



PNAM Newsletter

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Visibility, Viability, Vitality

Summer 2020

First Virtual Induction of Officers

By Elena Labaclado Laboga, RN, Chairperson Induction Committee

Last May 30, 2020 was our first ever PNAM Virtual Induction of Officers. Who could have imagined this would really happen? Now virtual conferencing is the new norm and everybody are getting used to it, some like it but some also prefer the traditional face to face contact. It is financially economical and can be done in the comfort of your home. Four distinguished speakers from the PNAA attended with President Madelyn Yu, MSN, RN as



the Keynote Speaker and Inducting Officer. The other three are Dr. Leo Jurado, PhD, RN, APN, NE-BC FAAN; Leila Busch, MSN, RN, RVP-NCR and Mary Joy Garcia-Dia, DNP, RN, FAAN, President Elect.



Simonette Pura Cuevas was an excellent virtual host. Two nursing students sang the national anthems: Miss Gari Ann Beatrice sang the Star Spangled Banner, and Miss Natalie Elgert sang the “Lupang Hinirang”, national anthem of the Philippines. Both have wonderful voices to entice listeners attention.

A beautiful Invocation was delivered by Dr. Annie Vista, followed by Trinie Alair’s Valedictory address thanking everyone for their support. The incoming President Reglita Laput for 2020-2022 gave her inaugural message, asking for unity and engagement in the PNAM. Sofy Bole, introduced Madelyn Yu who inducted and congratulated the officers. Dr. Leo Jurado was introduced by Corazon Gabarda. He gave an inspirational message. VP Leila Busch was introduced by Annie Meitzler and she thanked everyone for their support. Mary Joy Garcia-Dia gave an inspiring message and gathering support for her incoming administration. She was introduced by Coy Galinato.



Over 100 guests attended coming from other chapters nationwide. We thank all our guests and speakers for their presence in joining the first of this kind induction. A symbolic transfer of gavel took place and wine toasting thereafter. We sang the PNAA theme “Shine PNAA Shine”, and Hilda Kittinger delivered the closing remarks thanking everyone for their support. Thanks to the Induction Committee, my Co-Chair Hilda Kittinger, Members: Corazon Gabarda, Coy Galinato, Carmelita Meitzler, Josie Paluay and advisers Trinie Alair and Sofia Bole. This was an event to remember for its uniqueness related to high technology availability in times of pandemic. ❤️

Pandemic's Impact on Nurses as Front Liners

By Sofia Espada Bole, BSN, RN, CCRN

Indeed, this proclamation by the World Health Organization (WHO) for 2020 as the International Year of the Nurse and Midwife is befitting, in line with the current global predicament when COVID - 19 pandemic is prevalent. Who would ever think otherwise among healthcare providers especially nurses who are at the center and focus, in close contact and proximity to patients? For 19 years in a row (Gallup poll 2020), Nurses are designated as the Most Trusted among other professionals. This designation "2020 Year of the Nurse and Midwife" is honoring the 200th Birth Anniversary celebration of Florence Nightingale. According to WHO, Nurses and Midwives account for more than 50% of the global health workforce. Nurses play a critical role in health promotion, disease prevention, and delivery of primary care in the community. They provide care in emergency settings and will be key in achievement of universal health coverage; 70% of global health and social workforce are women.



Nurses are the unsung heroes, their suffering is just as much if not more being in close physical contact with patients. The psychological manifestations confronting nurses today include stress, anxiety, depression, sleeplessness, and in some cases suicide. Pandemic anxiety is almost a universal emotion being experienced by millions including nurses and other professionals. Such a massive suffering, economic disruption, medical urgency and the stalling of our central economic engines are conspiring to bring about an unprecedented level of fear. As the pandemic prevails, there is astronomical power of fear gripping our society and nurses are as vulnerable as anyone. With lockdowns, school children cannot attend school in the classroom, and the alternate is virtual schooling or homeschooling. If both parents are working and have to report to work who will be supervising their children's schooling? Would this give increased demand for tutoring? In addition, restrictions were imposed on travels, hence unable to see close relatives much needed for support. Current technology can minimize this personal contact deficit but it's no match for face to face meeting where emotions and gestures are exhibited to ensure sincerity and kindness extended.

The magnitude of change in society stemming from this pandemic is dramatic. The rapidly increasing number of cases worldwide is affecting several sectors from financial markets to health of the population impacting economy, health systems, and patient care delivery. The American Nurses Association (ANA) study in 2020, March to April found that 87% feared going to work, 36% have cared for an infected patient without having adequate Personal Protective Equipment (PPE), and only 11% believed they were prepared to take care of COVID patients. Several health care providers including nurses died from the pandemic. Some of my friends have died and some have been sick and recovered from this pestilence.

Taking care of pandemic infected patients put nurses at risk for infection, they fear for their health, family's health, and other patients. As a result, some nurses have been fired for refusing to work under certain conditions such as scarcity of PPE, and others have made the decision to leave the profession (ANA, 2020). Pandemic reached a radical change in reality, uncertainty of the future, fear for self and loved ones. With unemployment, unstable finances, feeling of isolation and loss, long shifts, some nurses can reach physical and mental exhaustion. According to WHO, nurses need supportive psychological intervention to promote emotional release and improve mental health. At this point in time, nurses' resilience is seriously tested. How much can they endure before reaching a breaking point?

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President's Message



Reglita Pogado Laput, MPH, BSN, RN



With a grateful and positive heart, I would like to extend my warm greetings to our members and friends of PNAM. Thank you for this opportunity of serving as your President for 2020-2022. Although, we are on the year of the Pandemic, I am positive that by God's grace and keen observance of safety protocols, we will overcome this hard time and be able to accomplish our goals and projects through convergence of our efforts and utilization of alternative strategies.



As nurses, we need to belong to a professional organization. Even when applying for a job, the institution would like to know which nursing organization are you affiliated with. This simply implies the importance of joining a nursing organization, because it means that you are concerned with your professional growth and service to the community. As such, I would like to invite you to join the Philippine Nurses Association of Michigan (PNAM), a Founding Chapter Member of the Philippine Nurses Association of America (PNA).

