



CANNP News

Carolinas Association of Neonatal Nurse Practitioners



President's Message: Judy Philbrook, MSN, NNP-BC

"We cannot live for ourselves alone. Our lives are connected by a thousand invisible threads, and along these sympathetic fibers, our actions run as causes and return to us as results."

Herman Melville

Ever wonder why you do what you do day after day? Or ask yourself if anything that you have done has made a difference?

Our NICU has a reunion each year—the first Saturday of June. What an awesome and humbling experience! I heard many stories, and experienced laughter, gratitude, and tears. Parents and/or grandparents came up to me and asked if I remembered them, told me about their child and thanked me. One mother said that her son had a Grade 3 IVH and that this caused great worries, but happily reported that he is now 3 and knows his ABCs and how to count! Another father said his baby was in our unit for 12 weeks and was showing her off! Yet another family told me that because of their son, they have gone back to church and he is attending a Christian school. Parents talked about coming to visit their babies in the NICU, answering calls in the middle of the night, and how it feels to come back.

Don't ever sell yourself short. People are watching what we do—and how we do it—all of the time. Sometimes the most

insignificant things to you may mean the most to the family. Also remember that being there counts too—sometimes the emotional connection speaks louder than words.

Belonging to a professional organization, like CANNP, can produce similar questions and feelings. Again, is what I am doing making a difference? It seems like this is a lot of work for the number of members that we have.

I appreciate your continued support of this organization! In this newsletter, I am pleased to announce fantastic budgetary news. I am grateful to the 2015 conference planning committee for all of their hard work in planning an excellent conference.

I heard many positive comments about our conference—it is professional and well done, it provides networking experiences and the vendors loved the opportunity to share their wares. But, there are a lot of nurse practitioners who are not taking advantage of our regional expertise. Please share the value of CANNP with them as we are making a difference—one day at a time, one admission or discharge at a time and one conference at a time...

Have a great summer!

Judy

Carolinas Association of Neonatal Nurse Practitioners

Volume 15 Issue 2

July 2015

Special points of interest:

- ☺ Conference Highlights
- ☺ Officer Reports
- ☺ Educational Feature
- ☺ Elections

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Conference Highlights 2015

The 2015 annual CANNP conference, "Babies are our Business" was held on April 16 and 17 at the Great Wolf Lodge in Concord, NC.

The conference planning committee did a great job and their hard work is appreciated. Members of this committee included:

- Joanna Fletcher NNP-BC
- Paula Issinghoff NNP-BC
- Reagan Oglesbee NNP-BC
- Carol Snyder NNP-BC
- Cheryl Smith NNP-BC
- Renee Starcevich NNP-BC

Topics and presenters included:

Update in Neonatal Neurology

Carolyn Hart, MD

Antibiotic Stewardship

John "Brock" Harris, Pharm D ,
The Premature Infant: A Nutritional
Emergency

Suzanne Smith MSRD, LDN, IBCLC

The Golden Hour

Phyllis Waddell, RN, BSN

Competency Maintenance: What You
Don't Know Can Hurt You

Lee Shirland, MS, NNP-BC

HFOV with the Neonate

Chris Surike, RRT-NPS

NNP Mentoring Program

Amy Jnah (ECU) DNP, NNP-BC

Nursing Research in the NICU

Desi Newberry DNP, NNP-BC

Putting Together Prenatal and Neonatal
Genetic Testing

Erin Steed, MS, CGC

Gut Microbiome and Its Effect on Disease

Chris Magryta, MD

Newborn Screening for Complex

Congenital Heart Disease

Matthew B. Brothers, MD



Practice sites traditionally donate
gift baskets. The following
participants won a basket:

UNC - Debra Nickerson

Wake Med - Beth Connelly

CMC, Levine Childrens - Deana
Grogan

Charlotte Novant - Kristen Ruby

Duke - Kathy Connelly

CFVHS - Tneshia Sweat

Forsythe - Oksana Kasko

CMC Pineville - Courtney McDaniel

Vendors - Jennifer Wetherby



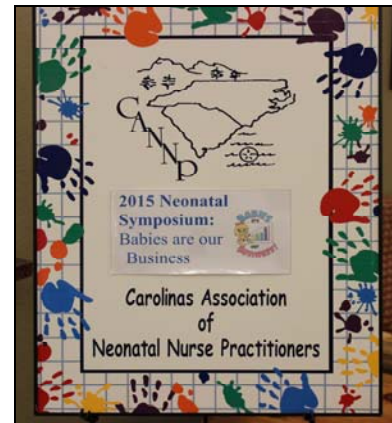
Conference Planning Committee



Skills Lab

CANNP offered a Skills Lab at the conference. The following skills were demonstrated and practiced: umbilical catheterization, lumbar puncture, intraosseous insertion, intubation and chest tubes. Mannequins were donated previously by PETA.





