COLORADO AWHONN
SECTION NEWSLETTER

Volume 3, Issue 2

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AWHONN Mission:
Promote the health of women and newborns

CO AWHONN Goals:
-Promote AWHONN as the premier resource / organization for women and infant nurses
-Advance AWHONN Initiatives at the state level
-Promote public visibility and partnership with organizations with similar missions
Greetings CO AWHONN Members! I would say ‘Happy Summer’, but I’m not sure it will ever stop raining at this point! A very strange introduction to Summer! CO AWHONN has many exciting events going on...we just finished an INCREDIBLE annual conference in Denver. Read on for a detailed report on the event and special thanks again to each member of the planning committee. They worked together for 6 months planning and putting together a wonderful event and we are indebted to each of them (in no particular order): Deborah Andersen, Izzi DeSilver, Rachelle Woods, Sheila Postiglione, Sarah Washburn, Nina Huffer, Alicja Maslanka, Kami Mogensen, Amy Dempsey, Kris Rimbos, Neva Spencer, Darlene Datkuliak, Liz Neri.

Looking forward, we have several exciting events coming up- including AWHONN Convention in Long Beach in June! If you are attending, please plan to join us on June 16 at 6:30pm at the Yardhouse, a short walk from the Convention Center. RSVP is required to coawhonnssectionchair@gmail.com (please include names of those attending). We will be enjoying appetizers and beverages and networking with each other!

Please also read on regarding our upcoming CO AWHONN Section, Chapter, and Legislative events. We also have a few new Chapter Coordinators and would like to welcome Amy Lavigne- Western CO Chapter Coordinator, and Karen Moore- Northern CO Chapter Coordinator to our team! They are getting up and running and will be working on planning 2015 events. We also have a need for a Membership Coordinator! Please see page 12 for more information. I’d like to thank Kami Mogensen for her service this year in that role! She needs to resign her position to focus on other life priorities, but we thank her for her energy and enthusiasm and her passion for AWHONN!

Finally, I hope you have had the opportunity to join our brand new CO AWHONN Facebook page! We were fortunate to be the pilot state for Facebook pages and want to encourage everyone to check it out, share resources and ideas, ask questions, discuss best practices, and network! We will also be using the site to keep you updated on our upcoming events. We are hoping you find this a value added way to interact and learn about CO AWHONN!
Secretary/Treasurer Update
Neva Spencer, DNP, RN, NNP-BC/CNS

I want to thank everyone for their patience as I take on the role of Secretary/Treasurer for Colorado AWHONN. I successfully submitted the first quarter of 2015 financial documents to our national office and they were accepted. A few tweaks were required to get everything in the correct spots and Joyce Mather at the national office has been so patient and helpful.

I had no idea how much detail it takes to keep up on all of the financial responsibilities of being the Secretary Treasurer to make sure I’m doing a good job for all of you. From switching over signatures on bank accounts to trying to become a PayPal expert so we can pay bills, it is certainly different from running household finances!

We had a great response from our vendors in supporting our annual Colorado AWHONN conference held in April and we collected over $10,500.00 in sponsor fees. We are doing some really exciting things with our monies such as paying for the conference site, paying for some of the guest speakers we had and sending 2 of your Colorado AWHONN member peers to the National Conference in Long Beach, California in June! Every year the national AWHONN office gifts to us 1 conference registration to give to a member but this is the first year we were able to add airfare and hotel and also pay for an entire trip consisting of registration, airfare and hotel for 2 members! All of this is possible because of vendor, member and national office support of our Section!

I look forward to seeing everyone at a future CO AWHONN Meeting / Event – and hopefully beginning to find someone interested in finances and being the next Secretary/Treasurer for Colorado AWHONN! It is a great time to start to learn the ropes – there is still a full year of training available prior to elections next year for our Section Chair and Secretary / Treasurer positions! If you are considering being involved, please contact myself or Kris Rimbos with the contact information on the front of the newsletter! We would love to discuss these opportunities further while we have lots of time to share and train!
Legislative Happenings!

It’s been a busy few months as we have been navigating the legislation at the Colorado state capitol from January until May. The session ended on May 8th. We have included a summary below of the bills we were monitoring and taking action on.

On April 7th we hosted our third annual nurses legislative day at the Capitol. It had low attendance and so we will be looking at another way to engage our membership for the 2016 session. An idea we hope to implement is a dedicated day at the capitol each month to host members interested in advocacy to increase participation.

This fall we will host a legislative happy hour with ACNM to connect legislators, midwives and nurses. The event will be held on Thursday, September 17 at 7pm at Ignite! In Denver. Please mark your calendar and watch for more information to come!

