



inside PNA A

Official Newsletter of the Philippine Nurses Association of America, Inc.

2023 Women's HISTORY MONTH

Celebrating Women Who Tell Their Stories



OUR UNITED VOICES

WISDOM. EXCELLENCE

COLLABORATION. ADVOCACY. RESPECT. EQUITY



EDITORIAL



This month, we celebrate Women's History Month, which recognizes women's contributions to history, culture, and society. Since I took over as the newsletter editor-in-chief three years ago, we have started to acknowledge the contributions of our women PNA Chapter Presidents by featuring them on the cover of the March newsletters. Our March 2021 and 2022 newsletters have been the most widely read, and I will not be surprised if this month's issue will be just as popular or even surpass the previous years' readership—many thanks to all of you who value the dedication and contributions of all women in PNA.

The 2023 theme is "Celebrating Women Who Tell Stories." According to the National Women's History Alliance website, this theme was chosen to recognize "women, past and present, who have been active in all forms of media and storytelling including print, radio, TV, stage, blogs, podcasts, news and social media." This theme is also appropriate for nursing because we have many stories to tell. This month's Inside PNA newsletter features impressive leaders such as Vivian Sanderlin, Merlie Ramira, Melissa Cunanan, and Riza Mauricio. We also feature the trailblazing women leaders of PNA Metro Houston, PNA Southern California, and PNA North Texas-Dallas. I also would like to make a special mention of Hazel Jenkins' inspiring story. Her story will give us an excellent perspective on the challenges of being a patient and how this experience has made her an empathetic and caring nurse.

I hope you enjoy this month's newsletter issue and continue to appreciate the tireless and selfless efforts of women members of our organization. Mahalo.

Bob Gahol
Editor-in-Chief

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ABOUT INSIDE PNAA

inside PNAA is the official newsletter of the Philippine Nurses Association of America, Inc.

Our Vision:

To connect PNAA members by providing quality and timely information and news.

Our Goals:

- i. To serve as the primary platform of information for PNAA members
- ii. To highlight the achievements of the PNAA members
- iii. To serve as the base for overall schedule of activities for PNAA and its numerous chapters

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President's Message

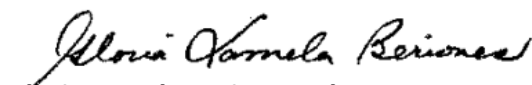
OUR UNITED VOICES: WE CARE
Wisdom. Excellence.
Collaboration. Advocacy. Respect. Equity.



Greetings to all my colleagues! Join me in celebrating the month of March as Women's History Month. Women throughout history have shown their impactful contributions in the evolution of this country and the world. We give tribute to women's heroic deeds, sacrifices, and leadership that changed the country and the world not only to better themselves but for generations to come. Likewise, we honor the stories of nursing pioneers who revolutionized and advanced the nursing profession. The book by Dr. Mary Beth Modic and Dr. Joyce Fitzpatrick, "Luminaries of the Past, Stories of Fifty Extraordinary Nurses" reflect the passion, service, altruism, and quest to improve health and well-being of people. These pioneer nurse leaders strongly advocated for **health equity** of undeserved communities and vulnerable populations such as children, elderly, the poor, uninsured, and ethnic minorities, to mention a few.

Our very own story book, the Philippine Nurses Association of America: A Tapestry, tells the beautiful evolution of the PNAA. All of the women PNAA Past Presidents narrated their true stories of successes and sacrifices to forge the mission, vision, and goals of the professional organization of Filipino-American nurses in the United States of America. In 1999, PNAA became a member organization of the National Coalition of Ethnic Nurse Associations, Inc. (NCEMNA) under the leadership of Miss Lolita Compas, PNAA Past President 1998-2000. **The purpose of NCEMNA as a unified coalition is to advocate for equity and justice in health care for ethnic minority populations.** The five ethnic minority organizations are: National Alaska Native American Indian Nurses Association (NANAINA), National Association of Hispanic Nurses, Inc. (NAHN), Asian American Pacific Islanders Nurse Association, Inc. (AAPINA), National Black Nurses Association, Inc. (NBNA), and Philippine Nurses Association of America, Inc. (PNAA), historically disadvantaged groups in the USA. On March 13-14, 2023, the Annual Public Policy Summit, "NCEMNA: Leading the Way to Health Equity" at California Endowment Center, LA. The NCEMNA will be celebrating its 25th Anniversary with the founder Dr. Betty Smith Williams together with the five member organizations' Board of Directors. The PNAA leaders representing PNAA at the NCEMNA Policy Summit are: Dr. Gloria Beriones, Dr. Leticia Hermosa, Dr. Marlon Saria, Dr. Mary Joy Garcia Dia, Dr. Leo-Felix Jurado, Dr. Sasha Rarang, Dr. Velma Yep, Dr. Clarita Miraflor, Mindy Opiana, Maria Sagun, Catherine Rubio, and PNA Southern California leaders. Thank you to Mindy Opiana and Susan Repotente for being the PNAA IT support for NCEMNA conference.

My loving reminders to all PNAA colleagues to avail the many free programs that are offered to members. The PNAA in partnership with Alzheimer's Association will be providing a series of educational webinars about Alzheimer's and other forms of Dementia. The first webinar is on Thursday, March 16, hosted by the Western Region led by Retired Colonel Bob Gahol. All of these scheduled webinars can be found on the mypnaa.org calendar. As we celebrate Women's History Month ... our call to action is for all of us women to share our stories of who we are as nurse leaders, our **Purpose, Passion, and Perseverance** in contributing to the health and well-being of people. Remember, **Our United Voices: WE CARE!**


Gloria Lamela Beriones, PhD, RN, NEA-BC
President 2022-2024
Philippine Nurses Association of America, Inc.



WE ARE HIRING



WESTERN REGION DETENTION FACILITY - SAN DIEGO, CA

**Western Region Detention Facility would like you to join our TEAM!
WE ARE HIRING...**

RN's (FULL TIME)

RN's PAY RATE: \$53.22 hr. + \$4.41 hr. H&W

HIRING BONUS: \$2,000.00 (FULL-TIME ONLY)

Shift Times Available: 7am - 3:30pm; 3pm-11:30pm; 11pm-7:30am

- Associate's or Bachelor's degree from an approved program; graduate of an accredited school of nursing required. Must have a current, unrestricted license to practice as Registered Nurse in the state the facility is located. Maintains a current copy of the license on file at the facility at all times.
- Two (2) years of direct work experience preferred.
- Must possess competence in the performance of the following services: crisis intervention, medical emergencies, physical assessment, medical nursing care, and psychiatric nursing care.
- Must have the ability to work without direct, immediate supervision in performing nursing diagnosis, and be able to provide appropriate follow-through treatment.
- Must be available for shift work (0700-1530, 1500-2330, 2300-0730)
- Must be a US Citizen
- Must be able to pass a stringent federal background investigation.

*Health & Welfare Benefit Rate per hour on all hours paid up to 40 hours per week and not to exceed 2,080 hours per year.

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EQUAL OPPORTUNITY EMPLOYER





**Associate or Full Professor (WOT), Department of Pediatrics,
Division of General Pediatrics (Center for Child Health, Behavior and
Development and Center for Pediatric Nursing Research)**

Organization: Pediatrics

Title: Associate or Full Professor (WOT), Department of Pediatrics, Division of General Pediatrics (Center for Child Health, Behavior and Development and Center for Pediatric Nursing Research)

Position Description

Application link: https://ap.washington.edu/ahr/position-details/?job_id=108789

The Department of Pediatrics at the University of Washington is seeking a full-time PhD Nurse Researcher at the rank of Professor or Associate Professor WOT (without tenure by reason of funding) to join the Division of General Pediatrics, and the Seattle Children's Research Institute (SCRI) Center for Child Health, Behavior, and Development. Additionally, the individual will be a member of the Center for Pediatric Nursing Research.

Academic rank at the time of appointment is commensurate with experience and qualifications. This is a 12-month service period position, on the Faculty Scientist Pathway. Associate and full Professors WOT hold indefinite appointments that align with a 12-month service period (July 1-June 30). Faculty with 12-month service periods are paid for 11 months of service over a 12-month period (July-June), meaning the equivalent of one month is available for paid time off. Anticipated start date is Fall of 2023. All University of Washington faculty scientists engage in teaching, research and service.

The base salary range for this position will be: Associate Professors \$12,917 - \$15,834 per month (\$155,004- \$190,008 annually), Professors \$15,000 - \$20,000 per month (\$180,000 - \$240,000 annually) commensurate with experience and qualifications, or as mandated by a U.S. Department of Labor prevailing wage determination.

The successful applicant will be expected to:

General expectations

- Continue their current research and grow a research program that can impact child, family, and community health with a particular interest in or experience with health equity.
- Build an independent research career at Seattle Children's and the University of Washington with a focus on child and family health that integrates and uses methodologies consistent with equity, diversity, inclusion, and anti-racism

- Mentor trainees and early career faculty in child health and/or pediatric nursing research
- Participate in relevant committee service for CHBD, SCRI, or at the division, department, or school-level.

Research

- Identify opportunities and actively participate in scientific investigations and collaborations.
- Apply for and obtain extramural grant support and provide mentorship to faculty and trainees in scholarly work.
- Maintain academic productivity commensurate for track and rank.

Education

- Support training and education in nursing research within the hospital, UW, and SCRI

Qualifications

The successful candidate will have earned an RN and a PhD (or foreign equivalent) in a relevant field.

Instructions

Interested applicants should upload a current curriculum vitae, a personal cover letter and statement of past and planned contributions to diversity, equity and inclusion (i.e., diversity statement).

Equal Employment Opportunity Statement

University of Washington is an affirmative action and equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, color, creed, religion, national origin, sex, sexual orientation, marital status, pregnancy, genetic information, gender identity or expression, age, disability, or protected veteran status.

Benefits Information

A summary of benefits associated with this title/rank can be found at <https://hr.uw.edu/benefits/benefits-orientation/benefit-summary-pdfs/>. Appointees solely employed and paid directly by a non-UW entity are not UW employees and are not eligible for UW or Washington State employee benefits.

Commitment to Diversity

The University of Washington is committed to building diversity among its faculty, librarian, staff, and student communities, and articulates that commitment in the UW Diversity Blueprint (<http://www.washington.edu/diversity/diversity-blueprint/>). Additionally, the University's Faculty Code recognizes faculty efforts in research, teaching and/or service that address diversity and equal opportunity as important contributions to a faculty member's academic profile and responsibilities (<https://www.washington.edu/admin/rules/policies/FCG/FCCH24.html#2432>).

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Review the University of Washington [Privacy Notice for Demographic Data of Job Applicants and University Personnel](#) to learn how your demographic data are protected, when the data may be used, and your rights.

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To request disability accommodation in the application process, contact the Disability Services Office at 206-543-6450 or dso@uw.edu.

COVID-19 Vaccine Requirements and Information

Under University of Washington (UW) [Policy](#), University-compensated personnel must be fully vaccinated against COVID-19 and provide proof thereof, or receive a UW-approved medical or religious exemption. This requirement will be a condition of any offer associated with this recruitment. For more information, please visit <https://www.washington.edu/coronavirus/vaccination-requirement/>.



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UAB SCHOOL OF NURSING

Faculty Position - Nursing
Simulation Coordinator

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For the complete position description, please visit:

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Faculty Position
Director of Care Delivery

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For the complete position description, please visit:

<https://uab.peopleadmin.com/postings/18075>





***2023 Women's
History Month***



**Celebrating
Women
Who Tell
Their
Stories**

PNASD celebrates a SPARK Woman Story: Vivian Sanderlin

By Perly Aguinaldo, BSN, RN
PNASD President

To celebrate National Woman's month with a theme of "Celebrating Women who tell us Stories," PNASD leaders unanimously selected Vivian Sanderlin, PNASD Chair of Marketing, a Board of Directors, Past President, past Chairwoman of the BOD.

Vivian's journey with PNASD is a legacy for our organization. She joined PNASD in 2005, starting as a member of Marketing and Advertising and becoming the President in 2018. Her role as chair- Woman of the Board of Director made PNASD a more valuable and visible partner in the community. Her hard work as the PNASD Covid Task force Vaccination Coordinator made it possible for PNASD to vaccinate close to seven thousand recipients and for our organization to receive grant money.



During her presidency, PNASD had the first successful minority nursing conference and received the first PNA editorial award. She proposed that PNASD apply for LVN as Continuing Education Provider, and the City of San Diego Mayor's Office gave the Proclamation Award to PNASD. The creation of PNASD Facebook account occurred during her presidency. More importantly, her expert marketing skills and strategies are one of the reasons why PNASD

is financially sustainable. Another success story happened during the Love month of February; Vivian coordinated the PNASD participation during the Love Your heart campaign, collaborating with Aetna/ CVS Health doing Blood pressure screening. The four days, at six CVS



sites, utilizing 39 volunteers who collectively worked 116 hours, serving 309 clients, prompted Aetna health to approve a 10k grant to implement PNASD's mission.

What is behind her success? Her passion for what she does, diligence and persistence, and a life filled with gratitude, humility, and generosity as her 30 years of nursing career as a Public health and Emergency Room Nurse made her a “people person” who is a kind, compassionate, very positive, and joyful person along with a very loving and supportive husband.



Vivian volunteerism goes far before her involvement with PNASD, and she loves volunteering in many community activities. She participated in numerous medical missions here and abroad, a true community advocate. Vivian wanted to be a journalist, but her love for writing is very apparent in articles she has written for PNASD Heritage, iPNA, and The Filipino Press.

Among her many other talents is her love of dance, Philippine, modern, line dancing, ballroom dance, and she is a great dance instructor. She directed WR participation at the PNA National Convention, winning two awards. She has worn many “hats” as a seasoned PNASD leader, Grant writer, marketer, emcee, vaccinator, mentor, and community leader, and during Covid, she found time to sew masks for her friends and families. PNASD, an organization rich with history, will treasure Vivian's SPARK on the Legacy Books of PNASD.



From Her Own Experience, Empathy Intensified

By **Annabelle L. Cosas**, BSN, RN, PNAGSL Editor; Bylaws and Policies & Procedures Chair
Source: **Hazel Jenkins**, BSN, RN

As a nurse, you wouldn't know fully how a patient, who's confined in bed, feels till you yourself experience being restricted in the four corners of that hospital bed.

I share with you the story of Hazel who had a bike accident in September 2022. Riding the bike is her form of transportation; the accident happened on her way home after coming from work. As she was making a left-turn safely at the intersection, a car hit her from the right. The impact threw her and she rolled over to the sidewalk, but thankful that she didn't lose consciousness, there was no head injury. It was from waist down that suffered immensely as she landed hard on her pelvis and right foot.

What transpired thereafter: 911/police/ambulance to ER to x-ray to ortho floor.

PT (physical therapy) was the initial treatment but she struggled getting out of bed because of severe pain. It was four days after when surgery was eventually decided to be performed. She received 5 screws in her pelvis; 3 in sacrum; 1 in groin; 2 pins in right foot. Her very first surgery; never did she have any kind of surgery before. PT worked on her during the grueling days of recovery. She was discharged home a few days after.

Hazel was followed-up by Home Health nurse and by OT/PT. Several assistive device with her: walker, wheelchair, boot for right foot, bedside commode, anti-slip mat. Therapy for three months — a long, slow process to be able to walk again. She was able to go back to work in January 2023.

It was through all these therapy activities that Hazel came to the realization — how difficult it is to be a patient! She's been a nurse taking care of patients, now she's at the other end of it. This moment of insight, once back at work, has made her more with compassion, patience and understanding especially when the patient is in pain, has a need in repositioning or just asking for a sip of water.



Making St. Louis her new home, Hazel demonstrates her resilience after the bike accident and, in between physical therapy, is back to being physically active — as shown, biking with right boot in place!



Support from the co-workers of the Dialysis Center (right: Lori Abuelo) — flowers and the much needed prayers!



"Cyclist seriously injured" was published in the local paper for community to extend help to the Jenkins.



Determined to walk again, Hazel was back to work in 3 months even surprising her surgeon!

St. Louis BWorks is a non-profit organization that fosters education and community outreach through bike donations. It is a 501(c)(3) corporation with a mission of helping children ages 7 to 17 discover their potential and operating on the idea that everyone deserves a chance to be more and to gain the skills they need to pursue their dreams.



Quorey and Hazel — his CEO of at BWorks created the "GoFundMe" for Hazel's cause



A quick visit to Manila last December to bring her son to the U.S. — Hazel with her parents, son and nephew



Hazel's in-laws kept her company and were her main support system during the enduring recovery at home

The empathy that emanates is sincere and "what a lesson learned on my part!" exclaims Hazel.

From the Philippines, Hazel worked in Singapore for more than six years. She came to the U.S. in December 2021. She and Quorey married in January 2022; their two sons complete the Jenkins family.

Lori Abuelo, PNAGSL Business Manager, who works at Forest Park Kidney (Dialysis) Center had the chance of meeting Hazel. Though her past nursing practice were medical-surgical and geriatric, because of Lori, Hazel took the courage of learning about hemodialysis. Presently, with NCLEX pending, she is a tech under training at the Dialysis Center. [She finished BS Nursing at Perpetual Help College of Manila.]

The personal trauma of the accident continues to haunt Hazel. With PTSD, psych therapy sessions have helped her on the constant flashbacks. But there still are major issues to contend — with lawyer; with upcoming NCLEX; with financial challenges.

Firm in her convictions, Hazel is focused on her full recovery; mental health is priority. She wants to get back to the "normalcy" that it used to be and fulfill the mission awaiting her in this life.

While she was still recovering in the hospital, her husband's boss started the link to "GoFundMe." Hazel was quite surprised of the numerous donors and was very appreciative of the money raised as it helped meet

the various anticipated (and non-anticipated) expenses. [Quote] "All of us at BWorks are grateful that Hazel, Quorey and family are able to draw on the support and collective knowledge of our community right now. Too often victims and families affected by these crashes are left to fend for themselves in a system that has proven time and time again to not be set up to aid them at a time of need. We must see change and soon, as more and more pedestrians and cyclists are being impacted."

Hazel was on TV news (Channel 4 CBS/KMOV) headlining "Mother hit while biking on St. Louis road seeks changes to improve traffic safety." "[Excerpt] Hazel hopes the city's latest attention on improving safety among all types of transportation leads to visible change, whether it be increasing bike lanes or other traffic calming measures." "... a number of residents and city hall leaders spoke about traffic safety during a neighborhood town hall."

Hazel is a very active person and likes the outdoors. She enjoys walking, cycling. Meanwhile, while her walking is "not normal yet", she uses UBER to and from work. Her PT is ongoing. She aspires that all will go well in due time.

At the Dialysis Center, another reason why Hazel got interested in hemodialysis is because her father is undergoing dialysis in Manila. She has more understanding now of the procedure. She has more understanding and sensitive now of patients' feelings. A healthcare worker/nurse as a patient herself — empathy towards her patients intensified indeed!

Melissa Jarque-Cunanan: Profile of an Exemplary Woman In Nursing

By Joel Clemente, MAN, RN
and Geraldine A. Perez, BSN, NR, RNC-NIC



Melissa Jarque-Cunanan, BSN, RN, CCRN has been a Registered Nurse for thirty two years. All this time, she has successfully juggled the roles of a nurse, a wife, and a mother to her three children. A graduate of the University of the Philippines Manila College of Nursing class of 1990, she first established her nursing career back in the Philippines at the Cardiovascular ICU of the Makati Medical Center. She migrated to the United States and worked in the ICU of Hendricks Medical Center in Abilene, Texas. She then moved to work in Los Angeles, California at the Cardiovascular ICU of the UCLA Medical Center. In 2000, she moved back to Texas to join husband VJ. She has worked since then in the Neuroscience ICU as staff nurse, preceptor and charge nurse at the UT Southwestern Medical Center in Dallas, Texas.

Little did she know that aside from being a prudent nurse, the making of a leader runs in her heart and mind. She became a member of the Philippine Nurses Association of America and the local chapter PNA North Texas in 2010. She became actively involved in chapter activities and became treasurer in 2012-2015, President-Elect in 2016 and Chapter President in 2018. During her term as Chapter President, the membership increase to 70% and as a result the chapter placed third overall was the recipient of the PNAA Membership Award.



