



Inside this issue:

Presidents Letter 1

CCANN 2018 Spring Conference 2

CCANN Breakfast Conference 3

SAVE THE DATE Scholarship Award 4

Lactation article Community Service 5

Community Service Membership 6

March of Dimes Walk 2018 7

Fundraising 8

Awards & Sponsors 9

President's Message

by Kamela Loo, MSN, RNC-NIC, FNP-BC, NNP-BC

I have had the honor to be the founder and first President of Central California Association of Neonatal Nurses (CCANN) with its inauguration in 1998, with the support of many neonatal nurses. It was our chapter goal to *serve our community and bridge the gap between the various hospitals' nursing professionals in our valley. Neonatal nurses are indeed uniting to serve and foster professional growth with a simple goal of providing excellent and safe care to the little ones we all love to care for and work with daily.* Thank you to all the past chapter presidents: Rina Steyn, Maryann Imbing and Gil-Da Aum who had made great contributions to our chapter; especially MaryAnn who has brought our chapter's communication to a new height: our CCANN flyer, our new and improved CCANN web site, face book and twitter. Karen McGough's continued great involvement in our Biannual newsletter publication is worth mentioning as well.



CCANN has been an award-winning chapter since our inauguration. We've taken pride in providing advocacy for our premature infants in supporting: 15 million premature babies, prematurity prevention, birth defect research, and reduction of infant mortality. We have supported many individuals and families in need in the past. By fundraising, we have provided support to the people affected by national and international disasters including the past Hurricane Katrina in New Orleans, the hurricane in the Philippines, and the most recent, Hurricane Maria in Puerto Rico. Through fundraising, we averaged over ten thousand dollars annually in participation of various community services and supporting many worthy causes. We have provided an average of 15 CEUs annually, including the most updated information and cutting-edge knowledge to our neonatal nurses. We provided unique neonatal designs on our sweat shirts and T-shirt merchandise that wear proudly, including many of our partners in providing neonatal care. We are proud of our past and present accomplishments and we look forward to continuing our service to support our mission. Thank you for our loyal vendors' support through the years as well.

Currently CCANN has 140 members as of April 2018. We are listed as the third largest NANN chapter in the United States. We have even expanded our recruitment by adding new members from an additional new territory, the Visalia region. Our membership has experienced the negative economic impact, as well as competition with the other lower cost national neonatal nursing organization. However, NANN is unique and can provide a louder voice and political stand in many neonatal issues. We can collaborate with leaders and peers in our field and have representation in the national platform.

We welcome many new CCANN and returning members this year. Also, we welcome a fresh and eager group of officers: Sarah Gil, President-elect, Rose Kalebjian, Secretary, Savath Sullivan and Nelfa Rey-non, Treasurer, Gil-Da Aum, chief CCANN Officer and past president to join us to lead this chapter to the next decade.

Lastly, we would like to extend an invitation to all the neonatal nurses of the Central Valley to please join us. Together we can make a difference!

Coming Events:

9/8/18

CCANN Fall Conference, Madera, CA (VCH)

10/17 thru 10/20/18

NANN Annual Conference, Anaheim, CA

12/6/18

Christmas Event, Copper River Country Club, Fresno, CA

Education....

2018 Spring Conference and Breakfast Conference Recaps



by Sarah Gil, RN, MSN, CNS, President Elect

For the Spring 2018 Conference, CCANN featured topics related to *Cutting Edge Trends in Neonatal Nutrition*. The conference opened with Dr. Mario Rojas, a Neonatologist and new medical director of Valley Children's Hospital. He described microbial evolution starting from more than 3 billion years ago, the development of microbiomes, the function of probiotics and how they prevent bacterial translocation and sepsis. Dr. Rojas' scientific presentation provided much insight into the importance of maintaining a robust microbiome for optimal health and he ended his presentation with the question for the audience: whether or not probiotics prevent NEC in neonates. Following his presentation were two other captivating speakers—Terry Johnson, a Neonatal Nurse Practitioner, and Dr. Julia Mizener, another Neonatologist at Valley Children's Hospital. Terry Johnson discussed the role of human milk oligosaccharides in establishing and maintaining the microbiome as well as immunologic advantages of human milk feeding in the NICU. The conference concluded with Dr. Mizener's discussion of the benefits of breast milk in preemie neurodevelopment. Some important considerations that may require follow up following this informative conference include the safety of cotton tipped applicators for oral care in the NICU, the role of skin-to-skin contact in neonatal resuscitation (in some countries, neonatal resuscitation including umbilical catheterization and intubation is done during skin-to-skin), and the significance of promoting a diverse microbiome in the neonate through the provision of human milk, probiotics, and effective antibiotic stewardship.



