE characterized by increased proliferation of Erythroid progenitors but impaired maturation results in Anemia.
- Stem cell dysfunction leads to abnormal cell development
- Dysfunction can be identified from multiple factors- Environmental, Lifestyle, DNA damage, Epigenetics, Heredity, Somatic Mutations
- MDS DX related to overall risk progression-clonality, cytopenias, dysplasia, BM blast %

MDS (Continued from page 2)

- Examples of genetic abnormalities in MDS- Chromosomal del 5q, monosomal 7, del 7q, trisomy 8, trisomy 19, del 19, del 20q, del 11q Gene Mutations TET Z, ASXL1, RUNX1, TP53 Epigenetic abnormal DNA methylate, loss of histone methylate concentration

Pathological Features of MDS

- Ineffective and abnormal hematopoiesis
- Abnormal morphology of hematopoietic stem cells in the bone marrow result in Anemia, Leukopenia, Thrombocytopenia
- Studies show Fatigue is the number 1 symptom which is the is correlated to quality of life
- Qualitative defects in blood cell function
- Red blood cells accumulation of immature erythroblasts
- Neutrophils may include decrease bacterial immunity and increased risk of infection
- Platelets impaired or absent aggregation

Clinical Features

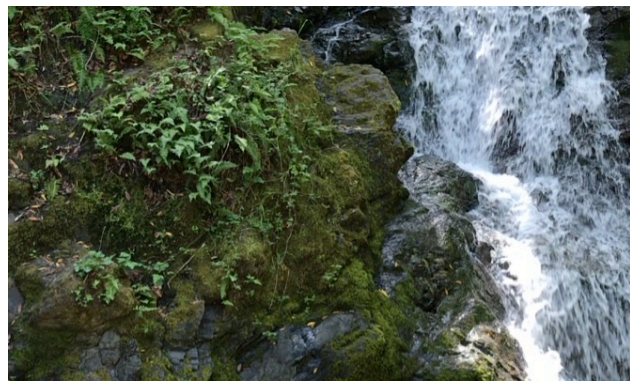
- Asymptomatic often found on routine blood work
- Symptomatic prior to chemotherapy

Page 2

- Fatigue and Bruising
- History of Infection

Role of Multidisciplinary Care Team

- Assess, Educate, Advocate & Care Coordination
- Importance of the Nurse Navigator
- Never forget the Caregiver



NVONS 6th Annual Education Symposium Sept. 14, 2019

What a beautiful day it was in Napa. The Education Symposium Committee arrived at the Embassy Suites with the sun rising once again to begin the day, setting up frantically, getting last minute details tended to. Vendors were arriving going straight for a table to set up, next thing we hear the chimes and it is now time for our “Welcome” and the day to begin!!!

We had 5 speakers for the day: Genetics, NSCLC, USP-800, Cancer and The Family Perspective, and finally Endpoints in Clinical Trials. Speakers were fabulous, with our Keynote for the “Family Perspective” touching everyone’s hearts.

This year I had 30 vendors with plenty of education, some great material to share. We also had our ONS, NVONS, Candy and Passport tables. JP prepared the passport card for the attendees, and Grace spent months to grow her beautiful succulent giveaways for prizes. Sally and her husband Rudy fabricated a very fun photo booth that everyone totally enjoyed. Thank you to them for adding this fun element to the enjoyment and networking fun!!

There were plenty of raffles for the day. Our biggest ticket raffle is one that NVONS donated. It was an “Early Bird” registration to 2020 Congress in San Antonio, Tx. NVONS also provided an ONS membership or renewal for 1 year. We are proud to be in a position now as a chapter to be able to give back to our membership.

There were jobs for all, and I had a fantastic committee that took responsibility to make everything happen seamlessly. I am grateful for you all: Annie, Anne, Alicia, Delores, Eva, Fe Sally, Grace, Jaya, Joanne, JP, Karen, Lukiah, Lina, Nadja, Tanya, and Yvonne. Thank you to Robbie who stepped in at the last moment to work Registration filling an absent position. This is an event I would never be able to do without all of you.

Thank you for an amazing 6th Annual Ed Symposium.

If anyone missed it, don’t wait when the registration is announced next year. I will send out the date once selected so you can put it on your calendar early. I do know it will take place again at the Embassy.

With gratitude,

Lori Durbin, Symposium Chair



Future NVONS Meetings:

October 28, 2019

November 25, 2019

December 9, 2019

For info call, text or email Program Chair: Dan Wixom 707.816.9219/Wix782005@yahoo.com

Other Conferences:

October 19, 2019 : CEBOONS Ed Day register via Brown Paper Tickets

ONS Congress- April 29-May 3, 2020 San Antonio TX