San Diego South Chapter
www.sdcanp.org

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Quarterly E-Newsletter

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Editor's Note

If we excel in anything, it is our capacity for translating idealism into action." Dr. Charlie Mayo.

Welcome to the first quarterly E-Newsletter for the members of CANP-San Diego South Chapter.

The purpose of this E-newsletter is to provide you with timely professional information, resources, and Chapter activities. You are highly encouraged to participate in the creation of this newsletter. Your views and input are important and I look forward to working with you in enriching our Chapter and profession.

Sana Savage

Chair, Public Relations
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Mission & Goals

"The mission of the San Diego chapter of the California Association for Nurse Practitioners is to be the unifying voice and networking forum for nurse practitioners in San Diego, providing expert guidance and advancing the nurse practitioner profession through collaboration with the State CANP office and local membership.

- Promote a strong nurse practitioner movement through a state and local communication system.
- Promote the professional development of advanced practice nursing.
- Strengthen the public image of the nurse practitioner.
- Promote communication and professional collaboration among health care providers at the state and local level.
- Support legislative action that encourages the development and continuance of the role of the nurse practitioners in San Diego and statewide.
- Make a health care system more responsive to the needs of patients at the local and state level.

President's Message

Our chapter currently represents CANP members who reside or work in San Diego County at/or south of interstate 8. As our membership demographics change, this dividing line may also change. In May of this new year we will have completed our first official year as a new chapter.

In 8 months we have offered new venues for meetings, offered education programs at all of our chapter meetings, and held our first non-pharmaceutically sponsored meeting which included CEU's at Scripps Mercy Hospital for approximately 60 attendees . Over half the attendees were non-members, allowing us to demonstrate what CANP is all about to non-members. We have also joined the digital age by using e-mail, a chapter web site, and now an E- Newsletter. This success is in part due to our increased support and membership on the Board of Directors which now includes an official Education Chair and Public Relations Chair. Our official bylaws will be ready for membership approval in February.

I invite you to participate in Chapter activities in the year ahead. We plan to continue offering education meetings, both drug and non-drug sponsored in an effort to provide CEU's as well as offer larger meeting sites. We are planning a service project that benefits both our patients as well as our membership. Also, be looking for announcements for a tour of the USS Mercy hospital ship, a run/walk fundraiser for Parkinson's research, and the launching of a new, bigger and better website integrated into our state CANP website.

"I also invite you to share your ideas and suggestions for a meaningful year ahead or your availability to donate 2-3 hours of service to our chapter "

I challenge you to step outside of your comfort zone and consider either nominating yourself or a colleague for a position in the next election which will be held in May. The usual positions will be open as well as three new Board of Directors positions, Health Policy and Practice Chair, Parliamentarian, and Public Relations Chair. Additionally, I invite you to share information about our chapter with non-members and invite a guest to a chapter meeting. We have over 2,000 NPs in San Diego with less than 10 % represented by CANP. Most participants join and/or volunteer to contribute after a personal invitation. Can you think of someone you can invite to a meeting or invite to participate on a board? Is it you?

I also invite you to share your ideas and suggestions for a meaningful year ahead or your availability to donate 2-3 hours of service to our Chapter. Please contact me if you have suggestions for topics, speakers, venues, or service projects which benefit our patients and or membership. I can be reached by email at dmpalmer@cox.net.

Thank you to all who have continued to support our Chapter through membership and participation.

Debra Palmer, President

CANP - SAN DIEGO South Chapter

Events

Upcoming:

-**House of Delegates meeting and Lobby Day Monday, February 27 and Tuesday, February 28, 2012 at the Sacramento Hyatt Capitol Park, Sacramento.**

-**CANP 35th Annual Educational Conference** Thursday, March 22 2012 at 8:00am PT at Renaissance Esmeralda Resort and Spa at Indian Wells 44-400 Indian Wells Lane, Indian Wells, CA 92210

-The Hahn School of Nursing at the University of San Diego is hosting the **3rd California Doctoral Conference March 16.** Our very own President, Debra Palmaer will be amongst the panelist for discussions on topics relevant to both DNP and PhD graduates and students. Seven contact hours will be offered. The link to the conference information page is: http://www.sandiego.edu/documents/nursing/3rd-doctoral-conference.pdf. The link to the registration page is: http://2012CaliforniaDoctoralNursingConfkintera.org. This information will posted on our chapter website as well.

