



Mountain to Sound Chapter of AACN President's Message

September 13, 2026

Welcome to fall 2026! Your AACN chapter has been quite busy!

Over the summer we hosted two educational dinners with vendor parters and appreciate all who could join us.

If you attended our CCRN/PCCN review class with Nicole Kupchik in June, let us know when you complete your certification. We would like to celebrate with you.

On Friday, September 11th we completed our first MedSurg Review Course facilitated by our own chapter member- Terry Lynch. We were excited to support the acute care nurses' journey toward certification.

Our annual Symposium is around the corner on Tuesday, October 6th at the Nile Shriners Event Center in North Seattle. We have an amazing line up of speakers for an excellent day of learning and networking. Register Here- <https://mtsaacn.nursingnetwork.com/nursing-events/152067-mountain-to-sound-fall-symposium-2026#!registration>. Note- The Montlake Terrace Light Rail Station is close to the event center. If you have let your MTS membership lapse, this is an excellent opportunity to renew your membership and register for Symposium at a discount.

Our next CCRN/PCCN review course with Nicole Kupchik is set at Evergreen Medical Center on March 23-24, 2027. Registration will be open after Symposium.

In July, we welcomed our new Board of Directors but we are still looking for a Treasurer-Elect. Our current treasurer, Joel Green is ready to coach and support our next treasurer in the elect role. Please reach out to me if you have an interest- mj98125@msn.com. Please welcome the volunteer Board of Directors for your chapter.

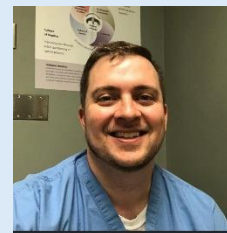
Mary Jo Kelly- President

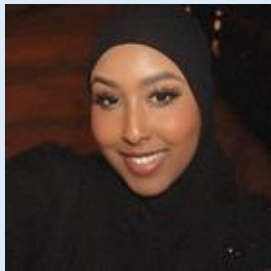
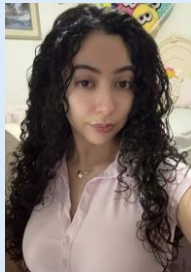


Julie Rodriguez- President
Elect/Secretary



Joel Green- Treasurer



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Melissa Hutchinson- Vendor Liaison 		Pat Blissitt- Nurse Planner 	Chantal Villeda- Community Relations 	

Coming soon, watch for the MTS announcement of the opening of applications for NTI and Merit scholarships!

Here are 2 reflections from recipients of this year's NTI and Merit Scholarships:

Attending AACN NTI represents an invaluable opportunity to grow as a critical care nurse while strengthening my ability to provide evidenced based, compassionate care. For me NTI is more than a conference, it is a place where the latest research, innovative ideas and shared experiences come together to advance the practice of critical nursing; holding true to the original kitchen table sessions our organization started from while accomplishing so much more for us all.

Having heard researchers present their findings firsthand allowed me to better understand, not only the results of their work, but also the questions that inspired their studies, the challenges they encountered, and the future directions of their research. Having the opportunity to ask questions, hear the questions of others, and engage

in discussions with the investigators themselves created a deeper understanding than simply reading published articles.

One of the more impactful sessions I attended at NTI 2026 was, American Journal of Critical Care Year in Review, Trends, Themes and Top Papers. This session was presented by the editors of AJCC. They provided insights into the papers and articles chosen for publication, as well as themes that spanned over the last year. They placed a strong focus on discussing their desires and requirements for articles that could best represent AACN, AJCC, and current workplace trends. The presentation was engaging in a way I was not familiar with before, in that I felt like I got a special behind the scenes look at how and why the publication is what is and why, from two editors that seemed incredibly earnest and emotionally invested in their work.

