

OCTOBER 2024

<https://www.cacns.org>

California Association of
Clinical Nurse Specialists

NEWSLETTER



CACNS Quarterly Newsletter

Welcome to our first Quarterly Newsletter for CACNS! Our goal with this newsletter is to help our members:

- Keep up to date on upcoming events
- Stay in the know about the great work going on behind the scenes at CACNS
- Learn about different members across California and see the impactful work they are doing

CACNS Recent Events



Northern California Regional Event



Southern California Regional Event



NACNS New Orleans Beignets



2024 NACNS Conference

UPCOMING EVENTS

2024 CACNS Annual Conference

San Francisco, CA
November 2, 2024

CACNS Quarterly Education Meeting (QEM)

Virtual Conference
January 9, 2025

NACNS Center for Implementation Science

Virtual Conference
November 13 & December 11, 2024

2025 NACNS Annual Conference

Boston, MA
March 10-13, 2025

NACNS N.E.X.T. CNS Meeting

Virtual Conference
November 14 & December 12, 2024

ANA Hill Day

Washington, DC
June 27, 2025

Message from the President



Welcome to the first issue of our newsletter. I hope you will forward it to others and pin it up on the bulletin board for all to enjoy. I am often asked, "What can CACNS do for me?"

Networking: Networking with other CNSs can help you make professional connections that may lead to new speaking opportunities or publication possibilities.

Professional Development: Our members are available as local, regional, and national nursing conference presenters.

Resume Enhancement: Listing professional organization membership on your resume can show that you are serious about your career.

Access to Clinical Resources: Professional organizations offer access to publications, newsletters, and expert CNSs for networking opportunities.

Career Advancement: Thinking of achieving your DNP or PhD? Many of our members have achieved these and are willing mentors. Others are CNSI Fellows and are happy to provide guidance to achieve this distinguished certification.

Education: We offer quarterly education programs and a yearly fall conference on topics of interest to our membership.

INTERESTED IN VOLUNTEERING?

Are you passionate about advancing the role of CNSs in California? CACNS is looking for dedicated members to volunteer on our committees! Volunteering is a great way to network, enhance your skills, and contribute to the CNS profession. If you are interested in joining a committee, inquire via the Contact Us page on the website!

KEEPING UP WITH THE CACNS COMMITTEES

Program Planning Committee

- Completed needs assessment with CACNS members.
- Organized the July and October QEMs.
- Planned for the annual conference held in San Francisco.

Legislative/Regulatory Committee

- Received updates from the APRN Coalition meeting.
- Worked on Full Practice Authority (FPA) for California CNSs.
- Finalized CNS fact sheet for dissemination.

Research Committee

- Updated the Research & Evidence-Based Practice resources.
- Announced the 2024 Call for Abstracts.
- Reviewed submitted abstracts and poster presentations.

Finance Committee

- Reviewed organizational budget and income.

Advocacy Committee

- Developed the Speakers/Preceptor Bureau.
- Collaborated with the Legislative/Regulatory Committee on FPA.

Communications/Membership Committee

- Transitioned 200+ CACNS members to Nursing Network.
- Announced upcoming events on social media platforms.
- Updated job postings on the website on a monthly basis.
- Created the first CACNS quarterly newsletter.
- Discussed website merge with SDCCNS Regional Collaborative.

Regional & Student Outreach Committee

- Hosted the CACNS Student and Novice CNS Forums.
- Met with Southern California nursing schools.
- Planned meetings with area hospitals during CNS Week.
- Organized regional events in Northern and Southern California.

Nominations Committee

- Finalized forms for the 2025 Call for Nominations.



CNS Spotlight

Each quarter, we will highlight a CNS from Northern, Central, and Southern California, as well as feature a CNS student. Our hope is to inform the organization about the inspiring work done all around California and demonstrate the value of the CNS!



