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THE PHILIPPINE NURSES ASSOCIATION OF AMERICA, INC.

37th ANNUAL NATIONAL CONVENTION

JULY 20-24, 2016



HHealth
EEmpowerment
AAdvancement
LLeadership
TTransformation
HHealing

GRAND HYATT WASHINGTON

1000 H STREET NORTHWEST
WASHINGTON, DC 20001

Washington, DC awaits you! Be part of the 37th Annual PNAA Convention. Here's a list of the activities that are waiting for you in our nation's capital. For more info: mypnaa.org

Wednesday, July 20, 2016

- Evening Activities– Welcome Night

Thursday, July 21, 2016

- Leadership Institute
- National Institutes of Health Research Orientation
- Living Well: Guide to Wealth and Health
- White House Initiative
- Networking Night

Friday, July 22, 2016 - Education Day Program

- The Future of Nursing: Transforming Health Care
- Nurses Leading and Transforming Health Care
- Magnet Journey
- Healing Presence: A way of Being, A Way of Caring, A Way of Loving
- Thought Leaders in Nursing Research
- Role of Nurses in Shared Decision Making for Patients with Multiple Myeloma
- PNAA Leadership Fellows Program
- Open Education Resources for Nurses Around the World: An Innovation
- APRN Forum
- Potomac River Cruise

Saturday, July 23, 2016

- PNAAF Zumbathon
- General Assembly
- Gala Night

Sunday, July 24, 2016

- Mass

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PNA SD Supports Philippine Scholars at PNAA 10th International Conference

By: Merlie Ramira, DNP, FNP-BC, CEN, PNASD President and Chona Lutap, BSN, RN, Chair, BOD

LEAD, EMPOWER, and TRANSFORM, Let's Do it! A powerful theme for an educational conference of PNAA International Conference held in Manila, Philippines on January 27-29, 2016. PNASD delegates who attended the conference were Dr. Merlie Ramira, PNASD President, Chona Lutap, Chair Board of Directors, Vivian Sanderlin, President-elect, Vickie Berbano, PNAA Executive Board Member, Lorna Herce, PNASD Auditor, Lina Mabanta, member, and Dr. Renee McLeod, USU Dean of the College of Nursing, PNASD Honorary member, speaker at the PNAA International Conference, her topic, "Mobile Technology is Changing the Way Healthcare is Delivered." Dr. Merlie Ramira, PNASD President and USU Director & Professor, MSN, FNP Program presented her poster presentation entitled, "Exploring Foreign Educated Physicians' Experiences Graduating from an FNP Program, "The study was co-authored by Dr. George Peraza-Smith and Dr. Renee McLeod.

In meeting the goal of promoting professional development, PNASD sponsored a Full Conference Scholarship for six Philippine based nurses at the 2016 PNAA International Nursing Conference. "Sponsor-A-Nurse" committee was spearheaded by Marlon Saria, Merlie Ramira and Chona Lutap. The scholars were chosen out of 31 applicants who responded to survey monkey questions: "Tell us why you became a nurse, and "Why should PNASD select you to receive the scholarship." Their responses were scored blindly with 10 as the highest. Included were PNASD scholars and quotes from their responses on questions on why you became a nurse; why PNASD should choose you as scholars; what you have learned from the conference; and how will you share the knowledge learned from the leaders presenting at the conference with the nursing community.



With Letty Hermosa. Dr. Merlie Ramira, PNASD President & Dr. Letty Hermosa, PNAA President



L-R: May Mayor, Lolit Compas, Dr. Renee McLeod, Dr. Manuel Dayrit, Dr. Rosalinda Milla, Dr. Merlie Ramira, May Cuevas



With Scholars & Poster L-R: Karl Martin, Dr. Merlie Ramira, Allen Cantos, Dr. Renee McLeod



“My own personal experience taught me to become passionate and understanding to my patients and their families. I learned so many things that I will never learn in school and one of those learning is to become selfless and to have a good and kind heart for patients because each of them have different stories. I am an advocate education and improvement of nursing care and I will bring change after this conference. I am deserving to learn and bring change education.”

Mr. Allen Cantos, Pediatric Intensive Care Unit Nurse at Batangas Medical Center. Publication: Cantos, A.E., Alday, M.K., Alog, K.J., Asi, K.J., Calacal, R.H., & Britiller, M.C. (2015). The Changing Learning Needs of Student Nurses: Input to the Nursing Curriculum, *Asia Pacific Journal of Multidisciplinary Research*, Vol (3A) 108-119.

A barometer that I am using that we have touch our patient's life is when we will be able to receive a heartwarming thanksgiving from our patients words such as “Salamat kaayo sa inyoha Mam ug Sir, maka uli na gyud mi and naulian gyud ako anak” (Thank you so much, because of you we are already discharge and my child has recovered from illness) Every smile and every gesture of thanksgiving makes me say that in our own little way of providing nursing care to our clients we were able to touch their lives successfully. “



Mr. Harby O. Abellanosa, MSN, RN, CRN
ISO 9001:2008 Certified QMS Lead Auditor
Chief Nurse / Nurse V, Talisay District Hospital (Dr. Jacinto Velez Memorial Hospital)



Ernest Genesis M. Guevara, BSN, MPH (c), Research Assistant | Development of a National Multi-Sectoral Strategy for Drowning Prevention, University of the Philippines Manila – College of Public Health (in partnership with World Health Organization) Pedro Gil, Manila City

“The conference became more than just an organized event but a platform where leaders can discuss similarities and differences and improve, share inter-country and inter-border best practices, traditions and customs. Overall, the whole conference was a statement that we, nurses, exist for a grand purpose. And to be able to attend and be inspired by the people who gave lectures and from people we've met, especially to the delegations of the PNAA-SD, we are blessed enough to partake of this event and be part of that cycle that continuously hope for a better health care in the country and in the world. The conference would always remind me why the world is a better place because of nurses.”