Educational conferences continued...

“Breakfast and Learn”

Most recently, CCANN also organized a mini-conference at Marie Callender’s Restaurant featuring Dr. Radhika Narang, a neonatologist at Valley Children’s Hospital. Dr. Narang presented on *Non-immune Hydrops Fetalis (NIHF) in a Neonate*. With a higher frequency of this diagnosis, this was an opportune time for Dr. Narang to explain NIHF and how “it represents a large spectrum of rare disorders and conditions.” She distinguished NIHF with Immune Hydrops Fetalis, and proceeded to delve into the pathophysiology, multifarious causes, and management. During her presentation, Dr. Narang shared beautiful pictures of Alaska and had quiz questions to keep attendees engaged.

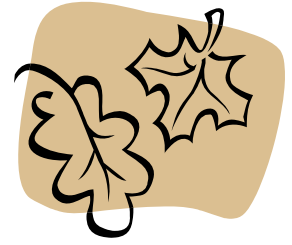


Both conferences yielded a great-turn out and CCANN members provided high evaluations—as such CCANN encourages all members and non-members to attend future conferences to enrich their practice.

Save the Date: 09/08/2018

CCANN Fall Conference

NEONATAL HEMATOLOGY#



CBC Fundamental

Non-Sepsis Abnormal CBC

- IUGR/PIH
- Leukemoid in Trisomy 21
- Steroid therapy
- Immune deficiency

Neonatal Anemia

- Discussion of delayed cord clamping
- Oxygen dissociation curve
- Epogen therapy (early vs. late) with/without iron
- Blood transfusion – when and what level at various gestation/ DOL

Platelet abnormality

- Thrombocytopenia causes
- When and what to treat

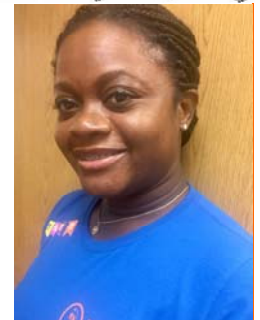
Clotting disorders

- When to give FFP, cryotherapy, vitamin K, Factor XIII, LMWH such as Lovenox



2018 Scholarship Award Recipient!

We are proud to present Sophia Kemp as our newest recipient of the 2018 CCANN Scholarship award. This award is given to qualified recipients who have demonstrated commitment and dedication to the field of neonatal nursing. Sophia has been a Neonatal Intensive Care nurse at Valley Children's Hospital for the last 13.5 years. She enjoys her role as a neonatal resuscitation nurse and is in pursuit of her Masters in Neonatal Nurse Practitioner. She is interested in advancing her education to impact the outcomes of the tiniest of the population at a higher level of nursing care. Currently, she is attending courses at University of Alabama, Birmingham and will be expected to graduate as a Neonatal Nurse Practitioner in the year 2020.



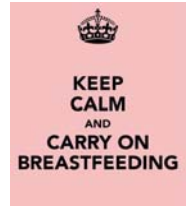
She has been a member of CCANN since its inauguration in 2008 and actively participates in many of the CCANN events including fundraising activities such as March for babies-March of Dimes, educational conferences, and community service events.

Her colleagues, including fellow nurses and neonatologists, are immensely excited and supportive of her new educational endeavor.

Education...

Methadone and Breast Feeding

By Kristi Downs, RN, BSN, PHN, RNC-NIC, IBCLC, RLC



Illicit drug use and legal substance use/abuse is a significant problem among women of childbearing age. For pregnant and postpartum women, methadone maintenance has been the treatment of choice for opioid dependence in the United States, Canada, and many other countries. Since 2001, the American Academy of Pediatrics (AAP) has endorsed that methadone is compatible with breastfeeding regardless of mother's dose. Concentrations of methadone in human milk and the effects on the infant have been well-studied. The levels of methadone found in human milk are low.

Breast milk is optimal for infant nourishment and has a positive effect on long term health for the mother-infant dyad. Specifically, breastfeeding promotes positive early infant attachment experiences and decreases maternal stress responses. Research shows breast feeding and breast milk was associated with reduced NAS severity in infants born to drug-dependent mothers. This is especially helpful to methadone-exposed infants and their mothers. Overall, methadone-maintained women have low rates of breastfeeding for a number of reasons. One barrier to breastfeeding in this group is the lack of clear, consistent messaging regarding methadone and breastfeeding from the healthcare team. For example, staff members feeding formula to an infant when stored breast milk is available. This will quickly discourage even a determined breast feeder and may confuse the infant.

The exposure of infants to methadone through their mothers' breast milk is minimal. Women on stable doses of methadone maintenance, regardless of dose, should be encouraged to breastfeed, if desired.