**House Bill 1111 - The Maternal Mortality Prevention Act** This bill unfortunately was defeated. The bill creates the Colorado maternal mortality review committee to review cases where Colorado women die during pregnancy or in the year following birth, identify the causes of death and develop recommendations to prevent further maternal mortalities. This bill was authored and run by our colleagues at ACNM. This bipartisan bill passed the house and then the Senate Health and Human Services committee approved the bill unanimously, sending it on to the Senate Finance committee. At that time a group of AWHONN nurses met with members of the Senate Finance committee. Several AWHONN nurses e mailed and called the Finance committee. Unfortunately they were not swayed by our testimony and on 4/9/2015 Senate Finance voted to postpone indefinitely essentially killing the bill.

**House Bill 1194 – Funding for Long-Acting Reversible Contraception for Low-income Women** This bill was unfortunately defeated. For five years a private anonymous grant to ensure that women had the option of using long-acting reversible contraception to prevent unintended pregnancies has been at work in Colorado. The program contributed to a 40 percent reduction in teenage pregnancy and the abortion rate for teens fell by 42 percent. Grant funding ends June 30, 2015. For every $1 invested in the program, taxpayers saved $5.85 in avoided Medicaid costs. House Bill 1194 would have allocated $5 million in state funding to continue the program. Even with the remarkable success and national acclaim for the program, the bill faced opposition in the legislature and was defeated in the Senate. For an article that describes the supporting and opposing views of the bill: http://www.coloradostatesman.com/content/995387-should-5-million-state-general-fund-dollars-be-appropriated-under-house-bill-1194-dis

**Senate Bill 197 – Reduce Barriers for Advanced Practice Nurses to Obtain Prescriptive Authority** This bill successfully passed. The Nurse-Physician Advisory Task Force for Colorado Healthcare recommended legislation to address systemic barriers for advanced practice nurses seeking prescriptive authority in the state. This compromise bill allows for advanced practice nurses to obtain immediate provisional prescriptive authority upon completion of an accredited graduate program and passage of the certification exam, and eligibility for full prescriptive authority after 1,000 hours of mentorship by a physician or another advanced practice nurse with prescriptive authority in the same field.

**House Bill 1281 – Pulse Oximetry Testing for Congenital Heart Defects Newborns** This bill successfully passed. With the passage of this bill, this simple, low-cost, and non-invasive pulse oximetry test has been added to the newborn screenings that are already performed before a baby can be discharged from the hospital. The bill allows for a phased-in approach for hospitals at high altitude, above 7,000 feet, once the research is sufficient to ensure appropriate clinical protocols are in place to limit the potential for more false-positive test results in the thinner air at Colorado’s high-altitude hospitals.

**House Bill 1164 - Postponement of Jury Service for Breastfeeding** This bill successfully passed. Amends Colorado law to ensure that a person who is breastfeeding a child is eligible for two 12-month postponements of jury service.

Thank you for all your support this year!

Isabelle DeSilver and Anita Roberts, CO Section AWHONN Legislative Coordinators

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Evidence Based Practice and Education
Sarah Washburn MS, RNC-OB, IBCLC

In the March Newsletter, the AWHONN Guidelines for Professional Registered Nurse Staffing for Perinatal Units were presented because members asked for it in the latest CO AWHONN survey. Now, in the latest issue of JOGNN, four articles were presented which discussed staffing on perinatal units. It is a nationwide problem: how can we determine nurse staffing to provide safe and effective care of mothers and newborns? Too many nurses equates to higher health care costs; and, too few nurses can increase patient mortality and morbidity (Aiken, Clarke, Sloane, Sochalski, & Silber, 2002). A brief synopsis of each article is given below:

1. Planning and Evaluating Evidence-Based Perinatal Nurse Staffing (Bingham & Ruhl, 2015): The authors present AWHONN’s Organizing Frameworks for Calculating Nurse Staffing and for Evaluating Staffing Decisions. Nurse factors, system factors, and patient factors are all taken into account.

2. The Role of Health Care Technology in Support of Perinatal Nurse Staffing (Ivory, 2015): The need to improve electronic systems is discussed in terms of data standardization, system interoperability, standard terminologies that support nursing practice, and nursing informatics knowledge. These tools will increase the usefulness of the electronic system to help inform staffing decisions.

3. Key Findings from the AWHONN Perinatal Staffing Data Collaborative (Scheich & Bingham, 2015): The findings of the largest data set to describe current nurse staffing patterns in the U.S. are summarized. The survey included 175 hospitals. Smaller birth hospitals met the Guidelines at greater ratios than larger ones.