Conference 2016

The 2016 CANNP Conference will be held on Thurs. April 21 to Fri. April 22 at the Hilton Durham near Duke University. NNPs from Duke and UNC are planning this conference.

Watch the website for additional information!

Minutes from the 2015 Annual Business Meeting

Kathy Connelly, Secretary

CANNP 2015 Annual Business Meeting

April 16, 2015

Welcome & Introduction: Judy Philbrook, President introduced the members of the board.

Review of Minutes: Kathy Connelly, Secretary. Minutes were posted at conference. No corrections. Minutes approved.

Treasurer's Report: Judy Philbrook. Taxes have been filed at no cost to association. PayPal account is now in working order. For the report see attached. Attendance for this year's conference is 56 participants, 11 for only one day and 12 for skills lab.

Membership Report: Judy Philbrook, President. See attached. Kathy Connelly to call hospitals in our association area to obtain a name of a contact person in each NICU in order to try to reach more NNP's to join.

Membership-at-Large Report: Sharon Rush, Member at Large. Preparing newsletter for June. Need practice updates from units and educational offering for June and Jan.

Presentation of Awards:

Plaque to be presented to Alisa Starbuck for her service on the CANNP board from 2006-2014 and to Tara Marion Short for her service from 2012-2014.

Old Business:

PayPal: Up and running for membership dues and conference fees.

New Business:

2016 Conference in Chapel Hill/Durham area. (Date added after business meeting-April 21 & 22, 2016). Felicia Soza from UNC taking lead

2017 Conference-Looking at the possibility of Asheville hosting (Nicole Barrett).

Future Conferences: Discussed making conference 1 day vs. 2 days. Consensus of the group is to keep the conference 2 days

Lectures were recorded from this conference to post on the members only site for those who did not attend to earn CEU's

Also coming soon to CANNP website will be a members only opportunity for CEU's on Radiology/XRay interpretation offered by Lee Shirland.

We also ask that members who are willing to share their talks/educational offerings they have prepared to be posted on the CANNP website for others to take advantage of getting credit

Elections for 2016-2018 term-Felicia Soza has agreed to collect nominations starting in October. Term begins the first of the year.

Adjournment

Treasurer's Report

Judy Philbrook

Current balance:	\$23,164.32
Conference Income:	
Registration	\$12,400.00
Vendors	\$6,900.00
Conference Expenses:	
Venue: (food, service, rooms)	\$13,106.22
Speaker fees paid:	\$1,600.00
Misc (brochures, mailing, etc)	\$730.00

We made almost \$4000 on this conference!

Thanks to the conference planning committee for their hard work in keeping this year's conference within budget. Also, thanks to the members who have faithfully renewed their memberships and supported our organization!!

Member at Large Report

Sharon Rush

Practice Site Updates: Please mail practice site updates to ssnurse5@aol.com. Practice site updates can be sent anytime, but deadlines are May 31 and Dec 31.

Newsletter articles: I would also love to see members volunteer to write an article for this newsletter! Let us know about new things you are doing in your unit, share interesting case studies, or discuss research trials you are involved with.

Website: Remember to visit the website. Conference information, forms for nominations and newsletters can be found at the website. PayPal is there too!! The website address is cannp.org.

Membership Report

Judy Philbrook

We currently have 40 members.

Membership can be renewed, or members can join by:

- 1) Using PayPal on the website - cannp.org (you do not need to print and mail the application)
- 2) Completing the membership application form enclosed in this newsletter (or you may obtain one from our website) and mailing it to:

CANNP

c/o Judy Philbrook

6474 Summerchase Dr

Fayetteville, NC 28311

CANNP News!!

We are happy to announce that our balance is now over \$20,000 and the Board has agreed to reinstate the Peer Recognition Award, Scholarship Award and Research Grant!!

We are working on educational offerings for members only via the website which would provide contact hours, Sharon taped most of the talks from the conference and is working to convert them to useable files. Lee is also working on an x-ray module. We will notify members via email when these are up and running on the website.



CANNP Board: Kathy Connelly, Judy Philbrook, Sharon Rush and Lee Shirland

Educational Feature: Spirituality in Our NICU

By Judy Philbrook, NNP-BC

Spirituality in our NICU is currently a three-pronged process. It consists of 1) debriefings, 2) a monthly worship service and 3) spiritual retreats. I wrote about our debriefings and efforts in palliative care in the July 2014 issue of this Newsletter, so will address the other areas in this article.