Jansson, L. M., Choo, R., Velez, M. L., Harrow, C., Schroeder, J. R., Shakleya, D. M., & Huestis, M. A. (2008). Methadone Maintenance and Breastfeeding in the Neonatal Period. *Pediatrics*, 121(1), 106-114. Retrieved May 10, 2018, from <http://pediatrics.aappublications.org/>

Reece-Stremtan S, Marinelli KA. ABM clinical protocol #21: guidelines for breastfeeding and substance use or substance use disorder, revised 2015. *Breastfeed Med*. 2015;10:135–141.



Community Service...

We Aim to Serve

By Rose Kalebjian, CCANN Secretary



CCANN's community involvement for the Central Valley has been a constant throughout the years, and this year is no exception! In 2012, 2014, 2016 and 2017, NANN had presented the Community Service Award to our own Central California chapter out of almost 40 NANN chapters! We are proud of these achievements in giving back to our community.

As a group, we are committed to promoting excellence in the nursing practice, education and lifesaving research, which is the reason we participate every year at the March for Babies. CCANN contributed over \$3,000 to the March of Dimes organization at this year's event through the help of our members, friends and families. Also, we support our High-Risk Infant Follow Up Clinic to provide our NICU graduates with developmental appropriate toys and books. In addition, we support with cash donation of \$1000.00 to the Ronald McDonald House and Terry's House in the Central Valley to provide emergency housing for the families of our neonates.

Continued next page....

Community Service Continued....



CCANN lends a helping hand to families and individuals who have experienced recent hardships, whether or not they are active members. Recently, we had selected two people that are close to our hearts and have donated \$2,000 to alleviate some medical expenses of their families.

More 2018 community service opportunities include:

- Join us for the CCANN Fall Conference on September 8th and participate in the raffle. We will match every dollar of purchased raffle tickets to donate to the Fresno Food Bank! No child should go hungry. Every \$1 donated to the Fresno Food Bank will provide 7 meals for hungry children, families and seniors in our community.
- The Fresno Marjaree Mason Center house women that have been domestically abused (and their children) to create a safer living environment. Again this year, we will donate toiletries and cash to the shelters.
- Want to declutter your closet? Are there any jackets that just don't fit anymore or that you don't use? Please save your coats for the Winter Coat Drive we will be hosting.

Mark your calendars for the 2018 CCANN Christmas Party on Thursday December 6th! Please bring any unopened toys you would like to donate for the Toys for Tots organization! The U.S. Marine Corps Reserve Toys for Tots Program will then distribute those toys as Christmas gifts to less fortunate children in the Central Valley community.



CCANN Membership Recruitment and Retention



By Debbie Suryn, RNC-NIC

CCANN members are the key to our success! We currently have 140 members. In 2017 we experienced a decrease in our membership. When polling non NANN members, we found a common theme in why they were not a member- "cost". So with this valuable information we brainstormed for a way to help defray the cost of membership. We proposed a Recruitment Drive for the months of February / March, offering ½ off NANN and CCANN membership for new members. We were able to enroll 30 new members! This recruitment strategy gained us praise from Brendan Sugrue, NANN Marketing and Membership Coordinator, for our efforts. Remarkd Sugrue, "You definitely succeeded in doing your part to help grow membership and your creative thinking and generosity help many nurses receive the additional education and benefits that are so valuable". NANN continues to offer a \$ 20.00 discount in NANN membership to groups of 10 or more.

Currently we are offering three full scholarships to the 34th Annual NANN Conference in Anaheim this October for members that have shown outstanding contributions to our chapter. Also, we are offering \$ 200.00 off the conference for the first 15 CCANN members who sign up for the conference.

We are currently accepting applications for a \$750.00 nursing scholarship to one active CCANN member for members furthering their education. The applicant must submit a copy of a letter of intent and curriculum vitae to CCANN officers.

Come check out what CCANN is all about! We want you!

Advocacy....



March of Dimes Walk, 2018

By Ashton Baker RN, BSN



CCANN's main goal is not just to be a member of an organization, but to be part of family that can make such a huge difference in the community. CCANN provides yearly fundraising, donations, knowledge, leadership, and gives back to the community. One of the many goals CCANN is involved with is providing community services to the March of Dimes whose research everyday provides education to our neonates' families, the medical profession, and hospitals across the states.

CCANN organization involvement began with Pat Martinez, a lactation specialist at Valley Children's Hospital and fellow member to the CCANN organization, who started the participation with March of Dimes since 2008. The March of Dimes is a national leader in promoting family-centered care in NICUs through implementation of its NICU Family Support program. Our founder Kamela Loo, CNNP of Valley Children's Hospital, has made CCANN involved with the March of Dimes for the last ten years.

