

FEBRUARY 2024

THE QUARTERLY NEWSLETTER

Official Newsletter of the PA Section of AWHONN

Hello PA AWHONN Members!

Join the Pennsylvania Section of AWHONN for their Spring in-Person Conference on Thursday, April 4 (1-5p Pre-conference Labor Support Training) and Friday, April 5th 8-430p.

All conference activities will be held at the Gettysburg Hotel in Gettysburg, PA.

We hope to see you there!

Full Conference Brochure is Attached.



This year, Pennsylvania AWHONN is supporting “Boost for Girls” at our annual conference!

Boost Girls in Care (BGIC) was founded in 2018 as a result of identifying the need for new, properly fitted and desirable bras by people in foster care, independent living, homeless, experiencing financial difficulty or any other reason they need support. Providing new bras and other items helps to improve confidence, self-esteem and positive self-image of the recipient. Over 500 new bras have been gifted to date. In 2023, the University of Pittsburgh School of Nursing students assumed responsibility for fundraising, outreach, and education for BGIC. You can bring new bras, new undergarments, socks and new pajamas as a donation. We will have a table in Gettysburg. Additionally, funds are needed for shipping and handling of the items. Average shipping ranges from \$8-15 and can become costly. There is a GoFundMe account for contributions to help cover shipping.

Please feel free to share about Boost for Girls with anyone who you feel can support our mission by donation or requesting support. Thank you!

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Section Chair's Corner

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

Happy Valentine's Day! It is American Heart Month and as I write this it is The American Heart Association's® Go Red for Women® National Wear Red Day® Friday, Feb. 2.

This past month, I had a scare. I had chest pain which radiated to my jaw and down my arm. Like many women, I was hesitant to go to the hospital but was scared because I had a significant family history, my aunt died of a heart attack at 40. After some convincing from my friend, I went to the Emergency Department, was quickly triaged, and had an EKG. Much to my surprise, my EKG was not normal, resulting in a lot more testing, some of which I should have probably had done sooner but had never really prioritized. Luckily in my case, everything turned out normal, but unfortunately, cardiovascular disease remains a leading cause of death in women yet 1 in 4 cardiovascular-related deaths in women are preventable.

Women often experience different heart attack symptoms than men. Symptoms to be aware of:



- Discomfort, tightness, uncomfortable pressure, fullness, squeezing in the center of the chest lasting more than a few minutes, or comes and goes
- Crushing chest pain
- Pressure or pain that spreads to the shoulders, neck, upper back, jaw, or arms
- Dizziness or nausea
- Clammy sweats, heart flutters, or paleness
- Unexplained feelings of anxiety, fatigue or weakness – especially with exertion
- Stomach or abdominal pain
- Shortness of breath and difficulty breathing

<https://www.womenheart.org/learn-the-signs-and-symptoms-of-a-heart-attack/>

In my case, my providers took my concerns very seriously and I received a very thorough workup, but unfortunately, healthcare providers often fail to recognize heart attack in women which can lead to increased risk of morbidity and mortality.

As nurses we take care of everyone else, take time to take care of you! You know what to do~ eat right, exercise, do not smoke, and stress less....much easier said than done!



Section Chair's Corner continued...