Monthly Worship Service:

We started to offer a worship service for our staff in Sept 2014. We call this the Saturday Evening Worship Service and hold it on the first Sat of the month. It is offered at 6 pm to accommodate oncoming staff, and at 7:30 for those who are leaving. Each service is 30 minutes.

It took several months to obtain approval for this offering. First, we sought and received approval from the NICU Medical Team, the Patient Care Manager, the Service Line Director and from our hospital's Chaplain Services. We sought community pastoral support and were fortunate that Judith Foster Reese, an Episcopal priest who was serving as an interim at a local church, was interested. Judith had some previous experience in biostatistics and research in a NICU at the University of Alabama (Birmingham). We also sought musicians and were able to secure the help of the Second Mile Praise Band at a local Presbyterian church.

We have our worship services in our NICU Classroom. It is "remodeled" - the tables are folded and chairs are arranged in a semi-circle. The counter top serves as our altar and has featured flowers, battery operated candles and a cross that I bring from my Sunday School classroom!

Our service opens with soft music. We then have a variety of offerings, but these have always included a reading from the Bible, a meditation and music. Meditations are often adapted to the health care worker.

Attendance varies—we have had 15 people, or 4 people attend. Regardless, we worship and have an increased sense of God and community when we leave.

Judith left in January for her next assignment. We have been fortunate to find another pastor, Eva Ruth, who moved back to Lumberton last Nov. Eva is a

hospital chaplain and is also working on life coach certification. She is employed part time at a Presbyterian church in Lumberton in pastoral care.

We have tried to open our service to other disciplines—we have invited our maternal-child colleagues and NICU parents.

This winter, I sought funding through our Employee Directed Funds Grant Program. We were granted money to pay Eva for her travel and work with the stipulation that we include an announcement in our bi-monthly employee newsletter, that an overhead announcement be made prior to the service and that I work with marketing to develop a professional flier. It's all win-win!

Spiritual Retreats

The last prong is attendance at a spiritual retreat. One of our physicians, Scott Cameron, asked me and another NNP to attend this retreat several years ago. We did and saw how we could work to make things better and have asked and sponsored 13 more staff members (NNP, RN, RT and unit secretary staff). The retreat is through the North Carolina Presbyterian Pilgrimage group. (Others may liken this to Cursillo or the Walk to Emmaus). After the retreat, we meet as a large, or in smaller, groups and continue to try to maintain our focus.

The neat thing about this is that staff members are now asking us if they can go, rather than us asking them! It is telling and is hopefully making a difference.

We are all faced with challenges and are finding that being able to openly talk about issues we face, both work-related and personal, in this environment is good for all of us. On the bottom of the worship invite, there is a statement that reads:

Let us lift up our needs to you, O Lord, as we bring our personal and professional needs to You in community with our friends and co-workers. We praise You and know that only You can restore peace within us.

We feel fortunate to have these opportunities in our workplace.

CANNP Officer Elections 2015

It is election time—again! The current Board members are:

President: Judy Philbrook

Vice President: Kathy Connelly

Treasurer: Judy Philbrook

Secretary: Kathy Connelly

Member at Large: Sharon Rush

To maintain the energy and growth of this organization, we must have motivated individuals with new ideas in our leadership positions. Please consider running for a position on the board and encourage your colleagues to do the same.

There are two vacancies to fill on the Board; current members of the Board are willing to switch around to fill the gaps!

Each office has specific requirements. The Board meets three times a year—generally in January, September and the night before the annual conference. Please read the following brief job description for each position and carefully consider your ability to perform these duties.

The President shall:

- 1) Have served as a member of the current Executive Committee.
- 2) Preside at all meetings of the Executive Committee, the Association, and special meetings when indicated.
- 3) Act as the official representative of the organization
- 4) Appoint, with approval of the Executive Committee, all special committee members and chairpersons as provided in the bylaws.
- 5) Perform other duties as may be assigned by the Executive Committee.
- 6) Serve as consulting member of all committees.
- 7) Will serve as the Executive Director for a period of two to four years—after term of office has expired.

The Vice President shall:

- 1) Perform the duties of the office of President in the absence of the President.
- 2) Perform such duties as assigned by the President and/or Executive Committee.

- 3) Serve as chairperson for the awards committee.
- 4) Maintain the current membership including addresses on a computer program.