"The 10th International Nursing Conference went by swiftly and the conference opened doors of great possibilities for me. It has educated me about the future that I should look forward to in nursing. The wisdom of the nursing leaders that I came across with during the duration of the conference has empowered me, as a young professional nurse, to help transform the profession and bring it to greater heights. Our profession is based on the principle of caring and through our simple caring acts, people will respect and value the importance of our existence in the health care team. Therefore, we should not underestimate the potential of our simple ways in changing the lives of others and in uplifting the image of the nursing profession."



Karl Joseph Dino Martin, RN, MSN

(HOPE - Helping Out the Profession through Education) SCIENCE RESEARCH SPECIALIST Research Institute for Tropical Medicine (RITM) Policy and Research Unit National Tuberculosis Reference Laboratory

"I think my main source of inspiration to become a nurse comes from an innate desire to help people and care for them in times of need. I am also a person who thrives on being challenged and I always have new goals to achieve, so nursing suits me as few other careers offer as much diversity and learning opportunities. The value of education is something that I have understood since a very young age. My parents made a commitment early in my life to do everything within their power to instill in me a love of learning and understanding of the importance of hard work and dedication. With this, I know I'll be able to feed my thirst for knowledge and insights from people who I know will bring motivation to the world of nursing. I can assure you that I will be a dedicated professional that you will be proud to count among your ranks."



Flora Joy Uy Apsay, BSN, RN

Operating Room Nurse
Mandaluyong City Medical Center



PNASD Scholars with Dr. Franklin Shaffer



PNASD Scholars



PNASD delegates with Scholars

L-R Back: Ernest Guevara, Harby Abellanosa, Myrna Bisquera, Allen Cantos, Karl Martin, Vivian Sanderlin, Vickie Berbano,
L-R Front: Lina Mabanta, Joy Apsay, Lorna Herce, Merlie Ramira, Letty Hermosa, Chona Lutap, Dino Doliente III



Scholars with PNASD Officers & Members



Caring Hands that Lead, Empower and Transform, the PNARVA Way

By: Cora Marisigan, BSN, MBA, RN , President, PNARVA



The task to host the 18th Eastern Regional Conference is both a great challenge and an honor, thus PNARVA took on this undertaking, setting goals with well-thought implementations. Monumental as the tasks maybe, great leadership from all its members and our ERC VP made it all possible. The diversity of the group as well gave way to varied ideas and with guidance, the 18 months of preparation paved the way to a successful event. With that, we were told, we performed at a National level. PNARVA is young in the PNAA era and with limited members, we focused on the talents that the organizers have and deliver, we did.

October 29: We started the event with a Welcome Night for our 62 guests with a sumptuous buffet dinner at Teppanyaki Grill where a short Town hall Meeting took place led by our President Leticia Hermosa. Each Chapter Presidents presented their year's accomplishments and current memberships amidst a warm atmosphere with a presidential table complete with decorative and festive flower arrangements.

October 30: The Leadership Institute seminar was facilitated by our Chairman & Co-Chair Dr. Rey Rivera & Dr. Gloria Beriones with 80 participants. It was a day of informative, engaging and inspiring lessons started by our past-president /current PNAA Executive Director Lolita Compas. The "Marshmallow Challenge" a team building activity helped us realize that each member is indeed very valuable in sustaining a high performing team. It was indeed a great, fun-filled and engaging team activity. Last, but not the least, Marlon Saria discussed "Communication in a Multigenerational Environment".

The Networking Night was a Costume-themed, joyous and exciting event attended by 113 people. COPR Belle Villafuerte co-emceed the event with Marj Mohta. It was truly a blast with extraordinary performances from the different chapters lip-syncing their way thru the night. The daunting tasks of judging the Lip Sync contestants, fell on the shoulders of PNAA Officers Mindy Ofiana, Romy DeVera, Bessie Schiroky and PNARVA's members, Ameur Benedicto and Amy Benito. The PNA Virginia Beach representative, Justine Ford bagged the top prize with her rendition of Gloria Gaynor's and Beyonce's "I will Survive" and "I am a Survivor" with PNA New Jersey Disney Performers as a close second. The Best Costume award went to Rochie Pangniban, with a Don Quixote-like outfit and the Most Innovative one went to Belle Villafuerte's "Tinker Belle" adaptation. PNARVA entertained the audience with several surprise numbers coupled with impromptu participations by some PNAA officers and other attendees as background performers. The artists who were impersonated were Donna Summer (Agnes Kirton), Michael Jackson (Eden Canite), Elvis Presley (Annie Protacio-Deza), and Madonna (Dhol Tuason). Their wholehearted and un-edited performances brought the whole house down into roars of laughter and tears at the same time! Lots of dancing ensued as participants gave flavor to the night with their colorful costumes.