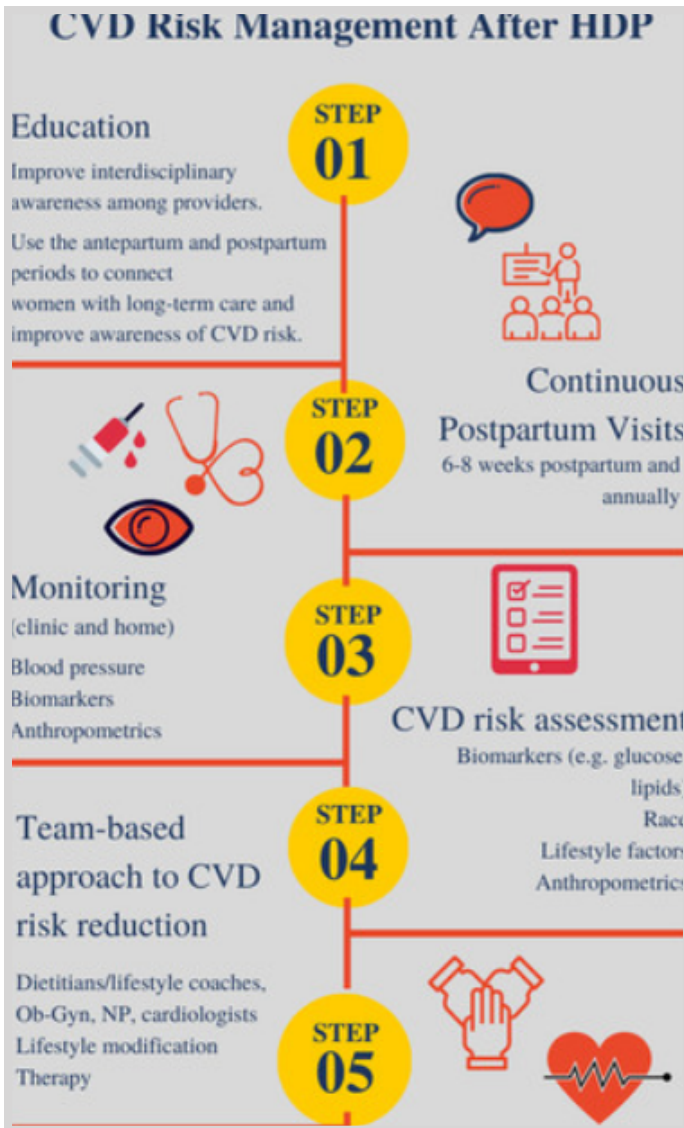
BY ADRIANE BURGESS PHD, RNC-OB, CCE, C-ONQS, CPHQ, FAWHONN



Know your risk factors, especially your family history, and your numbers – cholesterol, blood pressure, and blood sugar and don't forget about obstetric history!

Women who have had preeclampsia have three to four times the risk of high blood pressure and double the risk for heart disease and stroke.

Obstetric complications like preeclampsia, preterm delivery, low birth weight and gestational diabetes provide a window into future cardiometabolic health allowing providers and patients the opportunity to take closer follow-up and earlier identification and treatment earlier in the life course.



As a nurse, what can you do?

- Make sure all birthing people are aware of the association between obstetric complications like preeclampsia and cardiovascular risk.
- Check out the Preeclampsia Foundation for more information and free patient education materials <https://www.preeclampsia.org/long-term-impact-healthcare-providers>
- Promote and support lactation, lactation provides many cardiometabolic benefits which could be especially beneficial in this population of patients.
- Work to increase access to and connections with primary care providers in childbearing-age women.
- Create workflows for patients with hypertensive disorders of pregnancy to connect with primary care in the postpartum period and ensure primary care providers are educated on the cardiovascular risk association with hypertensive disorders of pregnancy.

Figure from Khosla et al. 2021

Section Chair's Corner continued...

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

XOXO

PREECLAMPSIA™ FOUNDATION

*Take Heart
Take Care*

Preeclampsia
may lead to heart
disease, stroke, and
high blood pressure

Know the Facts

5% to 8%
One in Every 12 Pregnancies
Preeclampsia (including eclampsia and HELLP syndrome) impacts 5% to 8% of all pregnancies

2X to 4X
Know Your High Risks
Preeclampsia doubles your risk of heart disease and stroke, and quadruples your risk of high blood pressure later in life

2X Heart Disease
2X Stroke
4X High Blood Pressure

At higher risk...
If you have had preeclampsia and:
✓ delivered pre-term
✓ had low-birth weight babies
✓ suffered from severe preeclampsia more than once

2 out of 3
women who experience preeclampsia will die from cardiovascular disease

Take Heart Take Care

You Can Lower Your Risk

A history of preeclampsia doesn't mean you'll definitely develop cardiovascular problems, especially if you take the higher risk to heart and make changes today for a healthier tomorrow