The Treasurer shall:

- 1) Have charge, full knowledge and record of all financial transactions of the Association.
- 2) Deposit all monies and other valuables in the name and to the credit of the Association with such depositories as may be designated by the Executive Committee.
- 3) Render to the President and Executive Committee, wherever requested, an account of all financial transactions of the Association.
- 4) Render a statement of the financial condition of the Association at all regular meetings of the Executive Committee and Association.
- 5) Perform all other duties as may be assigned by the President and/or Executive Committee.
- 6) Keep all documents pertaining to the business of the Association.

The Secretary shall:

- 1) Keep the minutes of all meetings of the Executive Committee and of the Association
- 2) Keep all documents pertaining to the communication of the Association.
- 3) Give, or cause to be given, notice of all meetings of the Executive Committee and of the Association required in these bylaws.
- 4) Be responsible for keeping the bylaws.
- 5) Serve as chairperson of the communication committee.
- 6) Perform other duties as may be assigned by the Executive Committee.

The Member at Large shall:

- 1) Serve as chair of the nominations committee during the voting year
- 2) Bring pertinent professional or organizational issues from the association members to the executive committee for discussion.
- 3) Have full voting privileges with issues brought before

the executive committee.

- 4) Utilize association resources to recruit and retain association members. Funds may be obtained from the treasurer without prior approval from the president unless the request is deemed inappropriate the treasurer.
- 5) Supervise and coordinate the timely and correct mailing and counting of ballots related to election of new officers.
- 6) Perform other duties as may be assigned by the president and/or executive committee.

Please consider nominating yourself or an interested member of your NNP team for an officers' position.

Nomination Instructions:

The nomination forms are enclosed in this newsletter. Please complete and mail them to the following address by **Sept. 1, 2015**:

Felicia Soza

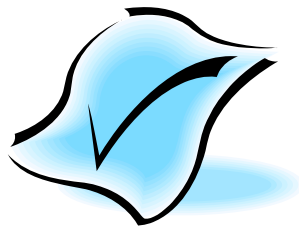
8 Natchez Trace

Greensboro, NC 27455

After Sept. 30, 2015, the ballot will be published and mailed to the membership. The ballots must be postmarked and mailed to the address stated on the ballot by Nov. 1, 2015. New officers will be notified and should be prepared to attend the January Board meeting to learn specifics about their position.

If you have any questions regarding an office position, please email jlutes@capefearvalley.com. The message will then be forwarded to the appropriate person currently in the office.

Thank you for considering these important leadership positions.



Practice Site Updates

Presbyterian Medical Center - Charlotte

We want to thank everyone who participated in planning and attending the CANNP Conference at the Great Wolf Lodge in Charlotte. Credit for the success of the event was due to the great participation of everyone who came.

We want to welcome Rosemarie Timmons, Kayla Wyrick and new grad Amanda Teague to our team.

UNC

It's been a busy time for the UNC Nurse Practitioner group. We continue to precept NNP students from both DUMC and ECU programs. In other educational news; Rani Delaney, NNP recently received the James Emonson Honours Award, which is given by the UNC Faculty, fellows and residents to a pediatric nurse which best reflects the mission and spirit of the Children's Hospital. In addition, Matthew Massaro, NNP was inducted to the Academy of Educators which recognizes excellence in education and leadership. We congratulate Jenny Bowles, PNP who recently completed her NNP degree. Sarah Croop, NNP is currently pursuing her DNP degree. We have also welcomed Nicole Kuhn, NNP on her return to the UNC NNP family.

Meanwhile, we continue to plan the 2016 CANNP conference and look forward to hosting in April!

Continued on page 12...

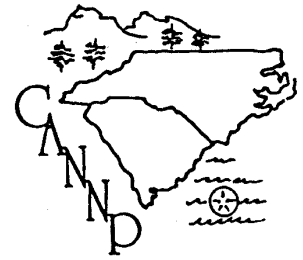
NANNP Update

Please remember to VOTE for both the NANN Board and the NANNP Board!! The deadline is July 15th!

North and South Carolina State Board of Nursing Updates

Please visit your state's website for recent changes and updates on issues affecting NNPs.