October 31: The Education Program was well attended by 113 nurses having nationally renowned and excellent speakers with Dr. Deborah Zimmermann, CNO of Virginia Commonwealth University Hospital leading the line-up who spoke about the IOM recommendations for the future of nursing as well as discussions about Leadership, Engagement and Transformation. Kristin Windon, Associate Chief of Nursing Education from McGuire Veterans Affairs Medical Center touched on Trust, Empowerment and current healthcare environ-

18th Eastern Regional Conference

October 30-31, 2015



ment. Raul Almazar, Faculty National Association of State Mental Health Program Directors, discussed at length the realistic Impact of Trauma in our Lives wherein nurses play an important role with those victims affected by violence. Clareen Wiencek, Associate Professor University of Virginia School of Nursing delivered topics about caring for patients living with their ailments. Dr. Mary Joy Garcia Dia, PNAA Secretary presented the disruptive innovation in healthcare technology, another wake-up call about how innovations can actually be disruptive. Marian Shaub Altman concluded the session with "Every Nurse is a Leader" sharing the 7 habits of highly effective people, self-awareness and management.

The Gala Night with 255 attendees, added the feel of a National event to the ERC with its theme “From the Philippines and Beyond”. PNARVA presented a night to remember, to say the least! The “Red and Black” theme of the night exuded an aura of elegance and sophistication with beautiful centerpieces and matching tables and chairs that went with the theme. Lorna Schneider of PNA New York helped emcee the event. The one hour showcase of talents was a mixture of our diversified culture. With our very own, Dhol Tuason, as the choreographer, PNARVA and friends from the Richmond Community delivered an exquisite folkloric yet modernized production. The whole room was mesmerized by the colors and fluidity of the marvelous show. The grandiose night continued with the never-ending dancing of all ERC participants. The whole event concluded with a community mass the following day as attended by 150 people complete with a send-off breakfast. A short summary and evaluation session of the 18th ERC was presided by Madelyn Yu. PNARVA presented the embodiment of the president’s mantra to LEAD, EMPOWER AND TRANSFORM. We did not just gain experience and knowledge but gained friends and inspiration in life as well. THANK YOU ALL: Eastern Region Community, friends from Miami & South East Florida, South Central Region delegation, PNAA officers and most especially to our Eastern Region VP, Madelyn Yu MSN, RN, who guided us from the beginning to the end to ensure a successful 18th ERC.



SUPPORT THE PHILIPPINE NURSES ASSOCIATION OF AMERICA, INC.



PNA Southern California (PNASC)

By: Mindy Ofiana, PNAA Western Region, Regional Vice President

During December 12, 2015, PNA Southern CA (PNASC) held their 4 in 1 event - Fall Seminar, General Assembly, Nurses Got Talent and the Induction of the Officers for the second Subchapter of PNASC - West Los Angeles Subchapter. These energetic group of nurses will lead, empower and transform our organization. Please join me in welcoming Adolfo and his team to our PNAA Family.

The 2016 - 2018 Executive Board Officers

President--**Adolfo Famas**, BSN, RN, CCRN
President Elect--**Victoria de Leon**, BSN, RN, CGRN
Vice President--***Imelda Pichon-Queja**, BSN, RN
Recording Secretary--***Joan Romero**,
MSN, RN, CCRN, CNML
Corresponding Secretary--**Dorothy Visitacion Lim**,
BSN, RN
Treasurer--**Erlinda Dumas**, BSN, RN
Asst. Treasurer--***Mariane Ivy Dimalanta**,
MSN, RN-BC-OLAR

Auditor--***Jenita Gutierrez**, MSN, RN, CNRN
PRO--**Marietta Lucero**, BSN, RN
Parliamentarian--**Lawrence Santiago**,
EdD, RN-BC, NE-BC

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Marietta Salcedo, RN, CGEN
Shirley Sabare, BSN, RN
Lilian Patague, BSN, RN
Erlyn Munda, MSN, RN

Adviser: **Josie Estaris de Jesus**, BSN, MA, RN

PNA Wisconsin

PNAWI held its induction in December 2015, Below is the list of PNA Wisconsin's Executive Board member:

President -- **Marilyn Mallari**
Pres. Elect -- **Yvette Soriano**
Secretary -- **Maria Tilistyak**
Asst. Sec. -- **Jackie Tulod**
Treasurer -- **Minnie Parbs**
Asst. Treasurer -- **Abby Mira**
Board Members:
Dino Capitan
Virna Daquioag
Pam Marcelino
Sarah Austria

Let us congratulate and welcome all of them to their new posts! They are all committed to serving the PNAA and had made their most important decision for the year... **that of bidding to host the 2018 PNAA National Convention!** Your support of this "younger but energetic" NCR chapter when they bid in Washington DC will be greatly appreciated! They would like to showcase the beauty of the state of Wisconsin (known for their delicious cheeses, sausages and beers) and the hospitality of the people of Milwaukee. I could attest that this group will be a perfect host to our PNAA family in 2018!