In 2019 she also became the Circle of Presidents Regional Representative for the South Central Region. She was one of the recipients of D Magazine's Excellence in Nursing Award-Direct Care as well as one of Dallas-Fort Worth's Great 100 Nurses. Aside from being recognized locally, she has also received national recognition.

She was awarded the PNAA Certificate of Recognition for Exemplary Service and Leadership. In 2020 she was appointed to be Assistant Treasurer of the PNAA and also became the Chairman of the Membership Committee. She received the PNAA Presidents Trailblazer Award in 2021 and the PNAA Quantum Leadership Award in 2022. Likewise, she was elected as one of the PNAA Board of Directors for 2022 to 2024. Despite

her busy schedule, she is actively involved in the programs and activities of the PNANT-Dallas chapter, the PNAA, the Filipino Leaders Coalition of North Texas (FILCON) and is one of the founding members of the University of the Philippines Alumni Association Dallas Chapter.



With her years of experience as a nurse and nursing leader, she has also been invited as a speaker to nursing conferences. In 2022, she was one of the speakers in the 13th International Nursing Conference and Global Summit. It was there that she was given the chance to share her journey to America, and the work that we do in PNAA to uphold and foster the positive image and welfare of Filipino-American nurses. She was also invited by Dr. Franklin Shaffer, CGFNS President to share her story and be among three other international nurses during the CGFNS/United Nations Commission on Status of Women event entitled, "Achieving Gender Equality and Economic Empowerment through Nurse Migration." She was also one of the Resource Speakers at the University of Makati's Nurses Week where she gave a talk about "Best Practices-The Caring Legacy: Transformed to Lead." Moreover, her talent in writing can be seen and read in the past issues of inside PNAA.



Melissa's wealth of knowledge as a seasoned nurse and nurse leader, her resilience, persistence and perseverance amidst a lot of obstacles has brought her to greater heights in fulfilling her professional and personal goals. Despite all of the accomplishments and successes she has achieved, she remains simple, meek and humble of heart. An attestation of a profile of an exemplary woman in nursing. A woman for others playing the role in nation building, promoting health equity and giving a voice to our fellow Filipino-American nurses.

Photo Credits: Melissa Cunanan

An Advanced Practice Nurse leader in action: from clinical practice and beyond

By Velma Dumag Yep, DNP, MSN, GNP-BC



Emergency Nurse Practitioner



Community Volunteer Vaccinator



Faculty

As an advanced practice nurse, Dr. Merlie Ramira had the increased utilization of Advanced Practice Nurses in ED. She had presented several evidence-based research studies to all stakeholders, resulting in increased patient satisfaction, reduced patients leaving AMA, reduced the congestion in ED, increased financial reimbursements, reduced wait times, and enhanced standards of practice. In addition, she wrote the Standardized protocols, hired providers, and continued communicating with stakeholders on their input. She implemented the avant-garde project promoting the FNP role and visibility, and her ED achieved the initially advocated goals.

Moreover, after completing her DNP, she worked as the Director of the MSN/FNP program, which involved curriculum development, teaching NP courses, and accepting culturally diverse underserved students, who wish to be nurse practitioners. As a result of this, a peer-reviewed article in the Journal of Cultural Diversity titled "Foreign Educated Physicians Transitioning to Nurse Practitioners in the US" came about.

Dr. Ramira was an invited member of the County of San Diego Covid-19 Vaccination Clinical Advisory Group, and she collaborated with community leaders and experts on Covid-19. The overall objective was to determine Covid-19 vaccine allocation within phases using a deliberative process through discussion, evidence-based medicine, and resources from the county, state, and national levels.

On December 17, 2020, Dr. Ramira met with PNASD core members and established the Vaccination Task Force to coordinate Vaccination Workforce and Outreach Education to the community, which focused on the culturally diverse population. She led the communication focus group on Covid-19, representing PNAAF/PNAA in collaboration with Morehouse School of Medicine and APIAHF. In addition, she also presented Covid-19 Updates to San Diego International Airport employees. She was invited to speak at GMA TV Patrol 'Balitang Amerika' to provide Covid-19 updates among Filipino nurses in the US. Through the Vaccination Task Force, PNASD vaccinated more than 7,000 adults and children and received \$11,000.00 in Grants from PNAAF, including other sponsorship, and donations from community partners.

On April 8, 2022, Dr. Wilma Wooten presented Dr. Ramira with the prestigious "Live Well San Diego 21st Annual Public Champion Award" for her tireless efforts in recommending equitable allocation of Covid-19 vaccines and providing outreach education in San Diego.

Reflecting on her accomplishments and the National Academies of Sciences, The Future of Nursing 2020-2030 Recommendations: Charting a Path to Achieve Health Equity, as an APN Leader, she is leading the way on the Innovative changes that benefit the patients, the healthcare system, and the community. Dr. Ramira is truly an ambassador of the nursing profession that makes a difference.

PNAMH Women Leaders 2022-2024: Trailblazers for Brighter Future

By **Aleza G. Espinosa** MBA-HCM, BSN, RN CVRN-BC
PNAMH President 2022-2024

Nursing organizations play a vital role in the healthcare industry. They bring together nursing professionals, providing them with the support, education, and resources they need to deliver holistic care. Our current women leaders of PNAMH term 2022-2024 also contribute to the communities they serve through their community service initiatives, fundraising efforts, and advocacy work.

While there are many women leaders in nursing organizations, it's important to honor those who have made significant contributions to their organizations and communities. These women leaders are not only accomplished in their professional lives, but they are also actively engaged in making a positive impact in the world around them. One of the most significant contributions of these PNAMH women leaders is their involvement in community service. Many nursing organizations have community service initiatives that help to address the healthcare needs of their local communities. For example, organizing free health screenings, health fairs, or other events that promote healthy living and disease prevention.

In addition to community service, PNAMH women leaders also participate in fundraising efforts to support various causes. Whether it's raising funds for research into a specific health condition, providing financial assistance to families in need, or contributing to disaster relief efforts, these women are committed to making a difference in the lives of others.

Health disparities are another area where nursing organization PNAMH women leaders have been active. Health disparities refer to differences in health outcomes between different groups of people. These differences can be based on factors such as race, ethnicity, income, education, and geographic location. Current PNAMH women leaders have been working to address these disparities by advocating for policies that promote health equity and by providing educational resources to underserved communities. Recruiting new members is also an essential task for PNAMH. By bringing in new members, these leaders can expand the organizations' reach and impact. They may also mentor and support new members as they navigate their nursing careers. Collaborating with other nursing organizations is another area where PNAMH women leaders have made a significant impact. By working together, PNAMH can pool their resources and expertise to achieve common goals.



Merlita Velasquez

Mary Jane Concepcion



Daphny Peneza



Elizabeth Florendo

Maria Lailani Mayoral



Shela Ecobiza



Rowena Sneathern



Lea Geronimo



Maria Rhona Pinsoy



Jean Uy



Ruby De Jesus



Josie Rejante



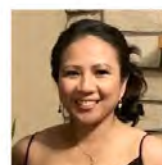
Aleza Espinosa



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Cynthia Desengano



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Grace Woodmansee

PNANT-Dallas Nurses among DFW's Great 100 RNs

By **Geraldine A. Perez, BSN, RN, RNC-NIC**
President, PNANT-Dallas 2022-2024

This February 2023, two of PNANT-Dallas' finest were recognized among the Dallas-Fort Worth's Great 100 nurses. They are Kathrina Siaron BSN, RN, CCRN, SCRN from UT Southwestern Medical Southwestern and Cielo Borrinaga MSN, RN-BC, CNL, CCRN from the VHA North Texas Dallas Medical Center.



Kathrina Siaron is the Assistant Secretary of PNANT-Dallas for 2022-2024. She graduated from the PNAA iLDP last 2022 and her project "PNAA Chapter Handbook: A Guide to Leadership" was among the three chosen to be presented during the 43rd PNAA Annual Convention in New York. She is a member of UTSW's Rapid Response Team, was a UT Southwestern Medical Center – Nursing Excellence Awardee for 2022 and also received the UT Southwestern Medical Center – Meritorious Service

Award in 2016. She has worked as a Clinical Research Nurse for the Abdullah & McBrayer Lab at UTSW. She has been a staff nurse and charge nurse for the Acute Care Unit and the Neuroscience ICU at UTSW. Kathrina is the primary author of the study "Blood Pressure Measurements are Site Dependent in a Cohort of Patients with Neurological Illness," which was published in 2020 by Nature Scientific Reports. She has also been a contributing author in various nursing publications and has presented her posters and been an invited speaker in multiple nursing conferences. Kathrina is currently enrolled in a Master's Program in Bioethics from Columbia University in New York and is also pursuing a Graduate Certificate in Advanced Biosciences from UC Berkeley in California..



Maria Cielo Borrinaga has served the nursing profession and our community for over 30 years. In her pursuit of continued learning, she received her

Master's degree and became Board Certified as a Clinical Nurse Leader. She is also a candidate for the Doctor in Nursing Practice (DNP) program at the University of Texas Medical Branch in Galveston. She has a wealth of knowledge and experience, which she shares with the next generation of nurses. As an advanced generalist/clinical nurse leader at the Dallas VA Medical Center, she mentors staff and drives evidence-based practice at the bedside. She collaborates with stakeholders, ensures patients get the best care possible, resulting in positive patient outcomes, reducing hospital costs, and promoting patient experience. She has done podium and poster presentations at local and national levels; and received national accolades for nursing excellence from different national nursing organizations. She won the “I have the Clinical Nurse Leader (CNL)Power” from the American Association of Colleges in Nursing in 2020, the Circle of Excellence Award by the American Association of Critical Care Nurses in 2021. She has been involved in various quality improvement projects, innovation, and research. Ms. Borrinaga finished her Evidence-Based Fellowship program at Texas Christian University. She is a problem solver and thinks outside the box as she actively participates in innovation efforts. She volunteered to be part of a team of health professionals, engineers, and graphic designers who participated in a national event -Challenge America COVID-19 Maker challenge to solve problems brought about by the pandemic. The team won the Most Innovative Award for creating a protective barrier for elderly patients during transport, and also won first place under the disaster relief category by creating a cost-effective portable ventilator prototype with all the features of a full-scale ventilator. Her team received a National Award for Innovation in Washington, DC, last October 2022.

Kathrina and Maria Cielo join the growing roster of PNANT-Dallas members who received this prestigious award. Past awardees from PNANT-Dallas are Greta Pardue, Homer Capiral, Farida Minner, Melissa Jarque-Cunanan, Nenita Cuellar, Joan Yvette Ronquillo, Mona Gaw and Emelita Frejoles Bennett.

The DFW Great 100 Nurses' mission is to identify and celebrate nursing excellence and promote the spirit of the nursing profession in the Dallas Fort Worth area. The event honors one hundred RNs who were nominated by their peers and selected for being role models, leaders, community servants, compassionate caregivers and significant contributors to the nursing profession. The nurses recognized come from all practice areas in nursing including acute care, sub-acute care, school nursing, nurse leaders, academics and many more. This year's awarding ceremony will be on April 18, 2023 at the Meyerson Symphony Center in Dallas, TX.

Congratulations to all our Great 100 Awardees! Your PNANT-Dallas family is so proud of you and we are looking forward to many more achievements from you in the years to come!

Image and Website credits: Kathrina Siaron, Maria Cielo Borrinaga; and
<https://www.dfwgreat100nurses.com>

Honoring Women Leaders of Philippine Nurses Association of Southern California (PNASC)

By **Antonette Nunez**, MSN, AMB-C, CJCP, RN, Recording Secretary, Research Co-Chair, Newsletter Chair
and **Dr Gail Jones**, DNP, RN-BC, CPHIMS, PHN, Auditor

**Giving thanks to those that fought for and won women's suffrage
in the United States 175 years ago.**

Maria Sagun, MSN, RN, NE-BC, PNASC President 2022-2024
Maria Sagun hails from Manaog, Philippines and the fourth of six children. Her parents planned her career as a nurse when she was a young child and she sure made them very proud with her many accomplishments! Maria graduated from the University of Santo Tomas, Philippines with degree of Bachelor's of Science in Nursing as Cum Laude. She was top 9 among thousands of examinees of Registered Nurse Licensure in the Philippines. She gained her Master's of Science in Nursing at California State University, Los Angeles.

Maria's career continued in the United States from the Philippines. She started her career at Kaiser Permanente's flagship medical center, Los Angeles Medical Center in 2002 as staff nurse in the Cardiac Surgery Unit. Within five years, she was promoted in management positions, from supervisor to department manager. In 2011, she was promoted to Clinical Director, Nursing Administration and Operations. Currently, she is the Assistant Medical Center Administrator. In her spare time, Maria is also faculty at California State University.

Maria's professional achievements:

- Advance Management Program, USC Marshall School of Business
- Leadership Development/Succession Planning Program, University of Tennessee, Graduate and Executive Education
- Improvement Advisor candidate, IA training program
- Awards of Kaiser Permanente (KP) Star Award for Affordability, Service Award for Innovative commitment to improving the care experience of KP members, and Innovation Fund for Technology Award
- Member of the KP Bargaining Team for Management foe Collective Bargaining Agreement with California Nurses Association Maria is a member of various nursing associations in the US and the Philippines.





Melanie Tallakson, DNP, MPH, FNP-BC

- Melanie followed her late mother's footsteps as a nurse. Melanie advocates for educating minority populations regarding research, especially the Filipino community. She shares that research may offer additional options for individuals in managing and treating their diseases.
- Board Certified Family Nurse Practitioner at University of California, Irvine (UCI).
- Clinical Research at UCI MIND, institute for Memory Impairment And Neurological Disorders
- Principal Investigator for the AHEAD Diversity Recruitment Project and sub-investigator for several NIH and pharmaceutical-sponsored clinical trial studies for new treatment of Alzheimer's Disease
- Received her PhD in Nursing Practice from California State University (CSU), Fullerton, MSN and MS PH from UCLA and SDSU
- PNASC Board Member 2022-2024, Education, Research, and Practice Committee member



Leilani Unite, MSN, RN

- Leilani held various roles at Kaiser Permanente (KP). From staff nurse, to supervisor, manager, and then to director positions. She is currently the Regional Program Director Strategic Workforce at KP Southern California
- She obtained her Masters of Science in Nursing at the University of California, Los Angeles
- Leilani held several executive board positions at PNASC and she is currently the Treasurer, 2022-2023



Dr. Janette V. Moreno, DNP, NEA-BC, NPD-BC

- Dr. Moreno is one of ten children. She completed her Doctorate in Nursing Practice, Executive Leadership from the University of San Francisco. She is currently the Director of Nursing Education at the Brawerman Nursing Institute at Cedars-Sinai.
- She is the Mentorship Program Chair for Women in Healthcare, Los Angeles, faculty for the Association of California Nurse Leaders (ACNL) Foundations for Leadership Excellence and team lead appraiser for the American Nurses Credentialing Center (ANCC), and Caritas Coach.
- Board of Directors for ACNL 2023
- PNASC West LA Subchapter Board Member

How Can I Help?

I have a plan, I have no fear.
I am here to fulfill the need of everyone –
My peers, my leaders, all my loved ones.
I knew Caring Science is what everyone needs
To fill the missing gap in the care we give.

“To the stars, through all difficulties” –
Words from my father, echo in resilience.

As difficult as it maybe, I have to reach the stars and be free.
I can't fail him and my mother, I have to win, and winning it will be.

- JVMoreno 4.2017

Celebrating WOMEN Forging the path for the Future of People's Health



Riza V. Mauricio, PhD, APRN, CPNP-PC/AC, FCCM
Pediatric Nurse Practitioner Intensivist
Assistant Professor, University of Texas Health
PNAA Board Member 2022-2024
Director, Kabalikat Emotional Wellness Program (KEWP)
Chair, Practice Committee

Throughout Riza's distinguished career as an RN, Pediatric Nurse Practitioner, and academican, she has been dedicated to preparing nurses to provide holistic care that considers the social and structural determinants of health. She has led efforts to ensure the mental health and well-being of our nursing workforce. Recently, she organized the first Poverty simulation at the University of Texas School of Nursing that was quickly adopted across the university as an inter-professional education for nurses, medical, dental, and public health students. The purpose of the Poverty simulation is to create a broader awareness and understanding among future health professionals of the people living in low-income or those in poverty. The simulation enables participants to look at poverty from various angles and advocate for the promotion and maintenance of the health of people with low income or those in poverty. This project fulfills the Future of Nursing (FON) recommendation on Nursing Education, imparting the relevant competencies nurses need to see the needs of the patients. It also addressed the FON recommendation of educating nurses with other healthcare professionals to enhance their cooperation and collaboration in the delivery of care so they can be full partners in re-designing the healthcare of our nation.

Riza developed and implemented a culturally congruent mental health program for Filipino-American nurses aimed to improve the health of our nation's nurses to sustain the skilled nursing workforce. She secured funding of close to \$136,000 from All In Well Being First in Healthcare for implementing the program across the PNAA chapters. She represents PNAA as one of the collaborators of All in Well Being First for Healthcare, in a systems approach, promotes nurses' mental health by lobbying with the US Legislature influencing the passage of the Healthcare Providers Protection Law in 2022. She secured funds for PNAA members' attendance at Burnout conferences, costing \$17,268. She advocated for the inclusion of mental health discussions at the PNAA convention in 2022. She delivered a podcast with StoryCorps on racism and sexism in healthcare with over 4,000 reaches on social media, promoted by Lemonada. She is working on a strategic plan to meet with legislators and the state board of nursing executives for policy and systems changes by removing mental health questions in nursing licensure and certifications to ensure the destigmatization of mental health care. Her initiative in supporting the mental health of Filipino American nurses is congruent with the FON recommendation for implementing interventions to support nurses' health and well-being.

Riza's strength in leadership and forging relationships with professional Organizations will help advance the recommendations of the National Academies of Medicine Future of Nursing (2020-2030) in improving the delivery of all facets of nursing care.

Heaven gained another angel. A tribute to Erlinda Ferrer

By **Bob Gahol**

I recently lost one of my closest friends and supporter. Erlinda Ferrer was one of the most dedicated, selfless, and hardworking leaders I know. Her contributions to PNAA, PNAAF, and PNA Hawaii were tremendous, particularly during the COVID-19 pandemic. She was involved in numerous PNAA and PNAAF committees and activities. Despite her contributions and accomplishments, she never once asked to be acknowledged for what she had done. She was someone who never wanted to take credit and had always stayed behind the scene.

At her funeral, I was asked to deliver her eulogy. It was tough because I am still mourning her loss. Creating a heartfelt tribute for a dear friend presented unique challenges. How can I express my complicated feelings of grief in just a few short words? It was not easy, but I spoke from the heart. I am sharing with you what I said about Erlinda because I want people to know what a great person she was.



Thank you all for being here today. I'm honored to share this time with Erlinda's family, especially with Daniel and Anna, her friends, and others in remembering her life.

Losing Erlinda is akin to losing a family member. She is irreplaceable, and her loss is felt more deeply than words can describe. At the same time, Erlinda would hate seeing me crying, talking only about the loss, and ignoring all the beautiful things she did with her precious time here on Earth. So, I'd like to take this time to thank Erlinda for the many things she taught me.

I became close to Erlinda when she was the PNA Hawaii president from 2018-2020. In 2019, she called me and asked if I was interested in serving as a board member. I had just retired from the Army and was looking for opportunities to serve the community, so I gladly accepted. She and I and several dedicated PNA Hawaii members worked together to serve our community. She was someone who didn't want any fuss or attention. She worked quietly, but she got the work done. A lot of the work was done!

We traveled to the Philippines in January 2020 to attend an international conference. After the meeting, she participated in several medical missions to help those in need. She was the kind of person who was always willing to



help others, especially those who did not have the means to care for themselves.

When Erlinda returned to Hawaii, she organized our team to help open a new PNAA chapter on the Big Island. Erlinda also helped open PNA New Mexico and PNA Maui for those who do not know.