CANNP Nominations Form



Office Nominated For (Check One) _____

- ___ President
- ___ Vice President
- ___ Secretary
- ___ Treasurer
- ___ Association Member At Large

Nominee Name: _____

Credentials: _____

Work address: _____

Home Address: _____

Home Telephone: _____

Nominated By: _____

CANNP Committee Membership

I am Interested in serving on the Following Committee:

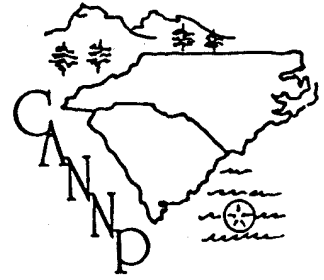
- ___ Legislative
- ___ Communications
- ___ Program

I Would be Interested in Serving as Co-Chairperson for The Committee Below:

- ___ Legislative
- ___ Communications
- ___ Program

Name: _____

CANNP Nominee Information Form



This form is provided to assist nominees in compiling biographical information to be given to the membership. Please provide the information about yourself that you feel would assist the membership in voting. Feel free to compose your own biographical sketch in lieu of this form. Be sure to include your reasons for running for office and your goals as an officer. Thank you.

CANNP Nominations Committee

Name: _____

Office Nominated For: _____

Credentials (optional): _____
(Degrees, Certifications, etc)

Previous CANNP Offices/Position Held: _____

Years as an NNP: _____

Present Employment/How Long?: _____
(Title) _____

Previous NNP Positions: _____

Other Experience: _____

Reason You are Running For This Office: _____

Your Goals as a CANNP Officer: _____

Signature: _____ **Date:** _____

Practice Site Updates

Cape Fear Valley

Lee' Shirland's granddaughter, Ashley Shirland, graduated with Honors from Brewer High School. She will be attending the University of Maine in the pre-veterinary medicine program.

Wendy Brock is completing her DNP capstone project! She has worked very hard over the past 2 years to make it happen. Like many of us she juggles a full time work schedule with her home and family responsibilities on top of her educational advancement. Her oldest son, Elder Brock has just recently returned from a 2 year mission in Brazil, and her second son is waiting in the wings to depart in September on his 2 year mission also to Brazil. This has caused a lot of emotional ups and downs for Wendy in her already stressful daily life, however she has survived. Congratulations and job well done!!!

Jenny Porter's oldest son has been accepted into the nursing program at Fayetteville State University following in his mothers footsteps as he begins his journey into the nursing field.

Our congratulations to Dr. Keith Gallaher's son, Brad, on his graduations from Northwestern University in Chicago with his MBA.

Our deepest sympathy to Dr. Thomas Cizek on the recent loss of his sister, Sister Barbara Jean Cizek. She will be sadly missed by all the lives she has touched during her lifetime. She leaves behind a great legacy of teaching, training and childhood education. Also congratulations is in order for Dr. Cizek's youngest daughter, Colleen, as she steps into her next venture of post graduate studies at Boston College.

In our efforts to support the nutritional needs of our tiny little patients, we are kicking off the start of our donor milk program July 1st. We anticipate big success in assisting our mothers with providing their most precious bundles of joy with the very best possible start in life.

WakeMed

WakeMed has been hopping! Like many of the units in our area, our census has been out the roof! I guess that is job security at its finest!

WakeMed North opened up with a big celebration on Mother's day weekend. Michelle Howe NNP, took the lead in setting up the 6 bed Special Care Nursery (single rooms model after the new expansion at WakeMed Raleigh). Elizabeth Carmac NNP, Kristin Harbaugh NNP and Laaree Kruyer PAC and Amy Jnah DNP joined the North team.

Joining WakeMed Raleigh was Sarah Garro NNP, Alix Lavenburg NNP and Holly Wells NNP.

Elizabeth and her husband welcomed a baby girl, Ruby earlier this year. Desi Newberry DNP and her husband are expecting a baby boy in August! Tracey Robertson DNP became engaged and will be tying the knot on October 10th. Desi, Tracey and Amy (program director) continue to teach in the NNP program at East Carolina University.

Kathy Connelly NNP, remains on the CANNP board and encourages each of you to get active in CANNP and consider serving as a leader for the association.

Our unit made a video to raise support for the WakeMed Scrub Run which was held in June. Check out the moves to "Shake It Off" at:

https://www.youtube.com/watch?v=wDlOpwrI8_Y

WakeMed is in the interview process for becoming a Magnet Hospital and our staff is working hard to meet the qualifications. Wish us luck!

Duke

Duke continues to be busting at the seams and super busy with patient care. We have had as many as 70 patients at one time. Dave, our newest NP, has started orientation and we are super happy to have him. We continue to give DevelopMe workshops to the nursing staff, which educates our nurses on the most up to date developmental care techniques. The Bereavement committee, which has three nurse practitioners on it, is revamping the whole program. We are completely redoing the program that will include a new bereavement protocol for nurses and new up to date resources for families.