10th PNAA International Nursing Conference A Roaring Success

By: Rosario-May Mayor, RN

The 10th PNAA International Nursing Conference held at the Diamond Hotel-Philippines was a quality conference that was delivered. Even if PNAA Education Committee Chair Dr Rey Rivera was in absentia, his touch on the conference was very evident, the wonderful line-up of speakers were topic centered, the flow of topics and breaks were awesome and we allowed for a lot of "kodakan". Dr Gloria Beriones, PNAA Education Co-Chair handled the conference with fluidity and expertise.

The delegates had a wonderful time listening to the presenters. Got so many positive and raved reviews and compliments from the attendees and told us they learned a lot. Busog and puso namin and busog din ang tummy!!! The food at Diamond Hotel was also a gourmet delight!

PNAA Balik-Turo 2016 held at the University of the Philippines College of Nursing on Wednesday, January 27, 2016 was also a success, as well as PNAA Balik Turo on Tuesday, January 26 held by the PNA-Gulf Coast chapter at the Adventist University in Silang, Cavite. Thank you for all your prayers for the success of the 10th PNAA International Nursing Conference.



National Coalition Minority Nurse Associations

NCEMNA Board of Directors- 2016

Greetings from the National Coalition of Ethnic Minority Nurse Associations (NCEMNA)!

NCEMNA is a unified body advocating for equity and justice in healthcare. It is composed of 5 National Ethnic Minority Nurse Associations:

- Asian American Pacific Islander Nurses Association, Inc. (AAPINA)
- National Alaskan Native American Indian Nurses Association (NANAINA)
- National Association of Hispanic Nurses, Inc. (NAHN)
- National Black Nurses Association, Inc. (NBNA)
- Philippine Nurses Association of America, Inc. (PNAA)



Our Mission: Be the unified body to advocate for health equity and justice

Our Vision: To be a leading voice and driving force for ethnic minority populations

NCEMNA recently concluded a very successful Strategic Management meeting on February 27-28, 2016 in Las Vegas, Nevada. The 2 day interactive meeting was led by *Mila C. Velasquez*, MN, RN, current President, and participated by the Board of Directors representing leaders of the 5 national member organizations. The strategic planning focused intensively on 4 specific goals and related strategies identified as priorities to move NCEMNA forward:

- Advocate for accessible, equitable and culturally appropriate health care
- **Promote ethnic minority nurse leadership in areas of health policy, practice, education and research**
- Promote NCEMNA's professional growth and
- **Promote financial sustainability**

The **NCEMNA Strategic Blue Print 2015-2017** served as an evolving framework for discussion to strategize and to advance NCEMNA's Mission, Vision and Goals. After a thorough review and analysis of the strategic blue print; each Strategic Team assigned to a specific goal presented their recommendations to the Board for approval and implementation. Each team is commended for a job well done; commitment, and most of all, teamwork to fulfill assigned responsibilities.

Other Highlights of the Meeting:

- Installation of 3 new Executive Officers for 2016-2018, by Dr. Betty Smith-Williams, NCEMNA President Emerita and Co-Founder: Vice Presidents: Elizabeth Gonzales, PhD, RN, and Jose Alejandro, PhD, RN
Treasurer: Lee Anne Nichols, PhD, RN
- Panel presentation with the theme ***"Building a Culture of Health Together: Promoting Leadership, Diversity and Sustainability"***. The program was supported by the Robert Wood Johnson Foundation and the

American Association of Retired Persons. The panelists were: Dr. Antonia Villarruel and Deborah Washington, Future of Nursing Campaign for Action co- leaders of the National Diversity Action Steering Committee. Both presented the **Culture of Health Action Framework** and discussed how NCEMNA can contribute to the national movement of **Building a Culture of Health** and be a partner to promote leadership and diversity.

- President Mila Velasquez addressed NCEMNA’s Leadership Challenges and Opportunities in Building a Culture of Health Together.
- Dr Bette Keltner Jacob, Co-founder of NCEMNA, provided realistic insights to promoting sustainability of the organization.

An open forum followed the presentation. Issues on promoting diversity and advancing the future of Nursing were addressed. Dr. Debra Toney, NCEMNA Secretary, also invited members of the Nevada Action Coalition (NAC) who also sponsored lunch for the day. Overall, it was a great networking opportunity among the leaders of NCEMNA, the Future of Nursing Campaign for Action Committee, and the Nevada community. Thank you very much for all your support! NCEMNA looks forward to strengthening partnerships, collaboration and synergy to lead, inspire and influence. Let us work together to realize our shared goals and be successful in meeting the challenges of building a healthier community.

The National League for Nursing Releases a Vision Statement on Achieving Diversity and Meaningful Inclusion in Nursing Education

By: Mila Velasquez, MN, RN, President 2015-2017, NCEMNA

The National League for Nursing issued its document, “Achieving Diversity and Meaningful Inclusion in Nursing Education.” In order to “promote excellence in using education to build a strong and diverse nursing workforce to advance the health of our nation and the global community.” The vision statement discusses diversity in nursing with regards to race, ethnicity, gender, sexual orientation and gender identify, socio-economic status, age, physical abilities, religious beliefs, political beliefs, or other attributes.

Comparison of Nursing Diversity to General Population (NCSBN, 2013)

Ethnic or Gender Group	Registered Nurse Population	General Population
Caucasian	83%	77.7%
African American	6%	13.2%
Asian	6%	5.3%
Hispanic	3%	17.1%
American Indian/ Alaskan Native	1%	1.2%
Native Hawaiian/ Pacific Islander	1%	0.2%
Female	93%	51%
Male	7%	49%

The table above shows that Asian nurses are overrepresented comprising of 6% of all RNs compared to 5.3% of the populations. African-Americans, Hispanic and American Indian/Alaskan Native are underrepresented. The document provided other analysis. You can view of copy of the document [here](#).