At the height of the COVID pandemic, when the PPEs were so scarce, Erlinda volunteered her time, money, and energy to sew cloth masks to give to the frontliners, not just here in Hawaii but throughout the country. She used her own money to mail homemade cloth face masks to protect our nurses from the pandemic.

She volunteered to care for the homeless suffering from Covid. She served meals to hundreds of homeless people in Honolulu. Whenever I asked her for help, she never said no.

Erlinda was kind and generous. She put in extra effort and was willing to take on challenges and rise above any obstacles that may come her way. She loved her friends and family more than anything. Her sense of humor and the fun she brought to the lives of those lucky enough to know her will live on long after she is gone. She was an inspiration and someone I considered a true friend.

I'll always miss my dear friend; no one can replace her. With that, I would like to share this poem with you in memory of our friend, sister, colleague, relative, and mother to Daniel...Erlinda Ferrer.

I made it Home

I just wanted to let you know that
I made it home
The journey wasn't an easy one, but it didn't
take too long
Everything is so pretty here, so white,
so fresh and new
I wish that you could close your eyes and
that you could see it too
Please try not to be sad for me
Try to understand God is taking care of me...
I'm in the shelter of His hands
Here there is no sadness, no sorrow,
and no pain
Here there is no crying and
I will never hurt again
Here it is so peaceful when all the angels sing
I really have to go for now...
I've just got to try my wings

ERLINDA TACATA FERRER
AUGUST 27, 1960 - FEBRUARY 2, 2023



Ang Tambuli-the Rhythm of Nursing Life

By: Teresa Ignacio-Gonzalvo, RN,BSN,MPA
Associate Editor and Columnist-Inside PNAA



Our Life Stories- We Witness, We Share, We Listen, We Learn

If the walls have ears....Our lives are an open book with many interesting and unique anecdotes, fun times, precious moments, painful memories and learning opportunities.

My nursing journey with PNA Virginia and PNAA became more exciting after my retirement in 2017. Though I have been a member for several years, little did I know what was in store for me. My professional goal was to be an advocate for our nursing profession and to pay it forward to our Filipino-American community. Until I received a call one afternoon from Carmina Bautista.....asking me if I was interested in being one of the Committee Chairs for PNAA. I had to research as to what responsibilities and requirements were needed for this position. Carmina was very helpful in providing the necessary resources to include a conversation with newly elected PNAA President Mary Joy Garcia-Dia. The rest is history as I accepted the appointment of Chair, PNAA Ethics Committee. Thus, I decided to write story about Carmina Bautista, MSN,FNP-BC,BC-ADM, a 1974 BSN graduate of the University of the Philippines, a great friend, an outstanding mentor, a compassionate nursing colleague and educator!

Her values and philosophy revolve around this mantra:

**“Do our best, even when no one is looking
The goal is not to be better than the other man, but to give your best self.”**

She indeed does her best, consistently and without a doubt. She provides guidance and well thought out opinions at Committee meetings, presentations, tries to discuss the pros and cons of the topic that is up for discussion. Her inspiring leadership, objectivity, versatility, patience and tenacity all contributed to the success of her role as the PNAA Executive Director (2020-2022).



WE CAN DO THIS

Thanksgiving Visit To -Do's:

- Get my Covid Booster and Flu shots.
- Buy rapid at-home tests and masks.
- Scout for good deals on plane tickets to see my grandbabies!

Protect Yourself. Protect Your Family. Get Vaccinated.

Carmina stays cool, calm and collected during meetings and discussions. Her current role, since July 2022, as the Chair of the Business Development Office, has led to continued success with grants, sponsors and networking with various companies and the communities we serve.





Carmina has been a past president of the PNA Virginia chapter (1994). She has represented the Filipino-American nurses in various forums the Philippine Overseas Labor Office (POLO), collaborated with partner organizations such as the APIAHF, CDC and NCAPIP regarding Covid 19 initiatives. She has received numerous awards and of note is the Meritorious Civilian Service Award, the third highest award given to a non-military personnel in the United States Navy during her tenure as the Diabetes Nurse Practitioner



at the Portsmouth Naval Medical Center in Virginia. She still makes a difference with the Diabetes population by providing culturally sensitive education to the Filipino American community.

Of special mention, Carmina has co-authored the Handbook for Filipino Nurses Immigrating to the United States, while advancing the rights of foreign educated nurses. Together with the PNAA Ethics Committee, she was also instrumental in providing guidance and references for the Ethics Handbook-entitled Ethics and Beyond-Guidelines and Resources for PNAA ethics Committees.



Words don't do justice on all her accomplishments. Pictures are worth a

thousand words! Many thanks for your continuous commitment and dedication to PNAVA, PNA and our Filipino American nurses! I personally appreciate you and your resilience, passion and support during my tenure as Chair of the PNAA Ethics Committee and President elect of PNA Virginia.

I have learned so much from your words of wisdom, as I navigated through PNAA's infrastructure, processes and procedures! Maraming salamat!



Palakpakan
CORNER

A Distinguished Thomasian Alumnus

By **Marie Navarro, MSN, RN, CCRN**
President, PNASC West Los Angeles SubChapter



Dr. Danilo C. Bernal, the 12th President of the University of Santo Tomas Nurses Association International (USTNAI) and an active PNAAs and PNASC Board member was one of the honorees during The 7th Distinguished Thomasian Alumni Night (DTAN) held last November 26, 2022 at the University of Santo Tomas (UST) BGPOP Alumni Center Building. The DTAN, organized by the UST Alumni Association, Inc. (USTAAI) in partnership with the UST Office of Alumni Relations (OAR) honors an alumnus/alumna for exemplary leadership and service to the university, the community and in his or her field of endeavor. DTAN honorees continue to illuminate and bring pride and honor to UST with their commitment to selfless service.

Along with four other nursing honorees this year who included Dean Rowena Chua, May Parsons, Amelita Sison-Navarro and Irma Bustamento-Gavino, Dr. Bernal received a replica of the 'Arch of the Centuries'. This triumphant Thomasian symbol serves as a memorial to the distinguished men and women, heroes, martyrs and saints, who had passed through the University's portal and out into the world to live a life of faith, hope, and charity.



Palakpakan
CORNER

FEU Alumni Awardees

2023 Green and Gold Awards



Far Eastern University honors three PNAA members and bestows them with the recognition of Outstanding Alumni Award.

Held every 5 years, the Green and Gold award recognizes exemplary alumni who have proven themselves worthy of honor and emulation based on their achievements, integrity, and commitment to society and the university. As one of the highly coveted recognition given by one of the most prestigious universities in the Philippines, the award acknowledges the extraordinary contributions and prestige made by their graduates in their respective fields of specialty.

This year, 3 nurses based in the United States have been bestowed this honor and recognition. Laarni Florencio, MSN, RN, CNL, Brigitte Cypress, EdD, RN, CCRN, and Nena Bonuel, PhD, RN, CCRN-E, ACNS-BC, APRN-BC, all active PNA officers and members will be receiving the award in Manila, Philippines on February 23, 2023. Dr. Cypress is a member of PNA NY, Ms. Florencio is President-Elect for PNA NY and Dr. Bonuel is part of PNA Houston.

We congratulate and recognize the contributions they have accomplished in their profession and practice. Mabuhay!



Palakpakan
CORNER



My Life, a Gift of God

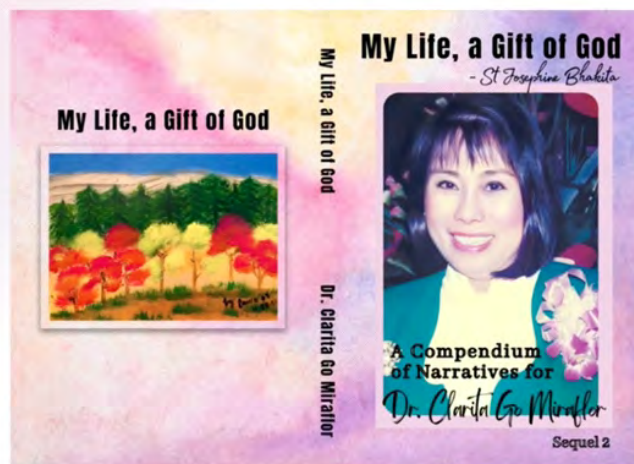
- *St. Josephine Bhakita*

A
COMPENDIUM
OF NARRATIVES WRITTEN FOR

DR. CLARITA GO MIRAFLOR
SEQUEL 2

Hosts:

Jacy Publishing & Dr. Lorna Imperial





Palakpakan
CORNER



Congratulations

Jenita Gutierrez, DNP(c), RN, CNML, CNRN Associate Director of 8 SCCT Neurosurgical ICU at Cedars Sinai Medical Center & PNASC West Los Angeles Subchapter member, for receiving the **Society of Critical Care Medicine's (SCCM) Family-Centered Care Innovation Award**. It was presented in January 2023 at 34th Convocation of Fellows of SCCM. The SCCM also recognized the 8 SCCT unit of Cedars-Sinai Medical Center for the innovations that improve the care provided to critically ill and injured patients and their families. The SCCM's annual Critical Care Congress is one of the year's leading professional events for learning about the latest knowledge and research in caring for critically ill patients. Congratulations on a job well done.

We are very proud of you.

“EMOTIONS BEHIND THE MASK”: PNAA's STORY

By **Mauricio, R.V., Fadol, A., Pabico, C., Aying, J., Imperio, S.I., Bonuel, R., Yago, K.A., Dayon, M., Maquidato, D., Laput, R., Viray, D., Remegio, W., Danuco, E., Carreaga, L., Medina, T., Salu, M.**

“Emotions Behind the Mask” - was a survey Practice Committee/Kabalikat Task Force (TF) conducted in 2020. The PNAA leaders envisioned a mental health program in response to the overwhelming challenges faced by nurses from the COVID-19 pandemic.

“Kabalikat” means strong partnership to achieve a common goal. The Kabalikat Task Force (TF), led by the Practice Committee, was organized to address the emotional well-being of our members during the pandemic. It was part of the phased COVID-19 intervention crafted by our visionary past Presidents, Mrs. Madelyn Yu and Dr. Mary Joy Garcia-Dia. The Practice Committee /Kabalikat TF offered many education programs such as self-care webinar by well-known Nursing Theorist, Dr. J. Watson, resilience training by Dr. A. Sood, a resilience guro, and many more notable mental health experts.

In addition to the education programs, the Practice Committee /Kabalikat TF conducted a confidential and voluntary survey from November 2020 to January 2021 to all PNAA nurses to gauge the impact of the pandemic on their mental health and well-being. Eight percent of the total PNAA membership (approximately 4028 members at the time of the survey) responded. Of the 323 participants, majority (80%) were in the age range of 41-70 years old, married, living in a multigenerational household with their spouse, and children. Some respondents live with extended family member. Twenty-eight percent (28%) of the respondents worked in a COVID-19 unit, 19% in non-COVID units, 25% as hospital educators, managers, or administrators (see Table 1). Approximately 70% of the respondents

reported to have family members and friends diagnosed with COVID-19.

One survey question asked respondents to classify the emotions they experienced within 14 days of taking the survey, and another asked about the emotion they were experiencing at the actual time of the survey. Respondents reported ambivalent emotions. The top five positive emotions described were: (1) Confident, (2) Optimistic of the future, (3) Resilient, and (4) Making a Difference in other peoples lives, and 5) Contented. Top five negative emotions reported were : (1) Worried about the future, (2) Little energy, (3) Sad, (4) Anxiety, and (5) Nervousness. There were symptoms of burnout noted like trouble sleeping, difficulty in concentration, little interest with activities or being overwhelmed were reported (Table 2). Nurses typically put others before themselves, was evident in the survey. Infecting their families emerged as the top reason why they worry. Our survey results contradicted the American Nurses Foundation (ANF) survey results. As Filipinos, we place positive value first more than our negative emotions.

Some of the participants indicated the uncertainty of the future. They conveyed socialization and networking with friends as helpful activities in alleviating the stress experienced from the pandemic. The survey also validated resilient behavior displayed by the Filipino nursing community during the early period of the pandemic. Filipino nurses tapped into the Filipino value of “pakikisama” - getting along with others at work and in the community, “pakikipagkapwa” or social connection - a genuine appreciation of being together to relieve their stress and anxiety.

Socialization was the most common coping mechanism through video conferencing with friends and families in the US, Philippines, and other parts of the globe. It was the choice of relief for isolation and social distancing. Filipino nurses re-counted trusting in friends and family in critical situations (‘bayanihan’ spirit), and religiosity (trusting God to get us through) is crucial.

The lessons learned from the survey informed us to develop a culturally responsive emotional wellness program to strengthen the nurse resilience skills. Practice Committee/Kabalikat TF led a pilot program on peer-to-peer support group built on the Filipino value of shared identity with peers (pakikipagkapwa) and communal unity (bayanihan spirit). The committee further endorsed to continue group prayers being religiosity a valuable Filipino coping strategy. From the outcome of the pilot project, the committee developed a robust and structured program called Kabalikat Emotional Wellness Program (KEWP). Practice Committee/Kabalikat TF was fortunate to receive grant funding from ALL IN Well-being First for Healthcare™ through their benevolent sponsor, Entertainment Industry Foundation (EIF). With the funding received, KEWP expanded to 36 PNAA chapters nationwide. The goals of the program are: (1). provide an immersive training for facilitators to arm them with the skill sets that will strengthen their capacity to conduct regularly scheduled peer-to-peer support meetings in their respective chapters, and (2) provide nurses with a reflective peer-to-peer meeting forum where they can build their resilience skills with the guidance of an Emotional Wellness Coach and Mental Health Expert Advanced Practice Nurse. Each participating chapter selected at least 1-2 leaders as facilitators and 6-10 support group members. The facilitators were trained in December 2022 by Dr. Sherwin Imperio, a Mental Health Expert APN, to develop their group facilitation skills. Coached emotional wellness training started in January 2023 by an internationally known wellness coach, Dr. Eileen OGrady.

The KEWP has been implemented in full scale since January 14 and will continue until September 2023. The long term goal of the program is to support our nurses by reducing their stress and burnout and strengthen their resilience skills. The Practice Committee/Kabalikat TF trust the program contributes to the emotional well-being of our nurse to re-energize their commitment to patient care and sustain a healthy nursing workforce.

The Practice Committee/Kabalikat TF hope that our Filipino-American nurses will prioritize self-care and strengthen their resilience skill by consistently participating in the program. Details of the program are in the attached flyer.

Tables 1. Places of work.

Places of work	Percent response, N=323
Direct care, with COVID-19 patients	28.35%
Direct care, with non COVID-19 patients	19.00%
Non-direct patient care (Administrator, Management, Educator, etc.)	25.23%
I have been furloughed	0.62%
N/A	17.13%
Others	9.66%

Table 2. Ranked Emotions felts in the last 2 weeks (before the survey).

Positive Emotions	Negative Emotions
Confident	Worried about the Future
Optimistic of the Future	Tired or too little energy
Resilient	Sad
Making a difference	Nervous and Anxious
Contented	Little Interest/Difficulty concentrating/Overwhelmed



KABALIKAT EMOTIONAL WELLNESS PROGRAM



BUILDING YOUR
RESILIENCE SKILLS



What is required of participants?

Attend virtual training for:

Coached Emotional Wellness sessions and Peer-to-peer Support Group meetings – 9 sessions for 2hrs each. (Jan. 14, 2023 at 2 PM, EST then q 2nd Saturday of each month until Sept. 2023)

Length of commitment: 9 months

Chapter Deliverables:

1-2 Facilitators+Support Group Members = 6-10 total members per chapter.

Attend and complete the KEWP sessions until September 2023

FOR MORE INFORMATION:

Riza V. Mauricio

riza.mauricio@gmail.com

THIS STUDY IS CONDUCTED BY THE UNIVERSITY OF TEXAS
CZIK SCHOOL OF NURSING, PNA, AND PNAAF




BENEFITS:

- Help you improve your ability to handle stress and burnout; CE certificate after completion of
- Facilitator's training and Coached Wellness Sessions; An incentive to participating chapter;
- Clinical Ladder - Letter from PNA; SELF Care;
- Build Resilience skills; improve leadership skills.



OUR UNITED VOICES
WISDOM. EXCELLENCE
COLLABORATION. HONORING. RESPECT. GROWTH.



**PNAA and PNAA Foundation
Present**

PNAA Frontliners Face COVID-19 At Home

Written and directed by M. Teresa Lapid Rodriguez
Videography/Photography by Anthony Louis Rodriguez

WATCH IT ON YOUTUBE

<https://youtu.be/fj-AfTZ3EUA>

PNAА AWARDS COMMITTEE

It's Your Moment to Learn!

JOIN WEEKLY VIRTUAL COACHING SESSIONS



**RECEIVE FOCUSED COACHING FOR
2023 PNAА NURSE EXCELLENCE AWARDS
DEADLINE FOR SUBMISSION: MAY 1, 2023**

Classes Begins
April 2, 2023

Every
MONDAY

08:30 PM - 09:30 PM
EST

- Scan the QR code to Join us in a Virtual Zoom Room.



- Learn to Leverage and make visible your existing excellence as a Nurse via PNAА Recognition;
- Come with Questions and Be Ready to Engage;
- Review Criteria and Submission Instructions to make the most of the hour-long coaching session.

for more info

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Dr. Leli Pedro Drake
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leliwp@gmail.com

Buy this book, turn the pages and soak up...

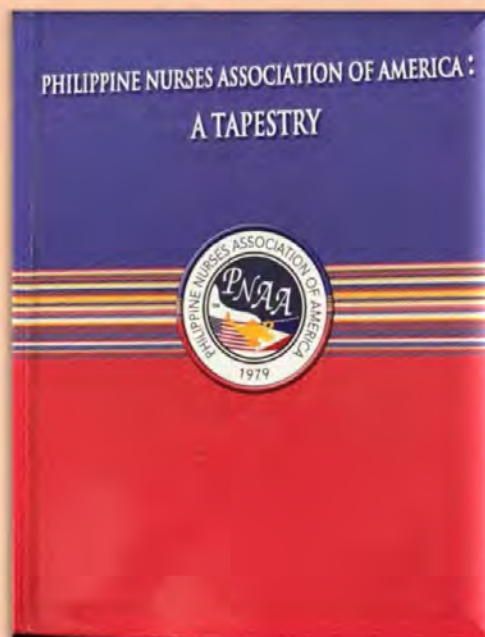
"The secret sauce of leadership that will extend the PNAA forward and ever higher; learn the exemplars of the values they used to bring the organization to its height of influence."

A how-to-book: *"how to thrive in a foreign country, how to provide a personal quality health care when the majority culture has restricted acceptance of you and, in the beginning, your language, how to build a bridge of travel and growth between the Philippines & America, how to succeed academically and even teach, conduct research, and provide community service in a home away from home; how to transform, with daring ingenuity, your new home while maintaining ties and appreciation for your roots of origin."*

~ Dr. Beverly Malone, CEO, National League for Nursing, Washington, DC

One could say that this book is about how to be a leader...and, yes, it's about the **PNAA outstanding and miraculous early leaders!**

"There are no limits or restrictions as to how high the PNAA can soar."



"There are no limits or restrictions on how to enlist new leaders & remind us all of the greatness of the PNAA's legacy and its future."

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Book sale can be your chapter's fund raising initiative. Sell at a higher cost. Just give PNAA \$20.00, pay the shipping fees and you can keep the rest!!



By **Josie B. Veit**, BSN, RN; PNAGSL President 2022-2024
Annabelle L. Cosas, BSN, RN; PNAGSL Editor; Bylaws/Policies & Procedures Chair

PNAGSL Plans for 2023 Activities

December was on “fast-track” for PNAGSL — Christmas party on December 3. It was well attended, full of fun, gifts, games and dances. As the holiday came and went, PNAGSL members welcomed 2023 with new found enthusiasm and excitement.

Josie called the first meeting by zoom for the Executive Board on January 19, Thursday.