While attending NTI 2026 I, for the first time, generated ideas for potential data analysis for poster presentations and more detailed lengthy studies for potential publication. This was an enormous leap forward for me personally. As a practicing nurse for more than 20 years I have never been one to generate a potentially original hypothesis. I have rarely been one to have an original question that I have thought was worthy to ask an informed lecturer in front of a full auditorium. My attendance at NTI was the place of this new achievement, for that I am thankful in all ways possible.

Raymond Ingraham BSN, RN
Critical Care Float Pool and Stat Team
Harborview Medical Center | UW Medicine

I thoroughly enjoyed my NTI experience. I loved the opening ceremonies, where we heard from the AACN president and listened to motivational speakers. We explored ways to curb burnout and carve out moments for reflection amidst the chaos. I loved being able to get to know my coworkers better while learning in a supportive environment. It was an extremely exciting atmosphere, and all the staff were friendly and helpful while I found my way around the conference center. I also met other nurses in my facility and learned about other units in my hospital.

I found the critical skills lab remarkably interesting, and I was able to practice a variety of skills that I cannot do in the hospital setting, such as intubation, cricothyrotomy, ultrasound IVs, and intraosseous access. The medical device reps were right there with you and provided immediate feedback. It was helpful to try out these skills, which at UW, are reserved for stat RNs and doctors.

I left feeling more comfortable in my own nursing practice. As a nurse, I am always conscious of charting correctly and keeping my patients safe. I had the opportunity to listen to a lecture from the Oregon Board of Nursing and learn about recent investigations and consequences. It made me more confident in my practice as most investigations were mostly surrounding poor boundaries by nurses and diversions.

I signed up for the Daisy Foundation breakfast and spoke to other ICU nurses from all over the country. I learned about working conditions in other states and how unsafe staffing ratios can be when it comes to CVICU and cardiac devices. It made me grateful for the staffing we have at my hospital. We listened to a powerful speech by a NICU mother and the nurse that cared for her baby. They provided a free breakfast and a gift bag.

They had a lecture reviewing the most significant critical care studies, and it was interesting to hear about what changes may happen in the future. One of the studies we discussed was the use of propranolol to decrease sedation doses. Working in ICU, we deal with sedation frequently and I am hopeful we will start to see this being used in practice. Another study examined the use of peripheral IVs and vasopressor administration. I have always exercised a lot of caution with PIVs that were running pressors and tried to escalate to central lines when necessary. However, this study questioned my existing beliefs and provided data that show PIVs might be safer than we thought.

Another lecture that was helpful discussed the updates to ACLS and BLS for 2026, which place a stronger emphasis on high-quality CPR. This is achieved by immediate compressions, limiting interruptions, and strict adherence to rate and depth. Although my unit typically does a CALS response, it was useful to recap ACLS.

Overall, I am incredibly happy I attended NTI alongside unit coworkers and managers. It was very refreshing to learn about things I am passionate about but not in a hospital setting. Instead, we were surrounded by the sun and beach in San Diego!

Shaidiah Brown, RN, CCRN

University of Washington, 5SA CTICU

NTI in 2027 is May 2–5, 2027, in Indianapolis. Housing often opens in October. They have a lovely conference center. AACN is taking poster abstracts until October 11th. Don't miss out! Learn more here-

<https://www.aacn.org/-/media/aacn-website/conference-and-events/nti/abstracts/poster-guidelines.pdf?la=en&hash=0AF0F4A442FE5BE3DC70ABBC70553148AECEC87B>

We would like to hear from you- what would you like MTS chapter to focus on this year? Please take our quick survey here: <https://www.surveymonkey.com/r/88GSCFK>



Lastly- You are always welcome to our chapter meetings where we do event planning, journal club, and chapter business. We meet on the first Monday of the month at 5:30pm and always offer a zoom option. It is your chapter and we invite you to participate. I also encourage you to think about becoming an active board member in 2027, we will be sending a call for nominations in early 2027.

Hope to see you all at Symposium or an Educational Event soon-

Mary Jo

Mary Jo Kelly, DNP, ARNP-CNS, CCNS, CCRN

2026-2027 MTS Chapter President