

e-Chapter News

Winter 2020 Volume 4 Issue 1



In This Edition

- Announcements from the e-Chapter President
- e-Chapter Doctoral (DNP or PhD) pediatric scholarship winner
- 2020 National Conference e-Chapter Stipend Award Recipients
- Legislative & Policy updates
- E-Chapter National Conference Activities
- Call to Nominations
- Long Beach, California, National Service Project
- Upcoming Preceptor, Student, and NP of the Year Awards



e-Chapter Call to Nomination for Officers & Committees

March 1, 2020, to midnight March 31, 2020

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Letter from the President (2019-2020)

Dear e-Chapter,

Happy New Year! It's hard to believe we not only entered a new year, but also a new decade. This is the year for vision (it is 2020 after all!) We want to hear from all of you. What is it that you want from the e-Chapter? What is it that drives you to be a part of this community, both the local chapter and the national organization? We hope these are some things we can discuss at our annual e-Chapter meeting held during the national conference.

We will also be sending out more information before the conference regarding our annual service project. We will make this giving opportunity available for you even if you can not be at the conference. We encourage you all to participate as it is a great way for the chapter to give back.

We are thrilled to finally have awarded the e-Chapter DNP scholarship. We have also announced the e-Chapter conference stipend winners. Yes, there were two this year! We anticipate making these awards available annually, so please be on the lookout for future opportunities. You can read more about the winners in the newsletter.

We wish each of you a healthy and happy 2020 and look forward to continuing to serve you. We hope to see many of you in California!



Jaime Panton
DNP, APRN, CPNP-AC/PC
e-Chapter President
2019-2020

Sincerely,
Jaime Panton

e-Chapter News

Winter 2020 Volume 4 Issue 1

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 Sarah Scheuermann, Communications Chair, at 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/ec hapnapnap/>

National Conference Speaker

Linda Frye, PhD, RN, CPNP

Session 113: Wednesday, March 24, 3:10 until 4:25

If Not You –Who? If Not Now –When?

Becoming an Advocate for Vulnerable Children

The current statistics about vulnerable children are staggering, but for every vulnerable child we are aware of there are many more waiting for us to identify and help. Many of these children suffer in silence because they are too young, frightened, ashamed or fear they will lose the only person they have in their life. This presentation will provide tips, tools and techniques to use in the practice setting, local community, state and national levels to become an advocate for vulnerable children

[Are you an e-Chapter Member Speaking at National Conference in Long Beach?](#)

Email us so that we can spotlight your presentation: napnapechapter@gmail.com

National Conference e-Chapter meeting

Wednesday, March 25 at 7:30 until 9:00

Join your fellow e-Chapter board and members for drawings, meeting the president, networking, give-a-ways, coffee hour, a light bite to eat, and chapter updates. We want to meet and greet you.

Upcoming Awards Nominations

Details are Coming Soon....

Preceptor of the Year

Student of the Year

Nurse Practitioner of the Year

e-Chapter News

Winter 2020 Volume 4 Issue 1

e-Chapter Awards

2020 NAPNAP National Conference e-Chapter Stipend Winners

The NAPNAP e-Chapter Board is pleased, excited, and proud to announce to all members that we have awarded two members a stipend to attend the annual NAPNAP National Conference in Long Beach, California, this year. Congratulations to the two winners. We look forward to seeing these ladies at the National Conference e-Chapter meeting.



Kathy Watson
Tucson, AZ

Kathleen “Kathy” Watson has attended 30 annual conferences in the past and has served NAPNAP throughout past years in state and national roles. She continues to teach registered nurses in pediatric courses for three universities online and throughout multiple states. Kathleen’s students will benefit from Kathy’s increased and up-to-date knowledge gained at the conference.



Colleen Story
Metairie, LA

Colleen Story will attend her first-ever e-Chapter meeting during the NAPNAP National Conference this year. Colleen works in pediatric orthopedics in New Orleans. She has been an active member of NAPNAP throughout past years.

e-Chapter News

Winter 2020 Volume 4 Issue 1

e-Chapter Awards

2019 e-Chapter Pediatric Doctoral Scholarship **Laurie S. Finger, DNP, APRN, CPNP-AC**

Laurie's project titled *An Evidence-Based Interdisciplinary Approach to Weight Loss in Children with Obesity* involves utilizing an evidence-based, interprofessional, healthy-lifestyle program to help children with obesity and their families achieve a more healthy, active lifestyle that ultimately will allow them to lose weight. The program includes an exercise physiologist, dietician, and behavioral health specialist. Laurie provides medical oversight for the program as a CPNP and DNP student. Laurie has years of experience working in as a pediatric endocrinology nurse practitioner serving children in New Orleans and Louisiana.



