

AUGUST 2023

THE QUARTERLY NEWSLETTER

Official Newsletter of the PA Section of AWHONN



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Hello PA AWHONN Members!

On May 11th, we held a successful PA AWHONN Virtual Spring Conference. We were grateful to see members join us online to learn about Respectful Maternity Care from our new President-Elect-Rose Horton MSM, RN, NEA-BC, FAAN! Members also had time to network and have a little fun playing BINGO and winning prizes.

Learn more about the Respectful Maternity Care Implementation Toolkit by visiting <https://www.awhonn.org/respectful-maternity-care-implementation-toolkit/>.

2023 AWHONN National Convention

From June 17-21 in New Orleans Louisiana, AWHONN held its National Convention! We had an amazing time with over 90 attendees from across Pennsylvania traveling NOLA and attending, many for whom it was their first convention. We held a Pennsylvania Meet and Greet it was wonderful to get together relax and chat with new friends and even try a Hurricane (or two) and some alligator meat with our charcuterie! During the meet and greet we had the opportunity to hear from and meet some the Board of Directors Candidates and were visited by Jonathan Webb CEO and incoming President, Cheryl (Larry- Osman) Bellamy DNP, CNM, CNS.

A great big shout out to all of those who attended, and we hope you had an amazing time.

We hope to see even more Pennsylvania members next year at convention on June 7–11, 2024 in Phoenix, AZ at the Phoenix Convention Center—MARK YOUR CALENDARS now! The call for proposals for posters and presentations should be opening soon, if you have completed research, evidenced based practice, quality improvement or have another innovative project consider submitted. If you have any questions about convention or would like support or guidance in submitting and abstract or poster, we can connect you with a mentor member! Just let us know.

Going to convention is great way to stay up to date with evidenced based practices in women's health obstetric and neonatal nursing, reinvigorate your passion for the specialty and network and meet new friends and mentors. We hope to see you there next year—PS if you do go make sure to let us know so we can ensure you receive your personal invite to the Pennsylvania Meet and Greet and some Pennsylvania swag!

Please enjoy a collection of photos from the convention on the following page! The beautiful blue and green ribbon leis were made courtesy of our South-Central Chapter Leader and Section Crafter--Tonya Wert!





Section Chair's Corner

BY ADRIANE BURGESS PHD, RNC-OB, CCE, C-ONQS, CPHQ, FAWHONN

August is National Breastfeeding Month and World Breastfeeding Week is celebrated each year from August 1-7. This year's theme is *Enabling Breastfeeding: Making a Difference for Working Parents*.

Breast milk has a multitude of benefits for babies including lowering risk of conditions such as asthma, type 2 diabetes, sudden infant death syndrome and protecting against infections such as ear infections and gastrointestinal infections. Lactation promotes maternal health by decreasing risk of breast and ovarian cancer, type 2 diabetes, and cardiovascular disease (Centers for Disease Control and Prevention, 2023).

As I write this, I use the words breastfeeding but want to acknowledge that not all those who provide their newborn with breast milk breastfeed. For example, many pump, or chest feed, or use donor milk. According to a 2023 survey of 15,000 breastfeeding parents by Mamava and Medela (2023), 16% reported exclusively pumping, and another 49% reported feeding their baby at the breast and pumping milk.

BREASTFEEDING AWARENESS MONTH

#BestMilk

NO MATTER HOW YOU DO IT...

- nursing
- pumping
- hand expressing
- breastfeeding
- chestfeeding
- body feeding
- on your own
- with support
- with the help of a donor
- for one day
- or one year
- or maybe longer



Especially when you make the choice that is

BEST FOR YOU AND YOUR BABY

[nationalperinatal.org/feeding-our-babies](https://www.nationalperinatal.org/feeding-our-babies) 

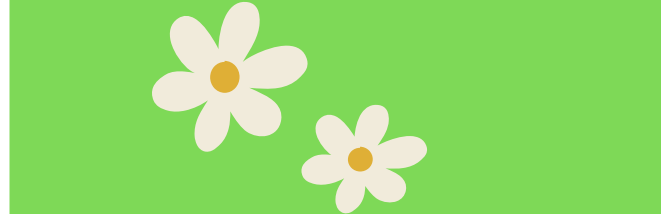
As nurses, it is extremely important we:

- Recognize, support, and advocate for the important role pumping as well as other methods of feeding newborns human milk play in helping to remove barriers to the provision human milk.
- Provide education and resources prenatally about the neonatal and maternal benefits of breastfeeding and work with birthing people to provide individualized plans of care to support the provision of human milk however they plan to provide it.
- Ensure that expectant parents understand their options and implement strategies of shared decision making and respectful maternity care when entering this discussion. Many factors shape expectant parents' decision on how and if to provide human milk but taking the time to understand their questions, concerns, and barriers to the provision of human milk and helping to navigate challenges so they can access the resources they need could make all the difference!

https://www.nationalperinatal.org/_files/ugd/209d80_d6b25cffad634943b5399d23934e2eb7.pdf

Section Chair's Corner continued...

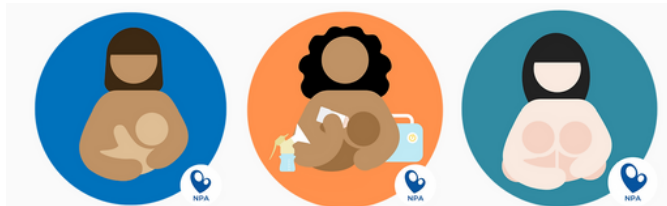
BY ADRIANE BURGESS PHD, RNC-OB, CCE, C-ONQS, CPHQ



There are significant disparities in rates of breastfeeding. Many factors perpetuate this disparity. Lower rates of breastfeeding initiation have an impact on lifelong maternal health. Subsequently disparities in rates in breastfeeding initiation perpetuate the racial and ethnic disparities we see in other women's health outcomes such as in rates of cardiovascular death (Chiang et al., 2021). Work to analyze and understand disparities in the breastfeeding data where you work. Then engage your community in creating appropriate solutions to eliminating the disparities you uncover and ensure interventions to support breastfeeding are delivered equitably (Hemingway et al., 2021). Quintero and colleagues (2023) recommend providing culturally tailored breastfeeding information, creating peer support groups, educating family and friends on the benefits of breastfeeding so that they can provide support and focusing on ways to address disparities related to concerns about return to work/school.

A few things you can do in support of National Breastfeeding Month and all year long to promote breastfeeding are to:

- **Advocate for lactation support in the workplace.** According to a 2023 survey of 15,000 breastfeeding parents by Mamava and Medela, working mothers are the majority. Seventy-seven percent of survey respondents reported working full time or part time. Does your workplace have a policy that supports working parents who are providing human milk? If so, make sure the policy is well advertised. According to Mamava and Medela (2023) 1 in 2 parents were unaware of their workplace lactation rights.
 - Check out the PUMPAct <https://www.dol.gov/agencies/whd/pump-at-work>
 - Key Messages from the WHO on supporting breastfeeding in the workplace <https://www.who.int/campaigns/world-breastfeeding-week/2023/key-messages>
- **Spread the word on the benefits of human milk** for babies and new moms-Share info about the benefits of breastfeeding and lactation on your social media. Make a Facebook post and share it with us at AWHONN Pennsylvania and we will also repost!
- **Provide education to nursing staff, residents, and providers** about best practices on how to support new parents who are providing human milk. Hold a Grand Rounds or a resident's lecture. Even providing one to one education is amazing!
- **Provide education/support to families in the community!** Hold a class at a community organization about lactation and the benefits.



National Breastfeeding Month This is Our Why

- **World Breastfeeding Week** August 1-7 *ENABLING BREASTFEEDING - Making a difference for working parents.*
- **Indigenous Milk Medicine Week** August 8-14 *From the Stars to a Sustainable Future*
- **Asian & Pacific Islander Breastfeeding Week** August 15-21 *Telling Our Own Stories. Elevating Our Voices.*
- **Black Breastfeeding Week** August 25-31 *We Outside! Celebrating Connection & Our Communities*
- **Latina/x Breastfeeding Week** September 5-11 *Lactancia Latina*

Section Chair's Corner continued...