Northern California
UCSF Health

Marilyn Bazinski, DNP, CNS

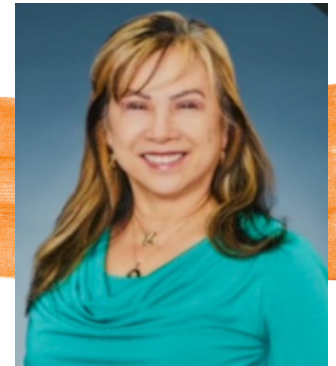
Where do you work and what is your position? I am a Pain Management Clinical Nurse Specialist at UCSF.

Where did you go to school? And when did you graduate? My nursing career evolved over several programs (and two decades) ranging from CNA, LPN, ADN, BSN and DNP. My Doctor of Nursing Practice degree was obtained from the University of Wisconsin – Milwaukee in 2019. Nursing was a 2nd career for me (BFA 1990). I started in healthcare when my daughter was 2 years old, and I graduated with my DNP the same year she graduated from high school. (re: Learning is a life-long endeavor).

What is one of your proudest achievements as a CNS? I am very happy to have UCSFs support in championing our move away from dosing PRN analgesics to pain intensity scores. In its place, we are promoting an expanded assessment (FAST-PACE) framework with a focus on dosing PRN analgesia to promote patient FUNCTION. This means of opioid optimization is supported by our recently revised, multimodal analgesic order set (March 2022).

What is the best piece of advice you received as a new CNS? A quote from a mentor that I frequently share with my students, is "The more you work, the less you get paid." Meaning, 'try to fit all your tasks into a 40-hour workweek.' There are endless opportunities to be engaged in very meaningful projects, but it is important not to over-extend oneself in the CNS role. Work/life balance is important!!

Southern California
Kaiser Permanente
San Diego Medical Center



Marilou Magallon, MSN, RN, APRN, ACCNS, CCRN

Where do you work and what is your position? I am a Clinical Nurse Specialist for the Intensive Care Unit (ICU), Definitive Observation Unit (DOU), Dialysis, & Monitor Technicians (MT) at Kaiser Permanente San Diego Medical Center (KPSPDMC). I am President 2022-2024 Philippine Nurses Association of South Riverside County (PNASRC).

Where did you go to school? And when did you graduate? I graduated my BSN at Central Philippine University (CPU), Jaro, Iloilo City. Year: 1980. I obtained my MSN/CNS at California State San Marcos, San Marcos, CA. Year: 2012.

What is one of your proudest achievements as a CNS? When I completed and applied into practice the project "Hip Fracture Pathway". The pathway is a standardized approach to treating patients with hip fracture from the time they present in the Emergency Department (ED) to the time of discharge. The objective is to improve quality of care, prevent complications, shorten length of stay, and the patient's chances of maintaining pre fractured mobility.

What is the best piece of advice you received as a new CNS? Continue learning and growing professionally and personally. Be kind, patient, give back the knowledge you gained, and most of have fun!



**Join the California Association
of Clinical Nurse Specialists and
become part of a vibrant
community dedicated to
advancing the CNS profession!**

CNS Spotlight

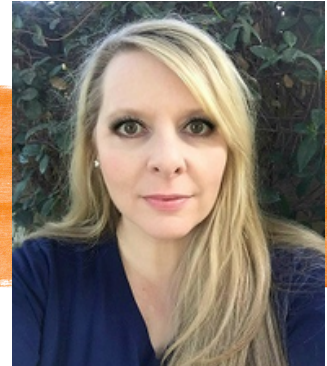
Where do you work and what is your position?

Following almost 25 years at the bedside in the NICU I now occupy my current position as the Neonatal Clinical Nurse Specialist in the Neonatal Intensive Care Unit at Bakersfield Memorial Hospital in Bakersfield, California.

Where did you go to school? And when did you graduate?

I began as an Associate Degree nurse and after many years at the bedside went back to school and achieved my Bachelor of Science in Nursing at Holy Names University in Oakland in 2010. Once my BSN was complete I jumped right in and continued on and achieved my Master of Science in Nursing and my Parent/Child CNS at California State University Dominguez Hills (CSUDH) in 2013. After many years of CNS practice I was honored to be in the first cohort of the brand new Neonatal CNS program at CSUDH, which I completed and received my Neonatal CNS Post Masters certificate in December of 2022.