REGIONAL V-P 2022-2024

North Central Region	: Manelita Dayon [PNA Northwest Indiana]
Eastern Region	: Warly Remigio [PNA New York]
Western Region	: Bob Gahol [PNA Hawaii]
South Central Region	: Manny Ramos [PNA Central Florida]

Left to right, **1st row, 1st column:** Alice (Recording Secretary), Annabelle (Editorial) **2nd row:** Josie (President), Cynthia (Advisory Board)
2nd column: (no video) Joy (Corresponding Secretary), Evelyn (Business Manager) **2nd row:** Agnes (Treasurer), Ces N (PRO)

Membership renewal and retention: Josie intends to send personalized letter to members, renewal reminder and those inactive.

MARCH 11: EB meeting in person

APRIL 29: General Assembly meeting

MAY 6: Educational outreach: Nurses week celebration will include education seminar c/o Education Committee

JUNE 4, Sunday: Walk & Run Wellness Fund-raising Event — McDonell James Park (Adie Rd.), St. Louis. This place is reserved exclusively for PNAGSL. Details for discussion: prepare First Aid Kit; advertising; getting sponsors; design/printing of souvenir t-shirts; food/drinks; logistics; electrical outlets available for music and sound system; more discussion on other specific activities and miscellaneous.

Other activities in 2023: NCR and PNA related

(1) **JUNE 16-18:** NCR Camp Aruga in Angola, Indiana

(2) **JUNE 16-23:** PNA National Convention/Royal Caribbean Cruise

JANUARY-FEBRUARY — weather advisory in the midwest: snow, sleet, icy roads, 12-18 degrees Fahrenheit, school closing. A tradition on February 2 in Punxsutawney (Pennsylvania), the groundhog came out of his hole and saw his shadow predicting there are six more weeks of winter. St. Louis usually have more snow in February; cabin-fever will soon be setting in! But nurses are always creative, self-reliant in times of challenges — family, work, socials play a good part during these times of “freeze!” And “thaw” activities resume in March for PNAGSL!



December 3, 2022 — PNAGSL Christmas party was held at Hollywood Casino, Maryland Heights, Missouri. [N.B.: Christmas party details already featured in “insidePNA” Vol10, issue10 Dec 2022]



San Juan De Jesus, Gumaca Quezon Health Screening & Feeding

Organized and Sponsored by our PNAI member Yolanda Chionglo with PNAI Board of Director Lea Agaton through the help of Barangay Captain Raul Alpuerto and Secretary Grace Rodriguez. Around 40 residents of Barangay San Juan De Jesus in Gumaca, Quezon were checked, educated and fed during the Health Screening and Feeding program held on January 18, 2023







PNA Illinois Skin and Hair Health Event

PNAI had a two-day Educational Presentation by Malou Colina, LVN, CLT, COS (Chief Executive Officer of MHCO Group of Companies) of the Marlou Colina Aesthetics about Skin Health and Hair Health: Learn the Science Behind Anti-Aging on February 18 and 19, 2023 at the Sheraton Suites Elk Grove Hotel.





By **Mizpah Amados, MSN, PMHNP-BC**
PNAMDC Treasurer/Program Coordinator

Bridging the Gap Towards A Healthy Community

PNAMDC has once again awarded a generous grant from the Asian American Health Initiative (AAHI) Healthy Communities Fund for the fiscal year 2023 after a competitive application and review process. In partnership with the Primary Care Coalition of Montgomery County, MD (PCC), the Healthy Communities Fund (HCF) was launched to sustain funding of community-based organizations and faith-based organizations providing linguistically and culturally appropriate services to the diverse Asian American Pacific Islander (AAPI) communities in Montgomery County, MD (<https://aahiinfo.org/healthy-communities-fund/>). In an effort to connect and provide health-related services with the AAPI communities in Montgomery County, MD, PNAMDC appropriately titled the overall program "Bridging the gap towards a healthy community." PNAMDC's current president, Carol Robles, serves as the program director. The grant's funding categories include senior wellness, behavioral health, and health and social support services. Under these three funding categories, PNAMDC identified six service projects as follows:

SENIOR WELLNESS

a. Senior Support Group

Aimed to address the potential problem of social isolation and its complications among seniors, PNAMDC proposed 12 senior support group meetings from January 4 to May 13, 2023. The meetings are a combination of 8 in-person and four virtual platforms. Topics and activities included during meetings address the mental and emotional toll brought not only by the pandemic but also by the challenges of aging. The goal is for participants to recognize these issues and be able to support each other and build connections and relationships. Prima Colburn, RN, and Mizpah Amados, PMHNP jointly facilitate this project.



b. Caregivers Training

One of the trending concerns addressed in AAHI's blueprint is the growing population of older Asian Americans. The report identifies that 30.4% of Asian Americans aged 65 years or older in this county have a disability, 1.7% live alone, and experience a poverty rate of 10.9% (<https://aahiinfo.org/our-blueprint/>). PNAMDC proposed four classes to train caregivers to address this issue. The training includes a caregivers' certification class accredited by the American Caregivers Association (ACA), taught by John Paul Abenojar, PhD, MSW, and Arlyn Soriano, RN, and a BLS training and certification taught by Rey Robles, a certified Red Cross BLS Trainer. The classes will run from February 25 to May 20, 2023.

II. BEHAVIORAL HEALTH

a. Webinar on "Breaking the stigma of mental health illness as an AAPI."

Asian Americans are three times less likely to seek help for their emotional and mental health concerns than White Americans (Spencer, M. et al, 2010). PNAMDC proposed that the progress of understanding mental health awareness starts with removing the barriers and approaching this growing concern by conducting a webinar with speakers who can resonate well with the AAPI community. The webinar is scheduled on May 27, 2023, from 10:30-11:30 ET, with John Riddlehoover and Christy Barongan, PhD as speakers. The webinar lead is Maricon Dans, MSN.



III. HEALTH AND SOCIAL SUPPORT SERVICES

a. Webinar on "Bringing Joy and Balance to Healthy Eating in Asian American Pacific Islander Culture."

Understanding the relationship of Asian American Pacific Islander food culture to a healthy body and healthy mind is the background of this proposal. The webinar lead is Maricon Dans, MSN. The webinar is scheduled on April 29, 2023, from 10:30 - 11:30. The speaker Rachel Gabauer who is a registered dietician nutritionist.

b. Healthy Asian Food and Health Fair

To address the lack of culturally appropriate health resources to promote nutrition and health awareness, PNAMDC, in collaboration with the Philippine Medical Association of Metropolitan Washington, DC (PMAMWDC), will conduct a health fair event with an invitation to active Asian local businesses and restaurant operators who are prepared to

Healthy Eating and Healthy Living for Asian Americans

April 29, 2022
10:30am - 11:30am ET

via Zoom

Register
<https://qrco.de/bdkVvc>

QR Code
SCAN ME

Rachel Gabauer
Registered Dietician Nutritionist

*Montgomery County, MD residents attending the webinar are automatically entered into a raffle drawing for one Samsung tablet and five \$25 Amazon gift cards.

BRIDGING THE GAP TOWARDS A HEALTHY COMMUNITY

Contacts:
Maricon Dans - jmayeh12@gmail.com
Joy Arellano - mjarellano1@yahoo.com

This program and its activities are funded by the Asian American Health Initiative (AAHI), a part of the Montgomery County Department of Health and Human Services, and the Primary Care Coalition (PCC).

Blood Glucose checks

Smoking Cessation

BP checks

BRIDGING THE GAP TOWARDS A HEALTHY COMMUNITY

HEALTH & FOOD FEST

APRIL 16, 2023
5:00 PM - 8:00 PM

Meet local Chefs and enjoy healthier version of your favorite dishes

Chef Tala - Smithsonian NMAI
Heavenly Cakes by Tess
Chef Ian - Daikaya
LifeFull by Joyce
Manila Mart
Jerry Wang

St. Michael's Church
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Silver Spring, MD 20910
www.pnamdc.org

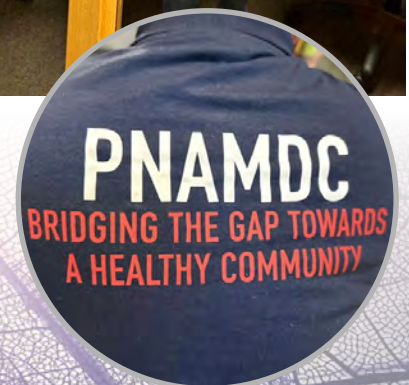
This program and its activities are funded by the Asian American Health Initiative (AAHI), a part of the Montgomery County Department of Health and Human Services, and the Primary Care Coalition (PCC).

provide culturally sensitive information and healthier versions of popular snacks and dishes. Other booths in attendance will address BP screening, smoking cessation, and blood sugar testing. The event is scheduled on April 16, 2023, at St. Mark's Catholic Church in Silver Spring, MD. Christine Pabico, PhD, leads this event.

c. Free access to medical care and medications

AAHI's current blueprint identifies trending concerns for higher risks of several health conditions among Asian Americans, including cancer, heart disease, and stroke. Most of these conditions are preventable. The blueprint further reports that in Montgomery County, it is estimated that 5.8% of Asian Americans are uninsured. After examining further, the rate of uninsured is about 10% or higher in many Asian communities (<https://aahiinfo.org/our-blueprint/>). PNAMDC started conducting free clinics in December 2022 in Rockville, MD. Led by its sole provider, Elmer Amparo, FNP-BC, the free clinic has served 14 uninsured residents of Montgomery County, MD, belonging to the AAPI community.

This program aims to reach out to as many AAPI residents in Montgomery County, MD, who can benefit from any or all of these services by the end of the grant term, June 15, 2023. The road to planning and implementation was full of challenges, but the joy of service is priceless.



References:

- Spencer, M., Chen, J., Gee, G., Fabian, C., Takeuchi, D. (2010). "Discrimination and Mental Health-Related Service Use in a National Study of Asian Americans." American Journal of Public Health, 100(12), 2410-2417.



BRIDGING THE GAP TOWARDS A HEALTHY COMMUNITY

SERVICES OFFERED TO ASIAN AMERICAN/PACIFIC ISLANDER RESIDENTS OF MONTGOMERY COUNTY, MD REGISTER NOW



Free Access to Preventative Medical Care

starts December 17, 2022 until May 20, 2023
Must be Asian American/Pacific Islander, all ages, uninsured, under insured or below the poverty line



Senior Support Group

starts January 4, 2023 until May 3, 2023
Must be Filipino or Fil-AM, 65 years old and older



Caregivers' Training

starts February 18, 2023 until May 20, 2023
Must be Asian American/Pacific Islander, adult, currently or planning to take care of the elderly



Webinars on Mental Health & Healthy Food

Date to be announced
Must be Asian American/Pacific Islander, all ages



Healthy Asian Food & Health Fest

Date to be announced
Must be Asian American/Pacific Islander, all ages



REGISTER:
[QRCO.DE/BDTHLU](https://qrc0.de/bdthlu)



CONTACT US Mizpah Amados: PNAMDCtreasurer@gmail.com (703)475-9365
Carol Robles: c.robles@pnamdc.org (240)481-1048

This program and its activities are funded by the Asian American Health Initiative (AAHI), a part of the Montgomery County Department of Health and Human Services, and the Primary Care Coalition (PCC).



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By Emer Amparo, MSN, RN, FNP-BC

Free Medical Access Leads to Improving Health Outcomes

BRIDGING THE GAP TOWARDS A HEALTHY COMMUNITY

SERVICES OFFERED TO ASIAN AMERICAN/PACIFIC ISLANDER RESIDENTS OF MONTGOMERY COUNTY, MD

Need medical care but can't afford it?

The Philippine Nurses Association of Metro DC (PNAMDC) will hold free medical clinics. You must register to determine eligibility, and someone from our team will contact you to schedule the appointment with our providers.

FREE MEDICAL CLINIC

Saturdays starting December 17, 2022 until June 3, 2023

ELIGIBILITY

- Asian-American/Pacific Islander
- Currently resides in Montgomery County, MD
- Uninsured or underinsured

REGISTER

REGISTER: ORCO.DC/BDTILLU

CONTACT US

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Miguel Amador: PNAMDC.treasurer@gmail.com (703)475-9505
Caral Nobles: cnobles@pnamdc.org (240)481-1048

This program and its activities are funded by the Asian American Health Initiative (AAHI), a part of the Montgomery County Department of Health and Human Services, and the Primary Care Coalition (PCC).

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Establishing a healthy community can have a number of positive outcomes, both for individuals and the community as a whole. A healthy community is one in which individuals have access to healthcare, healthy food, and safe places to exercise. Unfortunately, many communities around the country have challenges obtaining these resources. When existing gaps are bridged, healthy communities are established through access to these resources, improving health outcomes. When a community is healthy, resources, services, and inhabitants tend to be more cohesive and connected, empowering residents to be in charge of their health and promoting more inter-institutional collaborations and general cooperation among stakeholders on community-wide issues. Bridging existing gaps in establishing a healthy community can help reduce health disparities among different groups of people within these communities, often segregated by race, ethnicity, or socioeconomic status.

The Philippine Nurses Association of Metropolitan DC (PNAMDC) chapter aims to improve the well-being of Asian American communities in Metro DC. The PNAMDC has

identified a gap in healthcare access among Asian Americans, especially in Montgomery County, Maryland, where many older and newly immigrated Asian Americans reside. So, PNAMDC has decided to establish a free clinic to address this gap and provide healthcare access to Asian Americans in Montgomery County, Maryland. The PNAMDC developed a comprehensive plan for the proposed Free Clinic, including the type of services to offer. The final draft of the proposed Free Clinic plan was reviewed and approved by the PNAMDC Executive board. Developing this plan was quite challenging because it involved identifying the needed staffing, volunteer workforce, critical equipment, supplies required, and the physical space needed to operationalize this Free Clinic. Furthermore, securing funding was crucial in establishing this Free Health Clinic. The PNAMDC submitted the final proposal and successfully secured the much-needed funding from the Asian American Health Initiative (AAHI), a part of the Montgomery County Department of Health and Human Services and the Primary Care Coalition (PCC).

Location

Once funding was secured, choosing the right location for the Free Clinic was essential, particularly mindful of a site that can easily be accessible to local residents who often depend on public transportation. Another consideration for selecting the space was the need for enough room to accommodate the staff, equipment, and supplies needed to run the clinic effectively. More importantly, obtaining the necessary permits and licenses required by local, state, and federal entities to operate a Free Clinic. The PNAMDC was fortunate enough to have a highly qualified and passionate staff to successfully identify the Free Clinic's space and location, meeting all the set requirements and criteria to operate efficiently.

Dream Team

The operation and clinic team supporting the Free Health Clinic are members of the PNAMDC. They have been involved since the project's inception until presently, ensuring that the clinic can provide high-quality care to those in need. The dream team includes a program director and coordinator with extensive healthcare management experience and a deep understanding of the healthcare landscape. An advanced practice nurse practitioner (APRN) with experience in Primary care and Internal Medicine, specifically working with diverse populations, is responsible for providing medical care. A charge nurse is responsible for supporting the APRN by conducting initial patient intake, including taking vital signs, providing patient education, and performing other clinical tasks. A social worker or case manager is responsible for coordinating the patients' medical and social needs by linking them to available community resources, services, and support.

Recruitment

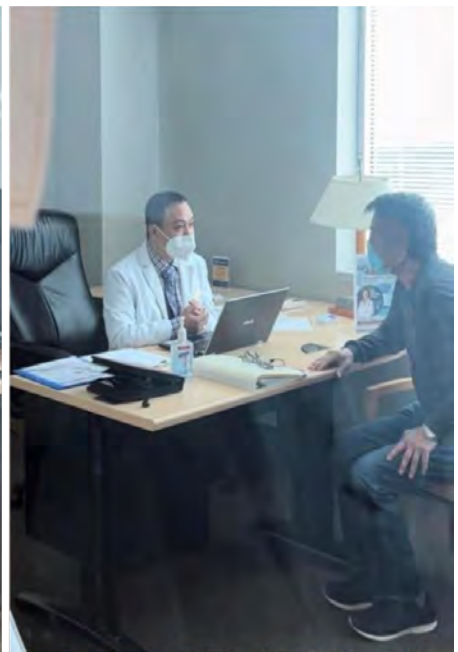
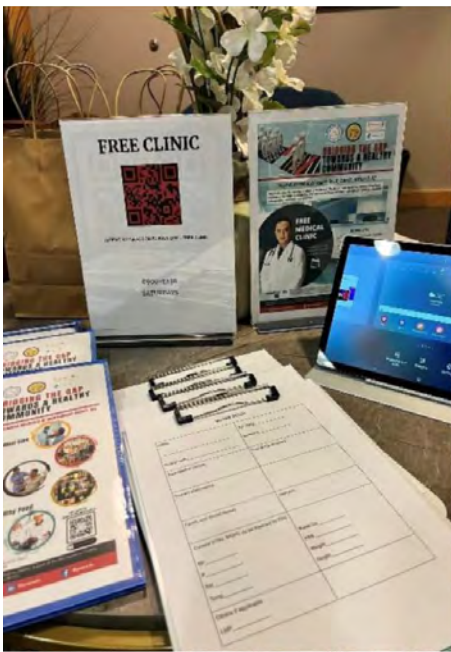
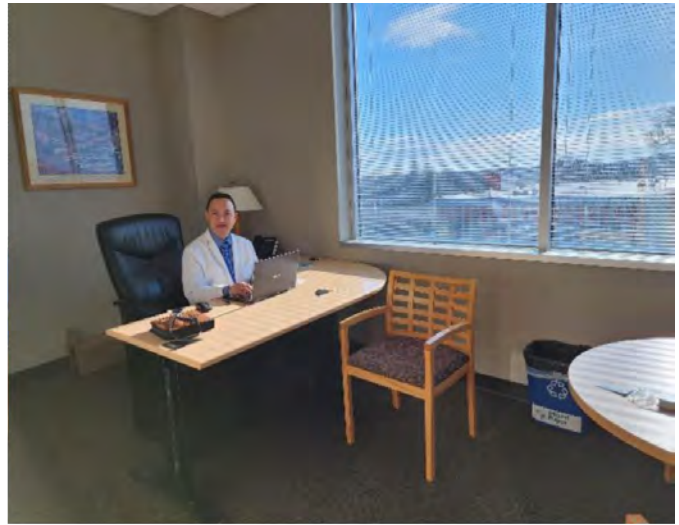
Recruiting patients for the Free Health Clinic can be challenging but critical to ensuring that the target population of uninsured Asian Americans knows this service. We leveraged various social media platforms to promote the Free Clinic to reach a wider audience. We engaged with owners and managers of local Asian stores, as well as members of community churches to spread the word about the Free Clinic, providing them with flyers and other advertising materials.

Challenges and Obstacles

Managing a Free Health Clinic can be complex and challenging, but it can be gratifying. Providing health care services is only one part of our activities. Another major piece of our activity is educating patients about how to take care of their health. Patient education can be time-consuming and challenging, especially addressing low health literacy. Further, record-keeping and documentation are time-consuming and complex, particularly in complying with legal and regulatory requirements with limited resources. Establishing and sustaining high-quality care in Free Health Clinics can be very expensive. Securing funding is always a significant obstacle.

Free Clinic in Action

We established the Free Health Clinic in Rockville, MD, on December 17, 2022. Since then, we have served fourteen uninsured Montgomery County residents from various American Asian and Pacific Islander (AAPI) communities. These individuals received comprehensive medical examinations focusing on health promotion and prevention. They received free laboratory work-ups, medications, influenza vaccination, and health counseling. The Free Health Clinic is staffed by the following: Carol Robles, BSN, RN (Program Director), Mizpah Amados, MSN, RN, PMHN-BC (Program Director), Elmer Amparo, NP (sole primary provider), Zonna Alvarez, RN (charge nurse), John Abenojar, Ph.D., MSW (social worker/case manager), and Achilles Amados, RN (patient's educator and administrative support). To date, we have nine patients for follow-ups.



Patient Education

Educating patients about their health conditions and their plan of care is essential to ensure that they can manage their health effectively and make informed decisions about their health care. We have used several highly-proven strategies, (1) using plain language when explaining medical terms or concepts to patients that they can easily understand, (2) asking open-ended questions to help patients feel more engaged and involved in their care, (3) the use of a teach-back method to ensure that the patient has understood the information correctly and can recall it accurately.