BY ADRIANE BURGESS PHD, RNC-OB, CCE, C-ONQS, CPHQ,

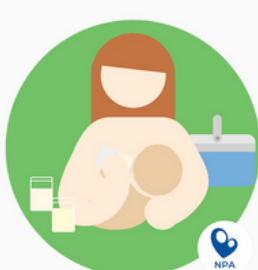
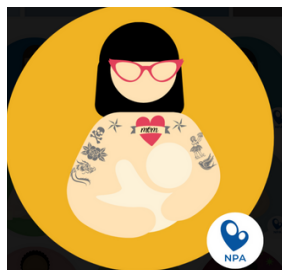
- **Further your own education:**

- **Consider taking a Certification Course** or take some time to learn a little more about best practices in lactation support. There are several different lactation credentials you can earn Check them out here: <https://www.wibreastfeeding.com/advocacy/lactation-credentials/>
- **At 8am on August 3rd the WHO is holding a FREE webinar** Lets Make Breastfeeding Work. Consider registering <https://www.who.int/news-room/events/detail/2023/08/03/default-calendar/let-s-make-breastfeeding-work-webinar>
- **Review the AWHONN Position Statement on Breastfeeding and Human Milk** here: [https://www.jognn.org/article/S0884-2175\(21\)00116-7/pdf?utm_source=AWHONN&utm_medium=page-clicks&utm_campaign=position-statement-clicks&utm_id=+](https://www.jognn.org/article/S0884-2175(21)00116-7/pdf?utm_source=AWHONN&utm_medium=page-clicks&utm_campaign=position-statement-clicks&utm_id=+)
- **Check out this amazing list of resources from AWHONN** <https://www.awhonn.org/consumer-resources/breastfeeding-resources-for-nurses/>

The link below highlights the list of hospitals that have earned and are working towards the Keystone 10 Designation. Keystone 10 is a Pennsylvania Department of Health quality improvement breastfeeding initiative aimed at improving the protection, promotion, and support of breastfeeding for all Pennsylvania infants, mothers and families.

<https://www.health.pa.gov/topics/Documents/Programs/Infant%20and%20Children%20Health/Keystone%2010%20Tracking%20Sheet.pdf>

Thank you for all you do every day to support expectant parents, their babies and their families. Your work makes such a difference in their lives.



References

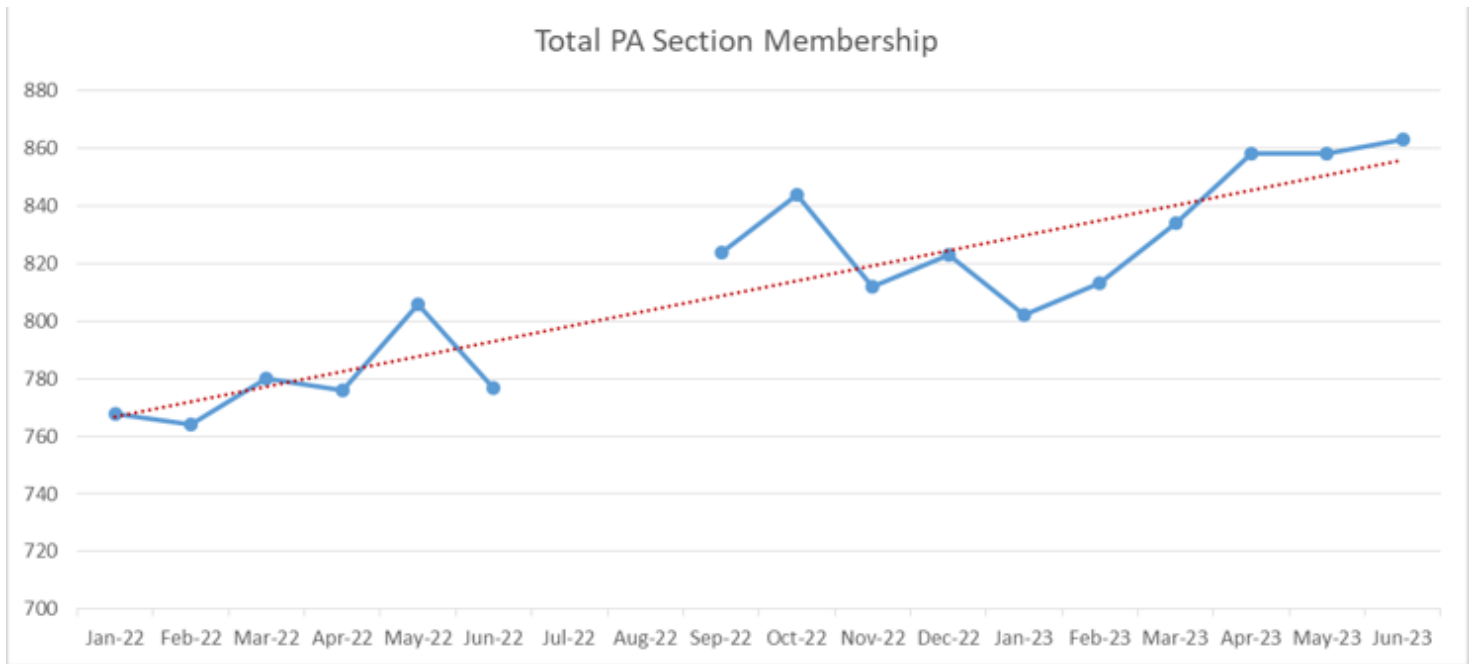
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- World Health Organization. (2023). World Breastfeeding Week. <https://www.who.int/campaigns/world-breastfeeding-week/2023>

