About SePA

The Southeastern Pennsylvania Chapter of the American Association of Critical Care Nurses (SePA Chapter of AACN) is one of the largest among more than 240 national chapters in 49 states and 3 foreign countries. AACN is the world's leading specialty nursing organization which joins nearly 100,000 nurses who care for high acuity and critically ill patients and their families. AACN drives excellence by creating standard-setting resources for and with their members while creating a community that is greater than any individual nurse. Becoming involved in your local chapter provides an excellent opportunity for professional development, networking with peers and colleagues from surrounding areas, participation in educational events, and so much more!

Social Media

Please be sure to follow us, like us, tweet us, and tag us! We’ll follow you!

www.facebook.com/SePAAACN
www.twitter.com/SePAAACN
www.instagram.com/SePAAACN
A Letter from the President of SePA, Deborah Paschal, MSN, CRNP

Currently, five generations make up our society. Gen Z, iGen, or Centennials: Born 1996 and later, Millennials or Gen Y: Born 1977 to 1995, Generation X: Born 1965 to 1976, Baby Boomers: Born 1946 to 1964 and Traditionalists or Silent Generation: Born 1945 and before. The SePA chapter is comprised of all five generations. As a baby boomer you would think that I would have a handle on the modern technology of today. You would be wrong. I call on our Millennial Engagement Chair Holly Rodgers and engagement committee member Lauren Denney, to access Facebook or Twitter for me as I have yet to find the time in going on either site—I would rather spend time looking at Pinterest for recipes!

I used to want to be a Millennial. Not because of the age factor, but because as a Baby Boomer, I wanted to be able to be a part of the “WHY” generation described as - change agents, network developers, collaborators, team players, champions of diversity and all-around good buddies. And perhaps most important, Millennials come pre-packaged with technological expertise and social media savvy.

Notice that I said, “used to”. As my first year as President of SePA ends and I move into a second year I find that I love being a Baby Boomer among the five generations that make up the SePA chapter. I struggle not to laugh, cry or pull my hair out when a new project is considered as you truly see the effect of being a part of a “multi-generational” working nurse group. We all have different styles and methods of communication and we “WHY” often during our meetings.
There are recent articles describing how to attract and retain Millennial nurses to the workforce. The important thing to remember is that we all want that opportunity to provide education and professional growth to current and future nurses. Our current AACN President Christine Schulman theme “Guided by Why” where she states - Why is really our professional and personal compass. When we reconnect with why, we reaffirm our core purpose and have a guiding beacon for what we can—what we must—do to ensure that every patient gets the excellent care they deserve, and that every nurse has the tools and skills they need to provide that care.”

In being a member of the Southeastern Pennsylvania Chapter comprised of the five generations of our society I find that we have the unique ability to encourage each generation to support our visionary growth as nurses. I often hear nurses new and old discuss the workload, patient acuity and general why of remaining in the world of nursing. To answer this, I want us all to look at the recent tragedy’s that have occurred and consider that the first to respond to the call for help were nurses-sleeping and working in poor conditions, not having their modern technology at hand to guide them in the care for those struggling who lost everything. These nurses provided the care needed above and beyond—and that is “Why” we/nurses still need to continue in our multi-generational workforce and nursing organizations to teach each other and learn from each other, if we do not we will not continue to be the first responders that these individuals of tragedy deserve.
This year’s conference had over 350 in attendance with 75 attending the dinner program at which Kelley Johnson was the guest speaker. Trends hosted 37 exhibitors and received commercial grant support from vendors as well as a raffle by Stringer Publishing for a free registration to NTI. Grace Concepcion, RN from Montefiore Medical Center, was the winner and will be attending NTI in Boston! She had already asked for her days off to attend and she has now won the free registration! We were also fortunate to receive prizes donated by local restaurants and SePA.
Education Committee Update

Vicki Brzoza, MSN, MBA, RN, CCRN
Janice Gibson, MSN, RN, CCRN, PCCN

Did you meet us at the Bonefish Grill in September where we learned about the new guidelines for Acute Coronary Syndrome? Did you join us in June at Caffe Aldo Lamberti where our presenter showed the differences in dialysis from past years to now? How about in May at Zahav Restaurant where we learned about SGLT-2 Inhibitors for Type 2 diabetes? How about in March when we learned about reducing HAPU and Non-vent HAP at Fleming’s Steakhouse or in February when we learned about anticoagulation for the patient with non-valvular atrial fibrillation at Maggiano’s? Maybe you attended the CCRN/PCCN review course at Temple University Hospital in January or the Respiratory Care for the Critically Ill conference in January at Virtua Center for Learning? If you are a SePA member, all these and more are available to you. Feel free to come and join us for our evenings of education and networking. We hold our educational dinner events in different locations each month to be more accessible to our members. Please check https://aacnsepa.nursingnetwork.com/ to find our next educational evening event and don’t forget to join us at Trends this October 23, 24, and 25.

