



National Association of Neonatal Nurses

Central California Chapter

NANN - Central California Chapter Newsletter



Winter 2015



Volume 3, Issue 1

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Coming Events:

March 6

**Breakfast and Learn at
Marie Callender's
River Park Fresno**

April 11

**March of Dimes: Walk
for Babies**

May 2

**CCANN Spring
Conference**

Oct. 10

**CCANN Fall
Conference**

Oct. 22-25

**31st Annual NANN
Educational
Conference,
Dallas, Tx.**

President's Message

By Mary Ann Imbing, BSN, RN



It has been over a month since I started as the new president for CCANN. With the launching of our new website and jumpstarting our goals for 2015, I have never been more motivated in keeping the "tenpins" up in motion. A great deal of my motivation comes from the energy and support of the CCANN members.

Over the years, we have proven our achievements and national awards are the exemplification of our commitment to excellence, and our community service involvement is the realization of our commitment to our community. This year has opened new doors and exciting ventures for all of us. With the understanding of our global mission, we have laid out our goals for 2015, and now we are ready to sail to new heights with a spirit of collaboration, accountability, and integrity. I believe a plan well founded is worth exploring, and I encourage each member to engage and share your vision, so that we may work in partnership, to experience mutual and beneficial outcomes in all our endeavors.

I am pleased to share that we are exceeding our year's goal in membership enrollment in the early first quarter period. With the launching of our recruitment campaign early this year, we currently have over 180 members and it just continues to grow. As we celebrate our membership growth, I invite you to join me in welcoming our new and existing members, hailing from different areas in the central valley. I ask our members to be CCANN ambassadors and to continue to shed a positive light in your presence so to inspire other nurses to join our chapter. Thank you for all your support and I hope to see you in our many exciting events to come!



We're on the Web!
www.ccannurses.com

Central California Association of Neonatal Nurses Fall 2014 Conference: “Impact of Diabetes in Neonatal Care”



By Leslie Williams, BSN, RNC-NIC



The conference covered the spectrum of diabetes through embryopathy, pregnancy, the neonatal period, and subsequent injuries that may affect the neonate, long term. Two of the lectures in particular were very important to clinicians in the NICU, to help us understand the dynamics of diabetes and how it affects our babies during their NICU stay.

Dr. Robert Sigman, Perinatologist at VCH covered gestational diabetes. An important part of our history for the care of these infants is knowing what has happened during the entire pregnancy. A mother who has a HgbA1C less than 6% at delivery means that she has maintained a glucose of less than or equal to 120 mg/dl for the last several months. Why is this important? Because, if the HgbA1C is greater than or equal to 8, the greater the incidence of birth defects and macrosomia. If the HgbA1C is greater than 8 in the first trimester, the incidence of birth defects increases astronomically. The types of defects to look for are, caudal regression syndrome (mermaid syndrome), and cardiac defects, with AV canal being very common. Ventricular hypertrophy causes cardiomyopathy, resulting in stillborns. If cardiomyopathy is detected, the infant should be delivered early.

Most of the time Gestational Diabetes is detected in the second trimester and the infant already has accelerated growth. Insulin, diet, and exercise is the treatment to keep the maternal glucose under control. If not controlled, the fetus is bombarded with sugar, and since glucose is a diuretic the fetus voids more, causing polyhydramnios. As Dr. Sigman pointed out, the fetus is a diabetic at that point. Something I had never thought about!!! A sobering statistic was shared: 40-60% of all IDM babies will have adult onset diabetes within 5-20 years. So controlling the maternal glucose and HgbA1C during the entire pregnancy is very important to the well being of the fetus, infant, and adult.

Dr. Aaina Kochhar, Geneticist spoke on the spectrum of diabetes embryopathy. Most important to note is that it is 200 times more common for IDM's to present with spina bifida, encephalocele, anacephaly, caudal regression syndrome, transposition of the great arteries (TGA), gut problems, and a single umbilical artery to name a few. Always be alert to midline defects in these infants.