Past: November /December 2011

-The Blues and Beyond: A Workshop on Depression and Recovery; offered 2 CE

-NP Appreciation Week event at Wine Splash lounge.

-Breast Cancer Symposium

-Membership recruitment presentations to two local universities

-Jingle-bell Walk/Run For Arthritis

- **Check website http//: www.sdcanp.org for detailed information of all events**

Monthly Lectures and Dinner Meetings

-February 8th- Current Concepts in Family Planning,: Understanding the New Essure Procedure. Sponsored by Conceptus, Inc. Location TBA

-March 7th– Pain Management. Sponsored by Boston Scientific

-April 3rd– Rheumatoid Arthritis in the Primary Care Setting. Sponsored by Abbott

- **Please check your e-mails and our website for more information on these monthly lectures and dinner meetings at selected locations.**
- **These dinner meetings and lectures are for members and their one-time only NP guest.**

Resources: **Link to resources at:** http://canpweb.org/displaycommon.cfm?an=4

Membership Update:

Our membership is growing. Join the campaign to recruit members. Our Membership Chair, Andrea Crosby is standing by to assist anyone interested in giving a recruitment presentation. Review your membership benefits at canp.org and encourage your colleagues to join.

NP Highlights

- Our CANP San Diego South chapter president, Debra Palmer, and PR Chair, Sana Savage, successfully obtained an official proclamation from our mayor, Jerry Sanders, to declare November 13-19th NP week for the city of San Diego. Cheers to another step towards NP recognition! See the proclamations on our website.

- NP Nominations

Our Chapter have submitted the following nominees for the NP of Distinction Award: Debra Palmer, President; Barb Lome, Treasurer; and Sherrie Gould, member –North Chapter and our guest speaker at our NP week celebration. See next pages for the write-up on their inspiring work and dedication to our profession.

Photo Gallery

Photos from NP Week Celebrations November 2011

Nurse Practitioner of Distinction for 2012

Nominee – Barbara Lome, NP

Barbara Lome's career has taken her to virtually every corner in the highly physically, emotionally, and mentally demanding field of critical care nursing; from her role as a Lieutenant Commander in the Navy Reserve, to authoring four publications. In her role as a nurse practitioner over the past nine years, her focus has been dedicated largely to trauma care.

Ms. Lome was the first nurse practitioner hired at Scripps Mercy Hospital in San Diego. A smaller, yet symbolic and no less significant victory, was her success in pushing for nurse practitioner use of the doctors' parking lot and lounge.

Her greatest accomplishment has been her development of the trauma nurse practitioner role at Scripps Mercy. With her keen attention to detail and solid clinical expertise, Ms. Lome recognized the need for nurse practitioners in trauma care. The role she developed calls for collaboration with trauma physicians in managing the care of adult trauma patients in the intensive care unit, trauma observation unit, and post-discharge follow up. She also serves as ancillary teaching staff for U.S. Navy interns, emergency medicine residents, and surgical residents, and acts as a clinical resource for trauma observation unit staff nurses.

Results over these past nine years have more than exceeded expectations, driving the need to add four additional nurse practitioners to the trauma team. Both the length of stay and rates of complications have been significantly reduced, saving millions of dollars and drastically improving patient outcomes.

An active member of CANP since becoming a nurse practitioner, she has served on the board as secretary, and currently serves as treasurer where she was instrumental in organizing our chapter's first symposium at her hospital auditorium.

In her nine years since becoming a nurse practitioner, and as a pioneer in expanding the role of nurse practitioners into the inpatient trauma field, Barbara Lome has accomplished what few achieve during the course of an entire career. Her current pursuit to earn her DNP is a clear sign that her recent accomplishments are a mere reflection of her promising future contributions to the nurse practitioner profession.