PNAM is a 501-C(3) Nursing organization which provides holistic development of its members: intellectually through educational and scholarship programs; socially through networking with the academe, healthcare and non-healthcare organizations; physically through our 5K walk and some partying; organizational and leadership skills through workshops and leadership development programs; spiritually through our worship and prayers; community service through outreach programs and donations to charitable projects; emotionally through our support for each other with life events, in good and bad times, as a PNAM family. More importantly, we have lots of fun and exciting activities.

As your President for 2020-2022, my Mantra is: **On FIRE (Faith, Innovations, Resilience, Excellence) to Serve. This is to support the Mantra of PNA President's SPARK (Sharing Stories of People's Achievements, Resilience, Kindness).**

I am "on Fire" to serve PNAM because I love PNAM. Together we can make a difference and please support me in my goals on the following key areas:

1. Increase in Membership by 20% and develop future young leaders
2. Educational Activities and professional advancement
3. Resource Generation to fund community outreach projects and scholarships
4. Advocacy and Networking with other organizations

Life is more meaningful and enjoyable when we have served others, such as our nursing organization, PNAM. Let us join our efforts to make the light of PNAM shine in our communities for Visibility, Vitality and Viability. My special thanks to the Executive Board for all the support and inspiring words amidst this hard time of the Pandemic. God bless PNAM, all its members and friends!

Reglita Pogado Laput, MPH, BSN, RN, President, 217 W. Canford Park, Canton, MI 48187

Phone: 586-744-3662 Email: inday_laput@yahoo.com Website: pnamichigan.org

PNAM Mission Statement: As a professional organization, PNAM will uphold the positive image and welfare of its constituent members, promote professional excellence and contribute significant outcomes to healthcare and society. ♥

Presidential Inaugural Acceptance Speech

Reglita Pogado Laput, MPH, BSN, RN, PNAM President 2020-2022

Delivered May 30, 2020

Our Honored PNAA Leaders: President Madelyn Yu, President-Elect Dr. Mary Joy Garcia-Dia, Executive Director Dr. Leo Felix-Jurado, PNAA Vice President for NCR, Leila Busch, friends and guests from our neighbors and other states, to members of the PNAM Executive Board, families, ladies and gentlemen, good evening! Thank you for gracing this occasion with your presence. Tonight is History taking place as PNAM holds its First Virtual Induction of Officers, instead of having it in a banquet hall, with good food, plus line dancing, nevertheless, we are still thankful for all the blessings.



At the outset, I would like to thank the Lord, for making me a Nurse. With grateful thanks to my parents and family who sacrificed and sent me to school, my former teachers who molded me to become a member of this noble profession. As a nurse, we need to belong to a professional organization for professional advancement, networking and paying forward to the community, by being engaged in projects and community service. Joining PNAM is one of the best decisions I made with my nursing profession, when I came to Michigan in 2005.

The PNAM leaders were impressive with their wisdom and talent to provide directions of the organization. I consider them as the Pillars or the Think Tanks of PNAM. Most of them are attending our virtual induction this evening namely: Remy Solarte, the Founding leader; Sofy Bole, the Newsletter Expert; Annie Vista the Educator; Ellen Dioso, the smiling community outreach and PR lady; Martha Cabarios the Comptroller; Norma Bada, Ms. Florence Nightingale. They were and still are very engaged, caring and visionary leaders loyal to the PNAM, hence learning a lot from them. I remember that we had our monthly EB meetings in different hospitals. It was fun and as a new member, I always look forward to the monthly meetings. Thank you, Think Tanks!

For our mother organization, the PNAA, I met these leaders during the Regional and National Conferences. They are admirably loaded with different talents and are role models in leadership innovation, inspiration and advocacy. They are professors, administrators, researchers, managers, informaticists, clinical practitioners and many other adjectives to boast. *Wow, ang gagaling nila* (they are excellent)! They are also fun to be with, especially during Networking and Gala Night. They are leaders who are supportive, sharing expertise and very inspiring. We are glad that they are joining our virtual induction this evening. Even with their busy schedule, they take time. Thank you PNA America!

I believe in what PNAA and PNAM stand for: mission, goals/objectives, values. I have been with PNAM for 15 years now and have come to love and enjoy the PNAM family. I served this organization in different capacities: as Secretary for three terms, Board Member for two terms and as Chairperson of Education Committee for three terms. Serving an organization is not just staying in a position which is your comfort zone instead we have to step up to the higher level of service.

Now I am ready to step up to a higher level of service for the following reasons:

- ◆ First with my education and work experience as a Nurse Educator, Nurse Manager/Administrator, I have the knowledge and skills in organizational management for PNAM.

- ◆ Second, regarding time, I am semi-retired, so, I have more time for PNAM; regarding my family, all my seven children have graduated and have their own career path. I can focus more for PNAM.
- ◆ Third, I always consider God as my Silent partner in everything that He brought me to. Hence, I believe that he will give me the wisdom and grace to serve PNAM in higher capacity.

Trinie Alair, the current President, is very hands-on, patient, emphatic with her gavel to put our meeting to order. She mentored and prepared me well. Leila Busch, the very agile Vice President (VP) is always quick for action when needed. Thank you, Trinie and Leila.

The newly elected PNAM Executive Board for the term 2020-2022, with President Elect Connie Sumalde, is composed of expressive and liberated millennials (Simonette Cuevas, Clair Tumaghap, Kino Anuddin, Meriam Caboral -Stevens) generation x for life-work balance and Baby Boomers who are workaholics. Altogether we, are a good Team and we can blend together and converge our minds, hearts and efforts, to promote the vision and mission of PNAM, and make the Light of PNAA/PNAM Shine.

The Platform for my Administration will focus on: Membership, Continuing Education and Research, Community Service and Financial Stability.