Every Year
Talk to your healthcare provider within one year after delivery about monitoring your heart-health and blood vessels with extra care

Get regularly evaluated and treated for cardiovascular risk factors: high blood pressure, blood sugar and cholesterol, obesity, and smoking

Get adequate physical activity
Eat a heart-healthy diet
Stay at a healthy weight
Adopt a heart-healthy lifestyle
If you smoke, stop!
Talk to your doctor about taking low-dose aspirin
Know your family health history
Know your numbers for blood pressure, blood sugar, and cholesterol

Khosla, K., Heimberger, S., Nieman, K. M., Tung, A., Shahul, S., Staff, A. C., & Rana, S. (2021). Long-Term Cardiovascular Disease Risk in Women After Hypertensive Disorders of Pregnancy: Recent Advances in Hypertension. *Hypertension (Dallas, Tex. : 1979)*, 78(4), 927–935. <https://doi.org/10.1161/HYPERTENSIONAHA.121.16506>

For more information visit this link!



Heart Disease & Stroke

Women who have had preeclampsia have three to four times the risk of high blood pressure and double the risk for heart disease and stroke. How to reduce my risk for heart disease

[Preeclampsia Foundation /](#)



SouthWest Chapter

CHAPTER LEADERS: DR KATE ENDRES AND DR KAREN COYNE

For information on events and involvement please reach out to Dr Kate Endres at endresk@pitt.edu or Dr Karen Coyne at COYNEK@pitt.edu!



SouthEast Chapter

CHAPTER LEADER: JANE DONOVAN

For information on events and involvement please reach out to Jane Donovan at jdonovan365@gmail.com!

South Central Chapter

CHAPTER LEADER: TONYA WERT

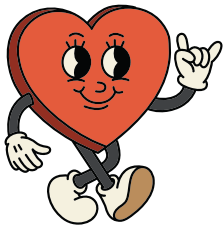
I, Tonya, had the pleasure of attending the AWHONN Leadership Development Conference in Atlanta, GA in January along with several of the other PA section and chapter leaders.

I was given the opportunity to serve on a panel there. I will also be serving as the Chair of the national AWHONN Membership Committee for 2024!

Beginning in March we will be hosting virtual Sip, Share, & Shine!

For dates, times, and sign up:

<https://www.signupgenius.com/go/10C0B4DAEAF2BA6FBC52-46333109-sip>



NorthWest Chapter

CHAPTER LEADERS: KIM BOGART AND JENNIFER YOUNG

Hello from the northwest chapter of AWHONN! For information about chapter events, please contact either Kim Bogart at nursekim71@yahoo.com or Jenn Young at jenn.young79@gmail.com

NorthEast Chapter

CHAPTER LEADER: ELISSA CONCINI

For information on events and involvement please reach out to Elissa Concini at emc17155@alumni.bloomu.edu.





AWHONN Leadership Development Conference

PA section leadership was strongly represented at the AWHONN Leadership Development Conference in Atlanta, GA in January! Attendees included Adriane, Carol, Gerri, Tonya, Kate, and Vicki.

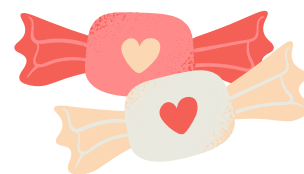
At this conference, Tonya served as a panelist for the session titled: "Empowering Futures: Navigating Student Engagement, Early Career Nurse Success, and Membership Growth at the section level." She will also be serving as the Chair for the national AWHONN Membership Committee for 2024. Adriane presented on our Student Intern Program.



Pennsylvania Perinatal Quality Collaborative

The Pennsylvania Perinatal Quality Collaborative (PA PQC) is working to reduce maternal mortality and improve care for pregnant and postpartum women and newborns through quality improvement initiatives, peer-to-peer collaboration, and professional convenings. The PA PQC holds monthly virtual sessions as well as an annual in-person meeting in Harrisburg on May 22nd. PA PQC events are always free and often credentialed for CEUs. Our 2024 focus topics include Opioid Use Disorder, Neonatal Abstinence Syndrome, Maternal Sepsis, and Safe Sleep. Visit www.papqc.org today to learn more about the collaborative.