Patient's Safety

Free Health Clinic can promote patient safety by providing timely treatment for acute and chronic illnesses and equipping patients with the necessary information and skills to manage their health conditions. These strategies are lifesaving and can prevent the development of more serious conditions and complications, ultimately leading to better health outcomes and reducing overall health costs. Since our Free Clinic strongly emphasizes patient education and empowerment, patients are equipped to make informed decisions about their health care and become more involved in managing their own health. The PNAMDC Free Clinic staff are dedicated to serving and working hard to create a caring and compassionate atmosphere to reduce the stress and burden of patients already having difficulty finding access to necessary health resources in the community. The PNAMDC Free Clinic staff is committed to promoting a positive patient experience by reducing the stigma associated with being uninsured and encouraging these patients to return for follow-up care.

Virtual Visit Follow-up

Virtual follow-up visits can be more convenient for patients, as they don't have to travel to the Free Clinic or make time off work to attend an appointment. It provides a cost-effective alternative to in-person visits, as they require fewer resources and can be conducted more efficiently. On the other hand, virtual visits require access to technology, such as a stable internet connection and adequate equipment, which may not be available to low-resourced patients. Technical difficulties can disrupt these virtual visits and limit the effectiveness of the interaction. Virtual visits may not allow for a comprehensive physical examination, limiting the ability to assess certain medical conditions or monitor certain symptoms. In addition, virtual visits can miss non-verbal cues or subtle changes in a patient's condition, affecting health assessment accuracy. We use technology platforms that meet HIPPA privacy and security requirements.

Transitioning

Taking steps to transition patients from the Free Clinic to appropriate community services is important in helping patients access necessary care services to achieve optimal health outcomes. In our Free Health Clinic, we develop a personalized plan of care for each patient we see and refer them to appropriate providers, specialists, and other healthcare services to ensure continuity of care. We coordinate with other healthcare providers and community resources to ensure a seamless transition of care for patients.

In summary

Free medical care can lead to the well-being of the people and a healthy community by promoting disease prevention, increasing access to healthcare, and improving quality of life.

Bridging the existing gaps to establish a healthy community involves essential steps that can help bring about a positive change in the community's well-being. Some ways to achieve these positive changes is by providing healthcare for uninsured community residents. The PNAMDC is doing just that by establishing a very successful Free Health Clinic to provide healthcare access to uninsured residents from the Asian American communities of Montgomery County, MD. The PNAMDC looks forward to continuing to engage with all stakeholders to build healthy communities across metro DC.



By Maricon Dans, MSN, RN, NE-BC

Bridging the Gap Toward a Healthy Community: Senior Support Group and its Profound Impact

For seniors, retirement can look very different. And each of the retirees can approach retirement in their own unique ways. The bottom line is that they all need to face a new chapter of their lives. Whether they embrace it gracefully and meaningfully depends entirely on them. As it stands, what they make of it can impact their unique entities on an entirely profound level.

As a Filipino migrant who is so used to being surrounded by tight-knit family and friends, retirement can seem like a daunting sentence here in the US, and often, enveloped in sheer loneliness and depression. To proactively address this, the Philippine Nurses Association of Metropolitan DC (PNAMDC), the chapter that devotes its time to making a magnitude of difference in the community it serves, is challenged to address that predicament. With the generous funding of AAHI, PNAMDC has endeavored to create the Seniors Support Group Initiative.



One of the couples who are part of the cohort, Ofelia and Basilio Ramos, emphasize how blessed they are to have been invited to avail of the initiative. According to them, it has paved the way

for them to learn and embrace hope in their old age. Ofelia Ramos further states, “the support group helped us build relationships with people of our age. Sharing our insights, wisdom, and experiences makes us feel welcome and valued. It helps us become aware of our worthiness. We also look forward to activities and events prepared for us as it deviates us from being by ourselves all the time and making our mind not idle.” Meanwhile Basilio Ramos further exclaims “teaching us how to be familiar with technologies eases up our feeling of being overwhelmed or intimidated by it. It empowers us to step into the world we are not familiar with but can still adapt to use it for our advantage.” Both clearly appreciate the chance to be able to network with their comrades while collectively supporting each other to navigate the last few chapters of their lives.



For Gina and Gil Serquina, “being comfortable in the Philippines have us question our decision. Transitioning here with no possession or sense of direction has been extremely challenging. However, with God's ultimate guidance, the leap of faith

became an inevitable direction and one to be grateful for." According to them, the networking opportunity has enabled them to learn more about living in the US, affording coping support as they slowly adapt to the new culture, environment, and people. Additionally, the initiative has provided them an avenue to establish meaningful relationships with fellow Filipinos in the same circumstance. Spending meaningful time with the support group cohort has given them a renewed feeling of gratitude and belongingness. Gil emphasizes, "we are so thankful for all the work and effort PNAMDC does to make us feel valued and cared for in our old age. May God take care of PNAMDC and its members' prayers and concerns, including all the effort and work they pursue to make this world a better place."



Concepcion Banzon, a new resident retiree in the state of Maryland, had her share of anxieties as she uprooted herself from the comfort of her home in Kentucky, where she had lived for almost 20 years, surrounded by her kids and grandkids. She took a new path that led her here in MD, with her two daughters. Still, the reality of leaving close friends and family behind has been daunting. Amidst being drowned with looming questions and ambiguities, she mustered the courage and moved to begin life anew. The initiative has been timely as she relentlessly forced herself to bury her past after losing her husband, unraveling a hopeful future. She exclaims, "I was skeptical at first when my daughter brought this idea to me. I did not have high hopes but thought being surrounded by people of the same color might offer me a rekindled spirit and value. Sure enough, after just a few minutes with my

cohort, I realized that was where I belonged. I clung to their spirit of courage and deep faith in God, allowing me to search corners of my life that I neglected. Having thought about it hard, I forged a renewed purpose and strongly believe that God orchestrated everything so I can be planted successfully here in MD. Looking back, I would have not chosen it any other way. I thank the coordinators, Mizpah Amados and Prima Colburn, under the helm of the dynamic President Carol Robles who continuously inspires us to be better versions of ourselves as we face aging and the challenges it entails."

Mizpah Amados, the grant's coordinator who feverishly developed the blueprint for this initiative, recounts her gratitude for the magnitude of the initiative's impact. She further explains, "I am cognizant that the program will cause me painstaking hours of hard work, but seeing the smiles on the seniors' faces affords me that sense of self-fulfillment, which is beyond what I need to replenish my own cup. As a matter of fact, right now, it keeps overflowing. I am fortunate to be given this opportunity and the resources to pursue such a passion of mine."



The main thread around the retirees revolves around finding their purpose and value as individuals who venture toward the last few chapters of their lives. As the world continues to unravel rich stories of retirees' lives, we need to be sensitive to the needs of the seniors in our community. May we all allow them grace as they venture towards what remains of their precious lives, help them realize their purpose, and hold to the promise of being valued. As always, PNAMDC undoubtedly shines brightly in that aspect--enabling the legacy to live on!



By John Paul Abenojar, PhD, MSW

Caregiving is an Art



The sudden increase in population is one of the major problems encountered all over the world. Despite the government's initiatives, it is saddening that there are still individuals who experience lack of support in terms of basic needs, especially those who are vulnerable-the seniors. According to the Asian American Health Initiative (AAHI), one of the major concerns is the growing population of older Asian American people. Statistics show that 14.6% of Asian Americans in Montgomery County, MD, who are suffering, are 65 years old and older. Some identified causes of mortality in this population include cancer, heart disease, stroke, diabetes, Alzheimer's, and chronic liver and renal disease. The report further adds that 30.4% of Asian Americans aged 65 years or older in this country have a disability, 17% live alone, and experience a poverty rate of 10.8%. In response to this alarming data, the Philippine Nurses Association of Metropolitan DC (PNAMDC) developed a curriculum to train future caregivers, assist current caregivers and encourage others willing to take care of their aging family and loved ones who are not confident of their capability to provide care.

Caregivers or providing assistance with another person's social or health needs is not an easy task. It requires determination and love. One of the initiatives under the Bridging the gap towards a healthy community program is the Caregivers' Training. At the end of the training, the attendees will obtain a certification course provided by the American Caregivers Association and a Basic Life Support course taught by a certified Red Cross instructor. A certificate of training will be provided to the attendees at the completion of the four classes by PNAMDC. During the first training, the participants

wholeheartedly devoted their time to learning the necessary skills to competently provide the appropriate care to the elderly. The trainees learned different topics, from resident rights to communication and how to deal with patients with behavioral problems. In addition, they learned proper body mechanics, resident transfer using gait belts, and, most importantly, how to manage their stress. Well-experienced instructors imparted basic knowledge and skills. To make the training more meaningful, the instructors shared real-life scenarios to explain certain situations. Sharing practical experiences or scenarios in teaching and learning aids the trainees in understanding and easily grasping the lessons. The instructors inculcated to the trainees that to be an effective caregiver, you must possess patience, compassion and celebrates the joy of service.



Indeed, Caregiving is an Art. Art is a means by which we satisfy our needs of expression, such as dancing or singing. Similarly, caring is an art. It is a selfless task that will allow one to discover their spiritual side and genuinely relate to the people around them. Caregiving, as an art, as an act of kindness, is a life-changing job or experience because it allows one to extend that human connection essential to avoid feelings of isolation.

In partnership with the elderly's families and loved ones, providing care, and expressing love, understanding, and compassion makes caregiving an art.

One of PNAMDC's first initiatives as a non-profit organization serving the Metro DC area, the first Caregivers' Training class started on February 25, 2023 in Rockville, MD, with 11 attendees from the AAPI community in Montgomery County, MD. It will commence with the BLS course and first-aid training on May 20, 2023.





BRIDGING THE GAP TOWARDS A HEALTHY COMMUNITY

SERVICES OFFERED TO ASIAN AMERICAN/PACIFIC ISLANDER RESIDENTS OF MONTGOMERY COUNTY, MD

Have you ever considered taking care of an elderly?

Are you currently caring for a senior family member and need supplemental knowledge and skills to build up that confidence in caring for them?

The Philippine Nurses Association of Metropolitan DC (PNAMDC) is holding a
FREE CAREGIVERS' TRAINING



TRAINING DATES



February 25 - May 20, 2023
 Classes are about 2-4 hours
 and conducted on
 Saturdays only.

ELIGIBILITY

- Adult
- Asian-American/Pacific Islander
- Currently resides in Montgomery County, MD

REGISTRATION

Register here and someone from our team will contact you for more details.

[QR.CO.DE/BDTHLU](https://qrcode.bdthlu.org)

We are offering 4 classes (combined in person and virtual)

At the culmination of this program, the participant will complete the following courses:

 National Caregivers' Certification Course (NCCC) accredited by the American Caregivers Association (ACA)

 Basic Life Support (BLS)  First Aid Training

CONTACT US



Arlyn Soriano: arlyn2217@gmail.com (703)484-0679
 Mizpah Amados: PNAMDC.treasurer@gmail.com (703)475-9365
 Carol Robles: c.robles@pnamdc.org (240)481-1048



SCAN TO REGISTER

This program and its activities are funded by the Asian American Health Initiative (AAHI), a part of the Montgomery County Department of Health and Human Services, and the Primary Care Coalition (PCC).



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By Lourdes B. Careaga, MSN, RN, CMSRN, NE-BC

Through Our Votes, Our Chapter's Future Evolves

“Voting is not only our right, it is our power. When we vote, we take back our power to choose, to speak up, and to stand with those who support us and each other.”

- Luong Ung, Human Rights Activist

Our right to vote is a fundamental right in a democratic society. As a nursing professional community, we convene together to reach a solid, collective decision that effects change for the organization, members, our nursing practice, and the patients/families and communities we serve. The Philippine Nurses Association of Metropolitan DC, Inc. (PNAMDC) firmly upholds its membership's rights and due privilege for fair and equal opportunities to actively participate, engage and contribute to the significant changes in the organization's mission and work. Every two (2) years, PNAMDC holds the election for Executive Officers and Board of Directors. Every active member's eligibility to vote and to be counted is clearly defined in the PNAMDC bylaws, and the implementation of an election process. is tasked to the Nominations and Election (NOMELEC) Committee. For Election Year 2022, the NOMELEC comprised the Chair, Lourdes Careaga (Immediate Past President, PNAMDC), Co-Chair, Achilles Amados, committee member- Voleta Imperio, Inspector General- Florina Reynoso-Ray, and committee Advisor- Joy Arellano. The primary goal of the NOMELEC's work is to ensure the integrity and legitimacy of the chapter's election process.

For PNAMDC, the electoral process does not begin nor ends on Election Day. As a chapter in existence for over 50 years, its leadership and succession planning are intrinsically embedded in its organizational governance and cultural framework. PNAMDC and its leadership have impactfully adapted to the emerging needs of its membership, the current realities in healthcare, and the evolving priorities for the communities it serves. The announcement for the call for nominations was released on August 10, 2022, with the open campaign period from October 10 through November 9. A “Meet the Candidates” virtual presentation was held on November 8th via Zoom to provide members a glimpse of all the candidates for election. The election was held electronically through the Election Runner platform from November 10th through December 9th at 2359 pm.

On December 10, 2022, coinciding with the PNAMDC's Christmas Party event held at Stacy C. Sherwood Community Center in Fairfax, Virginia, the NOMELEC released the electronic ballot count results. With 221 eligible voting members and a 50% voter turnout, PNAMDC had elected its incoming leaders for the 2023-2025 Executive Board.

Upon submission of the final election results and the official approval received from the PNAMDC Executive Officers and Board of Directors, NOMELEC is proud to announce and congratulate the PNAMDC's Executive Board for 2023-2025.



President: Christine Pabico, PhD, MSN, RN, NE-BC

President-Elect: Elmer Amparo, MSN, FNP-BC

Secretary: Maricon Dans, MSN, RN, NE-BC

Treasurer: Ma. Stella "Tess" Valencia, BSN, RN, CPN

Public Relations Officer: Maribeth Rivera Kastanowski, BSN, RN, CAPA

Public Relations Officer: Ma. Jerlin Cabangal-Harbort, BSN, RN, C-EFM

Auditor: Alicia Calayag, BSN, RN

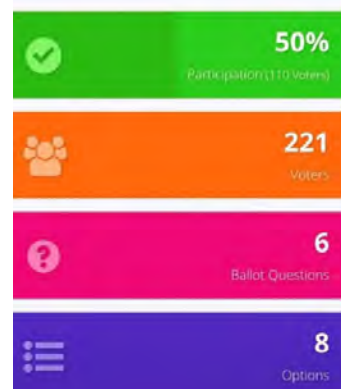
Board Member: Arlyn Soriano, BSN, RN, RNC-NIC

Board Member: Prima Colburn, BSN, RN

As always, PNAMDC is well positioned for a seamless transition from one leadership to the next, as everyone continues to move forward with intentional and thoughtful sharing of common purpose, knowledge, and perspectives. Our votes mattered, and PNAMDC's future continues to evolve.

Organization Subdomain

<https://pnamdc.electionrunner.ca>





By **Aleza Espinosa**, MBA-HCM, BSN, CVRN-BC
PNAMH President 2022-2024

PNAMH Off to a Good Start for 2023



Finding the perfect venue for any event can be a daunting task. With so many options to choose from, it can be difficult to know where to start. However, when you do finally find a venue that ticks all the boxes, it can be a game-changer. This was the case for us when we discovered our new go-to venue, which had everything we could possibly want and more. PNAMH held its first general membership meeting for 2023 in Michael E. DeBakey VA Medical Center and offered 1.0 contact hour. Topic was about “Surgical Site Infections: Take Action to Stop SSI's in their Tracts. The meeting was sponsored by Molnlycke Health Care.

First and foremost, the venue was a new building within the VA campus. It had recently been built and had all the latest amenities and technology. The venue was clean, modern, and spacious, making it perfect for any event, whether it was a small meeting or a large conference. The bright and welcoming atmosphere of the venue added to the overall experience, making it a great place to host our monthly seminar. The location of the venue was easily accessible, which meant that people were able to get there without any hassle.

Another big advantage of the venue was the free parking. One of the peeves that hinder members from showing up is exorbitant parking rates around the medical center, which can be a big turn off for

attendees. We are grateful to Houston Methodist Medical Center for allowing us to have our monthly meetings after the pandemic. However, the conference room we were using was a bit tricky to find and parking was hard to come by. Our new go-to venue, attendees were able to park for free. This made attending events at the venue a more attractive option, especially for those who had to drive.

Our VA hosts at our go-to venue were incredibly accommodating. They were on hand to help with any questions or issues, and they were always willing to go above and beyond to make our events a success. From setting up the room to ensuring that we had everything we needed, the hosts were a major reason why we will be coming back.

In conclusion, finding the perfect venue can be a difficult task, but we are fortunate to find one that ticks all the boxes and is a game-changer. Our go-to venue had everything we could possibly want and more. The new and modern venue was perfect for our monthly event, the great turn out at our January meeting was a testament to its accessibility and popularity, the free parking was a major draw for attendees, and the accommodating hosts made all the difference. We are proud to say that our go-to venue will be the place we host all our monthly general membership meetings. PNAAMH is committed to serve its members by providing educational offering with contact hours.





By **Jingle Alcazaren, MSN, APRN, AGPCNP-C, CAPA**
PRO, PNA NH

PNA North Houston Educational Event



The two-day CCRN/PCCN educational event held on February 4 & 5, 2023 at the Denton Cooley Auditorium Baylor St. Luke's Medical Center was a huge success not only in providing invaluable knowledge to the attendees by our powerhouse speaker, our very own PNA NH President Dr. Mila Sprouse during her inspiring and engaging talk on the fundamentals of critical care, but also in further expanding our reach and forging new relationships with our colleagues in the metro area.

The event was definitely a momentous event as it concluded with a positive impact on everyone in attendance, sending them home with helpful tools, which hopefully will contribute to achieving their goals of obtaining their certification and putting their new knowledge into practice. We thank our dear president for sharing her time, and expertise to our eager learners, and most of all for engaging our audience with her charisma.

A big congratulations to the Education committee for an incredible job in continuing to provide educational opportunities to our members and non-members, and to the food committee for going above and beyond in ensuring our attendees are well-fed (extremely well-fed!) Each participant went home with nourished minds (and stomach!) What, with all the abundance of sumptuous food generously prepared by our EBs!

Further, it was another wow moment for the membership committee for gaining new members with over 8 more recruits during the event! Truly an amazing work! Special thanks to the decoration/

technical set-up committee for ensuring a smooth presentation by our speaker, and for ensuring our bold and unstoppable PNANH banners are raised! Our sincerest gratitude to all our volunteers for their generous time and excellent efforts in making this a fun and enjoyable learning experience for our participants. Above all, We thank God Almighty who made all of these things possible! Truly, there's no stopping this bold and unstoppable PNANH team!





By **Lourdes DePerio**, MSN RN and
Merlie Ramira, DNP, APRN, FNP-C

“The Legend Has Retired” Reggie Finishes his Twenty Years with the Military

Commander Reginaldo Cagampan, known to many of us as Reggie, is a pediatric nurse practitioner in the Navy Corps. His historical nursing journey dates back 20 years ago from Guam to other locations around the globe, on land, aboard ships, and in war zones. He earned his Bachelor's Degree in Nursing at the University of Guam, then was commissioned in the United States Navy as a Nurse Corps officer in 2002 and deployed at the Naval Medical Center in San Diego (NMCS D) in the Neonatal Intensive Care (NICU) and pediatric in-patient ward. In 2006 he was deployed to Iraq with the Marine Logistic Group as an En-route Care nurse, where they evacuated the injured to medical facilities for comprehensive care. As a military man, his assignment was never steady in one place.