4. Predicting Nurse Staffing Needs for a Labor and Birth Unit in a Large-Volume Perinatal Service (Simpson, 2015): The author compared a nurse staffing model by Wilson and Blegan (2010) to the AWHONN Guidelines. Both methods were found to be reliable for predicting staffing needs on a large-volume unit.

References

Note: visit www.awhonn.org to access all 4 JOGNN articles for FREE—follow links on home page to articles!
Southern CO Chapter:

Contact Kerrie Burress MSN RNC-OB, C-EFM for further information at 719-365-5550 or via email at Kerrie.burress@uchealth.org

June 5, 2015 Nurse leaders role in Facilitating OB Sim Drills

Overview of obstetrical morbidity and mortality & Perinatal Safety, Shoulder Dystocia, Prolapsed Cord, Hemorrhage, HTN

Northern Chapter Update by Karen Moore

I would like to introduce myself, I am Karen Moore MSN, APRN, RN-C, EFM-C, IBCLC and I recently accepted the opportunity to be the Northern Colorado Chapter Coordinator. I have been a Clinical Nurse Specialist for over 20 years with a focus on perinatal nursing and a passion for lactation. I am currently employed at Banner Health as the Northern Colorado (NoCo) Clinical Nurse Specialist for Women and Infant Services.

I have been an active member of AWHONN for many years. I have helped coordinate AWHONN Section Conferences and even a National Convention. I have also held many different positions in AWHONN as well.

It will give me great pleasure to help Coordinate activities for AWHONN in Northern Colorado. I know there are other nurses who share my passion; I am looking to your to help me create a strong voice for AWHONN nurses in Northern Colorado. Please join me!

Denver Chapter Update by Nina Huffer

On March 25th, the Denver Chapter hosted its first 2015 event at North Suburban Medical Center. Our speaker was Martha Merrill-Hall, CNM, MS, JD and she presented on Legal Issues in Healthcare. This was an insightful and informative presentation on the ways to protect oneself in the legal arena of healthcare. We shared dinner and networking with approximately 20 of our women and infant colleagues and enjoyed learning and receiving contact hours.

The Denver Chapter also assisted in our 2015 Section Conference Philanthropy: Soles for Souls. As a Section, we were able to donate 116 pairs of shoes for those in need. To learn more about this wonderful organization, please visit: soles4souls.org.

Finally, we look forward to our next Denver Chapter event— a combined event with our Legislative Coordinators and ACNM partners. The event will be held on Thursday, September 17 at 7pm at Ignite! in Denver. This will be an opportunity to network with colleagues and legislators on issues of interest relating to women and infant care. This was a very popular event the last time it was held. Please mark your calendar and watch for more information to come!
Thank you to all who attended the 2015 CO AWHONN Chapter Conference! Your presence helped make this year’s conference a huge success! We were able to enjoy great speakers as well as food, fun, and prizes! Conference attendees donated a total of 116 pairs of shoes to this year’s philanthropy Soles for Souls. These will be given to individuals around the globe who otherwise would not be able to afford shoes. We also raised $48 in attendee donations for The March of Dimes. We were treated to keynote speaker Irene Stemler, RN, BSN on Nurses Telling Their Story. Irene shared stories from nurses across the country in all areas of nursing related to their dedication and professionalism, as well as how their work has affected them personally. There was both laughter and tears amongst attendees by the conclusion of Irene’s presentation. We were also able to hear from Laura Borgelt, PharmD, on the topic Marijuana in Pregnancy & Lactation. This was a timely discussion for all with recent changes to marijuana legalization here in Colorado. Sue Gullo, MS, BSN, RN, provided updates on Maternal & Neonatal Safety Initiatives in the US while Nancy Lowe, CNM, PhD, gave us insight into American Maternity Care and the Experience of Childbirth. Cyndy Krenning, MSN, RNC-OB and Cathy Witt, MS, NNP-BC also provided attendees with a look at Medico-legal issues in Obstetric and Neonatal Care. Attendees were also able to take part in multiple break-out sessions with topics including: Obesity in Pregnancy (Linda Barbour, MD), Nitrous Oxide Use in Labor (Jessica Anderson, CNM), Neonatal Drug Withdrawal (Cathy Witt, MS, NNP-BC), Neonatal Surfactant Use (Neva Spencer, DNP, NNP), Writing for Publication (Nancy Lowe, CNM, PhD) and Legislative Involvement (Izzi DeSilver RN, MSN and Anita Roberts, MS, RNC-OB, C-EFM). There was also plenty of fun and games as great prize giveaways went on throughout the conference. Prizes included a 1-year paid membership (Coral Ann Hackett), an iPad (Sherrie Williams), and 2 all expense paid trips to the 2015 AWHONN National Convention in Long Beach, CA (Sonya Knight & Deborah Schwartz)!! Several other gift bags and gift cards were also given away, making everyone’s chances for walking away with some goodies in addition to great practice updates pretty high! Evaluations were collected at the end of the day which reflected a high level of conference satisfaction amongst attendees. Comments included: “Awesome conference, it inspired me to do great things!” “Great hotel and indoor setting”, “Very informative and applicable to my practice”. A special thank you to Lisa Fordyce & Caroline Morgan, nursing students who volunteered their time to help make our conference a success! We look forward to seeing you all back again in 2016!
2015 Colorado AWHONN Section Conference Update