Membership Updates

BY CAROL MCILHENNY PHD, RN--SECRETARY TREASURER

We're Growing! AWHONN PA is growing. Since we began to track membership in January 2022, we have increased our membership by nearly 100 new members! As you can see by the trend line, the trajectory indicates that we will continue to grow. Gaining memberships for Pennsylvania means that we have more resources to plan and provide relevant and local events for you! We want to hear from our members (and others considering membership) so we know what topics you want to hear!

You, as members, already know the many benefits to membership: both print and e-journal access, and discounts to AWHONN sponsored events (among many others). But did you know that benefits vary by the type of membership you hold? With a full membership, there are many more opportunities for you. Full memberships allow you to vote in elections, apply for scholarships and awards and hold office. Consider sharing the member benefits with your friends, colleagues and coworkers who aren't current members. You can have them go to this [LINK](#). If you're not a full member yet, you can view this [LINK](#) to consider upgrading to full membership!



In July AWHONN announced members joining the Board of Directors

Congrats!

Rose L. Horton, MSM, RN, NEA-BC, FAAN---President-Elect
Julie Zimmerman MSN, RNC-OB, C-EFM--Secretary/Treasurer

Directors

Ashley Rainey MSN, RNC-OB, IAP
Shellie Nelson RN, MS, RNC-OB
Elizabeth Kester MSN, NEA-BC, RN



SouthWest Chapter

CHAPTER LEADERS: DR KATE ENDRES AND DR KAREN COYNE

The Southwest Chapter reignited and had their first in person activity since Covid shutdowns! Zach from Peri-Gen hosted lovely dinners on May 17 at Iron Rock Tap House in Greensburg and May 18 at Cioppino in the Strip in Pittsburgh. The speaker for the evening was board candidate and FL Section leader, Karen Koleagh. She spoke on OB Documentation and the pitfalls OB nurses may fall into. Debbie Ketchum, Board of Director member and representative on the Public Policy Committee, was present for both meetings and Carol McIlheny, PA Section Secretary Treasurer attended both programs. Favors and Door Prizes were provided by the chapter. About 60 chapter members in total attended the two programs. Program planners for the dinner/evenings were Kate Endres, Karen Coyne, Wendy Reynolds, Carol McIlheny and Gerri Maurer.

In July, a program, Fearless Female, a self-defense training was held in Cranberry. Those in attendance learned some great tactics for avoiding a harmful situation, but also how to defend yourself and get out of an unavoidable situation. Instructors, Lisa and Dan immediately had the members doing hand-to-hand work. Lisa is also a nurse so the training was tailored to discuss scenarios the members might face at work. This training is vital so the chapter is going to plan another opportunity in the future for those who could not attend in July. This follows the idea that we are supporting the Workplace Violence Bill.