**Central California
Bakersfield Memorial
Hospital**



**Donna Jensen, MSN, MHA,
APRN, RNC-NIC, PHN, CNS**

What is one of your proudest achievements as a CNS? I have had many achievements as a CNS, but the achievement I feel most proud of to date is as a new CNS I was tasked to lead a multidisciplinary team to decrease the antibiotic usage rate (AUR) in the NICU. Through collaboration and eighteen months of work we were able to decrease our AUR in the NICU from an initial 35% to our then set goal of 25% or less. Through multiple years of sustainability, collaboration, and goal setting, our current AUR in the NICU for 2024 is 11%. While working on decreasing the AUR, I also worked with the same team concurrently to decrease the CLABSI rate in our NICU. Our NICU has been able to sustain this lower AUR for a number of years and brought our CLABSI rate down to less than 1 infection per 1000 central line days. As I am the only practicing CNS at my facility and one of extremely few in the community, there has been much work for me outside of and within the NICU, but through it all I have not lost sight of this task or project. The NICU team is currently working on a new goal to decrease the AUR in the NICU below 11% in 2025 and this is where you will find me blazing the trail.

What is the best piece of advice you received as a new CNS? The best advice I received was from my CNS mentor JoAnn. She impressed upon me that as a new CNS and in order to be an advocate within the three CNS Spheres of Influence it takes multiple approaches using research, organization, time and much patience. She also instilled in me change does not occur overnight and to be an effective change agent, to change a culture and not be too hard on myself, I should not expect change to happen quickly. In my CNS practice I have found JoAnn was absolutely right and I carry those words of wisdom with me to this day. I love and often quote John C. Maxwell who stated "Change is Inevitable; Growth is Optional". I frequently tell staff and new graduate nurses change is going to happen and it is they who must choose to embrace it and grow. They are in charge of how they accept and put into practice the changes that come frequently not only in medicine, but also in life. I am hopeful I have been a positive force and support to effect change in the ever changing practices to improve outcomes in the neonatal population.



Shiela Sulit, BSN, RN, CNOR

**Adult-Gerontology CNS, Class of December 2024
California State University, Dominguez Hills**

Student Corner

Where have you had your preceptorship? Kaiser Santa Rosa, Kaiser Antioch, Kaiser Walnut Creek.

What is your favorite thing you have worked on as a student? Having dedicated much of my nursing career to surgical nursing, I have developed a strong commitment to enhancing surgical care and improving patient outcomes. Throughout my perioperative CNS residency, I valued the opportunity to engage in quality improvement projects to optimize the perioperative workflow. I found great fulfillment in learning and implementing evidence-based practices and providing education and training to the perioperative team, which fostered a collaborative approach to patient care. In contrast, my Adult-Gerontology CNS residency offered me a fresh perspective on caring for adults and older adults beyond the operating room. I became particularly fascinated with the management of patients experiencing delirium, where I observed firsthand the profound impact of non-pharmacologic interventions. This experience deepened my appreciation of conducting nursing education and training and its potential to positively influence patient outcomes and enhance quality metrics.

What would be your dream CNS role? My dream CNS role is to be a Perioperative Clinical Nurse Specialist, where I can combine my expertise in perioperative care with a focus on improving patient outcomes through quality improvement initiatives, staff education, and evidence-based practice. I'm particularly excited about leading initiatives related to surgical site infection prevention, optimizing perioperative workflows, and implementing best practices to ensure patient safety. I also enjoy providing education to perioperative teams, helping them stay current with the latest protocols and ensuring high standards of care. As a CNS, I would love to leverage my leadership skills to drive changes in perioperative care, serve as a mentor and educator to nurses and other team members, and collaborate across disciplines to enhance patient care quality. I believe that the CNS role is uniquely positioned to bridge the gap between frontline nursing care and strategic initiatives, ensuring evidence-based practice is implemented in daily routines.