First Time Fil-Am Nurse Volunteer at a Philippine Medical Mission: A Kaleidoscope of Emotions

By: Alwyn Galela, PTA, BSN, RN, MPH (c), PNAO President-elect

There are a few activities that empower a Fil-Am nurse to the organic reasons for the vocation. The dizzying grind of everyday work, not to mention the exhausting rigors that comes with nursing responsibilities, leads to one to elude the passion of nursing mandate. As a first generation Fil-Am nurse, nothing compares to the surge of energy and new-found fervor in the excitement of caring and helping like joining a medical/surgical mission to the Philippines.

In Spring 2016, I had the opportunity to join the 35th medical mission sponsored by the Association of Philippine Physicians of Ohio (APPO) in conjunction with the Dalubhasaan ng Lungsod ng San Pablo (DLSP) and the local government. It was a 5-day medical and surgical mission held in San Pablo, Laguna on February.

It was but fitting to begin the Mission by celebrating a mass at the Padre Pio National Shrine in Santo Tomas, Batangas en-route to the San Pablo, Laguna. It was an appropriate prelude to the noble task ahead of us. In fact, it proved to be such a surreal experience when the parish priest's homily that Sunday was aptly about health and responsibility. It is almost astonishing to hear a homily with the words cholesterol, diet and exercise in a packaged together. With no less than 90 volunteers from APPO and the local organizations, we receive the message and, seemingly, a send-off blessing as we partake in this Mission.

Being a Sunday, the two buses we were riding had a hard time traversing the narrow asphalt road to the Shrine due to traffic congestion. In fact, the 30-minute bus ride from the National Shrine to San Pablo ended up being a two-hour trip. For a balikbayan like me, I considered it an opportunity to enjoy the countryside backdrop of the bus trip plus the smiling faces of our kababayans as they engaged in their mundane activities along the road. The luxuries of the US and the convenience of States-side lifestyle was, suddenly, a thing of the past. I remember one of the APPO volunteers, a Polish nationality and first time visitor to the Philippines,



Congee provided during registration at San Pablo City General Hospital



Queue for medical consult at San Pablo City General Hospital

needed to be oriented to the different way of doing things. By the end of the Mission, he became accustomed to using the stairs to his third floor room since there was no elevator in the hotel where we were staying, using the electric fan when the air-conditioner started having problems (almost on a regular basis) in his room, timing his morning showers before the hot water reserve runs out and having a ready sanitizer at hand since running water is not always a guarantee.



Farewell Party sponsored by the City Government on the last night of the Mission

The first few hours of the Mission was initially chaos. This was expected. It soon became a smooth operation like clock-work once everything settled. There were two hospitals that were used by the Mission. The bigger Laguna Provincial-San Pablo District Hospital housed the major surgery and the smaller San Pablo City General Hospital was used for everything else (minor surgery, medical consultation, pharmacy, optometry and health screening). I was assigned to the triage department with four other APPO volunteers. There was also a group of local nurses helping with triage. I was impressed on how labor intensive this Mission was. A command post was set-up to assist. And thanks to good planning on the part of the local counterpart organization, the volunteers were easily identifiable by their lanyards with their name and designated roles. They were readily available to help both the patients and APPO volunteers. I mean, from accompanying patients to the next station in queue to serving coffee and snacks and anywhere in between. No task was too small for them. They readily provided service, and with a smile too. In fact, one of the local volunteers told me that they do not mind performing tasks that is outside their assigned roles. Everyone was ready to be a constructive part of the Mission!

During my volunteer in major surgery, I was moved by my conversation with a mother of a child who suffered from a tumor in the head since birth. It was about the size on a 1 Philippine peso coin. She said that part of the head is hairless and that it is hard and round when the child is standing but flattens when laying down. When the child was still an infant, the local doctors said that operation was optional since the tumor was benign. However, the child fell on it at two years old and started complaining about discomfort and being miserable. The cost of the operation to remove the tumor was estimated to be around 50,000 Philippine pesos. Not being able to afford it, the Mission came at the right time, she claimed. She started to cry and was very thankful for without the Mission this operation might not have been performed due to their meager financial resources.

I also talked to a patient, a retired school teacher of 37 years, who just had hernia operation a few hours ago. He had three children but one died. He has a daughter who graduated as a nurse but could not find work and takes care of his wife who has diabetes. Just before ending our conversation, under his breath, he mentioned about his frustration on not being able to bring his 3-year old grandson to the Mission. He said that he feels sorry for his grandson. He said that his grandson sometimes takes as long as a week in-between bowel movements. Just after birth, the local doctors said that his grandson needed an operation to his bowels. However, the boy's parents did not have the financial resources to pay for the operation. The mother works but do not make enough money. The father went to Korea to work in a factory that soon closed. He



Triage with the author, Alwyn Galela, and some APPO volunteers



Major surgery at Laguna Provincial-San Pablo District Hospital

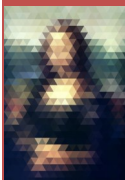
did not go back and stayed there illegally to find opportunities that was not available in the Philippines. He does not have a regular source of income.