The SePA Education Committee is happy to provide an update and review the past successes we have had in 2017. As the SePA organization continues to grow with new members, we strive to provide educational outlets to inspire and motivate members in their practice. We have had some amazing educational events over 2017 which have drawn new members, gathered seasoned members, and assisted us in regaining our momentum. These educational forums have created a resurgence and spark, eliciting an overall sense of camaraderie among members who have grown to love what SePA does.

The SePA organization has adopted a model which combines education with food, spirits, networking among fellow members, and the opportunity to earn educational hours. The Education Committee has combined their meeting with these events to engage and carry out our mission, which is to Support – Educate – Promote – and Advance.

- Support our members through advancement of knowledge
- Educate on current evidence-based topics to assist the practitioner at the bedside
- Promote networking and camaraderie among its members and encourage new members to join
- Advance our members practice through the initiatives SePA has to offer

Additionally, SACOR; SePA’s Critical Care Review course is a widely recognized event. Members of the SePA organization offer this course, traveling to various hospital facilities to provide a means for critical care nurses to achieve success in attaining their CCRN and PCCN. This year at TRENDS the exam will be offered in pencil and paper form! We are dedicated to the success of our members and are always striving for ways to promote excellence in practice.

Additionally, we will be capping off the year with the amazing TRENDS conference being held October 23rd, 24th, and 25th at the Radisson Hotel Valley Forge, King of Prussia, PA. Members have been hard at work to bring superlative speakers, vendors, and a multitude of information to carry back to your organizations.

For 2018 we are already working on bringing you more of what we do best! Provide education which sparks interest, renewal, and love for critical care nursing!
2017-2018 Research Committee Highlights

By: Rose Shaffer, RN, MSN, CRNP, CCRN

The SePA Chapter research committee has a busy calendar planned for this year. On November 9th, we will hold our annual Research Roundtable at the Hospital of the University of Pennsylvania (HUP), Dulles - Room 106. We start with a short business meeting at 6:30 pm followed by the Roundtable 7:15 to 8:15 pm. April Chmielinski, MSN, RN, CCRN, CCNS, will present a research proposal she developed entitled: “Improving Heart Failure Education Across the Care Continuum.”

On February 1, 2018 (Tentative Snow Date - February 15, 2017), Carolynn Bitzer MSN RN ARNP-BC, will lead a journal club at the Restaurant School at Walnut Street College in Philadelphia. Carolynn will choose a research article that we review ahead of time and then discuss pros and cons at the journal club. The article will be posted on the SePA website ahead of time. A short committee meeting will be held before the journal club presentation. You don't have to have knowledge of research to participate in the journal club – just listening to the discussion is enriching.

On March 1st, Linda Hoke, PhD, RN, will present “How to Write a Poster Abstract” at Thomas Jefferson University Hospital (room to be determined). This will be very helpful to those nurses who plan to submit poster abstracts for any professional organization, including TRENDS or the SePA Chapter Research Program. Again, a short business meeting will be held before the presentation.

Our annual Research Dinner program will be held on April 19th from 5:30 pm to 8:30 pm. The speaker will be John Gallagher, DNP, RN, CCNS CCRN TCRN RRT. From 5:30-6:30 pm, we will hold a networking and poster presentation (research and evidence based practice posters). Dinner and the research presentation will follow. Look for more information on the SePA website.

The last meeting of the year is planned for June 7th at the Restaurant School at Walnut Street College in Philadelphia. At this meeting, we begin planning events for the next year. Please think about joining us for any of our meeting or events. We would love to see you there.

Research committee members also review and fund research grants, evidence-based research projects and clinical project grants. In addition, we review research poster abstracts for both TRENDS and the research dinner meeting. Check out the SePA website for information on grant applications. Check out the SePA website for information on grant applications.
** SePA members with Kelley Johnson **

Happy 45th Chapter Anniversary!

SePA members enjoyed a fun night out celebrating our history and our future on the Spirit of Philadelphia!