2015 Conference Posters

Lakeisha Walters, BSN, RN: Quality Improvement Evaluation of Labor & Delivery Nurses Educating Patients on the Importance of Pumping Breast Milk for NICU Infants

Deborah Anderson, MS, RNC-OB: Where to START: Implementation of a toolkit to help guide care team response to critical Obstetric situations/OB Start (Structured Team Approach & Response Toolkit)

Darlene Datulik, BSN, RNC, CLC & Katherine Chichester, BSN, RN: Expanding Pertussis Protection for Infants

Jennifer Hensley, EdD, CNM, WHNP, LCCE: International Consensus Statement on the Treatment of Willis-Ekbom Disease (Restless Leg Syndrome) during Pregnancy & Lactation

Amy Lavigne, BSN, RNC-OB, C-EFM & Sarah Washburn, MS, RNC-OB, IBCLC: Family-Centered Cesarean Section: Implementing an Enhanced Birth Experience

Karen Samblanet, MSN, RN-BC & Holly Powell, MBA, BSN, RN: Do it Together: Interdisciplinary Simulation to Practice Simplified Processes and Improve Team Communication

Andrea Elmore BSN, RNC-OB, C-EFM & Deborah Davis, MS, CNS, RNC-OB, C-EFM: High Fidelity Simulation to Evaluate Utilization of the OB Rapid Response Team

Donita Adams, RNC, BS, Gloria Callahan, RN, Patricia Gould, RNC, BSN, Susan Lang, RN, IBCLC, Margaret Manfre, RN, BSN, IBCLC, Holly McCubbins, RN, BSN, Amy Mintz, RN, BS, Sommer Williams, RNC, Mark Bishard, PharmD, & Amy Dempsey, RNC, MSN: Hydrocortisone Crème: Does it Reduce Perineal Pain?

Susan Burns, BSN, RN, Megan Cattau, BSN, RNC, Erica Gillesby, BSN, RNC, Shirley Kirby, AD, RN, Kami Morgenson, BSN, RNC, Kelly Naylor, BSN, RC, Lauren Ostuni, BSN, RN, Sarah Romero, BSN, RNC, Becky Vanicelli, BS, RNC, Jason Cardona, PharmD, & Amy Dempsey, RN, MSN: Vaginal vs. Oral Misoprostol for Cervical Ripening: A Double-Blind,

Special thanks to the following exhibitors for their support of Colorado AWHONN!

Industry Partners:
*Dohje
*Majestic Design Shoes
*Safe Ride 4 Kids

Bronze:
*GE Healthcare
*GN Otometrics Audiology Systems
*Hill Rom
*Mead Johnson Nutritional
*OBIX
*Utah Medical

Silver:
*Abbott Nutritional
*Caring Wisdom Impressions
*Natus

Gold:
*OB Hospitalist Group
*Porter Instrument
*Mothers’ Milk Bank

Platinum:
*Ric Edelman Finance

Lunch Sponsorship:
*Hologic
Conference Attendees: Friends, Fun, and Knowledge!

Photos provided by Rachelle Woods, MSN, RN
Awards and Recognition

2015 CO AWHONN Outstanding RN Award Winner

Lauren Ostuni, RN, was awarded the 2015 CO AWHONN Outstanding RN Award at the 2015 CO AWHONN Annual Conference. Lauren is a Labor & Delivery nurse at Lutheran Medical Center in Wheat Ridge, CO. Lauren was nominated by multiple individuals who described her as “committed to advancing our profession through the promotion of outstanding clinical practice and education”, “an outstanding bedside nurse”, and “a true passion for education”. Lauren has served on several committees and has championed for evidence-based practice initiatives that have benefitted the patient population at Lutheran Medical Center. Lauren has also been an instrumental member of the research team at Lutheran Medical Center where she was instrumental in data collection and assimilation for a study involving induction of labor using oral versus vaginal Misoprostol. Lauren is a wonderful example of what AWHONN nurses are all about! Way to go, Lauren!