Southwest chapter had significant representation at AWHONN Convention in New Orleans and enjoyed the Monday evening events including the PA Section Meet-n-Greet and the President's Party.

One of our members, Karen Coyne, recently traveled to Montreal to present at the ICN Congress. Her presentation was Nurses Caring for Pregnant Women with SUD: Exploring Emotional Intelligence and Attitudes. The ICN Congress was a five-day event with learning sessions and speakers from around the world. Kateryna Balabanova, Chief Nursing Officer of Ukraine, participated via zoom and discussed the challenges facing nursing in Ukraine. There are currently 184,000 nurses in the workforce in Ukraine. The congress also had other speakers from around the world including Sudan, Afghanistan, and Somaliland. In the 1990's, Somaliland had a devastating civil war that destroyed 90% of their infrastructure including hospitals. Dr. Edna Adan Ismail used her own funds to build a hospital. Since the opening of the hospital in 2010, has had only 73 maternal deaths, which has significantly decreased the maternal mortality. Dr. Ismail also opened a midwifery school in her hospital to train Somaliland women in midwifery so they can assist women with their births in the community. The indigenous population of Canada played an important part in the events, including the opening ceremony to sessions on racism. Indigenous nurses feel discriminated against and are fighting for equal rights in their employment. A highlight of the event was meeting Jean Watson. The 10 Caritas of Caring and the Human Caring Theory were created by Jean Watson.

South Central Chapter

CHAPTER LEADER: TONYA WERT

Please contact Tonya Wert at twert2@wellspan.org with any questions.

NorthWest Chapter

CHAPTER LEADERS: KIM BOGART AND JENNIFER YOUNG

The northwest chapter would like to welcome Jennifer Young as co-chair. Jenn brings both passion and a wealth of experience to the chapter. We are hoping to revitalize the group. At our last meeting we heard some suggestions for topics such as gestational diabetes and preeclampsia. Jenn and I will be working together to plan upcoming events. Please feel free to reach out with suggestions. Enjoy the rest of your summer, Kim Bogart nursekim71@yahoo.com.

NorthEast Chapter

CHAPTER LEADER: ELISSA CONCINI



Please Contact Elissa Concini with any questions at emc17155@alumni.bloomu.edu.



SouthEast Chapter

CHAPTER LEADER: JANE DONOVAN

The SouthEast Chapter invites all to two upcoming events. The first event is Oct 4th at Dave and Buster's in Plymouth Meeting. The main topic covered will be OB Emergencies and how to prepare for them. The second event is on Nov 2nd and is sponsored by Alexion. The main topic covered will be thrombotic microangiopathies and atypical-HUS during pregnancy. See the flyers below for more information on those events.



AWHONN Southeast PA Chapter Invites you to

OB Emergencies: are you prepared for them to happen anywhere?

Presented by
Stacie K. Massett, MSN, RN, CLC

Oct 4, 2023

at
Dave and Busters


500 W. Germantown Pike
Plymouth Meeting, PA 19462

Registration at 6 PM with buffet dinner. Presentation at 7 PM Evaluation, Door prizes, 2 Contact Hours

AWHONN member	\$40	Nonmember	\$45
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To Register use this link: https://my.awhonn.org/nc_event?id=a015b00000CpffFAAR

Main Line Health is approved as a provider of nursing continuing professional development by Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.





You're invited to the following educational program hosted by Alexion Pharmaceuticals!


Exploring thrombotic microangiopathies and atypical-HUS during pregnancy

Presented by:
**Nirmish Shah, MD**
Adult & Pediatric Hematology/Oncology
Associate Professor, Medicine and Pediatrics & School of Nursing, Duke University

Dr. Nirmish Shah is an adult and pediatric hematologist/oncologist in Durham, NC. He earned his medical degree from American University of the Caribbean and completed his fellowships from East Carolina University and Duke University. He has been in practice for 17 years at Duke University.