We will start with where we are now:

1. Conduct of Organizational Mirroring and Sensitivity Training, where we are good at and where we fail? whom have we offended? How to reconcile?
2. Satisfaction Survey of Members, Expectations of potential members
3. Strategic Planning to envision where we are going in relation to our Vision and Mission

Strategy: Acronym: KISSS = K- Keep I – IT S – Simple S – Smart S – Stupid/Fun

Therefore, with great Honor and Pride, I accept to serve as President of PNAM for the term 2020-2022. Thank you and Mabuhay ang PNAM! (Long Live PNAM! ❤️

Strategic Planning Weekend, August 28, 29, 30, 2020



Lunch on deck, open, cool, just a perfect weather.



Sunday, ready to say goodbye after a successful learning and bonding weekend



Hungry, ready for lunch? Dig in!



Serenity, conducive to learning



Screen shot, strategic planning weekend

Virtual Valedictory Address, May 30, 2020

Trinie Alair, BSN, RN, President 2018-2020

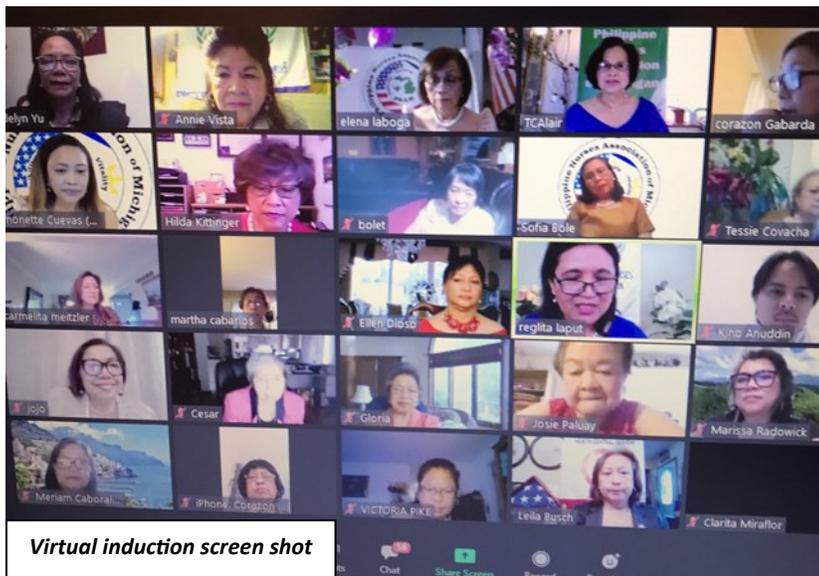
Good evening everyone! Welcome to the Philippine Nurses Association of Michigan (PNAM) 48th Anniversary and Induction of Officers for 2020-2022. Tonight for the first time in history, PNAM's Induction will be done virtually. Thank you to the Induction Committee Members, chaired by Ellen Laboga. Tonight as we are gather virtually let us be thankful for this opportunity to network.



The World Health Organization has designated 2020 as the year of the nurses in honor of the 200th birthday of Florence Nightingale. Today our very own Filipino American nurses are still working as front liners in helping patients recover from this pandemic outbreak.

We welcome the presence of all PNAAL leaders. We are very fortunate to have PNAAL President Madelyn Yu as

our keynote speaker and inducting officer for tonight's event. She was in Michigan two years ago to induct me for 2018-2020 term of office. We are also honored to have PNAAL Executive Director Dr. Leo Felix Jurado, PNAAL President Elect Mary Joy Garcia Dia, who is very supportive of PNAM, our PNAAL VP NCR Leila Busch, PNAAL NCR Adviser Elena de Jesus and PNAAL President Nancy Hoff. Our very own PNAAL leaders Dr. Annie Vista is Vice President of PNAAL and PNAM Adviser; PNAAL Treasurer Martha Cabarios; PNAAL Board of Trustee and PNAM Adviser Sofy Bole and one of the PNAAL founders and PNAM Adviser Remy Solarte. For PNAAL leaders that I might have missed thank you for



joining us virtually this evening. Over 100 friends and guests attended our PNAM First Virtual Induction. PNAM is one of the few to have their virtual induction when zoom is gaining popularity.

Despite many challenges, it was a successful two years of PNAM service and continuity of legacy. I owe it the Executive Board who worked really hard to meet the challenges. PNAM received the Community Service Award given by the Filipino American Community Council (FILAMCCO) the host of the annual Rizal Day Gala celebration in December 2018. PNAM garnered the prestigious PNAAL PRIDE Award in chapter Newsletter Publication and Editorial Pride Award last July 2019 during the national convention in Atlanta, Georgia. We are very proud of this distinction, thanks to our hard working Editor in Chief Sofy Bole.

As a member of PNAAL, each chapter has a goal of 15% increase in membership. PNAM was able to reach a 45% increase as reported in last years' national convention July 2019. With this achievement, we are inspired to continue recruiting members and retain current ones. Thanks to Carmelita Meitzler, Chair of Membership.

PNAM enjoyed the camaraderie at the North Central Region held in Columbus, Ohio in 2019. We had delegates of eight members who represented and performed "I will Survive" during Networking Night. We did not win but we had fun. Simonette Pura Cuevas was our excellent lead performer, singer and choreographer.

PNAM had a successful Annual Spring Educational Conference in 2019 "Advocacy in Nursing Leadership and Excellence in Clinical Practice." Our keynote speaker was Dr. Mary Joy Garcia Dia. The conference offered 7.5

contact hours awarded by PNAAF continuing education which included Human Trafficking and Pain Management as a requirement in the State of Michigan.

We planned for the Annual Spring Conference 2020 “Nurses as Clinical Thinkers and Competent Clinicians: Lead, Inspire, Advocate” with our keynote speaker Dr. Gloria Beriones, scheduled on April 25, 2020. Contact hours was approved, everything set, but it was cancelled and was rescheduled on a later date due to lockdowns and travel restrictions.