Captain Molly Jenkins & CDR Reggie Cagampan



In 2007, he moved back to Guam as a NICU Nurse at the Naval Hospital of Guam. He worked as a clinical instructor in Maternal Child and Pediatric Nursing at the University of Guam School of Nursing and was involved with community services. He returned to NMCS D in 2010 and served as a NICU division officer and clinical educator. As a certified Green Belt Lean Six Sigma, he was proud to spearhead the command initiative in decreasing central line-associated bloodstream infection. In 2013, he was selected for Duty Under Instruction (DUINS) for the Pediatric Nurse Practitioner Master's Degree program at the University of San Diego. After completing his degree, his next tour of duty landed him at the United States Naval Hospital Yokosuka, Japan, as a nurse practitioner department head in the Pediatric Primary Care Medical Home Port. As the department head of that unit, he took on multiple roles. In 2018, he returned to NMCS D and continued to serve as ordered, including joining the USNS Mercy in response to the COVID-19 pandemic. As he was close to ending his navy career as a Department Head of the Navy Readiness and Training Unit in Eastlake Chula Vista, CA, he received multiple awards and recognitions.

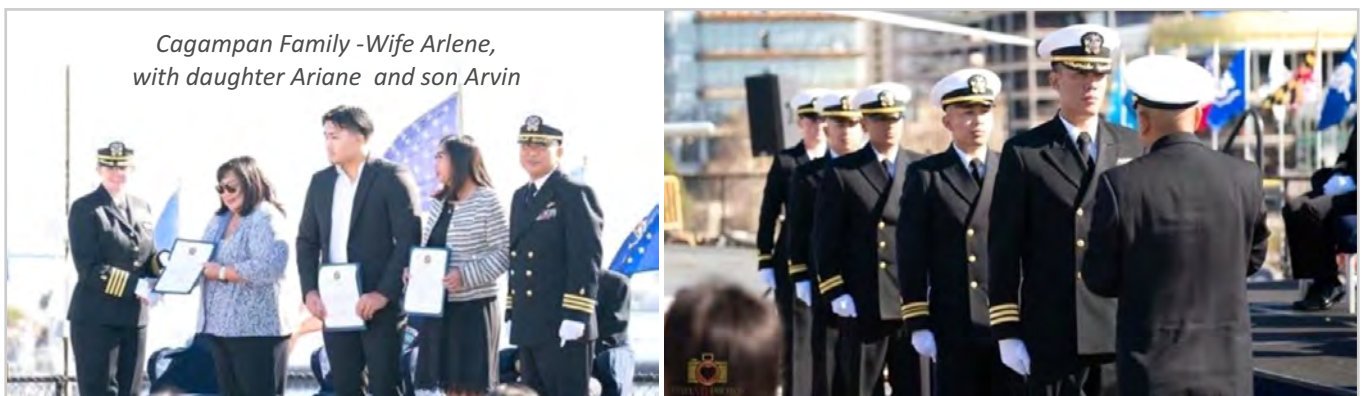
The military retirement ceremony of Commander Reginaldo Cagampan (Reggie) held last January 20, 2023, at the USS Midway Museum was extraordinarily executed in front of his family, relatives, friends, staff, and shipmates. This event is dubbed the "swallowing of the anchor," a metaphor that symbolizes the sailor's significant and honorable accomplishments. Captain Molly Jenkins and Captain Edmund Milder,



distinguished officers he had served with, presented awards and the Shadow Box, a time capsule of his military journey. The ceremony's highlight was the Flag Folding and "13 Folds," an explanation of its significance and the passing of the flag and recital of the "Olde Glory," which genuinely hit home and made us proud as an American.



CDR Cagampan delivered a moving recollection of his military career, his gratitude to his wife Arlene and children, and his parents who endured the separation as well as he served his country. The ceremony concluded with his shipmates as "Side Boys" who "piped him" "over the side," a distinct naval courtesy and a final farewell to a military career. Following the retirement ceremony, the guests were treated to a reception dinner and dancing at the Coronado Community Center, where more celebration and photo sharing took place.



*Cagampan Family -Wife Arlene,
with daughter Ariane and son Arvin*

Military life is never all about the serviceman serving alone. Together are the dedicated family members whose commitment and resolve to strengthen our nation. Reggie's wife, Arlene, daughter, Ariane, and son, Arvin, gave their unwavering support and resiliency to share his military vision. Moving from one destination to another is never easy, but it builds a stronghold of the family unit. Transitioning to the civilian

lifestyle, CDR Cagampan's military career, vast experiences, and countless awards underscore the achievements and positive image and influence Reggie shared with his shipmates, staff, and friends, which undoubtedly will open many doors for him.



From your PNASD Family, congratulations and heartfelt thank you for your dedicated service. You served well and kept us all safe. We are forever proud.



By Adam Brotman
PNASD SLC Member

San Diego Park Clean-up: My Personal Experience as a New PNASD Member



On February 4, 2023, the Philippine Nurses Association of San Diego (PNASD) participated in Watershed Warriors Program, I Love a Clean San Diego at Harbison Canyon Park. It was a sunny morning as I was driving the winding mountain roads to Old Ironside Park. Having left the city, I was starting to see fewer houses and more luscious countryside. I was on my way to help with park clean-up, and my first encounter with the Philippine Nurses Association of San Diego was a double new experience for me. As nursing students at Southwestern College, we are encouraged to join nursing associations to start networking early and open avenues to volunteer opportunities. I had the usual first-time butterflies as I pulled into the parking lot. What would they have me do? Will I be accepted (very much a white boy here)? Did I bring the right shoes?

I was the first to arrive and meet the park rangers. They were very appreciative and couldn't give us, as a community, enough praise. The ongoing saying was, "Wow, you all are saving us eight (8) months of work!" I checked in with the enthusiastic ladies from I Love a clean San Diego, the sponsors for this event, and found a spot to soak up the sun. With a few minutes to spare, the volunteers all poured in, including the members of PNASD. One after another, I was introduced, "Meet Adam, he's our new member!" and I couldn't have felt more welcomed.

On top of that, as soon as they heard I was a nursing student, the second sentence after "How wonderful" was "Did you apply for the scholarship?" I'm not sure about you, but in my experience, most organizations are not so forward with giving away money to strangers. I didn't for a moment feel that my skin color put me on the outside, and the generosity and warmth were as bountiful as the crisp mountain air.

After the rangers gave instructions on do's and don'ts, we got to work. Some used pickers and other rakes; for a minute, I was on machete duty. That story is for another time. We picked every spec of trash and moved the underbrush like nobody's business! When they say teamwork makes the dream work, they must have been watching the PNASD members for inspiration. We worked together like a well-oiled machine! By the end, the park had received a significant facelift, and the stream was gurgling with pleasure.



Reggie and Arlene Cagampan are cutting branches and picking up leaves to help make raking a bit easier for us all to collect. They are working together as a team to clean up San Diego with buckets and rakes! They are filling up several garbage bags FULL of dried and dead leaves, branches, thorns, and more! PNASD volunteers work together under the hot San Diego weather to help make the environment safer and cleaner for all!



Before we left, our president gave a heartfelt thank you, reminded us of the importance of giving to the community, and encouraged us to do more. I got another supportive recognition as the newest member and included to be in more pictures than usually happens on my birthday. They even asked me to write an article for the newsletter. They said, "You are not part of the family till someone asks you to do the dishes." Well, the dishes are done, and I cannot wait to continue changing the world at the next event with my new family.

By Francis Ybanez, RN, BSN
PNASC Member, University of Sto Tomas, College of Nursing Alumni 2010

PNASC Annual Firecracker Run Collaboration: A new member's perspective



Annual Los Angeles Firecracker Run, year of the rabbit

The Los Angeles Chinatown Firecracker run celebrated its 45th anniversary this year – their first in-person run since the COVID-19 pandemic. The event on 2/18/2023 and 2/19/2023, included a 5K and 10K run, a 20-mile and 40-mile bike race, a kiddie run, and a dog walk which collectively gathered close to 30,000 people (and approx. 160 dogs) over the course of two days.

In the spirit of giving back to the community, Philippine Nurses Association of Southern California (PNASC) collaborated with the organizers to take the blood pressure of eventgoers and locals, providing them with teachings and guidance on how to lead a healthy lifestyle.

As a new attendee of the event and a new member of PNASC, I found it inspiring to see fellow nurses volunteering their time to the community despite their hectic schedule. It was even more wonderful to know that PNASC has been collaborating with Firecracker for 10 years now.

During the event, I got to meet PNASC members from different backgrounds who shared their experiences not only with regards to the organization but also their own careers within the nursing world. Maria Theresa Sagun, PNASC president, was there with her son who assisted in setting up the booth. They had just recently returned from a medical mission in Siquijor, Philippines where they collaborated with The University of Santo Tomas Nurses Association International, Inc. (USTNAI) in providing medical, dental, and



Maria Sagun, Antonette Nunez, MSN, AMB-BC, CJCP, Velma Yep, DNP, GNP-C, RN, Leilani Unite, MSN, RN, and Francis Ybanez, RN, BSN



Dorianne Tillano, MSN, FNP-C, PMHNP-BC Board Member and Maria Sagun, MSN, NE-BC, RN, President taking blood

surgical care and community outreach to underprivileged communities in Siquijor. Based on their anecdotes it was apparent that charity was at the heart of PNASC, and I stood there even more proud to be a part of it.

In addition to collaborating and volunteering for the event, some PNASC members also participated in the run including Antonette Nunez, Recording Secretary, Research Co-chair and Newsletter Chair who completed a 10K run. She completed 12 years, collecting her 13th medal this year.



Antonette Nunez's 13 years as Firecracker Run participant

The PNASC booth was situated at the end of the race, so we encountered a lot of excited, albeit tired participants. The reception of the individuals who stopped by the booth was positive – they were grateful for the work and dedication that nurses put in especially throughout the pandemic. Some went as far as cheering us on as they dropped by. While some were eager to have their blood pressure taken, there were also those who were hesitant and preferred not knowing whether their blood pressure fell within normal limits or not. This was despite our encouragement. We also happened to have a fellow Filipina nurse who had participated in the 20-mile bike race drop by the booth and sign up with the organization. It was altogether a successful event, and I was thrilled to be a part of it. I am looking forward to attending more PNASC events in the future.

[L.A. Chinatown Firecracker | Run for health and fitness. \(firecracker10k.org\)](https://firecracker10k.org)

MISSION: "TO PROMOTE HEALTH AND FITNESS, EDUCATION, CULTURAL AWARENESS AND COMMUNITY INVOLVEMENT."

By **Crispina Hermano, BSN, RN**
PNA Tampa Advisor

PNA Tampa Celebrates Sto. Nino Festival - A Socio-Cultural Inspirational Partnership with Sto. Nino Shrine, Inc.



(L-R) The Venerated Sto. Nino Statue/ Maribel Soriano and Ana Resulta leading the prayers/ Adora Rilveria brought the PNA Tampa offerings during the mass

As we all know, Sto. Nino is the Holy Child Jesus, our God the Son from the Holy Trinity. This year is the 35th anniversary celebration honoring Sto. Nino last January 15, 2023 at St. Paul Church in Tampa, Florida. This event was postponed during the covid pandemic and devotees are just happy to be able to participate this year. Sto Nino Festival is mainly organized by Ed and Susan Bilbao of the Sto. Nino Shrine, Inc. in Tampa. PNA Tampa is one of the sponsoring organization together with other Filipino-American organizations for this event for a few years now since the year 2000 but the dinner fellowship after the novena started in 2015. PNA Tampa was the sponsor on January 11th and PNA Tampa Vice-President Maribel Soriano, Asst. Treasurer Ana Resulta and Advisor Cris Hermano led the rosary novena and mass. Other members participated in the offertory procession bringing various gifts as offering. Refreshments were served by the PNA Tampa members and fellowship followed the routine prayers. The cost of the food and drinks for dinner fellowship are covered by donations from PNA Tampa members.

How is the Feast of Sto. Nino celebrated? Foremost is the concelebrated mass attended by several Filipino priests in the community headed by the pastor of St. Paul Church in the presence of the most famous historic relic of Sto. Nino. The statue of Sto. Nino along with the statue of the Blessed Virgin Mary are placed on beautifully decorated floats for the religious procession around the church compound. This is one of the highlights held in the evening prior to the last day of the celebration. The Sinulog festival is the culminating activity of this celebration after everyone was given their bagged foods and drinks. All devotees of Sto. Nino

joined the Sinulog Dance saying their prayers fervently with petitions hoping for miracles which Sto. Nino is known for and venerated by Filipino Catholics. Some devotees brought their own Sto Nino statues to be blessed and carried it during the Sinulog dance. Filipinos believe that the Sto. Nino is their protector. Personally, I put my trust in Sto Nino and He never failed to answer and grant my prayers and petitions.



The devotees of Sto Nino Festival attending the novena



PNA Tampa members and their husbands attended the novena.



PNA Tampa members Nennette Apostol and hubby Andy, Kim Ticzon, Ana Resulta, Maribel Soriano, Tess Ebrada's husband Mel Ebrada preparing the refreshments for the devotees.



Nennette Apostol, Nanette Tupaz, Kim Ticzon, Ana Resulta, Marites Calvelo, Adora Rilveria and other PNA Tampa members and husbands getting ready to serve the devotees after the novena and mass.

All of Us RESEARCH PROGRAM



We're calling on **one million or more people** to lead the way toward better health.

What is precision medicine?

Precision medicine is health care that is based on you as an individual. It takes into account factors like where you live, what you do, and your family health history. The goal is to be able to tell people the best ways to stay healthy.

What is the *All of Us* Research Program?

The *All of Us* Research Program is a large research program. The goal is to help researchers understand more about why people get sick or stay healthy. People who join will give us information about their health, habits, and what it's like where they live. By looking for patterns, researchers may learn more about what affects people's health.

How do I join the *All of Us* Research Program?

There are two ways to join:

- Visit the *All of Us* website JoinAllofUs.org.
- Download the *All of Us* app.

Because *All of Us* is research, you will be asked to complete an informed consent process. This process tells more about what is involved, and the risks and benefits of joining.

What will you ask me to do?

If you decide to join *All of Us*, we will ask you to share different kinds of information. We will ask you basic information like your name and where you live, questions about your health, family, home, and work. If you have an electronic health record, we may ask for access. We might also ask you to give samples, like blood or urine. We also want to know if you will want information about your DNA.

How long will the *All of Us* Research Program last?

All of Us may last for at least 10 years. We hope you will stay involved over time. If you join, you can withdraw at any time for any reason without penalty.

Why should I join the *All of Us* Research Program?

You will be contributing to research that may improve health for everyone. Here are some examples of what researchers might be able to discover:

- Better tests to see if people are sick or are at risk of getting sick.
- Better mobile apps to encourage healthy habits.
- Better medicine or information about how much of a medicine is right for each person.

What will you do to protect my privacy?

We will take great care to protect your information. Here are a few of the steps we will take:

- Information we have about you will be stored on protected computers. We will limit and keep track of who sees the information.
- We will remove your name and other direct identifiers (like your Social Security number) from your information and replace them with a code.
- Researchers must promise not to try to find out who you are.
- We will tell you if there is a risk to your privacy because of a data breach.
- The *All of Us* Research Program has Certificates of Confidentiality from the U.S. government. This will help us fight legal demands (such as a court order) to give out information that could identify you.



All of Us, the *All of Us* logo are service marks of the U.S. Department of Health and Human Services.



ALZHEIMER'S ASSOCIATION



WEBINAR SERIES



Webinar # 1 (Western Region)

March 16 at 9 - 10 pm EST

Col (Ret) Bob Gahol, MBA, MPA, MMAS, MSS, BSN, RN
Western Region Vice President

Understanding Alzheimer's and Dementia



Webinar # 2 (South Central Region)

June 22 at 9 - 10:30 pm EST

Manny Ramos, MSN, RN - South Central Region Vice President
Approaching Alzheimer's: First Responder Training

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning



Webinar # 3 (North Central Region)

October 6 at 8:30 - 10 pm EST

Manelita Dayon, BSN, RN - North Central Region Vice President
Cognitive Screening and Testing in a Biomarker Era

Healthy living for your brain and body: Tips from the latest research



Webinar # 4 (Eastern Region)

November 30 at 9 - 10 pm EST

Warly Remegio, DNP, RN, NEA-BC, NPD-BC, FNYAM
Eastern Region Vice President

Understanding and Responding to Dementia-Related Behaviors



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Philippine Nurses Association of America, Inc.
 43rd PNA National Convention and Cruise
 July 16-23, 2023
 Departing from Port Canaveral, FL

CALL FOR ABSTRACTS: PODIUM AND POSTER PRESENTATIONS

SUBMISSION DEADLINE

 April 1, 2023


FOR MORE INFO, EMAIL:

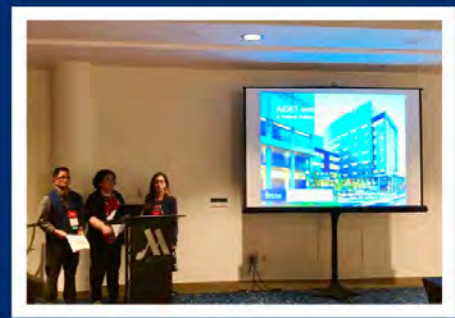
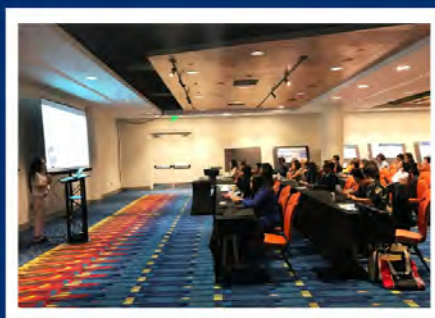
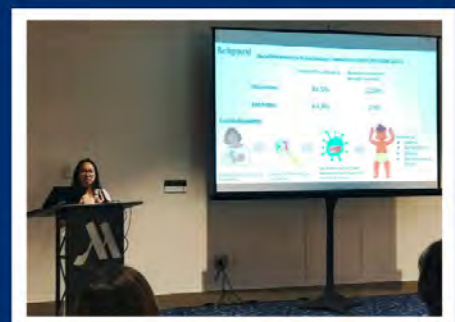
 MARIA DANET LAPIZ BLUHM, PHD, RN, MSCI, FAAN, ANEF
 Chair, PNA Research Committee
 PNA.PNAAF.research@gmail.com

INSTRUCTIONS:

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 SCAN ME



21st PNAA WESTERN REGION CONFERENCE MAUI, HAWAII



OUR UNITED VOICES

WISDOM. EXCELLENCE

COLLABORATION. ADVOCACY. RESPECT. EQUITY

Lokahi (United) WE CARE

Emptying Excellence with Aloha



HOSTED BY
PNA MAUI, HAWAII
APRIL 20-23, 2023





LOKAHI (United): WE CARE

Registration

You may register online at www.mypnaa.org
Cancellation Policy: Up to 30 days before the event is subject to a 25% charge, and cancellation 15 days before the days up until the event is subject to a 50% charge.
All cancelations and inquiries must be emailed to:
COL (Ret) Bob Gahol, Western Region Vice President, at bgahol@hotmail.com

Travel Information

Airport Code is OGG (Kahului, Maui)

Distance to Hotel is approximately 9 miles.
Hotel Shuttle service is available. For pick-up, call (808) 877-0051

Hotel Accommodation

Maui Beach Hotel (<https://www.mauibeachhotel.com>); Promo Code: PNAA

Discount code is available for reservations for April 19-24, 2023. Two double or one queen in each room (no rollaway). Rooms are based on availability.