However, there were also light moments during the Mission. During one of our early morning trips from the hotel to the hospital site, we had a conversation with Kuya George, one of our volunteer-guides. During the light and friendly exchanges, there was a debate on what is the meaning of dalubhasaan in DLSP. We figured that dalubhasaan is the Tagalog translation of university in English. Then, we wondered why did they not use pamantasan, which is also Tagalog translation of university. Before we could explore further, we arrived at our destination. It left me wondering the whole day. Another morning trip conversation was with an ROTC volunteer who was also one of the volunteer-guides. The ROTC volunteers were in their full military regalia during the Mission. She was a student at DLSP. We asked her what she wants to be after college. She says that she wanted to be a soldier. We looked at each other in amazement. She was so petite and very unassuming presence that it was hard to think of her barking commands, much less be involved in soldiering. She said that her rank would be 2nd lieutenant if she joins the military after her training. She likes her training and the ROTC, at the same time, also helps with matriculation. She only pays half of the tuition, which is around 1,000 Philippine peso per semester. Some of the nurses tried to persuade her about getting into nursing but she seemed resolved in becoming a soldier.

The experience that this 5-day Philippine Mission was a boost that every Fil-Am nurse need to re-energize and re-appreciate the basic tenets of the nursing profession- that of caring and helping. Joining medical/surgical missions is a proactive venture into the tenets of nursing that might have been lying dormant inside every nurse leading to indifference to our vocation. It's just like a shot of vitamin B₁₂ for reinvigoration. However, when joining medical/surgical missions, you have to be ready to pay your way 100%. You have to make arrangements with family and work back home. And lastly, you have to be flexible and open-minded to the intricacies of the inconvenience of the host country. But do not let this discourage you for the returns, though intangible, is good for the heart. And that is what the doctor prescribes!

SPECIAL CALL FOR LATE-BREAKING ABSTRACTS

If you missed the abstract deadline on May 1st, you have another chance to submit your abstract for the 37th Annual PNAA National Convention. For more information, please visit <http://mypnaa.org/> and look for the announcement under "What's New". The deadline for submission is on **June 15, 2016**



Guidelines for Submitting Inside PNAA Articles

You are encouraged to submit an article for the PNAA Newsletter. Please submit your articles through your Regional Vice President. Here are some rules to follow when submitting your article.

ARTICLES

Articles must adhere to the following:

- Title of Article
- Author and Credentials i.e. BSN, RN, CCRN, CPHQ, etc.
- Written in the third person. If you strongly feel that it must be written from a first person perspective, please let the editor know the specific reason.
- First person articles are limited to the PNAA President and opinions.
- The article must be proofread for spelling and grammar.
- Please refrain from using idiomatic expressions
- No highlights or emphasis in the article
- Cite references as necessary

Acceptable formats for newsletter article submission:

- Microsoft Word (preferred) - .doc, .docx
- OpenOffice - .odt
- Apple Pages - .pages
- Text file - .txt

DO NOT submit .pdf file. Formatting cannot be guaranteed.

Note: Articles may be edited for content.

PHOTOS

Photos must be submitted in its original resolution and format. DO NOT embed photographs in the article. Photographs must be submitted separately and the article should be referenced in the subject line.

Acceptable image formats are the following:

- JPEG (preferred)
- BMP
- PNG
- TIFF

When submitting photos, please add a caption. If there are persons whom you need to identify, indicate the names of the persons. Also, please make certain that the persons in the photo have consented to the publication of their images.

CONTACT INFORMATION

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May is National Physical Fitness and Sports Month

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active. Here are just a few benefits of physical activity:

- Children and adolescents – Physical activity can improve muscular fitness, bone health, and heart health.
- Adults – Physical activity can lower the risk of heart disease, type 2 diabetes, and some types of cancer.
- Older adults – Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

Communities, health professionals, and families can work together to create opportunities for everyone to get more physical activity. Make a difference: Spread the word about fun ways to get moving! How can National Physical Fitness and Sports Month make a difference? We can all use this month to raise awareness about the benefits of physical activity.

Share These Resources Health Topics

- President's Council on Fitness, Sports & Nutrition (<http://www.fitness.gov>)
- Eat Healthy (<http://www.healthfinder.gov/HealthTopics/Category/health-conditions-anddiseases/diabetes/eat-healthy>)
- Get Active (<http://www.healthfinder.gov/HealthTopics/Category/health-conditions-anddiseases/diabetes/get-active>)
- Help Your Child Stay at a Healthy Weight (<http://www.healthfinder.gov/HealthTopics/Category/nutrition-and-physicalactivity/physical-activity/help-your-child-stay-at-a-healthy-weight>)
- Watch Your Weight (<http://www.healthfinder.gov/HealthTopics/Category/health-conditions-anddiseases/diabetes/watch-your-weight>)
- Physical Activity (<https://www.healthypeople.gov/2020/topics-objectives/topic/physical-activity>)
- I Can Do It, You Can Do It! (<http://www.fitness.gov/participate-in-programs/i-can-do-it-you-can-do-it/>)
- Food and Physical Activity Tracker (<https://www.supertracker.usda.gov/>)

2016 PNAA/PNAAF ZUMBATHON

Nurses Asking Friends | July 23, 2016

We cordially invite you to support the Annual PNAA/PNAAF Zumbathon that will be held during the 37th PNAA National Convention in Washington, D.C. on July 23, 2016.