Post- Election March 2020 at PACCM

We had a successful Ms. Florence Nightingale Celebration last October 19, 2019, chaired by Simonette Pura Cuevas, and Clair Tumaghap. PNAM was able to raise funds to support Scholarship program to deserving undergraduate and graduate students as well as support our community projects.

PNAM was a recipient of a grant from Eastern Michigan University for Breast Cancer Awareness and Prevention. This is a Healthy Asian American Project wherein PNAM provides Breast Health Education and early detection for women in the Philippines since statistically there is a high incidence of breast cancer among Filipino women in the Philippines. This has been a project of PNAM since 2017. Our latest Breast Health Education was in 2020, Boracay, Malay, Aklan, Philippines.



President Alair gave plaques to her Executive Board, shown here, President Laput giving plaque of appreciation to outgoing president Alair, at PACCM

In response to the pandemic, PNAM being a health care organization reached out to the community locally and to our own people

in the Philippines (see PNAM activities during pandemic article).

It is with grateful appreciation to thank the 2018-2020 Executive Board members for all of their hard work, dedication and commitment. I am proud of all of you and thankful for all the support and love you have given me to accomplish what we have done together and where we are now. Secure with the knowledge that PNAM will be in good hands, I gleefully turn over the PNAM gavel and legacy of the future under the leadership of Reglita Pogado Laput.

To all the Incoming Officers for 2020-2022, may LOVE and PEACE be the foundation of your successful term. Wishing you all the best! ❤️

The PNAM Strategic Planning Workshop

By Reglita Pogado Laput, MPH, RN, BSN, President

Rationale

To start an administration, I believe that a Strategic Planning is very vital in order to provide a roadmap to align programs and activities in the attainment of goals and objectives. PNAM as a professional nursing organization needs to see itself where it is today: the challenges it is facing, where it is going and how it believes is the best way to achieve its goals. In order to be effective in our roles and duties as members of the Executive Board, it is necessary to reflect and be aware of our inner selves and to understand others as well.



It is also important to mirror and assess our organization: what are we good at, where we failed, what we learned and what we can do to maximize our potentials and opportunities. We also need to look at the big picture of our organization, both internally and externally, revisit our vision and mission and plan best strategies to achieve our goals.

In this light, the Strategic Planning Workshop was designed to translate insights gathered into actionable Strategic Plan. Thus, making our organization move on to greater heights of success and make PNAM shine in our communities for visibility, vitality and viability.

A. Objectives:

General Objective: To formulate a 2020-2022 Strategic Plan for PNAM

Specific Objectives: At the end of the workshop, the participants will be able to:

1. Reflect on their own strengths and weaknesses
2. Describe the results of organizational mirroring
3. Discuss the SWOT/SOAR Analysis of PNA



B. Content and Resource Speakers (Virtual and Face to Face)

1. Self-Awareness - Kimberly Derryberry, MBA, BBA, PhD (c)
2. Organizational Mirroring - Meriam Caboral-Stevens, PhD, RN, NP-C, Associate Professor - School of Nursing, Eastern Michigan University
3. Strategic Planning - Aniceta A. Vista, PhD, RN, MS, PNAAF Vice President, PNAM Advisory Council
4. Lead Facilitator - Reglita Pogado Laput, MPH, BSN, RN, PNAM President

C. Methodologies

1. Virtual and Face to Face discussion
2. Structured Learning Exercises with Commitment Pledge thru Bonfire
3. Self - Awareness with morning exercises and meditation walk with nature
4. Group work and Brainstorming
5. Sharing "the SPARK": Stories of People's Achievement, Resilience and Kindness

D. Operating Details and Certification

1. Venue and Date: Vacation house, Bole Family in Sugar Springs, Gladwin, MI on Aug. 28-30, 2020
2. Participants: Members of the PNAM Executive Board and Advisory Council
3. A Certificate of Participation was awarded to participants who successfully attended the two and a half day Strategic Planning Workshop ❤️

Neologisms Arising from Pandemic

By Sofia Espada Bole, BSN, RN, CCRN

Since time immemorial, new words come up as new situations arise. Neologism, according to Webster is coining of new words or expressions. Our awareness and concern of pandemic that was first reported in December 2019 gave us modern lingo associated with this infectious disease that spread worldwide. Have fun reading and enjoy learning these words and phrases trending these days.

Examples of new words associated with this pandemic are:

Social distancing - means six feet apart (recommended) when socializing with friends and other people while pandemic is prevalent. Some people have objected to the use of this as a term borrowed from sociology used to describe separation along class, racial, and gender lines fearing it may be misconstrued.

Index case - defined as the first documented case of an infectious disease or genetically transmitted condition or mutation in a population, region, or family.

Patient zero – defined as a person identified as the first to become infected with an illness or disease in an outbreak.

Contact tracing – the practice of identifying and monitoring individuals who may have had contact with an infectious person as a means of controlling the spread of the communicable disease.

Super Spreader/Spreading – refers to an individual who is highly contagious and capable of transmitting a communicable disease to an unusually large number of uninfected individuals.

Self - quarantine - refrain from any contact with other individuals for a period of at least two weeks during the outbreak usually remaining at home and limiting contact with family members.

Flatten the curve – slowing the spread of the disease and helping doctors and nurses avoid a sudden overload of patients.

Zoom bombing – is the harassing intrusion into a private video conference, usually in the zoom meetings.

Doom scrolling – slang for an excessive amount of screen time devoted to the absorption of dystopian news.

Lockdown – a state of isolation or restricted access instituted as a security measure.

Covidiota – Spanish word coined online, can apply to anyone not following lockdown rules. In English, you'd say **covidiot**.

On-Nomi – literally means “drink on line”, created by the Japanese. Bars closed but friends still finding way to enjoy happy hour, only now they do it via video chat.

Spendemic – increase in online shopping during pandemic and lockdown.

Coronials – term used for babies who will be born after lockdown. This word began trending on social media when users wondered if the pandemic could cause increase in birth rate.