When?
 Thursday, November 02, 2023
6:00 PM Eastern

Where?
 Sullivan's Steakhouse
700 W Dekalb Pike
King of Prussia, Pennsylvania 19406

How do I register?
 **RSVP by 10/26/2023**
Registrations may still be accepted after this date pending availability
To register for this program, please contact Linda Pinto at linda.pinto@alexion.com or 610-739-7101

Legislative Corner



BY: GERRI MAURER DNP, CRNP, FNP-C, RNC-OB, MPM AND ALANNA HENDRICKSON

The Legislative Committee has been organized for our PA section. Gerri is the PA section Legislative Coordinator and had a terrific response to a request earlier this year for volunteers to participate. We have had a Legislative coordinator from our chapter in the past, but not a committee. We have 9 members with good representation across the state. We have a student Intern assigned to the committee, Alanna Hendrickson from University of Pennsylvania, and she is one of our 3 students interns for this coming year. Alanna is helping Gerri with the committee organization process. We also have a student volunteer, Paula Hayden-Vazquez from University of Pittsburgh, who was an intern in DC last summer with Senator Cardin from MD and interested in legislative policy development.

Committee members include:

- Emily Bjalme – Nittany Medical Center – South Central
- Betty Braxter – University of Pittsburgh – Southwest
- Maria Brooks – University of Pennsylvania – Southeast
- Nicole Rodi – University of Pittsburgh Medical Center (UOMC) – Southwest
- Ellen Taylor – Paoli Hospital L&D – Southeast
- Amry Beth Tallman-Baker – U Penn Health System – Southeast
- Deborah Weitkamp – Birth Center Reading PA – Southeast
- Marlene Weitkamp - Geisinger Community Medical Center – South Central

We have good representation in the southern chapters, but we are still looking to find a representative from the Northeast and Northwest chapters, in those areas. Ideally, we would like to have representatives from all chapters if we can find them. If anyone is interested, please let us know.

Our first meeting was held on May 16. As part of an orientation process, all materials that were collected from the government affairs office were dispersed to committee members. This included ppts from orientation presentation, committee responsibilities, contact people and information from the prep meetings for the AWHONN of the Hill Conference in April. The committee did not meet in June due to the convention in New Orleans. The June meeting is planned to be held August 16th. We tentatively plan to meet on the 3rd Wednesday of each month. Alanna will make sure the meeting minutes are posted on the PA AWHONN Section webpage for anyone who wants to keep up with our activity. Visit--- <https://pennsylvania.awhonn.org/>



Ellen Taylor from the Southeast chapter is a member of the national AWHONN Public Policy Committee and keeps us updated about the most current discussion the Public Policy Committee has at their monthly meetings. Seth Chase, who is the Director for Government Affairs at AWHONN in DC, sends updates on the legislative topics we are closely following. The three items we were discussing with legislators in April on the Hill were:

- (1) the Workplace Violence Bill,
- (2) the Perinatal Workforce Act,
- (3) the MOMMAS Act.

The first Bill did not pass a vote in the House last year in the 117th congress and is up for vote again this year in the 118th congress. The other 2 items are Acts (so far) and we are pursuing interest in these two pieces of legislation to get them to the Bill stage.



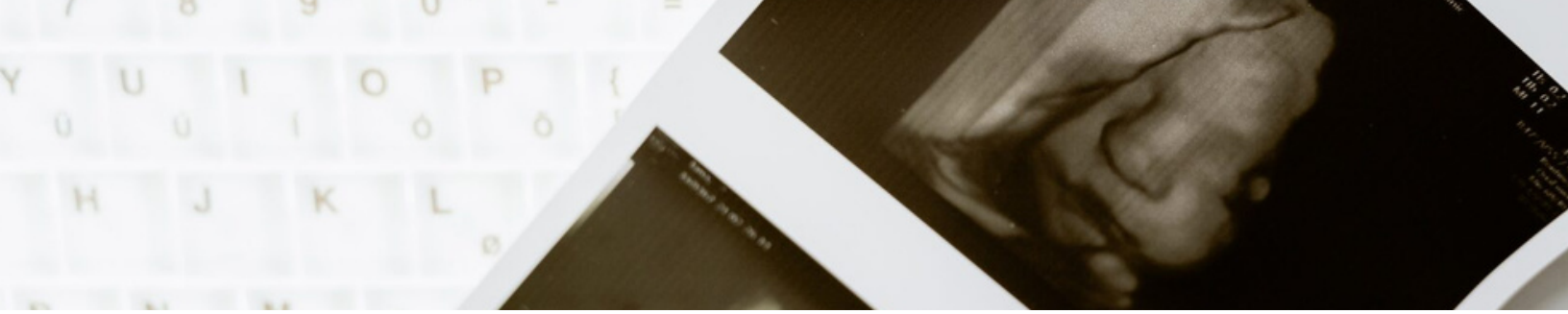
In April we had 4 members from PA section attend the AWHONN on the Hill Conference. Gerri Maurer and Kate Endres, co-chair for Southwest chapter, Ellen Taylor, Public Policy committee member from Southeast chapter and Ameer Faeger from Southeast chapter. We were able to meet with staff from Senators Casey and Fetterman's offices, and Representatives Summer Lee (Allegheny), Mike Kelly (Butler) and Chrissy Houlahan (Philadelphia) from PA to discuss AWHONN's position on the 3 items we were focusing on.