Funds raised will support our PNAA/PNAAF programs like Balik-Turo, Scholarship and Community Outreach.

This year, every chapter will receive 5% of the chapter's Total Funds raised. We will also be giving awards to the highest regional fundraisers (1st, 2nd, 3rd and 4th).

- See more at: **2016 PNAA/PNAAF ZUMBATHON**

Palakpakan Corner

Filipino-American **Dr. Rhigel Jay Alforque-Tan** took oath as president of the Nevada State Board of Nursing on Jan. 6, in a ceremony presided by Honorable Judge Cheryl Moss and joined by Honorable Judge Bill Henderson. Tan's election makes him the first Asian American male elected to the position in the 92 years of the board's existence. (asianjournal.com—<http://asianjournal.com/news/fil-am-sworn-in-as-president-of-nevada-state-board-of-nursing/>)

Dr. Nelson Tuazon, current President of PNA San Antonio and past vice president of PNAA successfully defended his dissertation for the degree of Doctor of Business Administration (DBA). He is also the Chief Nursing Officer of Baptist Medical Center in San Antonio, TX.



PNASD member, **Donald Laurino**, MSN, CCRN, CMSRN, PHN, RN-BC, a senior theory/clinical instructor at American Career College-Lynwood was selected as one of 10 nurses from across the nation to participate on a NCLEX item development panel of subject matter. Donald, who has worked with ACC-Lynwood since 2013, was approved by the California Board of Nursing and selected by the National Council of State Boards of Nursing. He was nominated on the basis of clinical specialty and nursing expertise.

Donald has also been selected as Honorable Mention winner for the ABHES/Elsevier Master Teacher Award 2016. The Master Teacher Award recognizes best practices in teaching in the allied health discipline and is presented by the Accrediting Bureau of Health Education Schools (ABHES) and Elsevier. He received his Master of Science in Nursing at University of San Diego.

William Paterson University shared the news that **Dr. Leo-Felix Jurado** will be promoted to Associate Professor at William Paterson University of New Jersey (WPUNJ) effective September 2016. Dr. Jurado has been an Assistant Professor for the past four years at WPUNJ. Dr. Jurado has wealth of experiences in higher education. He currently teaches at all levels, baccalaureate, master and doctoral programs. He has extensive work in curriculum and course development, program assessment and evaluation, and in meeting regulatory and accreditation requirements. In addition to his responsibilities at WPUNJ, he serves as an Academic Mentor at Thomas Edison State University where he developed the Men's Health Course. He teaches courses in Nursing and Healthcare Leadership, Health Policy and Population Health.

A dedicated volunteer in advancing the Nursing Profession, he currently serves as a Parliamentarian for the Philippine Nurses Association of America, Inc., (PNAA); Editor-in-Chief of The Journal of Nursing Practice Applications and Reviews of Research (JNPARR); mentor and adviser to the Board of Philippine Nurses Association of New Jersey, Inc. He is the immediate past president of the New Jersey Board of Nursing where he served as a Board Member for ten years (2000 – 2010), past President of PNAA (2008-2010), and past President of Philippine Nurses Association of New Jersey (1997-1998).

The rank of doctoral nurses continue to grow. Congratulations to the **Marlon Saria**, PNA San Diego – Past President of PNASD, **Pam Windle**, President PNA Metro Houston, DNP, and **Rollie Perea**, DNP, from PNA New England, announced this week

Share accomplishments, yours or your colleagues with the PNAA community.

Send information to editor@mypnaa.org

From Bessie E. Schiroky, NCR RVP, 2014-2016.
please join me in welcoming and congratulating the newly installed officers of the NCR chapters PNA Indiana, PNA Greater Kansas City and PNA Michigan! We thank all of them for their willingness to serve our beloved organization, the PNAA!

For the past Presidents, Mattie Upano, Jessamine Endaya and Sonia Montano – thank you so much for your dedicated services to your chapters and PNAA! You all helped in strengthening the North Central Region and making us more visible not only within PNAA but also in our states and communities. Your continuous engagement and mentoring of our new chapter leaders will ensure our viability as an organization.

April 2, 2015 – PNAIN EB Induction

President – **Karleen McGill**
Vice President – **Chuchi Esteleydes**
Secretary – **Matilde Upano**
Treasurer – **Eleanore Wilson**
Asst. Treasurer – **Susie Quintia**
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April 15, 2015 – PNAGKC EB Induction

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April 23, 2015 – PNAM EB Induction

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Sofy Bole
Martha Cabarios
Sonia Montano
Amy Rizvold
Remedios Solarte
Carmen Villanueva
Aniceta Vista



2016 Calendar of Events

Date	Event
May 31	Deadline: PRIDE Award Submission Submit to editor@mypnaa.org
June 1	Deadline: 37th PNAA Annual National Convention "Special Call for Late Breaking Abstracts" GENERAL INFORMATION PNAA invites you to submit an abstract for poster presentation. The symposium will showcase registered professional nurses' involvement in innovative evidence-based practice and clinical nursing research. For more information, please visit PNAA website, www.mypnaa.org
June 6	Election date deadline as set by the NOMELEC Committee
June 15	Deadline for Hotel & Event Registration
July 20 to 24	PNAA 37 th Annual National Convention Leading the Way to Innovation Excellence Through HEALTH Grand Hyatt Washington 1000 H Street, NorthWest
July 23	Register online now at www.pnaafzumbathon.kintera.org and join PNAA/PNAAF for its annual PNAA/PNAAF 5K event in Washington, D.C. on July 23, 2016. If you don't want to register online, you can send a completed registration form available on our Downloadable Forms section in the website.