Hamsterkauf – German term, hoarding, when a person shopping or buying more than amount needed (you are a hamsterkauf).

Quaranbaking – finding comfort in quaranbaking is about the therapeutic act of baking during lockdown.

Frontliners – healthcare workers on the first line of defense taking care of COVID patients like nurses, doctors, respiratory therapist and many others with actual physical contact. From the Collins English dictionary: a person or thing that operates in an advanced, exposed, or conspicuous position.

Herd immunity – occurs when a large portion of a community (the herd) becomes immune to a disease making the spread from person to person unlikely. As a result, the whole community becomes protected, not just those who are immune. ❤️

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Importance of Nursing Research

Robert Marshall, RN & Meriam Caboral-Stevens, PhD, RN, NP-C



For decades, nurses have based their practice on the knowledge learned from nursing school, from what physicians tell them to do, or from older colleagues that tell them how to do it. The familiar *'this is how it has always been done with no problem'*¹ line that most novice nurses hear resonates as to how most nurses have been practicing. The era of evidence-based practice is slowly changing nurses' attitudes and ways of thinking about their practice.



Evidence-based practice is about integrating the best evidence from research, patient's clinical data and clinician's expertise, and patient preference². Yet despite this, there are nurses who are still reluctant to embrace evidence-based practice. This may be because these nurses will need to learn and understand nursing research.

Nursing research is something that nurses either embrace or hate. Many nurses, particularly clinical nurses, feel intimidated when they hear the word research. It is something that clinical nurses perceived as remote and performed only by nurses who are away from the bedside. Most clinical nurses view research as someone else's concern rather than a critical element in a nurse's daily practice¹. Therefore, it is imperative for all nurses, regardless of roles, to understand the importance of research in their daily practice. In order to do this, we need to address the importance of nursing research from three nursing viewpoints – practice validation, professional credibility, and personal growth.

From practice perspective, nursing research validates the *nursing* practice. As nurses, we should not be performing task automatically, rather it should be supported by evidence (research). Yet how many nurses know the evidence behind some of the routine nursing care they perform. Can any clinical nurse identify what is the standard regarding the frequency of taking vital signs in an acute care setting? Are nurses still aspirating before administering injections? To shed light to these tasks, we found two evidence related to them. A review of the literature conducted by Kaiser Permanente nurses³ on the frequency of vital signs and physical assessment was used to provide recommendations to the organization's nurse leaders on how to develop policies for bio-physical assessment. The second article is another review of literature by Sepah et al.⁴ who found inconsistent findings regarding aspiration before injection, therefore recommended that aspiration may not be required prior to pushing injections and more data is needed. These are examples of how nurses provide support to these two nursing tasks. The question is how many nurses have done this with their own practice?

The second perspective relates to professional validation. According to the American Association of Colleges of Nursing [AACN]⁵, nursing research "provides the scientific basis for the practice of the profession". Empirics (research) is one the patterns of knowing⁶. For nursing to become a science, its practice should be grounded on empirically based methodology to generate knowledge⁶. Knowledge of nursing research advances nursing science, which then adds credibility to the professional. As explained in the previous paragraph, research validates nursing practice. Nurses sitting at the table with other nurses and health care professionals who bring data as armamentarium presents credibility and trustworthiness to their arguments. Nursing as the largest health workforce in the country, it is, therefore, essential for nursing to have a voice on matters that are significant to our profession.

Lastly, from personal perspective, nurses who are equipped with the knowledge of research process are empowered and more confident. These nurses participate in their practice and engage in evidence-based activities within their organization. They also have the drive to advance their own learning.

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What Our Members Say?

Meriam Caboral-Stevens, PhD, RN, NP-C, PNAM Board Member

When I moved to Michigan from New York, in 2015, I felt very homesick. I miss the visible diversity and multiculturalism that New York has. I did not see a Filipino for about a year; whereas in New York, I can't barely stay away from one. I can surely say I have acculturated with the Western culture but I still would like to remain in touch with my own ethnic background. Joining the PNAM has fulfilled my two goals: Presence of my cultural identity and working with nurses in my new home. PNAM is one of the oldest Filipino Nursing organizations in the country, so it is a pleasure to join this organization and become involved in its professional agenda.

PNAM Response: Welcome to Michigan Meriam, and to the PNAM! We are delighted to have you with us. Sharing your expertise is a blessing and a joint venture we look forward to. Working together, we are empowered to achieve the best. With your vast knowledge, we can learn a lot from you and vice versa. Thank you for your service to our organization.

Marissa Matias Radowick, BSN, RN, PNAM Board Member



I joined PNAM because I wanted to reconnect with my Fellow Filipino American Nurses here in the United States of America. I believe in the PNAM goals, one of which is participating actively in professional and cultural activities with professional organizations and other agencies in the community, as well as global networking. Through educational conferences and Medical Missions like Breast Cancer Awareness and Prevention by teaching Filipino Women in our homeland are some of the community outreach PNAM did. A study was done that shows Filipino women have higher incidence of Breast Cancer compared to other Asian women, therefore this project is highly beneficial to our women compatriots back home.

PNAM Response: Welcome to PNAM Marissa. Although you have been a member of PNAM for several years, this is the first time you joined the Executive Board and actively planned and participated in its activities to keep the organization Visible, Viable and Vital. Thank you so much for your willingness to serve. We look forward to working with you as you share your visions and ideas to improve our organization. ❤️

(Continue Nursing research) In summary, nursing research is essential for the validation of nursing practice and advancement of nursing science. Therefore, at a minimum, all nurses should possess the knowledge of basic nursing process. ❤️

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Global COVID-19 Statistics, July 7, 2020, Top 23