Another interesting lecture was by Erin Ponte, OT discussing oral feeding issues in the IDM. Most of these infants are very frustrating for us nurses to care for due to feeding issues. Erin's lecture clarified the “why” behind their behavior. When we see a big, fat, term baby we all say, “This kid should be eating like a champ”. In reality, they are hungry, but won't eat when we put the nipple in their mouth. This is because they are neurologically impaired due to the high glucoses, causing them to exhibit much younger behavior than their gestational age. *(continued on the next page)*





Diabetes, continued

So what can we do to help these infants? Feedings should be advanced slowly!! Realistic volumes should be given to the newborn, and not volumes correlated to their weight. Feed enough to maintain weight, not to gain weight. They are already too big, so “don’t feed the fat”. In these infants, it is very important to feed on cue. We want to stimulate their internal hunger drive, or they will get 5 mls in and not eat anymore. How many times have we experienced this??? It is also important to note if an infant presents with very immature neurological behavior and are not nipping within a couple weeks, the MD should consider alternate methods of feeding such as, going home on NG feeds or in severe cases, possibly a G-tube. We must be very careful not to push the volume too quickly, causing reflux, which in turn will decrease the infant’s already poor drive to eat.

Last but not least Emily Devere, OT gave an overview of brachial plexus palsy or BPBP (brachial plexus birth palsy). This is a common injury in very big infants born by C/S, but more commonly, those born vaginally. Since their shoulders are so big, the clavicle is either broken or injured during the birthing process, causing the brachial plexus nerve to become injured or even ruptured from the spinal cord. She discussed how the infant presents with this injury, and the management options which range from conservative to surgical. The most important point I gleaned from this lecture is the importance of being a patient advocate and getting OT involved early on during the infant’s hospital stay, to treat this debilitating injury for the best outcomes. I was also surprised at how long these infants are seen on an outpatient basis and how many require surgery to correct the damage. So always be on the lookout for BPBP in these very large, IDM babies.

Stay tuned for the next CCANN lecture series in the Spring of 2015!





CCANN's 2014 Christmas Party



By Gilda Aum, BSN, RN, President-Elect

The NANN – Central California Chapter (CCANN) celebrated its Annual Christmas Party December 9, 2014. The party was held at Capos, one of the best Italian Restaurants in Fresno.

Mary Ann Imbing current President of CCANN welcomed everyone and presented her goals and visions for the chapter the coming year, 2015. The event was attended by the Administrative Staff of Valley Children's Hospital NICU, joined by the neonatologists. CCANN members and their significant others also joined the festivities.

Jennifer Norgaard, CNS and Rose Suazo, RN, spoke about their Nepal journey hoping to inspire other nurses to give more to the community.

The night was filled with fun and surprises as everyone was given the chance to win raffle draws.

Greg Williams, RN made everyone roar with laughter as he demonstrated his stand up comedic prowess when he took center stage.

Lastly, the event would not have been complete without the loyal support from our sponsors, Helen Markus from Mead Johnson, Belton Noseworthy from Kentec Medical Inc., Jacqueline Brunner from Huggies, and Dane Schweitzer from Phillips Corp.





March of Dimes - March for Babies

By Jennifer Castaneda, BSN, RN



As many of you know, I have been working in the NICU at Valley Children's Hospital for five years now. Being a NICU nurse is something I hold very close to my heart & I absolutely love my babies. It was something I wasn't so sure I could handle, to care for babies so small and fragile... but witnessing the journey a preemie can go through, the rollercoaster of the NICU, I saw how hard those little ones can fight. If they can do it, you can do it!

The rollercoaster of the NICU is something I had to see, not in my own personal life, but with my godson, Adam. My best friend was pregnant with twins. The week before she gave birth to Adam, she had already lost her sweet little girl. Then, while trying to keep Adam inside to give him more time, she had an emergency c-section at 31 weeks. He was in the NICU for two months, and even though he had a relatively stable rollercoaster ride, it was still scary as hell. It was extremely terrifying just to hold his tiny little hands, knowing what *could* happen and the problems that *could* arise. I was scared every time she told me something changed, even the good changes. I remember the first time she told me they started feeding him. All I could think of were NEC complications! Ultimately, I knew that through it all, I had to be strong. I had to be strong not only for my best friend, but for Adam. And thankfully today, he continues to fight. Not necessarily for his life or for any medical complications, but he fights with his new little brother! Looking at him, you would never know he was born just a little too early. He's just a happy three year old boy, full of life, with a smile that could melt anyone's (especially his godmother's) heart!