Left to right: Award presenter Kami Mogensen, RN, Lauren Ostuni, RN, & AWHONN President Elect Suze Ketchem

2015 CO AWHONN Outstanding RN Award Nominees

Connie Ellis, RN, Labor & Delivery, The Medical Center of Aurora, Aurora, CO
Susan Forsgren, Clinical Nurse Coordinator, Labor & Delivery, Sky Ridge Medical Center, Lone Tree, CO
Sonya Knight, Shift Specialty Coordinator, Labor & Delivery, Good Samaritan Medical Center, Lafayette, CO
Kirsten Orey, RN, Unit Educator & Safety Auditor, North Suburban Medical Center, Thornton, CO
Lauren Ostuni, RN, Labor & Delivery, Lutheran Medical Center, Wheat Ridge, CO
Penny Vance, RN, NICU, North Colorado Medical Center, Greeley, CO
Kim Vann, Clinical Nurse in the Birth Center, University of Colorado Hospital, Aurora, CO
UPCOMING EVENTS

CO AWHONN Section Meeting in Denver September 10

We will meet at Lutheran Medical Center (Wheat Ridge) from 6pm-8pm. Dinner will be served. There will be a presentation on Smart Women Finish Rich by Ric Edelman Finance—this was a popular topic at our April Conference! Please come to learn and network! The event is live for registration on EventBrite—search for CO AWHONN. Free for members; $10 fee for non-members.

CO AWHONN Legislative / Denver Chapter Event (with ACNM)- 9/17/15

This fall we will host a combined Denver Chapter and Legislative happy hour to connect legislators, midwives and nurses. The event will be held on Thursday, September 17 at 7pm at Ignite! in Denver. Please mark your calendar and watch for more information to come!

Final CO AWHONN Section Meeting of 2015! November 12

Our final Section Meeting of the year will be held November 12 from 6pm-8pm at Banner Fort Collins Medical Center (off I-25 and Harmony Rd). Light dinner will be served. We will have a business meeting and educational offering. Please save the date!
Colorado AWHONN On Facebook!

Don’t forget to check us out on Facebook! Please comment and participate in posts and discussions. Let’s share, network, and learn!

HELP WANTED!!!

We are looking for a Membership Coordinator to assist with CO AWHONN membership goals. Duties include: promoting CO AWHONN Membership; welcoming new members and inviting involvement; encouraging student participation and membership; and assisting with awards and recognition of membership. Contact Kris at coawhonsectionchair@gmail.com. Training is available—come join the fun!
WELCOME NEW MEMBERS

Nancy Ambrose, BSN
Caitlin Elise Anders
Mrs. Keely Baumgartner, BSN,RN
Dana Behm
Joesie Bellio, BSN
Kristina Bigby, BSN
Lisa Bland, MHA,MN
Rachel Ann Boatright-Crow, RN,Med
Sarah Boblett, BSN,RNC
Allison Brudno, BSN
Alyssa Caballero, BSN,RN,Med
Alyssa Caballero, BSN,RN,Med
Sarita Chavez
Cathryn Crews Collings, MN,BSN,RNC
Michelle Croskey, Student Nurse
Laurale M. Cross, NNP
Jackqueline Diaz, AD
Donna L. Dunkley, RN
Megan J. Galloway, RN
Loretta Ann Ganzer, BSN,RN
Laurie Granados, RN
Robyn Gustafson, MSN,PNP, RNC
Chelsea Hepburn, LPN,RN
Shawna Hert, AD,RNC
Lacy Myree Hesslink, AD, RNC
Jacklyn Hudson, AD
Tina Kielian, BSN, RN
Cynthia Lally, CAN
Jennifer Livingston
Brittany Lupinetti, BSN,RN
Jennifer Marquart, BSN
Danielle McBride, AD
Elizabeth McDaniel, RN, BSN
Julianna Newsom Miele,
JoAnn Niebur, BSN
Sarah Sherman
Shirley Kirby
Shelley J. Stevenson, CNM
Julie Stockburger
Diane Struppler
Kristen Taylor, BSN,RNC-MNN
Rainy Tieman, MSN,Med
Michelle Torrez, RN
Penny Vance
Erin Weber, RNC

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