No	Global/Countries Total	Positive Cases	Deaths	Recovered
	11,647,399	11,647, 399	538,796	6,328,000
1	USA	3,028,468	133,081	908, 324
2	Brazil	1,643,539	66,093	1,072, 229
3	India	743,481	20,653	457,058
4	Russia	694,230	10,494	463,880
5	Peru	305,703	10,772	197,619
6	Chile	301, 019	6,434	268,245
7	United Kingdom	286,349	44,391	None supplied
8	Mexico	261,750	31,119	159,697
9	Spain	252,130	28,392	150,396
10	Iran	245,688	11,931	207,000
12	Italy	241,956	34,899	192,815
13	Pakistan	234,509	4,839	134,957
14	Saudi Arabia	217,108	2,017	154,839
15	Turkey	207,897	5,260	185,292
16	South Africa	205,721	3,310	97,848
17	Germany	198,355	9,103	182,667
18	France	168,810	29,933	77,655
19	Bangladesh	168,645	2,151	78,102
20	Colombia	120,281	4,210	50,370
21	Canada	105,935	8,693	69,570
22	Qatar	100,945	134	94,903
23	China, mainland	83,565	4,634	78,528

*Philippines: Positive Cases = 51,754 Deaths = 1,314 Recovered = 12, 588 July 7, 2020

State of Michigan as of July 7, 2020, Top 11 Counties

No	County	State cases 73,403	Deaths 6,225	Recovered
1	Wayne	23,182	2,728	Not Available
2	Oakland	12,233	1091	N/A
3	Macomb	7,541	919	N/A
4	Kent	5,266	136	N/A
5	Genesee	2,816	288	N/A
6	Washtenaw	1,759	106	N/A
7	Saginaw	1,328	123	N/A
8	Ottawa	1,128	51	N/A
9	Kalamazzo	1,110	68	N/A
10	Ingham	1,092	29	N/A
11	Berrien	927	60	N/A

Retrieved, July 7, 2020: <https://www.bing.com/search=global+cases+of+covid>

Images of Caring in Pictures

By Editor

Caring comes in many forms, be it spiritual, volunteerism, fundraising, compliance, helpful, kind or just simply being you, the authentic person mindful of surroundings, feelings, sufferings and cognizant of many things. As a Nurse, mindful of health promotion, disease prevention and staying healthy, it comes with the designation. Supporting our professional organizations as well as civic activities calls for taking time to make a difference. ❤️



PNAM joined PNAAF 5 K Fundraising, July 2020



Supported NaFFAA MI in celebrating Filipino American History



Administrative Endorsement, a must for smooth transition.



Zoom Healing Prayer for Joesan Gabarda



PNAM members of NaFFAA Michigan (host) joined phone banking project sponsored by APIA Vote. Marissa Radowick, Chairperson



Valerie Grobbel, promoted to Director of Nursing at Ascension Health System, Detroit

Reggie Laput, PNAM President, Member of PNA Education Committee

Carmelita de Guzman Meitzler, PNAM Membership Chair, awarded by PNA on July 4, 2020 during the First Virtual National Convention, in recognition of her exemplary work and support to the success of the recruitment and Membership Drive for PNA Michigan Chapter.

Presidential Awards given by President Trinie Alair 2018-2020 at the end of her term awarded to:

Amy Tisado Risvold, Sonia Tario Montano, Sofia Espada Bole



Family of **Eva Rivera Manalili**, on her demise
Amy Risvold & Family, death of husband Mark
Family of **Flora Pagaduan**, on her demise
Family of **Raul Eslao**, on his demise
Simonette P. Cuevas & family death Michael Pura

Family of **Divina Amo Accad**, on her demise
Boots Gabarda & Family, death of Joesan
Family of **Linda Calderon**, on her demise
Family of **Aida & Abelardo Busque**, on their demise
Rose Erfe and Family, death of Felix, husband

Get Well Wishes to:

Hilda Calderon Kittinger, Dahlia Cortes, Norma Balde Bada,
Victoria Magante Atillo, Teresita Papa Covacha

Three “W’s” to Mitigate Incidence of Novel Corona Virus

Wash Hands * Wear Masks * Watch Distance



Continue from page 2, editorial

The Philippine Nurses Association of America (PNA) in partnership with the Philippine Nurses Association of America Foundation (PNAAF), distributed face masks to all PNA members, offer educational conferences virtually to better understand about the virus, the new vaccines available and how it works. This is a good project as it helps alleviate the fear of getting the vaccines secondary to some uncertainty in its effects and degree of immunity. A survey was also done to assess the psychological impact of the pandemic.

Every nurse must avoid burnout, compassion fatigue and exhaustion by setting a stellar example of optimal self-care. There is a prediction that nursing shortage is just around the corner, so fellow nurses, please take care of yourselves. Healthy functioning nurses are needed as the pandemic continues, and nurses who care for themselves are much more effective and give productive outcomes. ❤️

Retrieved, August 2020, <https://www.healio.com/psychiatryjournal/jpn/2020>

Retrieved, August 2020, <https://rcni.com/nursing-standard/features/how-coCEvid-19-affecting-nurses>

Retrieved, September 2020, <https://www.ons.org/articles/mental/health>

Retrieved, September 2020, <https://www.nursingce.com/blog/nurses-anxiety-and-the-Covid-19-pandemic>

Retrieved, September 2020, <https://www.aha.org>

Thank you Members for your Support

By Carmelita Meitzler, BSN, RN
PNAA Award Winning Chapter
Membership Chairperson
See application form on page 20.