21ST PNAA WESTERN REGION CONFERENCE PLANNING COMMITTEE

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OVERALL CO-CHAIRS:

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COL (RET) BOB GAHOL, PNAA WESTERN REGION VICE PRESIDENT
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CO-CHAIR: MS. CHRISTINA LUCY PORTE, IMMEDIATE PAST PRESIDENT
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MS. ROWENA BAYSA, EDUCATION COMMITTEE CHAIR
MS. BEATRICE RAMOS-RAZON, PNA MAUI ADVISOR

CONFLICT OF INTEREST DISCLOSURES

*THE PLANNERS AND SPEAKERS HAVE DECLARED NO RELEVANT FINANCIAL RELATIONSHIPS WITH INELIGIBLE COMPANIES.
THE PNAA WESTERN REGION CONFERENCE (PNAA) RESERVES THE RIGHT TO MODIFY THE CONFERENCE SCHEDULE WITHOUT ADVANCED NOTICE. (II) ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY AND DEATH OF
WITH ALL ATTENDEES THAT THEIR REGISTRATION FEES DO NOT INCLUDE PERSONAL TRAVEL INSURANCE OF ANY KIND, WHICH IS THE SOLE RESPONSIBILITY OF EACH ATTENDEE.*



LOKAHI (United): WE CARE

CONFERENCE OVERVIEW

PNA Western Region is dedicated to delivering an educational experience that exemplifies excellence in leadership and exceptional practice together with the rest of the 16 chapters. Our speakers are well-known leaders, subject matter experts, and industry executives. We are thrilled to be able to present this Western Region conference and appreciate PNA Maui Chapter for hosting this wonderful event.

Through our national collaboration with PNA, we are excited to bring this 21st Western Region Conference. Our theme "LOKAHI (United): WE CARE" will bring together participants to promote unity and health equity. The event will also highlight the need for contemporary, evidence-based knowledge, and high impact practices in order to advance advocacy, collaboration, and excellence.

Contact Hours

The 2-day event will award a total of 8.5 contact hours (3.25 contact hours for Leadership Institute Day and 5.25 for Education Day). Philippine Nurses Association of America Provider Unit is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation: P0613. The Planners and speakers have declared no relevant financial relationships with ineligible companies.

Leadership Institute Objectives

At the end of the Leadership Institute Program, the participants will be able to:

- Recognize effective strategies and approaches to build high performance teams.
- Describe the importance of power to positively influence others and the capacity to set stellar standards for workplace practices.
- Discuss the value of aptitude to understand people, inspire others to embrace vulnerabilities, and create a nurturing environment.
- Identify how to create high-performing teams and the qualities of a successful leader.

Education Day Objectives

At the end of the Education Day Program, the participants will be able to:

- Recognize the importance of unity and collaboration in promoting mental health care.
- Describe exemplary evidence-based practices in enhancing nursing care competencies.
- Discuss how nurses can effectively work together to achieve health equity
- Identify strategies in strengthening and providing communities with resources and support to address health disparities.

April 21, 2023

8:00 - 9:30

PNA Executive Board Meeting

9:30 - 11:30

Western Region Meeting

11:00 - 17:00 REGISTRATION

CELEBRATION SCHEDULE

<i>Welcome Night</i>	April 20, 2023 6:00 PM
<i>Networking Night</i>	April 21, 2023, 6:00 PM
<i>Gala Night</i>	April 22, 2023 6:00 PM
<i>Eucharistic Celebration</i>	April 23, 2023 10:00 AM



LOKAHI (United): WE CARE

April 21, 2023

Leadership Institute Program

11:30 - 12:30 **REGISTRATION / LUNCH**

12:30 - 12:35 **WELCOME REMARKS**

BOB GAHOL, MBA, MPA, MMAS, MSS, BSN, RN, COL (RET) US ARMY
WESTERN REGION VICE PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA

12:35 - 13:05 **PNAAC COLLABORATION ON THE GO**

GLORIA BERIONES, PHD, RN, NEA-BC
PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA

13:05 - 13:35 **PNAAF UPDATES**

NANCY HOFF, MSN, RN
PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA FOUNDATION

13:35 - 13:40 **INTRODUCTION & ANCC DISCLOSURES**

MARY DIOISE RAMOS, PHD, RN
EDUCATION CHAIR, PHILIPPINE NURSES ASSOCIATION OF AMERICA

13:40 - 15:10 **DATA-DRIVEN PROGRAMS: BUILDING HIGH-PERFORMANCE TEAMS WORKSHOP**

MARLON GARZO SARIA, PHD, RN, AOCNS, NEA-BC, NPD-BC, FAAN
PRESIDENT ELECT, PHILIPPINE NURSES ASSOCIATION OF AMERICA, INC.

BREAK/ EXHIBIT

15:10 - 15:40

LEADERS TOOLKIT: FOSTERING EMOTIONALLY AGILE LEADERSHIP

15:40 - 17:10 BOB GAHOL, MBA, MPA, MMAS, MSS, BSN, RN, COL (RET) US ARMY

WESTERN REGION VICE PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA

DINO DOLIENTE III, DNP, MBA, RN

PRESIDENT OF QUALITY & INNOVATION, ROCKPORT HEALTHCARE SERVICES

LOURDES MOLDRE, MSN, RN, ACNP-BC

PATIENT CARE DIRECTOR, MOUNT ZION HOSPITAL UCSF HEALTH

EVALUATION

17:10 - 17:15

18:00 - 22:00

Networking Night

“Hawaiian Luau”

Christ the King Parish Hall
20 W. Wakea Ave
Kahului, HI 96732

CONFLICT OF INTEREST DISCLOSURES

THE PLANNERS AND SPEAKERS HAVE DECLARED NO RELEVANT FINANCIAL RELATIONSHIPS WITH INELIGIBLE COMPANIES.
THE PHILIPPINE NURSES ASSOCIATION OF AMERICA (PNAAC) (I) PRESERVES THE RIGHT TO MODIFY THE CONFERENCE SCHEDULE WITHOUT ADVANCED NOTICE, (II) ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY, AND (III) HEREBY
NOTICES ALL ATTENDEES THAT THEIR REGISTRATION FEES DO NOT INCLUDE PERSONAL TRAVEL INSURANCE OF ANY KIND, WHICH IS THE SOLE RESPONSIBILITY OF EACH ATTENDEE.



LOKAHI (United): WE CARE

April 22, 2023

Education Day Program

- 7:00– 8:00** **REGISTRATION/ BREAKFAST**
- 8:00 – 8:05** **WELCOME REMARKS**
ANGELINA SAIKI, BSN, RN
PRESIDENT, MAUI CHAPTER
- 8:05 – 8:35** **STATE OF PNAAC ADDRESS**
GLORIA BERIONES, PHD, RN, NEA-BC
PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA
- 8:35 – 8:40** **INTRODUCTION & ANCC DISCLOSURES**
ROWENA "NIKKI" BAYSA, MSN, ARNP, RN
EDUCATION CHAIR, MAUI CHAPTER
- 8:40 – 9:40** **KEYNOTE SPEAKER**
CARL V. HILL, PHD, MPH
CHIEF DIVERSITY, EQUITY, AND INCLUSION OFFICER, ALZHEIMER'S ASSOCIATION
- 9:40 – 10:40** **COLLABORATIVE CARE FOR PROMOTING MENTAL HEALTH CARE SERVICES**
GIULIETTA SWENSON, PSYD
CLINICAL PSYCHOLOGIST, MAUI MEMORIAL MEDICAL CENTER AND INDEPENDENT PRACTICE
- 10:40 – 11:10** **BREAK/ EXHIBIT**
- 11:10 – 12:10** **DON'T LET BURNOUT SINGE YOUR POSITIVE OUTLOOK**
ELIZABETH BERRY, DNP, RN
NURSE EDUCATOR, HAWAII PACIFIC HEALTH
- 12:10 – 13:10** **LUNCH/ EXHIBIT**
- 13:10 – 14:10** **NURSES TRANSFORMING HEALTHCARE THROUGH EVIDENCE-BASED PRACTICE:
ARE YOU READY?**
ROSE HATA, DNP, MBA, RN, APRN, CCRN-K, CCNS, NEA-BC
DIRECTOR, THE QUEEN'S MEDICAL CENTER
- 14:10 – 15:10** **PNAAC MAKING STRIDES IN ACHIEVING HEALTH EQUITY**
LEO-FELIX JURADO, PHD, RN, APN, NE-BC, CNE, FAAN
EXECUTIVE DIRECTOR, PHILIPPINE NURSES ASSOCIATION OF AMERICA, INC.
- 15:10 – 15:30** **EVALUATION & CLOSING REMARKS**
BOB GAHOL, MBA, MPA, MMAS, MSS, BSN, RN, COL (RET) US ARMY
WESTERN REGION VICE PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA
- 18:00 – 23:00**

Gala Night

"Somewhere Over The Rainbow"

Maui Beach Hotel Ballroom

CONFLICT OF INTEREST DISCLOSURES

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44th PNAA NATIONAL CONVENTION

JULY 16-23, 2023



ABOARD ROYAL CARIBBEAN'S WONDER OF THE SEAS

OUR UNITED VOICES:

Anchoring Our Culture of

WE CARE

WISDOM . EXCELLENCE
COLLABORATION . ADVOCACY . RESPECT . EQUITY

To register for the convention and cruise, scan the QR Code or Visit www.continuingeducation.net/PNAACruise, or Call 727-526-1571 or 800-422-0711

All reservations for the convention participants and their guests *must be made through Continuing Education, Inc. (CEI)* to be included in the activities and allow PNAA to receive amenities as planned. Reservations are expected to be completed no later than 75 days before sailing. Any reservations made after such date will be accommodated based on space availability and prevailing rates.



PORT CANAVERAL FLORIDA . COCO CAY BAHAMAS . ROATAN HONDURAS .
PUERTO COSTA MAYA . COZUMEL MEXICO



HOSTED BY THE PHILIPPINE NURSES ASSOCIATION OF CENTRAL FLORIDA

Walk for a
Chance to
Participate in the



“Cruise for Hope”

**PNAAF 5K WALK
CHALLENGE
2023**



**\$35.00
per walker**



44th PNAA National Convention

Host:

PNAA CENTRAL FLORIDA

July 22, 2023





5K WALK

CRUISE

2023

PNA CENTRAL FLORIDA 44th PNA National Convention



\$35 T-SHIRT

PLEASE SUBMIT YOUR
CHECK OR MONEY ORDER PAYABLE TO PNAAF



SCAN ME
to register

Name: _____ Email: _____ Contact# _____
 Donation Amount: _____ Signature: _____ Solicitor: _____
 T-Shirt Size: _____ Run/Walk: _____ In-person _____ Virtually _____
 Chapter: _____ Region: Eastern/SCR/NCR/Western

REGISTER HERE

mynaaafoundation.org

TAG US on SOCIAL MEDIA

Check Payable to: PNAAF
 Send to: **Viima D. Ortiz MSN,RN**
2021-2023 PNAAF Treasurer
 9500 SW 128 Street
 Miami, Florida 33176
 Contact No: 305-984-1855

or Send your Donations Via ZELLE
 (586) 344- 9880

#mynaaaf
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 Philippine Nurses Association of America Foundation
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Philippine Nurses Association of America Foundation, Inc.

A 501 (c)(3) ORGANIZATION

1346 How Lane, North Brunswick, New Jersey 08902 <http://mypnaafoundation.org>

Advocate Through Philanthropic Giving, Caring and Collaborating

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Rev. Arnedo Valera, Esq.

January 21, 2023

Dear Friends and Supporters:

The Philippine Nurses Association of America Foundation, Inc. (PNAAF), cordially invites you, your company, and/or organization to be part of our slate of sponsors to support the Annual PNAAF/PNAA 5K Walk/Run Wellness Challenge that will be held during the 44th Philippine Nurses Association of America, Inc. (PNAA) National Convention in Orlando, Florida on July 16-23, 2023. This will be a great opportunity to showcase your company, products, and services to over 5,000 PNAA members all over the country through our website, newsletter, and other social media platforms.

PNAAF and PNAA promote nursing excellence in education, clinical practice, research, leadership development, and community service. The PNAAF/PNAA 5K Walk/Run Wellness Challenge is our effort to raise funds to financially support the mission of both organizations. We are counting on your participation in this event that will support our mission for Nursing and healthcare.

Enclosed are the levels of sponsorship and promotional opportunities that you can select from. PNAA Foundation is a 501(c)(3) tax-exempt non-profit organization. Your donation is tax-deductible.

We are looking forward to your generous support. Please mail the completed form by June 15, 2023.

Sincerely,

Nancy Hoff, MSN, RN
President, PNAAF, Inc.

Wilma Ortiz, MSN, RN
Chairperson, PNAAF 5K Committee



Philippine Nurses Association of America Foundation, Inc.

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Advocate Through Philanthropic Giving, Caring and Collaborating



5K RUN/WALK PNAACF/PNAAF WELLNESS CHALLENGE

LEVELS OF SPONSORSHIP AND PROMOTIONAL OPPORTUNITIES

LEVEL OF SPONSORSHIP CATEGORIES PROMOTIONAL OPPORTUNITIES	DIAMOND \$5,000.00	PLATINUM \$3,000.00	GOLD \$2,000.00	SILVER \$1,000.00
Name /Company Logo on 5K Brochure and posting on PNAAF website and social media	Yes (additional 1-year post event)	Yes (additional 6 months post event)	Yes (additional 3 months post event)	Yes (additional 1-month post event)
Name/Company Logo in Video Presentation during the convention	Yes	Yes	Yes	Yes
Full Page Sponsor AD in convention souvenir program	Yes	Yes	Yes	Yes
Walk/Run T-shirts during the event	6-Tshirts	4 -T-Shirts	3- T-Shirts	2 -T-shirts



Philippine Nurses Association of America Foundation, Inc.

A 501(c)(3) ORGANIZATION

1346 How Lane, North Brunswick, New Jersey 08902 <http://mypnaafoundation.org>

Advocate Through Philanthropic Giving, Caring and Collaborating

SPONSOR LETTER OF ACCEPTANCE

Dear PNAAF,

We accept your invitation to be a sponsor in the 5K Walk/Run Wellness Challenge (Orlando, Florida) scheduled on July 19, 2023, during the 44th PNA National Convention.

Indicated below is our selected level of sponsorship. Enclosed is a check payable to PNAAF.

_____ Diamond Sponsor \$5,000.00

_____ Platinum Sponsor \$3,000.00

_____ Gold Sponsor \$ 2,000.00

_____ Silver Sponsor \$ 1,000.00

Signature _____ Date: _____

Please print all entries:

NAME: _____

Company's Name: _____

Address: _____

Tel no: _____ Fax no. _____

E-mail _____

Please send application and check **payable to PNAAF** before **June 10, 2023** to
Vilma Ortiz, MSN, RN
PNAAF Treasurer
9500 SW 128 Street
Miami, Florida 33176



44th PNAA NATIONAL
CONVENTION & CRUISE
CALL TO PORT
ALL NOMINATORS AND APPLICANTS
NURSING EXCELLENCE AWARD

*It's Your
Moment*

OPEN FOR APPLICATIONS:
FEB 13, 2023 - MAY 1, 2023

NATIONAL EXCELLENCE ACHIEVEMENT AWARDS WILL
BE PRESENTED DURING THE
PNAA ANNUAL CONVENTION UNDER THE FOLLOWING CATEGORIES:

- A. CLINICAL STAFF NURSE**
- B. NURSING ADMINISTRATION**
- C. NURSE RESEARCHER/SCIENTIST**
- D. NURSE EDUCATOR**
- E. NURSE ENTREPRENEUR**
- F. COMMUNITY & POPULATION HEALTH NURSING**
- G. INFORMATICS**
- H. ADVANCED PRACTICE REGISTERED NURSE**
- I. DAISY NURSE AWARD FOR ADVANCING HEALTH
EQUITY - TEAM AWARD**

For instructions and access to electronic submissions, please visit
<http://bit.ly/3GOyEqY>



2023 Instructions for PNAA Nurse Excellence Awards

2023 National Excellence Achievement Awards Description: (from Policy 6.1)

PNAA National Excellence Achievement Awards will be given out to selected awardees every year during the PNAA Annual Convention in the following categories:

- a. Clinical Staff Nurse
- b. Nurse Administration
- c. Nurse Researcher/Scientist
- d. Nurse Educator
- e. Community & Population Health Nurse
- f. Nurse Entrepreneur
- g. Advanced Practice Registered Nurse
- h. Nurse Informaticist
- i. The DAISY Nurse Award for Advancing Health Equity - Team Award

Call for Nominations:

- Award candidates are invited to submit applications that address the criteria of their chosen award category.
- Submission **Deadline midnight EST May 1, 2023**
- The PNAA National Excellence Achievement Awards are presented to the recipients at the Annual **PNAA National Convention July 16-23, 2023. Recipients must be present to receive award.**

ELIGIBILITY CRITERIA

From (Policy 6.1)

PHILIPPINE NURSES ASSOCIATION OF AMERICA CRITERIA FOR NATIONAL EXCELLENCE AWARDS

Category I: Clinical (Staff) Nurse (Refer to scoring rubric within Policy and Procedure)

Nominee must:

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in good standing.
- B. Be a current U.S. licensed nurse practicing in the role of clinical staff nurse a minimum of two (2) years.
- C. Provide evidence of significant contributions to the practice of nursing as a generalist nurse within the last two (2) years.
- D. Be publicly recognized by a professional organization and/or PNAA for meritorious contributions as a generalist nurse within the last two (2) years.
- E. Maintain current practice through education (formal or contact hours) pertinent to the clinical (staff) nurse role.

Category II: Nurse Administrator/Manager (Refer to scoring rubric within policy and procedure)

Nominee must:

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in

- good standing.
- B. Be a current U. S. licensed nurse practicing in the role of nurse administrator, director, or manager for at least two (2) years.
- C. Provide evidence within the last 10 years of innovative, impactful leadership in any healthcare setting (i.e., acute, chronic, ambulatory, community, or long-term care) within the last five (5) years.
- D. Be publicly recognized for significant contributions to nursing leadership/management and/or PNAA within the last ten (10) years.
- E. Maintain current in role through education (formal or contact hours) directly related/relevant to the nurse administrator/manager role.

Category III: Nurse Researcher/Scientist (Refer to scoring rubric within Policy and Procedure)
Nominee must:

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in good standing.
- B. Be a current U.S. licensed nurse practicing nurse in the role of nurse researcher (individual or team) for the last five (5) years.
- C. Provide evidence (i.e., study or manuscript abstract) of their role as a principal or co-investigator of a completed research study or evidence-based project in a health care setting within the last ten (10) years.
- D. Be publicly recognized for significant contributions through research to the practice of nursing and/or PNAA within the last ten (10) years.
- E. Maintain current in role through education (formal or contact hours) directly related/relevant to the nurse researcher/scientist role.

Category IV: Nurse Educator (Refer to scoring rubric within Policy and Procedure)
Nominee must:

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in good standing.
- B. Be a current U. S. licensed nurse educator/faculty affiliated with a School or College of Nursing or practices in an in-service/continuing education role for the last two (2) years.
- C. Provide evidence (i.e., curriculum development, teaching plan, Awards of teaching and learning project) of their role as nurse educator within the last five (5) years.
- D. Be publicly recognized for significant contributions through nursing education to the practice of nursing and/or PNAA within the last ten (10) years.
- E. Maintain current practice through education (formal or contact hours) directly related/relevant to the nurse educator role.

Category V: Community & Population Health Nurse (Refer to scoring rubric within Policy and Procedure)
Nominee must:

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in good standing.
- B. Be a current practicing U.S. licensed community and population health nurse for at least two (2) years.
- C. Provide evidence (i.e., president/chairperson/project leader of at least one (1) established professional nursing, civic, or community organization) in their role as community and population health nurse within the last five (5) years.
- D. Be publicly recognized for significant contributions through community and population health nursing on the image and quality of life for the Filipino community at large to the profession and/or PNAA within the last ten (10) years.
- E. Maintain current practice through education (formal or contact hours) directly

related/relevant to the community and population health nurse role.

Category VI: Nurse Entrepreneur (Refer to scoring rubric within Policy and Procedure)

Nominee must:

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in good standing.
- B. Be a current practicing U.S. licensed nurse entrepreneur engaged in a health-related enterprise for at least two (2) years.
- C. Provide evidence (i.e., Business model for legal nurse consultant, wellness coach, nurse staffing, nurse blogger/free-lance writer) in their role as nurse entrepreneur within the last five (5) years.
- D. Be publicly recognized for significant contribution to the professional and personal growth and socioeconomic well-being of person(s) and/or PNAA directly related/relevant to the nurse entrepreneur role within the last ten (10) years.
- E. Maintain current practice through education (formal or contact hours) directly related/relevant to the nurse entrepreneur role.