For those who attended the AWHONN convention in New Orleans, there were a couple legislative information sessions at the Convention in New Orleans held by the Public Policy Committee with policy/bill activity updates.

We had received approval to draft a letter of support for the MidAtlantic Milk Bank Association as they are seeking insurance and Medicaid coverage for donors' milk for newborns. There is significant data to support this for newborns following discharge. AWHONN has a position statement supporting breastfeeding and breast milk. Gerri, Alanna and Paula are working on this draft. Gerri is scheduled to meet with House of Representative Summer Lee in her Pittsburgh office in August to discuss this. We will begin reviewing health policy activity in the state of Pennsylvania on a monthly basis.

There is a lot of activity in our PA section with nearly 50 issues being addressed at some level – acts, policy, bills – in both the House of Representatives and the Senate of our state. Our activity is moving forward, we will eventually ask for support in the form of emails and letters in the future from all of our section members.

In the meantime, as we continue to develop our group, we will be more informed. We plan to keep all of you more informed about health policy activity and ways we can develop and change health policy to improve the care of Women and Newborns!



Save the Date: We look forward to seeing you there!



Pennsylvania AWHONN

2023 FALL VIRTUAL CONFERENCE



OCT 20, 2023

12:00 PM - 4:30 PM



CONFERENCE TOPICS AND SPEAKERS

- TRAUMA INFORMED PEANUT BALL: MANDY IRBY BSN, RNC-OB, C-EFM, LCCE
- COUNT THE KICKS, STILLBIRTH PREVENTION PROGRAM: MEGAN AUCUTT, PROGRAM DIRECTOR
- AALIYAH IN ACTION, PERINATAL LOSS SUPPORT: ELIZABETH O'DONNELL FOUNDER & CEO
- DOMESTIC VIOLENCE ASSESSMENT, REFERRAL, AND RESOURCES: AMANDA RINGOLD, DNP, CRNP, SANE
- NEONATAL SKIN CARE BASICS: FERNE ELSASS MSN, RN, CPN, CWON CLINICAL RESOURCE SPECIALIST SMITH + NEPHEW
- MORE TO COME...

COST:

FREE TO MEMBERS

FREE TO STUDENTS ATTENDING PENNSYLVANIA SCHOOLS OF NURSING

\$25 FOR NON-MEMBERS

REGISTER NOW



Raffle items by LovEvolve

<https://my.awhonn.org/NC...Event?id=a0f5b00000CpfevAAB>

Section and Chapter Contacts

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Carol McIlhenney, PA Secretary Treasurer
swatie2@msn.com

We are looking for individuals interested in joining the PA AWHONN leadership team to help with Sponsorship Coordinator, Planning Educational Events and Conference and supporting our Student Intern Program.

Email Adriane Burgess if you are interested!

Pennsylvania AWHONN Chapter Map

BY VERONICA MAHLSTEDT

Do you know which PA AWHONN Chapter you reside? Are you aware of events going on in your Chapter? Check out the updated PA AWHONN Chapter map below. Your assigned chapter is based on the county which reside.

Find your Chapter and check out your Chapter leaders contact listed above and reach out if you are interested in becoming more involved in AWHONN activities at the local or state level.