Anuddin, Kino
Aperocho, Adora
Arambulo, Rosanna Ng
Atillo, Victoria
Baltrinic, Jeanne Siwa
Carballo, Caroline
Carpena, Eduardo
Carpena, Lita D.
Carpena, Victor
Corpuz, Charity Mojica
Cortes, Dahlia
Covacha, Teresita
Cuevas, Simonette Pura
Dayag, Lorna
Doctor, Remedios
Domingo, Joy C.
Faderon, Jose Vicente
Fair, Josenia
Gabarda, Corazon
Galinato, Corazon
Gray, Christina
Grobbel, Valerie
Jao, Carmelita
Jaramillo, Rowena
Jurado, Merlyne
Kennedy, Arianne
King, Amabelle
Kittinger, Hilda
Laboga, Elena
Lambrix, Elaine Joy
Laput, Reglita Pogado
Latif, Felimar



Lim, Ronie
Mangahas, Carmelita
Mangahas, Phil
Mangona, Susan
Marquez, Remedios
Mateo, Celia
McCaulley, Nina
Meitzler, Carmelita
Mupas, Regina
Pablo, Rosalie
Palmos, Ma. Lourdes
Paluay, Jocelli
Pamatmat, Emilia
Pasinon, Abner
Piad, Edward Torres
Radowick, Marissa
Ravelo, Erlinda
Redoble, Rose Fay
Reginaldo, Nieves
Rosario, Wilbert
Santiago, Carolina
Schwartz, Venus Abat
Sosnowski, Welarchie "Lanie"
Stevens, Meriam C.
Sumalde, Concepcion
Torrico, Pat Javier
Tumaghap, Clair
Tungol, Estrella
Tungol, Selwyn
Urbano, Mylene
Utarnachitt, Violeta

Lifetime Members

Trinie Alair	Aniceta Vista
Norma Bada	Leonor Mandap
Sofia Bole	Sonia Montano
Lily Diego	Emma Pacris
Ellen Dioso	Ma. Amy Risvold
Martha Cabarios	Remedios Solarte

Educational Weekend Series, Gladwin, Michigan

By Aniceta Abobo Vista, PhD, MS, RN

In August 2020, we embarked on a weekend trip to Sugar Springs, Gladwin County. From the 28th to the 30th, several Executive Board Members of the Philippine Nurses Association of Michigan (PNAM) led by President Reglita Laput drove to the Bole's vacation home for a fun educational retreat. The members of the group included Reglita Laput, Annie Vista, Carmelita Meitzler, Marissa Radowick, Norma Bada, Lulu Martinez Rodriguez, Josie Paluay, Concepcion Sumalde and Sofy Bole. Our IT expert Shane, son of host was generous enough to join us to ensure the success of our educational sessions without technical glitches. We also had three other guests, two of them were teachers, who



thanked us for the new knowledge they have received.

Our main topic for the weekend was, "Brainstorming for Strategic Planning" and we included a session on "Dementia and Brain Health," sponsored by Michigan Department of Health and Human Services and CCC (Creating Confident Caregivers). Other sponsoring organizations included Administration for Community Living (ACL), National Institute of Health (NIH), and Center for Disease Control and Prevention (CDC).



Sunday after brunch, preparing for virtual Mass

Through Dr. Janilla Lee, PhD, University of Michigan Health System, who shared the educational grant with PNAM, we were able to provide the Series to Filipino Americans in addition to our association members. Part of the proceeds of the grant was donated to PNAM.

The highlights of the "Dementia and Brain Health" covered:

- ~ Aging Well
- ~ Protecting Brain Health through good overall health
- ~ Healthy Eating: Good Nutrition
- ~ Regular Exercise
- ~ Keeping Brain Active
- ~ Social Connections
- ~ Brain Health Risks
- ~ Dementias
- ~ Difference Between Normal Brain Aging and Dementia
- ~ Preventing or Delaying Dementia



Saturday, August 29, 2020, lectures face to face & virtual

The natural beauty of Sugar Springs on a perfect sunny day welcomed the group as we toured the area and were enticed to buy fresh fruits and vegetables on display at the small town grocery and fresh produce stall. We had a brief Structured Learning Exercise (SLE) while enjoying the delicious food prepared by our Master Chefs Annie Meitzler and Josie Paluay. All of us brought our favorite foods to share for the weekend.

The next day, Saturday, was focused on the main event. We started with “Organizational Mirroring” by Dr. Meriam Cabral-Stevens and another guest speaker Kimberly Derryberry who spoke on “Self Awareness.” The interesting and compelling topics prepared us for the Strategic Planning that followed. Dr. Annie Vista discussed the strategies, Soar-Building strengths, and gave examples using the Gantt Chart.

President Laput led the Workshop with interactive participation of the group. Utilizing the theoretical framework that includes PNAM’s Mission, Vision, and Goals, each participant contributed suggestions to define Committee’s goals, strengths, opportunities, compelling aspirations, and projects and programs initiatives. The learning experience of the day was meaningful and impactful and everyone agreed it can benefit the association and its members. Participants were given the opportunity to share their SPARK (Stories of People’s Achievement, Resilience and Kindness).



In the evening of Saturday, we walked around the area trekking on asphalt paved roads for a total of approximately two miles, only illuminated by sparkling stars (no street lights). The walk was serene, not even a vehicle came by to disturb the encephalon doldrums of dream walking in the dark. Coming back to the house, the bonfire was already lit. For those who have not experienced roasting marshmallows sandwiched in Graham crackers and chocolate, it is called s’mores.

Departure day was Sunday. We started with Individual Exercise Program, then ate a sumptuous breakfast prepared again by our volunteer expert chefs. After our Pledge of Commitment to PNAM, it was time for our virtual Sunday Mass. Spiritually fulfilled, empowered, renewed, and ready to inspire others, we left Sugar Springs! We bid goodbye to the two iconic Towering Pine Trees planted 28 years ago (PNAM had a picnic there in 1992 and 1993).



Resources:

- *The Savvy Caregiver Program tm © University of Minnesota 2002, used with permission US Administration for Community Living, Dementia Training Compendium, 2016
- *National Institute on Aging, Alzheimer’s Caregiving Resources, 2017
- * National Academy of Sciences, Cognitive Aging, 2015
- *Stan Capela and Ariana Brooks-Saunders, Hearth Share Human Services: A Different Approach to Strategic Planning: SOAR – Building Strengths-Based Strategy



Native breakfast and luncheon for gastronomic delight. Two top brasses explored environmental feasibility of possible strategic venue. ❤️

Activities during Pandemic Outbreak

By Trinie Alair, BSN, RN, President 2018-2020

The year 2020 was the Year of the Nurses!! It was celebrated as the 200th birthday of Florence Nightingale, the founder of Modern Nursing who advocated Infection Control. It was also the year that COVID 19 became a pandemic which became a historic happening for the term 2018-2020 and still ongoing. Primarily this pandemic strikes the respiratory system eliciting symptoms of cough, shortness of breath and fever. In March 2020, PNAM as a nursing organization responded to the need to control the spread of the virus. Effective management of the disease was still in an early stage. It was a mandate wearing mask, washing hands and social distancing as the initial approach to control the spread of the disease and infection.