Category VII: Advanced Practice Registered Nurse (APRN) (Refer to scoring rubric within Policy and Procedure)

Nominee must:

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in good standing.
- B. Be a current U.S. licensed and Board-certified Advanced Practice Registered Nurse in the role of Certified Registered Nurse Anesthetist (CRNA), Clinical Nurse Specialist (CNS), Certified Nurse Practitioner (CNP), or Certified Nurse Midwives (CNM) for at least two (2) years.
- C. Provide evidence (i.e., Practice Guidelines, Care Protocols) of significant contribution through evidence-based development of innovative ideas and programs to improve patient care access and diagnosis, nursing practice, health promotion and disease prevention in their APRN role within the last five (5) years.
- D. Be publicly recognized for significant contribution to the practice of Advanced Practice Clinical Nursing and persons served and/or PNAA directly related/relevant to the APRN role within the last ten (10) years.
- E. Maintain current practice through education (formal or contact hours) directly related/relevant to the APRN role.

Category VIII: Nurse Informaticist (Refer to scoring rubric within Policy and Procedure)

Nominee must:

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in good standing.
- B. Be a current U.S. licensed practicing nurse informaticist or nurse informatics leaders within a non-nursing health care organization for at least two (2) years.
- C. Provide evidence (i.e., clinical system development, implementation and/or optimization of patients/consumers and/or uniquely applied clinical systems tools and techniques impacting clinician workflow/productivity) of significant contribution to health-care systems within the last ten (5) years.
- D. Be publicly recognized for significant contributions to the practice of nursing informatics and/or PNAA within the last ten (10) years.
- E. Maintain current practice through education (formal or contact hours) directly related/relevant to the nurse informaticist role.

Category IX: The DAISY Nurse Award for Advancing Health Equity - Team Award (Refer to scoring rubric within Policy and Procedure)

Nominated Team must:

- A. Be active paid PNAAs members and the affiliate chapter and in good standing.
- B. Collaborate with a designated team leader or a chapter leader in community health initiatives to advance health equity.
- C. Be comprised of a minimum of five (5)-chapter members (may include chapter officers)
- D. Function as role models of collaboration and teamwork during community health initiatives as evidenced by submitted community nominations.
- E. Create initiatives in the community promoting health equity that address social determinants of health (i.e., economic stability, education access and quality, health care access and quality, neighborhood and build environment, social and community context)
- F. Demonstrate a culture of compassion, trust, respect, stewardship, professionalism, integrity, and excellence with the target community and/or population as evidenced by submitted community nominations.

INFORMATION FOR ON-LINE APPLICATION PROCESS (AKA "Checklist" A)

1. Current members may apply for the National Excellence Achievement Awards each year
 - a. **Note:** May apply to a different Category three (3) years after the date of any previous PNAAs Nurse Excellence award acceptance.
2. The application for the PNAAs Awards is online **ONLY** through **Google Forms**.
3. To bring some ease to the process, please read the instructions below when completing the application.
4. The deadline for submitting applications is **MONDAY MAY 1, 2023, at these times:**
 - a. 6:00 p.m. Hawaii Time
 - b. 9:00 p.m. Pacific Time
 - c. 10:00 p.m. Mountain Time
 - d. 11:00 p.m. Central Time
 - e. 1200 Midnight Eastern Time
5. **Note:** After the deadline listed above, Google Forms STOPS ACCEPTING applications. The Awards Committee only accepts applications that are date-and time-stamped by Google Forms on or before the deadline.
If you are in the middle of completing the online application and are past the deadline (date and time), you will not be able to submit your application. It is highly advised to apply early; and not wait until the last minute. AND to attend scheduled coaching/working zoom sessions for applicants (contact your chapter president and/or RVP for further information)
6. The Awards Committee is **NOT** responsible for late submissions or inability of applicants to submit through Google Forms due to issues with Wi-Fi, internet, Google software (e.g., the system is down), etc.
7. **ONLY** documents with clear texts/images will be reviewed. Any documents deemed unreadable, blurry, distorted, etc., by the Awards Committee, will **NOT** be reviewed.
8. **To promote consistency and equal opportunity,**

- a. **ONLY** applications submitted via the **official Google Forms platform** are reviewed. All other form of submission (e.g., postal mail, email, hand delivery, printed/texted copies etc.) are ineligible for review.
- b. Additionally, the **years/time frames within category** criteria are provided to help the awards committee **determine currency of nursing practice**. It is **NOT** intended to **put a limit** on eligible years of nursing practice for the application. Often the question arises, "What does it mean in APRN role/award category when it asks for evidence of contribution within five (5) years and evidence of recognition within ten (10) years? (See individual category criteria for specific practice years.

This criterion means that a nurse who provides evidence in their application of **contribution** after at least 1 year into their nursing practice within the last five (5) years of application **AND** evidence of **recognition** at least 1 year into their nursing practice within the last ten (10) years will be reviewed favorably.

c. **Working Definitions:**

CONTRIBUTION: What YOU, as the applicant, have given/offered to the DISCIPLINE/FIELD of nursing. For example, articles, practice guidelines, and volunteer time in professional nursing roles locally or nationally.

RECOGNITION: What OTHERS have noted/acknowledged/endorsed about what YOU have given/offered to the PRACTICE/METHOD/TRADITION of nursing. For example, local or national award (s), new/renewed certification by a professional nursing organization, promotion/advancement in your nursing role.

ELIGIBILITY: Based on review/award criteria, each applicant achieves a minimum score of 90/100

(5 points membership, 5 points licensed RN, 40 points contribution, 30 points recognition, 20 points education for total possible of 100).

- 9. If selected as one of the recipients of the PNAA Excellence Nursing Awards, each recipient will receive a **letter of notification** from the Awards Committee Chair **no later than June 1**.
- 10. Award **recipients must be present** during the Awards Ceremony at the PNAA National Convention to receive the award.

INSTRUCTIONS FOR ON-LINE GOOGLE FORM SUBMISSION (Checklist B)

- 1. Application occurs through **Google Forms platform**. This requires that you log in to your Google account (e.g., Gmail) to complete the application form. **If you do not have an existing Google account, PLEASE CREATE one before accessing Google Form.**
- 2. **All documents uploaded online must be in PDF file format, except for your headshot photo. It must be in a JPEG file format.**
 - a. **One (1) PDF file of your COMPLETE application will be uploaded.**
 - b. We highly recommend you SCAN all your documents as PDF and save them FIRST within a master WORD (or other word processing program) and then convert/save as **one (1) SINGLE PDF file for upload within Google form.**
 - c. Give your "master application file"/document a title. Name your file using the following naming format:
 - last name, followed by your first name, the award category, and date of submission
 - Example:** Angel.Ocampo_clinicalstaffnurse.day-month-year

- We recommended creating a folder on your computer for all your application documents. This will facilitate collating your documents to scan and convert to the pdf file you upload in Google Forms.
3. **Email Address:**
Provide the email address where you want to be contacted about the outcome of your application. Preferably the "new" or existing Gmail email you use for this application.
 4. **Your Photo:**
 - a. Dress is business attire for your photo. Failure to comply with this requirement could result in disqualification. *DAISY team award, submit one team photo.*
 - b. Save your photo as a JPEG file following the naming format your.name_awardcategory. (i.e., nurse researcher) date of submission
 - c. Sign the Photo Release Consent within the online application in Google Forms.
 5. **DAISY team award applicants:** Follow prompts within on-line application.
 - a. Name your team. We recommend it be descriptive of your team project.
 - b. Include nominator endorsement of how well the team demonstrated the criteria.
 - c. Identify the health determinant(s) focus for your project from the following: economic stability; education access and quality; health care access and Quality; neighborhood and built environment; Social and Community context.
 - d. Within your focus of health determinant(s) describe the **OUTCOME(S)** that demonstrate how the team (see criteria):
 - i. Promoted Equity by *Improved perception* among key stakeholders
 - ii. Influenced/Implemented *Change* by describing outcomes.
 - iii. Taught others by describing how effective quality improvement and/or community programming *reduced gaps*.
 - e. Feel free to include pictures and/or stakeholder comments in your write up.
 6. **Personal Statement section of application: (not required for DAISY team Application)**
 - a. The 500-word statement should address the quality, breadth, and depth of your professional persona relevant to the award category. Answer the question *"To what degree do my contributions AND recognitions make me highly eligible for the award I am applying for?"*
 - b. **LABEL** this portion of your application with the heading "Personal Statement" and save file.
 - c. **Nominator Statement section of application:**
Nominators work with the applicant to construct a 350 word or less statement that is a brief focused summary describing the degree to which the nominee/applicant, achieved the criteria for the category. Nominators should include a brief example of sustained and/or potential sustained involvement with PNAA and/or Affiliate chapters. Avoid simply listing contributions and recognitions. These are included in the applicants' submission. Nominators should answer the question *"To what degree has the applicant demonstrated, via evidence of contributions and recognition, (see definitions above) that they are highly eligible for the award they have applied for?"*
 - d. **LABEL** this section of your application "Nominator Statement" and save the file.
 7. **Contribution Section of your application (40 points):** What **YOU** have given/imparted to your nursing practice/ discipline of nursing. **(Not required for DAISY team Application)**
 - a. Gather your chosen exemplars of contributions made within the specific timeframe stated in the criteria for your award category.
 - b. Scan and save into a SINGLE PDF file ALL CONTRIBUTION relevant items to verify your nursing contributions in your chosen award category (i.e., articles in peer-reviewed

journals, chapters in reference books/textbooks, posters presented, and newsletters written for a professional organization, hospital/unit, Inside PNAA, etc.).

- c. Then copy and paste this pdf collection of documents as evidence, into your "Master application file". LABEL
 - d. LABEL this section of your application "Contributions".
 - e. **NOTE:** The Awards Committee cannot provide exhaustive examples of types of contribution documentation. Please **consult with your nominator** about what to include in your application as evidence of contributions that accentuates how you meet the criteria that positions you as a highly competitive applicant in your chosen award category.
8. **Recognition section of your application (30 points):** What **OTHERS** have noted/acknowledged/endorsed about what you have given/imparted to your nursing practice/discipline of nursing. **(Not required for DAISY team Application)**
- a. Gather and submit your chosen exemplars of current recognition relevant to the award category (see specific timeframe within the criteria) i.e., certificates for WOCN, CNE, OCN, APRN-BC, letters of recognition, promotion. Nominations for recognition awards in lieu of actual recognition are acceptable forms of recognition.
 - b. **NOTE:** BLS, ACLS, PALS, etc. are **NOT** acceptable documentation of recognition because they are certifications necessary to maintain your nursing license and position in a particular role. They are not what OTHERS note as exemplary about your work as a nurse.
 - c. Scan and save into a SINGLE PDF file ALL documents of recognition such as certificates of award/recognition or any form of document that verifies how OTHERS have endorsed your nursing achievements specific to your chosen award category.
 - d. Then copy and paste this pdf collection of recognition documents into your "Master application file".
 - e. LABEL this section of your application "Recognition"
 - f. **NOTE:** The Awards Committee cannot provide exhaustive examples of types of recognition documentation. Please **consult with your nominator** about what to include in your application as evidence of recognition that accentuates how you meet the criteria that positions you as a highly competitive applicant in your chosen award category.
9. **Continuing Education section of your application (20 points) (not required for DAISY team Application):**
- a. Gather and scan relevant continuing education documents within the specific timeframe stated in the criteria for your chosen award category (i.e., evidence of completed contact hours, course units with grade, recent degree diploma).
 - b. Add up the TOTAL NUMBER of contact hours you wish considered and include this number in your application.
Rather than submitting all contact hours certificates, **create a table** that lists
 - i. Topic/title of offering
 - ii. Date and place of offering
 - iii. Total Number of contact hours completed (minimum 20 hours).
 - c. LABEL this section of your application "Ongoing education"
 - d. Then copy and paste this pdf collection of continuing education information into your "Master application file".
10. **Confirmation of Information and submission:**
- a. You will be required, in the on-line application, to attest that the information you provide/submit is true to the best of your knowledge.
 - b. After you click the **SUBMIT** button, **do not refresh, do not click the back button, or close your browser: you will LOSE YOUR ENTRIES** and you will have to re-start the online

application process. Depending on your internet connection, it may take several minutes for the online form to be submitted. **BE PATIENT!**

- c. You know you have successfully completed the online application when you see a message like the one below.



- d. You will also receive a confirmation at the email address you provided on the online application. This is the same email where you will be contacted of the outcome of your application.

**FOR DETAILED SCORE SHEET REFER TO
Attachment 4 of POLICY 6.1 located on PNAA Website**

**ACCESS GOOGLE APPLICATION FORM VIA THE INDIVIDUAL LINKS FOR EACH
AWARD CATEGORY ON THE NEXT PAGE**

FOR BEST RESULTS, copy and paste the complete URL/link into a fresh internet browser

REMEMBER THE DEADLINE IS MONDAY MAY 1, 2023, MIDNIGHT EST

See info within Check list A above for your specific time zone

A. Clinical Staff Nurse

<https://forms.gle/VeuPJCPQWeGQYdPXA>

B. Nurse Administrator

<https://forms.gle/5D38Ju86xEuNQTi2A>

C. Nurse Researcher/Scientist

<https://forms.gle/BKXHHdcpfFWGkD7L9>

D. Nurse Educator

<https://forms.gle/7UCuHyEv7GZa2ihU6>

E. Community and Population Health Nurse

<https://forms.gle/84eucLF1CHGHUpfy6>

F. Nurse Entrepreneur

<https://forms.gle/PxxCDZTQS8mQ7DcL7>

G. Advanced Practice Registered Nurse

<https://forms.gle/Unwk8og4ZtnqsX9q8>

H. Nurse Informaticist

<https://forms.gle/y2Zmictuuexe7i3y8>

I. The DAISY Nurse Award for Advancing Health Equity - Team Award

<https://forms.gle/5ipBxrA4DLpZ6h5G8>

QUESTIONS??

Email Jet Zabala, PNAA Excellence Awards Chair at jetczabala@gmail.com

or

Dr. Leli Pedro Drake, co-chair at leliwp@gmail.com

COVID-19 Testing



Ano ang Self-Test o At-Home Tests?



Ang Self-tests o At-Home Tests para sa COVID-19 ay:

Nakapagbibigay agad ng mabilis na resulta

Maaaring gamitin kahit saan kahit ano ang iyong vaccination status, maging ikaw man ay may sintomas o wala

Nakikita ang kasalukuyang impeksyon nangyayari

Disclaimer: <https://www.cdc.gov/covid19/qa/2022/02/22/covid-19-self-tests.html>
This publication is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,500,000 with 100 percent funded by CDC/PHS. The contents are those of the applicant and do not necessarily represent the official views of, or are endorsed by, CDC/PHS or the U.S. Government.

COVID-19 Testing



Ano ang Self-Test o At-Home Tests?



Hindi nakikita ng self-tests ang mga anti-bodies na nagmumungkahi na nagkaroon na ng dating COVID impeksyon ang katawan.

Hindi nito kayang tukuyin o sukatin ang level of immunity.

Disclaimer: This publication is supported by the Centers for Disease Control and Prevention, of the U.S. Department of Health and Human Services, under award #1U49CE001001. The contents are those of the author(s) and do not necessarily represent the official views or policies of CDC/PHC or the U.S. Government.

COVID-19 Testing



Ang mga self-tests at ang pagpapabakuna, pagsusuot ng well-fitted mask ay makakatulong upang maiwasan at mabawasan ang pagkakataong kumalat ang COVID-19.



Disclaimer: <https://www.cdc.gov/covid19/testing/faq-frequently-asked-questions.html>
This publication is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services under award number 5U49CE001434. The content is solely the responsibility of the authors and does not necessarily represent the official views of CDC or the U.S. Department of Health and Human Services.

COVID-19 Testing



Ibig Sabihin ng Resulta ng At-Home Test

POSITIVE

- Nakita ang virus sa iyong test at ikaw ay may COVID-19 impeksyon.
- Manatili sa bahay sa loob ng 5 araw at mag-isolate para hindi makahawa.
- Sabihan ang iyong mga naka-close contact o nakasama.
- Magsuot ng well-fitted mask tulad ng N95 o KN95 respirator kung ikaw ay napapaligiran ng mga tao.
- Humingi kaagad ng emergency care kung ikaw ay mayroong emergency warning signs.

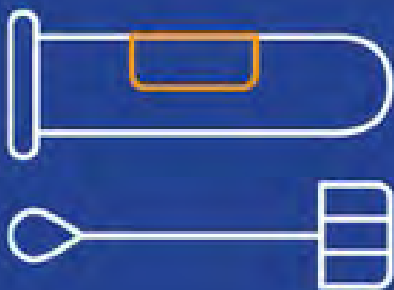
Disclaimer: <https://www.cdc.gov/coronavirus/2019-ncov/press/faq-answers-questions.html>

This publication is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a cooperative agreement totaling \$3,500,000 with 100 projects funded by CDC/HRG, the agency we work for, the authors) and (2) HRG necessarily fulfills the ethical obligations for an employer, by CDC/HRG, or the U.S. Government.

COVID-19 Testing



Ibig Sabihin ng Resulta ng At-Home Test



Kung sa tingin mo ay hindi tama ang resulta ng iyong test:

- Mangyaring kontakin at humingi ng tulong sa test manufacturer
- Ulitin muli ang at-home test
- O humingi ng tulong sa iyong healthcare provider

Disclaimer: <https://www.cdc.gov/coronavirus/2019-nCoV/need-to-know-questions.html>
This publication is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,500,000, with 700 percent funding by CDC/HHS. The contents are those of the submitter and do not necessarily represent the official views of, or endorsements by, CDC/HHS, or the U.S. Government.

COVID-19 Tests



Kailan ko dapat gamitin ang mga tests?



Gamitin ang at-home tests:

Kung ikaw ay nakakaranas ng mga sintomas ng COVID-19, tulad ng lagnat, pananakit ng lalamunan, sipon, at ang pagkawala ng pang-lasa at pang-amoy, o

5 araw pagkalipas ng pagkakaroon ng close contact sa mayroong COVID-19, o

Kung ikaw ay may plano na makihalubilo sa mga tao na alam mo na at risk dahil sa kanilang malubhang karamdaman, o sa mga tao na hindi up-to-date sa kanilang COVID-19 vaccines.

Disclaimer: <https://www.cdc.gov/media/pr/2021/03/19/covid19-at-home-tests>

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COVID-19 Symptoms



Kailan dapat humingi ng Emergency Medical Attention

Humingi agad ng emergency medical care kung mayroong isa sa mga warning signs ng COVID-19 tulad ng:



- Hirap sa paghinga
- Masakit o mabigat na pakirandam sa dibdib
- Kawalan ng kakayahang magising, manatiling gising, o pagkalito
- Namumutla, kulay-abo o asul na balat, labi o mga kuko

Disclaimer: Based on www.CDC.gov and other major 2019 novel coronavirus (COVID-19) resources.

This publication is supported by The Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,000,000 with 50 percent funding by CDC/HRSA. The contents are those of the author(s) and do not necessarily represent the official views of, or endorsement by, CDC/HRSA, or the U.S. Government.



2023 PNAA SCHOLARSHIP AWARDS

FOR BSN & GRADUATE PROGRAMS

Submission deadline: May 1, 2023

BSN PROGRAM

Instructions

<http://bit.ly/3JZHcy5>

Online application:

<https://bit.ly/40jVSxx>

GRADUATE PROGRAMS

Instructions:

<http://bit.ly/3JyhTla>

Online application:

<https://bit.ly/42qdo58>

For questions, please email:
IRA L. MARTIN, DNP, RN, CPHQ, LSSGB
(Chair, PNAA Scholarship Committee)
iramartin23@gmail.com





SAVE THE DATE

21st PNAA
Eastern Region Conference
OUR UNITED VOICES:
Bridging Gaps to
Health Equity through
Collaboration and Advocacy



Hosted by the
Philippine Nurses Association of North Carolina
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1 Resort Drive
Asheville, NC 28806



More information to come