Staying informed about upcoming opportunities and events is easy! Subscribe to the PA PQC newsletter by completing the form at the bottom of our [homepage](#).

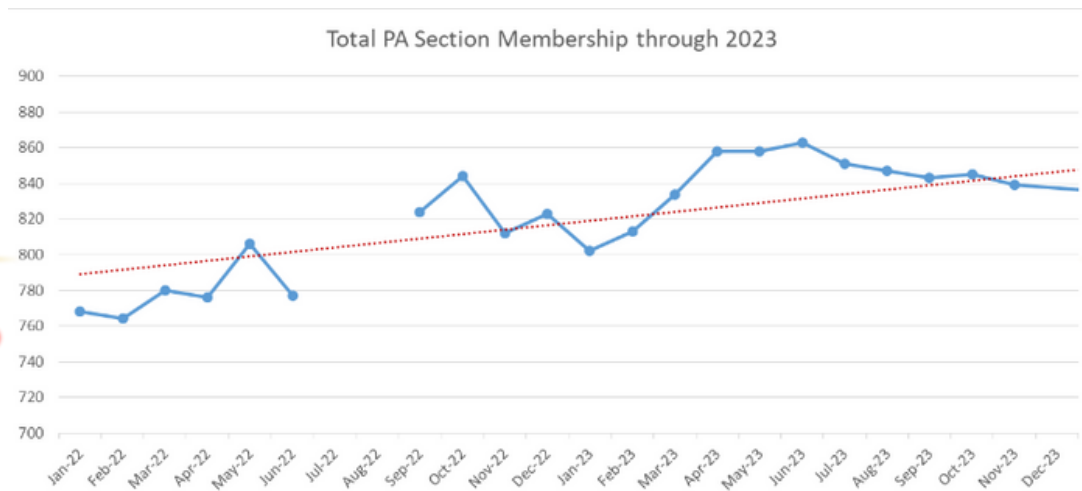


Membership Updates

BY CAROL MCILHENNY PHD, RN--SECRETARY TREASURER

We're Growing! AWHONN PA is staying steady. As you can see by the trend line, the trajectory indicates that we are continuing to grow. We want to hear from our members (and others considering membership) so we know what topics you want to hear!

There are many benefits to AWHONN 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!



Call for Student Interns!

Each year, the Pennsylvania section of AWHONN will accept applications for a student nurse intern. The intern must be a nursing student currently enrolled in any type of nursing program, in the state of Pennsylvania, entering their final year of their program.

Student interns should show a commitment to the mission and vision of AWHONN and have a passion for the women's health, obstetric, and neonatal nursing. Each student interns' term will run from May-May.

We are looking for our next set of interns to start May of 2024!

For a full list of duties and requirements, please reference the attachments sent with this newsletter! Applications are LIVE! All applications are due by March 1st.