Ellen Laboga & Reggie

PNAM initiated and organized a Mask Project. Lulu Martinez Rodriguez, Chair of Community Outreach, Sofy Bole Advisory Council member, and Josie Paluay, Board Member are skilled in the art of sewing started to sew masks assisted by Trinie Alair. Masks were available to those in need. Recipients were PNAM members, friends of PNAM like Highest Honor, Church members (St. Cyril and Thaddeus Church), Senior Living/ Nursing Home and friends out of State (Chicago, IL and California) and to families in the Philippines. Masks were either picked up at Trinie's residence, mailed, or distributed to



Josie Paluay sewed masks for PNAM

the communities. We distributed approximately 350 masks personally sewed by members mentioned above.

The Chinese American Association thru Tess Chou and facilitated by Amy Risvold PNAM Advisory member 2018-2020 donated to PNAM four packages of free masks. Each package has 100 face masks. Recipients were four group homes, Ohana Assisted Living, West Utica Home, Sterling Senior Living, and Sterling Senior Care whose owners and caregivers are Filipinos. Senior packages were also distributed to senior citizens in the community with food essentials.



Sofy Bole sewed masks

THANK YOU FOR THE CARE Project: Hilda Kittinger spearheaded the Meal Distribution to our colleagues and other front liners at William Beaumont Hospital in Royal Oak, assisted by Amy Risvold, Lulu Martinez, Trinie Alair, Reggie Laput and Ellen Laboga. A hot lunch/dinner meal was delivered at 12:00 noon by a catering service in a beautiful gourmet box with PNAM sticker of "thank you for the care". The recipients were 8N and 6N for 200 health care front liners workers for two - 12 hour shifts. In keeping up with the social distancing the meal was catered and delivered. PNAM donated \$1000.00 and \$1000.00 were donated by PNAM executive board members and friends with the total of \$2000.00 to cover the cost of the meals.

Breath of Life Foundation, a project of Dr. Enrique Ostrea for Ostrea Vent 2 solicited donations. PNAM donated a total of \$1,950.00. This project will be for compassionate use for Senior adult patients in the Philippines during the pandemic. Spiritually, PNAM joined the PNAA in Novena prayers for those afflicted with the virus.

This pandemic marks a history in our nursing profession. There were five Filipino front liner nurses here in Michigan who succumbed to death with the virus. Our heart-filled condolences to the family left behind. In memory of those Filipino nurses who died in the line of duty as front liners, PNAM will honor them with a



Lulu Martinez Rodriguez sewed masks

certificate as heroes in the field of Nursing. Reggie Laput as President Elect during that time led this project. As originally planned the certificates will be awarded to the families on May 30, 2020 for the Induction and Inaugural Ball. Unfortunately, due to pandemic social gatherings were cancelled. The certificates will be mailed to the families.

We submitted a weekly report to PNAA on the State of Michigan's pandemic cases. On March, April and May, Michigan was considered one of the epicenters of the pandemic.

I have to report the rising cases, recovering cases and death toll and what we were doing to the community. Arcie Gemino, Public Relations Officer of Filipino American Community Council (FILAMCCO) and Philippine American Community Center of Michigan (PACCM) needed the report every two weeks from PNAM regarding our community health responses which was shared as a report with other organizations. Tess Chou of Chinese American Association requested and with PNAM EB's approval reported PNAM's active participation and distributions of their donation to seniors in our community which was published in their local newspaper.



WBH-RO, 8N/6N Units recipients of PNAM food distribution

Thank you PNAM Executive Board Members 2018-2020 for all your hard work, dedication and commitment. To the very generous Executive Boards (EB) and friends who were always around to provide financial support to PNAM projects, your kindness is much appreciated.

We were guided with our organizations' mission statement: ***As a professional organization, PNAM will uphold the positive image and welfare of the constituent members, promote professional excellence and contribute significant outcomes to healthcare and society.***



WBH-RO 8N, food recipient



We are looking forward to the day that our lives will be back to normal including other organizations. The PNAA theme: Be the SPARK (Stories of Peoples' Achievement, Resilience and Kindness). Indeed, this pandemic brings out the SPARK from the PNAM to shine! God Bless us all! ❤️



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*Viability
Vitality
Visibility*

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President



Contributors in this Issue

- Carmelita de Guzman Meitzler, BSN, RN
Meriam Caboral-Stevens, PhD, RN, NP-C
Robert Marshall, RN
Trinie Cuevas Alair, BSN, RN

N.B. Articles submitted will be edited as deemed appropriate and become property of PNAM. Articles written solely reflect author's opinion.

Save the Date: April 10, 2021, First Virtual Educational Conference

Title: Nursing Leadership and Resilience During Pandemic: "Be the SPARK," contact hours applied to PNA – ANCC.

Further details will follow via emails, flyers and pnamichigan.org

Please join PNAM, your authentic professional nursing organization in Michigan

Name: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip _____

Employer: _____ Current Position: _____

Certification: _____ Email: _____

Category: ___ New ___ Renewal * Membership for both PNAM and PNA \$65.00
Associate \$40.00 Retired \$30.00

Committee Interest, please circle: Membership, Human Rights, Public Relations,
Education and Research, Resource Generation, Bylaws, Budget and Finance, Legislative,
Website

Send application to: Carmelita Meitzler, Membership Chair
4086 Morningdale Drive, Troy, MI 48098 Phone: 248-931-9710
Email: cdmeitzler@yahoo.com

PNAM

217 Canford Park
Canton, MI 48187

To: _____