This year CCANN/ NANN took part in the 2018 March of Dimes Walkathon. The walkathon took place at Fresno Woodward Park. Over twenty members and their families participated in the event. We exceeded our fundraising goal of \$ 3,000.00 and contributed a grand total of \$3120.00. We did this through fundraising activities such as: T-shirt sales and a raffle for \$ 100 gift cards and electronic Samsung tablet. We had tremendous help from volunteers and family members. We want to give a big thanks on the t-shirt designs from Coralee and her sister in law this year for the March of Dimes. The t-shirt this year had a print of a dog pulling a wagon with little ones aboard. Again, great job for such a wonderful design!!

Congrats to the CCANN organization in taking second place this year for the 2018 March of Dimes T-shirt design contest and participation in the dance-off against other teams. This opportunity would not have happened if it were not for all the volunteers and team members from simply purchasing a raffle ticket or taking part of selling raffles and t-shirts. Every little bit made such a big difference this year. We will continue to strive for another amazing year and continue to exceed our future goals. See you next year at the next March of Dimes Walk.



Chapter Fundraising

By Gilda Aum, BSN, RNC-NIC

CCANN, a non-profit subchapter of NANN, is committed to life long learning of its members and guests. We are also devoted to our Chapter's community services and advocacies in the Central Valley. In order to be better prepared, CCANN came up with ways to increase our annual revenue. Below are our fundraising activities for 2018:

Educational Conferences: Every year CCANN conducts two major Educational Conferences. One held in Spring and one during the Fall. Our conferences are an easy way for our members to earn CEU's and the venue is very accessible. We charge the local students \$30.00, \$45.00 for CCANN members and \$65.00 for non CANN members. The conference includes a free continental breakfast and a sumptuous lunch.

Sponsors: Our notable sponsors for this year are Mead Johnson and Prolacta. For a corporate sponsorship, a \$600.00 annual fee is required. That entitles the sponsor to join us in all our CCANN events. \$150.00 is mandated for an individual sponsorship. The sponsors can showcase their latest products to our nurses, respiratory therapists, physicians and students.

Vendors: Always showing their endless support to all our events are husband and wife tandem of Mrs. Bea Mendoza, owner of the Granny Bea's Soap, a thriving local soap manufacturer in the Valley. It meant so much for CCANN to be able to rely consistently on the support of Osborne Books headed by Miss Tina Patel as its Sales Representative.

Merchandise Sales:

Sweatshirt

CCANN decided to bring new vigor to our March of Dimes winning T-shirt. We have transformed this t-shirt design and made it our official 2018 sweatshirt. The design is of numerous feet shaped into a heart. This will be in metallic pink with the word NICU underneath. CCANN sells it for \$55.00 and \$8.00 goes to CCANN. We will be rolling out this sweatshirt in a couple of weeks.



Gold Canyon Scented Candles

Another new fundraising idea is to sell scented candles. This endeavor is spearheaded by Aileen Leyva. For each candle sold, CCANN takes 40% of the sale price.

Raffle Tickets

Electronic gadgets always make a very enticing raffle prizes. This year CCANN raffled three latest Samsung Mini Ipads. These were raffled during our major conferences and one is to be raffled during our Annual Christmas Gala.

CCANN Membership: CCANN is the third largest NANN subchapter in the nation. Currently we have a total of 130 members and still growing. Each individual pays the organization \$25.00. That is a total of \$3250.00 cash flow for CCANN.

CCANN greatly appreciates all the efforts put in by our members. A big thank you to the generous donations of our sponsors and vendors.



National
Association of
Neonatal
Nurses

Central California Chapter

CCANN's Mission Statement:

The goal of NANN - Central California Chapter is to serve our community and bridge the gap between the various hospitals' nursing professionals in our valley. Neonatal nurses are uniting to serve and foster professional growth with a simple goal of providing excellent and safe care to the little ones we all love to care for.

Chapter Awards

2017 NANN Community Service Project, Fundraising, and Membership Recruitment and Retention Award

2016 NANN Chapter Advocacy, Community Service, Educational Offerings, Fundraising, and Membership Recruitment and Retention Award

2015 NANN Chapter Of The Year Award

2014 NANN Chapter Community Service and Fundraising Award

2013 NANN Chapter Communication Award

2012 NANN Chapter Education Offerings, Fundraising, Community Services, and Membership Recruitment & Retention Award

2011 NANN Chapter of the Year Award

2010 NANN Chapter Communication and Education Offerings Award

2009 NANN Chapter Communication Award

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We're on the Web!

www.ccannurses.org



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