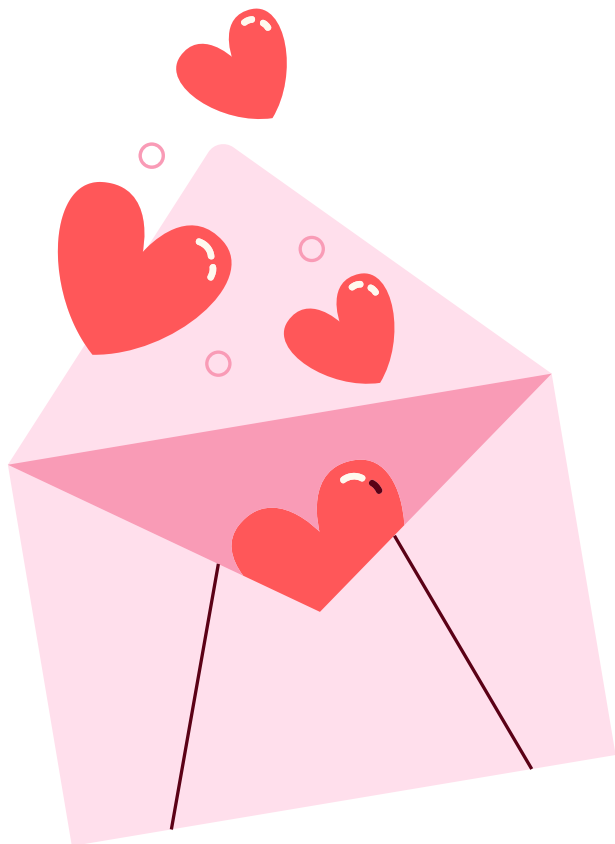
Legislative Corner

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



No scheduled meeting in December; meetings resumed in January. No legislative action on healthcare issues were addressed until after December 1 and only looked at in committee until the holiday break. Priority was to pass the budget for both the federal and the state legislatures. More action is expected in January-February.

We welcomed a new member to the committee: Nancy Cupps from the previous Central and now South central regions. Nancy is the regional director for Women's Services UPMC CPA (previous Pinnacle hospitals). Paula Hayden-Vazquez has developed a ppt with voice over short workshop about how to develop a letter to a legislator that will be more likely to be read. Paula was an intern in Senator Ben Cardin's office one summer. She was on his healthcare committee the summer that Roe vs Wade was reviewed by the Supreme Court. She has experience reviewing letters that were sent to Senator Cardin and provided good advice to our committee. This ppt is posted in this section.



We appreciate any help writing letters about various healthcare issues.

Owen's Law was passed in the state of PA! This is to provide financial support for donor breast milk through Medicaid and insurance providers. Our committee provided a letter of support from the PA AWHONN section.

2024



AWHONN

PENNSYLVANIA

PROMOTING THE HEALTH OF
WOMEN AND NEWBORNS

SPRING CONFERENCE

Let's grow together

Please Join Us

PRE-CONFERENCE: K.I.S.S. YOUR LABOR SUPPORT: REALISTIC WAYS TO IMPLEMENT EFFECTIVE LABOR SUPPORT

Presented by Wendy Shiffer

Date: Thursday, April 4th, 1-5 p.m.

Cost: \$40 Members \$50 Non-Members

NETWORKING COCKTAIL HOUR WITH MAC & CHEESE AND SLIDER BAR

Cash bar available

Date: Thursday April 4th 6-8 p.m.

Cost: \$25 Members \$30 Non-Members

FULL CONFERENCE

Date: Friday April 5th 8am-4:30 pm

Breakfast Opens at 7:30 am

Cost: Early Bird Registration for Full Members (before Feb 14th) \$90

Registration After Feb 14th for Full Members \$100

E-Member \$110

Student \$75

Non-Members \$125

Registration Closes for all events on March 22nd

Register for any or all of the conference events

[HTTPS://MY.AWHONN.ORG/NC___EVENT?ID=AoL5B00000ACSURAAX](https://my.awhonn.org/nc___event?id=AoL5B00000ACSURAAX)

Topics Include

Doulas

Obstetric Simulation

Labs and Hypertensive Disorders

Trauma Informed Care

Nurse and Provider Support after
a Severe Maternal Event

Pelvic Floor Physical Therapy

Report out from the PA PQC

All conference events will be held at the Gettysburg Hotel in Gettysburg Pennsylvania -a room block has been reserved. More information can be found on page 8 of the conference brochure.

CEU application is in process

Questions contact Adriane Burgess at tnaburgess@comcast.net



Register now!



Save the Dates: We look forward to seeing you!

PA AWHONN Spring Conference

LET'S GROW TOGETHER

Save the Date!

April 4th - 5th, 2024

ATTEND THE PA AWHONN SPRING CONFERENCE AT THE GETTYSBURG HOTEL!
1 LINCOLN SQUARE GETTYSBURG, PA 17325

APRIL 4TH PRE-CONFERENCE
TIME TBD

APRIL 4TH 6-8P NETWORKING AND COCKTAIL HOUR

APRIL 5TH SPRING CONFERENCE
8 AM - 4:30 PM

WHERE YOU'LL THRIVE

 **2024**

AWHONN CONVENTION

June 7-11 | Phoenix, AZ

[REGISTER HERE](#)

Hotel Reservation Info for PA AWHONN Annual Spring Conference:

30 rooms have been reserved!