March of Dimes is an amazing organization that helps fund lifesaving research and programs and works to end premature birth, birth defects, and infant mortality. Like my godson Adam, every baby deserves a chance to a healthy start to life. I am extremely motivated to do more and to help fight for these little ones. April 11th is the day the March of Dimes walk will be held here in Fresno, and this year, I have taken on the role as captain on behalf of the NANN – Central California Chapter (CCANN). I am asking you ALL to help, by sponsoring our team, to help with donations & fundraisers, and more importantly, to walk with us on April 11th to march for our babies!

If you are interested in more information or for other volunteer opportunities, please feel free to contact myself or Jessica Jimenez (co-captain). Also, continue to look out for updates on my Facebook page, the CCANN Facebook page, and our Instagram account @ccannurses.

The link provided below is our official team fundraising page on the March of Dimes, March for Babies website. Donations will also be accepted on the website.

Thank you!

<http://www.marchforbabies.org/teams/ccannurses>



CURRENT FUNDRAISERS

CCANN's March of Dimes T-shirt Sales
Restaurant Nights at various restaurants
Bake Sale in March
"Save Your Dimes" Baby Bottle Fundraiser
Gift Basket Raffle Sale

UPCOMING EVENTS

Teriyaki Bowls (Feb. 26th)
Tumbler Sales (until March)
Candy Sales (NICU lounge at VCH)
Bake Sale (Feb 23rd)
Name Badges (by Debbie Huff, available in the charge nurse office at VCH)



Message from the President-Elect

By Gilda Aum, BSN, RN



The Central California Chapter of NANN (CCANN) is one of the subchapters of the National Association of Neonatal Nurses (NANN). NANN is the longest established professional voice that supports the professional needs of the neonatal nurses throughout their careers; through excellence in practice, education, research, and professional development.

CCANN's humble beginnings started in 2008. This professional organization in the central valley was first conceived by Kamela Loo, who at that time was the NNP and one of the night shift charge nurses of Valley Children's Hospital in Madera. Kamela eventually became the founding president of the organization.

CCANN plays an important role in serving the community of the central valley. CCANN does philanthropic services by extending financial aid, or donating goods in kind to legitimate charitable institutions.

CCANN also offers convenient and inexpensive CEUs to all the neonatal nurses in the valley. Well known speakers from all over the valley share their knowledge and expertise to the most current topics in neonatology. CCANN offers two major conferences annually on top of the mini conferences throughout the year.

To date, CCANN boasts 180 members from all over the valley and is still growing in number! As a confirmation that the organization is very active in its mission, CCANN has been consistently earning awards since 2009 up through the present (*please see page 8 of this newsletter*). CCANN has lined up exciting activities for 2015.



Chapter Fundraising

By Mary Ann Imbing, Chapter President

We kicked off this year with our successful sales of the NICU logo sweatshirts. The 2015 double-hearts designed NICU sweatshirt has attracted over 200 customers from various hospitals in the central valley. We have also sent out vendor's invitation letter for sponsorship and we are very pleased that our regular sponsors are coming back this year. With our organization's expansion, we are hoping to bring new corporate sponsors and vendors at our events this year.

We have lined up all our fundraising activities this year and we will see the return of the popular Jamba Juice cards. We will sell Easter Cake Puff baskets by KC. You will see a variety of original CCANN products that will be available in our booth during the conference. We are also excited to launch the CCANN Blank Cards that will feature the original photo print collections by our CCANN members: Greg Aldama, Siri Wride, Mary Ann Imbing, Rene Poynter, and Ronnie Potts.



Education

By Mary Ann Imbing, Chapter President

Over the years, our educational experience has consistently evolved and this year is no exception. You will see a new media filled with substantive resources to power up your knowledge. We will provide registered links for CEU's on our website. Throughout the year, we will feature guest writers for medical and nursing related topics and stories that will inspire you. We will also see regular monthly articles by Dr. Chandrasekar. Also watch for announcements for mini-educational lunch conferences sponsored by Abbott.