Pictured Left to Right: Melissa Ferniz, e-Chapter Secretary; Laurie Finger, scholarship winner; & Sarah Scheuermann, e-Chapter Communications Chair.

e-Chapter News

Winter 2020 Volume 4 Issue 1

e-Chapter Legislative Update

Child Health Policy Learning Collaborative

1.8.2020 Call Report

Guest speaker: Bernadette Melnyk on initiatives to policy issues needed to effectively fund research addressing health care provider burnout and prevention.

In 2017, the National Association of Medicine declared burnout, depression, and suicide among health care providers a public health epidemic. The epidemic affects approximately 52% of health care providers. It affects the quality and safety for patients. The third leading cause of death is preventable medication errors. Some of the critical preventative interventions based on the COPE program used for children/teens and the Mind Body Strong program published in *the Journal of Nursing Administration* (2019) include:

- Creating a positive work environment including changing the culture to promote health behavior
- Creating positive learning environments: teaching promotion of self-care & stress reduction
- Reducing the administration burden of reporting mental health care for nurses – it becomes a stigma adding to the issue of poor health among nurses
- Enable technology solutions to decrease the amount of time spent on the electronic medical record
- Provide support to the clinicians and lessen the stigma of needing help
- Invest in research funding on clinician professional well-being
- Some tips for making health lifestyle changes include:
- Beware of the chair: sitting for 3 hours increases heart health risk by 30%; sitting for 5 hours = smoking 1.5 packs of cigarettes per day.
- Include 30 minutes of physical activity 5 days per week
- Healthy eating: a minimum of 5 fruits and vegetables per day
- Do not smoke
- Limit alcohol to 1 drink per day for women and 2 for men
- Get at least 7 hours of sleep per night
- Find your reason to engage in healthy behaviors – family, friends, etc.

Linda S. Frye, PhD, RN, CPNP

e-Chapter Legislative Chair and Immediate Past President

e-Chapter News

Winter 2020 Volume 4 Issue 1

e-Chapter Legislative Update

In Case You Missed It: Healthcare Policy Highlights

Vaping: On September 20, 2019, NAPNAP made an official statement about vaping. NAPNAP recommends avoiding the use of e-cigarettes or vaping and encourages APRNs to screen every patient for the use of tobacco products including e-cigarettes. Any unusual lung findings possibly related to use of these products should be reported to the local or state health department. These patients should be referred as needed. NAPNAP also encourages all pediatric providers to complete NAPNAP's educational course on e-cigarettes available at PedsCE.

NAPNAP represents over 9000 pediatric nurse practitioners, family nurse practitioners, and fellow pediatric focused advanced practice registered nurses dedicated to improving the quality of health care for infants, children, adolescents, and young adults. The guiding principals of NAPNAP's 2019 health policy agenda are:

- All children and their families have the right to a safe environment absent of discrimination and in recognition of their individuality and resilience.
- Children should have access to *comprehensive, continuous, coordinated, compassionate, culturally sensitive and family-centered* health care, including behavioral health services, in order to ensure healthy lifestyles.
- We strive to remove barriers that impede access to the care provided by pediatric advanced practice nurses in all practice settings.
- Commitment to national and grassroots advocacy by NAPNAP members is essential and should be supported by providing learning opportunities for members to support their development in advocates.

If you have any legislative or health policy questions, please contact Linda Frye at napnapechapter@gmail.com or healthpolicy@napnap.org.

Linda S. Frye, PhD, RN, CPNP

e-Chapter Legislative Chair and Immediate Past President

e-Chapter News

Winter 2020 Volume 4 Issue 1

e-Chapter Member Elections



Call to Nominations for e-Chapter Officers and Committees March 1 through March 31

The e-Chapter board is looking for members who are ready to serve in e-Chapter offices to include Secretary, and President-Elect, along with varying committee chairs, and chair members to serve on committees like the education and communications committees. Now is the time to start convincing yourself that you do want to do this and that you are ready to answer the call to nominations. Committee chair positions are an excellent way to network within the e-Chapter, build new skills, and to develop a network of new colleagues. If you are interested, please send a letter of interest to:

napnapechapter@gmail.com

e-Chapter Member Benefits

Membership: A Community of 277 members (1/9/2020)

Engagement: Facebook, ENP Network, TeamPeds, Leadership Mentoring Program

Education: NAPNAP CEU Provider (in process), Conference Stipend & Doctoral Scholarships

Advocacy: Health Policy & CHPLC participation, Anti-Trafficking support

Service: 2019 Annual Conference Host, Annual Service Project, Foundation Donation, Annual Meeting or National Conference Speaker Support (2015-2018)

National Conference e-Chapter Service Project

Discussions are underway with a youth homeless shelter in the Long Beach region to see what their needs are and how the e-Chapter can meet those needs. Stay tuned for more information via the e-Chapter community page on the NAPNAP website.

Hannah Pressler, DNP, PNP-BC, AFN-BC

e-Chapter Past President & e-Chapter Nominations Chair