Rate: \$129/night

Use the following link to reserve your room now: **RESERVE**

Reservations can also be made by calling **717-337-2000** and make sure to reference the **GROUP CODE: ANNU040424**

If you have any questions regarding room reservations please contact the hotel directly!

Section and Chapter Contacts

Chapter Leaders

Jane Donovan, Southeast Chapter
jdonovan365@gmail.com

Elissa Concini, Northeast Chapter
emc17155@alumni.bloomu.edu

Kim Bogart and Jennifer Young, Northwest Chapter
nursekim71@yahoo.com
jenn.young79@gmail.com

Tonya Wert, South Central Chapter
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Karen Coyne and Kate Endres, Southwest Chapter
COYNEK@pitt.edu
endresk@pitt.edu

Chapter Contacts

Gerri Maurer, Legislative Coordinator
gerri.maurer@pitt.edu

Adriane Burgess, PA Section Chair
tnaburgess@comcast.net

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 Conferences, and supporting our Student Intern Program.

Email [Adriane Burgess](mailto:Adriane.Burgess@comcast.net) if you are interested!

Call for PA AWHONN Leaders

This fall, elections will be held for Pennsylvania Section Chair and Secretary Treasurer. Requirements include full membership for a minimum of one year and active involvement in AWHONN.

If interested or for more information, please contact Adriane Burgess at tnaburgess@comcast.net








Pennsylvania AWHONN Chapter Map

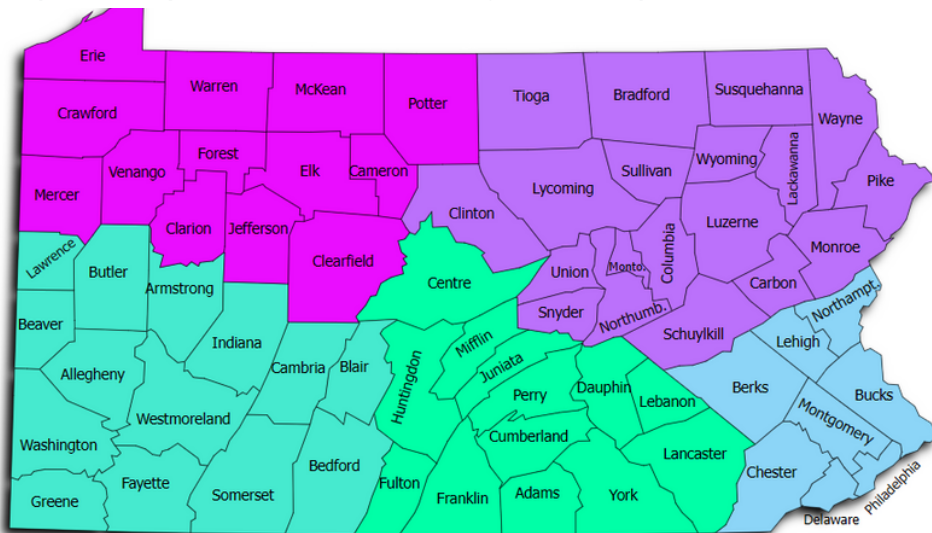
BY VERONICA MAHLSTEDT YCPSN

Do you know which PA AWHONN Chapter you belong to? 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 in which reside.

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

-  NorthWest
-  NorthEast
-  SouthEast
-  SouthWest
-  SouthCentral



CHECK OUT AWHONN'S NEWEST PRACTICE BRIEF!

Decreased Fetal Movement: A Discussion on the AWHONN Practice Brief and What it Means for You



The thumbnail shows the title page of the AWHONN Practice Brief #20, titled "Decreased Fetal Movement: AWHONN Practice Brief #20". It includes the AWHONN logo and a table of contents on the left side. The main text area contains sections for "Recommendations", "Background", and "Fetal Movements".



[READ IT HERE!!](#)

Count
the KICKS®