

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
License#: \_\_\_\_\_ Employment: \_\_\_\_\_ Position: \_\_\_\_\_

**CONFERENCE FEES** (check one): ( ) Regular \$25 ( ) Student \$10

Please make check payable to **PNA of Michigan**. Mail this brochure and check to:

Concepcion Sumalde 17504 Gateway Circle, Southfield, MI 48075

**CANCELLATION POLICY:** Cancellation must be made in writing. No refunds will be given for cancellation after 04/03/2021. For further inquiries, contact 248-996-0920 or email [concepcionsumalde@gmail.com](mailto:concepcionsumalde@gmail.com)



Philippine Nurses Association of Michigan

Concepcion Sumalde (PNAM Education)  
17504 Gateway Circle  
Southfield, MI 48075

STAMP  
HERE

## Annual Spring Educational Conference

*"Nursing Leadership and  
Resilience during a Pandemic:  
Be the SPARK"*

**Online Zoom Conference  
April 10, 2021**

**10:00 AM to 3:00 PM EDT**

Pre-registration to Zoom required



[www.pnamichigan.org](http://www.pnamichigan.org)

## Purpose

The COVID-19 was declared a pandemic in early 2020. Nurses worldwide are on the frontline and are playing a crucial role in the fight against the disease. At the same time, nurses are also facing unprecedented challenges, personal or work-related, with this fight. There is a need for nurses to enhance coping skills and identify ways to increase resilience during this unprecedented time. Participants in this conference will enhance their awareness of strategies to increase resilience, promote their mental health, and understand the value of meaningful recognition and support from exemplary nursing leaders during the pandemic.

## Objectives

- 1) Describe the nurse leaders' roles and responsibilities to the staff and healthcare organization during and beyond the pandemic;
- 2) Discuss current updates on coronavirus (COVID-19) pandemic;
- 3) Utilize coping/strategies to promote mental health among nurses during the pandemic
- 4) Integrate the best practice pain management guidelines in nursing, including safe opioid use; and
- 5) Recognize victims of human trafficking (HT) in the healthcare setting.

## Education Committee

Concepcion Sumalde, MBA, BSN, RN, CCDS (Co-Chair)

Meriam Caboral-Stevens, PhD, RN, NP-C (Co-Chair)

Kino Anuddin, MSN, RN, CNN, HNB-BC

Sofia Bole, BSN, RN, CCRN (Adviser)

## PROGRAMME

**Hosts:** Meriam Caboral-Stevens, PhD, RN, NP-C  
Kino Anuddin, MSN, RN, CNN, HNB-BC

09:30 am **Zoom Conference Room Opens**

09:55 am **Welcome**  
Reglita Laput, MPH, BSN, RN  
PNAM President  
Concepcion Sumalde, MBA, BSN, RN, CCDS  
PNAM President-Elect/Education Co-Chair

10:00 am **Resilient Leadership Amidst Pandemic and Beyond**  
Gloria Beriones, PhD, MSN, RN, NEA-BC

11:00 am **COVID-19 Update**  
Elizabeth Loomis, DNP, CNP

11:45 pm **Mental Health**  
Vicki Washington, MSN, RN, APRN, ACNS-BC

12:30 pm **10 Minute Break**

12:40 pm **Pain Management**  
Franklin Schaller Jr., DNP, APRN, FNP-C

13:40 pm **Human Trafficking**  
Jane P. White, BA, MA

14:40 pm **Post-Test and Evaluation/Closing**  
Meriam Caboral-Stevens, PhD, RN, NP-C  
PNAM Board Member/Education Co-Chair

The Philippine Nurses Association of America Provider Unit is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. P0613

4.75 Contact Hours Available

## SPEAKERS

**GLORIA BERIONES, PhD, MSN, RN, NEA-BC**  
PNAA President-Elect;  
Staff Development  
Coordinator, Michael E.  
DeBakey VA Medical Center  
(Houston, TX)



**ELIZABETH LOOMIS, DNP, CNP**  
Assistant Professor, Eastern  
Michigan University School of  
Nursing;  
IHA Family Nurse Practitioner

**VICKI WASHINGTON, MSN, RN, APRN, ACNS-BC**  
Instructor/Faculty, Eastern  
Michigan University;  
Extensive experience in  
Acute Psychiatric Mental  
Health Nursing; DNP  
scholarly project: Evaluating  
the Impact of Mindfulness Interventions on the  
Promotion of Mindfulness and the Resilience to  
Stress in Newly Licensed Nurses in a Nurse  
Residency Program.



**FRANKLIN SCHALLER JR, DNP, APRN, FNP-C**  
Assistant Professor, Eastern  
Michigan University School of  
Nursing; DNP scholarly project:  
Opioid Overdose Prevention  
Education for Clinicians in  
Michigan.

**JANE P. WHITE, BA, MA**  
Executive Director and  
Founder of the Michigan  
Human Trafficking Task  
Force