Submitted by

Michelle McCurdy

President-elect, San Diego South Chapter

Nurse Practitioner of Distinction for 2012

Nominee – Debra Palmer, DNP

Debra Palmer is the most passionate, energetic, and forward-thinking nurse practitioner I have ever met - a genuine pioneer.

Ms. Palmer has worked in a variety of settings: community health, education, and her specialty area of orthopedics. Her clinical expertise has given rise to invitations to speak on a variety of subjects including obesity and nursing education and collaboration. She is also the author of four publications and has implemented programs benefiting our underserved communities, including diabetic management and childhood obesity. Her efforts have been recognized through her receipt of the Kaiser Every Day Hero Award and the David Lawrence Community Service Group Award.

Her tireless work as a volunteer further illustrates her passion and commitment. As the current President of our local CANP chapter, she has injected her enthusiasm to create more meaningful learning opportunities, stretching beyond what have traditionally been drug-sponsored meetings. At the beginning of her term only eight months ago, Ms. Palmer had to tackle the challenge of getting our new chapter off the ground (our chapter had just divided from the larger San Diego Chapter). We have thrived under her leadership. Our membership has increased by around 20%, she designed and organized our chapter's first educational symposium, the response to which was overwhelmingly positive, attracting new members to our chapter. She has also initiated our first E-Newsletter and was the driving force behind starting a website for our chapter.

Another significant volunteer role was Ms. Palmer's work in connecting volunteer doctors, nurse practitioners, physician assistants, and nurses in San Diego with volunteer health care missions in Guatemala. Her leadership of those three missions, the first of which was in 1996, has grown to create a legacy of continued volunteer medical missions among those whom she inspired.

Her most profound contribution, however, is her development of a DNP residency program for those wishing to specialize in orthopedics - the first of its kind. This was a vision born 25 years ago when she began her career as a nurse practitioner.

Many talk about changes they would like to see in our profession, but Ms. Palmer is one of the few to actually turn those ideas into reality. Moreover, she is astonishingly humble, nearly dismissive, of her myriad accomplishments and shows no sign of stopping – or even, for that matter, slowing down.

Submitted by

Michelle McCurdy

President-elect, San Diego South Chapter

Nurse Practitioner of Distinction for 2012

Nominee – Sherrie Gould, MSN, NPC

I would like to nominate Nurse Practitioner Sherrie Gould for the 2011 NP of Distinction award. Sherrie meets the following criteria:

Active membership in CANP and she has held a leadership position in San Diego Chapter.

Sherrie demonstrates exemplary professionalism in the NP role in clinical practice, research and community affairs. She is a NP at Scripps Clinic, division of Neurology where she has pioneered the NP role treating patients with movement disorders and headaches. In this role she has designed an education and support group for her patients with migraine headaches. She designed and developed "Boot Camp for Parkinson's 101", a one day conference offered to the community where both conventional and integrative approaches to Parkinson's disease are explored with an emphasis on the importance of exercise and attitude.

Sherrie's research experience has been as a participant in clinical trials and as a fundraiser for non-embryonic stem cell research for Parkinson's disease. In 2011, she trained and led Parkinson's patients and their families to climb to the summit of Mt Kilimanjaro to help in fundraising efforts. All 16 climbers reached the summit, raising over $ 250,000.00 for stem cell research at Scripps Clinic.

Sherrie embodies the ideal: excellence as a role model, source of hope and encouragement to other NP's, patients and their families. Sherry's practical hand on treatment modalities and her efforts in raising the awareness of movement disorders and current innovations in research to treat movement disorders has made a contribution to the health care community.

Sherrie's role at Scripps Clinic has brought visibility to the innovative role of the Nurse Practitioner in our community. Her willingness to step outside of her comfort zone to lead her patients and promote health care research has been an inspiration to her peers.

Submitted by

Dr. Debra Palmer

President, San Diego South Chapter