For more information about the Philippine Nurses Association of America, Inc.

Visit our website: www.mypnaa.org

Inside PNAA News

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PRIDE AWARD for Outstanding Newsletter

ONLY ELECTRONIC SUBMISSIONS OF NEWSLETTERS WILL BE ACCEPTED TO

editor@mypnaa.org

Local chapters must submit at least two issues of their newsletters published in the previous year to be considered for these awards:

- 1) Outstanding Newsletter Award** - given to a local chapter that publishes quality newsletters on a regular basis.
- 2) Outstanding Editorial Award** – given for an editorial column of a local newsletter.

DEADLINE FOR SUBMISSION:

TUESDAY, May 31, 2016

I. PURPOSE

To establish a formal mechanism for awarding PRIDE Award based on established criteria.

II. POLICY

A. Two awards will be given during the Annual PNAA National Convention

- 1) Outstanding Newsletter Award** - given to a local chapter that publishes quality newsletters on a regular basis.
- 2) Outstanding Editorial Award** – given for an editorial column of a local newsletter.

B. To be considered, the Chapter and Editor must be a paid PNAA member by May 31 of each year.

C. The newsletter will be judged on the following established criteria and scoring tool (See next page)

P – Professional Presentation

R – Relevant

I – Inspiring

D – Diverse

E – Educational

III. PROCEDURE

- Local chapters will submit an electronic copy of at least two issues of their newsletters published during the previous year.
- The newsletters will be emailed to the designated Chairperson of PRIDE Award Committee not later than May 31, of each year. All entries must be time stamped on that date.
- The newsletters will be evaluated by a panel of five using an established criteria and scoring grid on a Likert scale of 1 through 5. (5 being the highest score)
- The Chairperson of the PRIDE Award Committee will tally the results and will confer with the members to determine final score. The decision of the panel is final and irrevocable.
- Two winners will be selected: one for the **Outstanding Newsletter** and another for **Outstanding Editorial**.

PNAAPride Award SCORING TOOL SAMPLE

Name of Chapter:					
Name of Newsletter:					
Occurrence of Publication: <i>(check all that apply)</i>					
<input type="checkbox"/> Winter <input type="checkbox"/> Spring <input type="checkbox"/> Summer <input type="checkbox"/> Fall (5 is the highest score)					
Criteria	1	2	3	4	5
Professional Presentation					
1. Physically appealing (not crowded, cramped; capture's reader's attention).					
2. Consistency in fonts, formats, and location of standard sections (e.g. editorial, president's report, etc.).					
3. Combinations of texture, color, and graphics that are pleasing and attractive (e.g. photos, presented data).					
Relevance					
1. Information updated and useful to readers.					
2. Content meets the needs of the members (evidence of needs assessment or feedback from readers is required).					
3. Newsletter reports both on local and PNAAP activities.					
Inspirational Element					
1. Content promotes the vision of PNAAP (visibility, viability, and vitality)					
2. President's message/editorials encourage unity, esprit de corps, and team building.					
3. Newsletter recognizes members (announcing promotions, grants, and welcoming news members).					
Diversity					
1. Variety of topics (clinical, administrative, education, research, community, and entrepreneurship).					
2. Different writers (except for standard sections).					
3. Topics deal with global issues outside of the local chapter (lobbying, legislative, other organizations).					
Educational					
1. Reports on educational programs and activities.					
2. Content encourages or motivates members to pursue career enhancements, development, and professional growth.					
3. Informative, new ideas, trends.					
Evaluator's comments/suggestions:					

DEADLINE FOR SUBMISSION:

TUESDAY, MAY 31, 2016

SUBMIT NEWSLETTERS TO EDITOR@MYPNAAP.ORG

Philippine Nurses Association of America

Scoring Tool

Editorial PRIDE Award

On a score of 1-5, rate the **editorial** based on **5 being the highest, 1 being the lowest**. Please **circle** your score

	1	2	3	4	5	Total
1. Current issues relative to nursing						
2. Topic enhances professional growth						
3. Relevance of topic to the mission/vision of PNAA						
4. Inspirational, encouraging chapters to join PNAA (locally, nationally)						
5. Organization and composition						
Total score						

Editor: _____

Chapter: _____ Volume: _____, No. _____, Season: _____

Judge's signature: _____

Date signed: _____

Initial form developed, 6/6/0,07

Revised, 6/8/08

S.Bole, PRIDE Chairperson

Reformatted 3/23/2016

D. Diongson, PRIDE Chairperson

IN YOUR EMAIL MESSAGE, PLEASE INCLUDE THE FOLLOWING:

NAME OF CHAPTER:

NAME OF EDITOR:

PHONE NUMBER:

EMAIL ADDRESS:

ISSUE DATES:

DATE OF SUBMISSION:

If you have any questions, please call Davy G. Diongson at (917) 497-7792



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