We will start this year with our off-site breakfast conference on *March 6 – Identifying Life Threatening Congenital Heart Defects* by *Mary Wyckoff*. Mary is a nurse practitioner at VCH NICU, and CCANN will be the first to preview her presentation. Mary is scheduled to speak at the NANN national conference on *March 11* in Chicago!

Our spring regional conference will be held on *May 2nd* at Valley Children's Hospital. Our topic is on *Down Syndrome* and the lead speaker is *Dr. Allshouse*. Our fall regional conference is scheduled on *October 10 - Surgeries in Neonates*. For more information, visit www.ccannurses.com.

Our 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.



Community Service 2015

By Gabby Wilson, BSN, RN



Community service involvement is a pivotal part of NANN and CCANN. In past years CCANN has won multiple awards for our stellar community service involvement. In 2015 we plan to continue this trend with an abundance of community service activities. These activities will be headed by our CCANN Community Service Chairman, Gilda Aum and made possible by CCANN Champions from Valley Children's as well as other area hospitals. CCANN Champions are invaluable in organizing community events as well as in fundraising for those events.

This year's Champion's will be participating in supplying information to the CCANN website regarding the organization they are representing. This will take the form of short articles featuring the mission, purpose, and stories of the organization they are championing as well as CCANN's involvement. Champions will be working directly with Community Service Managers of the organizations being represented to incorporate the organizations mission into our service as thoroughly as possible. Along with the community service featured articles, we will also be adding donation links, so our readers and others in the community can donate directly to the different organizations being represented.

This year's planned community service activities are listed chronologically below along with their Champions; we are still looking for a Ronald McDonald House Champion from Valley Children's and Champions from other area hospitals for The Poverello House and Terry's House.



April 2015-March of Dimes *Jennifer Nucum* (Champion)

May 2015-Down Syndrome Association of Central California-*Mary Ann Imbing* (Champion)

June 2015-Fresno Rescue Mission-*Linda Bitcon* (Champion)

July 2015-Marjaree Mason Center-*Rachel Olsten* (Champion)

August 2015-Poverello House-Champion to be selected

September 2015-Ronald McDonald House-Champion to be selected

October 2015-Community Food Bank-Champions *Kamela Loo* and *Mary Ann Imbing*

November 2015-Terry's House-Champion to be selected

December 2015 - Make a Wish Foundation – All CCANN Members



Jennifer

Rachel



Linda



Kamela



Mary Ann



**National
Association of
Neonatal
Nurses**

Central California Chapter



Educational Offerings

2015 Chapter Officers

Advisors:	Kajori Thusu
	Indira Chandrasekar
	Jimmy Lan
	Michael Allshouse
Founder:	Kamela Loo
President:	Maryann Imbing
President-Elect:	Gilda Aum
Secretary:	Rachel Olsten
Treasurer:	Nelfa Reynon
Membership:	Hazel Hiponia
Education:	Jennifer Castaneda
Fund Raising:	Kim Collins
Community Service:	Gina Villanueva
	Linda Sepulveda
Web Master:	Rowena Maagma
MC Honorary:	Leslie Williams
	Linda Sepulveda
Newsletter Publisher:	Karen McGough
Photographer:	Hermalinda Bitcon
Facebook, Twitter:	Leslie Williams
Instagram:	Jennifer Castaneda

Breakfast and Learn - Identifying Life Threatening Congenital Heart Defects - sponsored by CCANN and MeadJohnson Nutritionals

Friday, March 6, 8:00 am, Marie Callender's in Riverpark, Fresno, CA (1.2 CEUs)
Speaker: Mary M. Wyckoff, MS, BSN, APRN-BC, CCNS, CRRN, FAAN, NNP



Down's Syndrome presented by CCANN

Saturday, May 2, 2015 at Valley Children's Hospital, Madera, CA

(Time TBA) 6 CEUs



Chapter Awards

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 Awards

2011 NANN Chapter of the Year Award

2010 NANN Chapter Communication and Education Offer- ings Awards

2009 NANN Chapter Communication Award

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Central-California-Association-of-
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