



*Philippine Nurses Association of San Antonio, Inc.*

# News Link

Official Newsletter of PNASA

July - December 2011

Chapter Member of PNA

Volume 2 Number 2

## *In this issue...*

President's Message: PNASA Welcomes 2012 With Great Anticipation	2
PNASA Hosts First Annual Golf Tournament	3
PNASA Delegates Attend The 32nd PNA Annual National Convention	4
Cultural Diversity In The Workplace	6
PNASA Sponsors A PNA Gawad Kalinga House	6
Fall Educational Event And PNA 33rd Annual National Convention Planning	7
PNASA 2011 Christmas Party	8
Beyond San Antonio City Limits	9
Three Researchers At UTHSC At San Antonio Receive Hogg Foundation Grants	10
Posttraumatic Stress Disorder (PTSD) And The Role Of The Nurse	11
Point of View: Get Engaged and Make a Difference	13
Editor's Notes: Passion: A Taste of PNASA July 2012	14
From The Committee Chairs: PNASA Scholarship	16
I Left My Heart In San Francisco...	17
Committee Announcements/ Save The Dates	20

## PNASA Delegates Attend The 32nd PNA Annual National Convention

Haydee Nicolas, BSN, RN

From the humble beginnings and intensified desire to support the Filipino nurses in America, a concerted effort by the founding presidents of various independent chapters of the Philippine Nurses Association (PNA) came together on April 21, 1979 and the Philippine Nurses Association of America (PNA) was formed. The PNA New Jersey sponsored the conference with the theme-"Assertiveness in Nursing." Since that inspiring moment, numerous conferences, meetings, and conventions were held to fulfill the basic mission of the organization and remarkable achievements were made.



**PNASA Delegates at Gala Night**

On June 28-July 3, 2011 marked the 32<sup>nd</sup> PNA Annual Convention in San Francisco, California with the theme-"Engage and Make a Difference" under the leadership of current

President Dr. Reynaldo R. Rivera, DNP, RN, CCRN, NEA-BC, President 2010-2012.

*(Continued on page 4)*

## PNASA Hosts The First Annual Golf Tournament

Elcee C. Cortez, BSN, RN

Normally, golf tournaments take six months to organize, but as with everything with PNASA, our timeline was slightly shorter—at six weeks! It was PNASA's first ever fundraising golf tournament which was conceptualized by Elcee Cortez and the Ways and Means Committee to benefit the Philippine Nurses Association of San Antonio Scholarship Award Program.



**Vaaler Creek Golf Club at Rockin J Ranch**

*(Continued on page 3)*



## *President's Message*

### **PNASA Welcomes 2012 With Great Anticipation**

Hedda Gonzalez, BSN, RN

By the time you read this I would have listened and sung the "Auld Lang Syne" several times. While sometimes I get lost in the lyrics, the chorus still tugs at the heart. "Should old acquaintance be forgot and never brought to mind?" This New Year's song inspires reflection. It brings back memories of friends and families near and far; happy times that have passed and which we hope to have again.

It reminds me that in every new beginning there follows an end. The year 2011 was a successful year for PNASA with some milestones reached. As the saying goes, "time flies when you're having fun." It was not long ago when I was inducted as the president of PNASA with a newly elected Executive Board; it is an honor and privilege to serve with a group of talented and committed people who have the same mission and vision to make a difference. PNASA EB not only volunteered their time, but they also represented the Philippine Nurses Association of San Antonio in the community as well as to the rest of the nation as part of the PNA family. I have accepted the responsibility with the accountability that comes with it. The success of this organization lies on the membership participation and the executive board members' collaboration with all the other agencies/organizations around us including the Karilagan, Philippine Women's Association, Philippine Chorale Ensemble, and Organization of Filipinos in Texas, to name a few.

PNASA remains VIABLE with the twofold increase in our membership and our successful fundraising efforts in 2011 which afford PNASA to start 2012 financially stable. We have started a new initiative— our first annual golf tournament held at the Vaaler Ranch on August 27, 2011 to help raise funds for the PNASA Scholarship Awards. We had an outpouring of support from our "kababayans" even in the cold, stormy weather on a Sunday evening last December 4, 2011 to celebrate our Christmas Party.

PNASA is VISIBLE with several of our members receiving awards and recognition from their hospitals and workplaces as well as from other professional organizations in the community. The interactions in our PNASA Facebook account is active with the increased number of friends as well. We have published our newsletter NewsLink which we have circulated to other PNA chapters and in the community either via email or regular mail. PNASA members have donated time and effort for community services like the Santo Niño Health Fair and had sponsored a house in 2011 for the PNA *Gawad Kalinga* Housing. In 2011, PNASA held educational seminars in the spring and fall. Last summer, PNASA delegates attended the PNA 32nd Annual National Convention in San Francisco for educational and professional advancement.

But for me and PNASA, the close of 2011 is a cause for celebration. We are now welcoming 2012, another year of engagement and making a difference. PNASA VITALITY is evident as we continue to plan with excitement and anticipation for the PNA 33rd Annual National Convention on July 11-15, 2012 wherein PNASA will serve as the host here in San Antonio— deep in the heart of Texas.

Now, I am appealing to all the Philippine Nurses Association of San Antonio members to step up and be counted. Its time to get involved and be part of the convention preparation. Let us therefore now give our best efforts so that the PNA 33rd Annual National Convention here in our hometown will be a resounding success! Thank you so much and I look forward to celebrating with y'all! ~



*Greetings to one and all!*



## PNASA Hosts The First Annual Golf Tournament

Elcee C. Cortez, BSN, RN

*(Continued from page 1)*



Unfortunately, none of us knew a whole lot about golf. It was an expedited learning process with a whole new vocabulary—words and phrases like “shotgun,” “closest to the pin,” “scramble,” and “longest drive” flew right over our heads!

The target was at least 10-15 flights (not airplane flights but golf flights, with each flight consisting of four players.) The venue was one of the nicest golf clubs, the Vaaler Creek Golf Club at Rockin J Ranch Resort, Blanco, TX. The tournament was last August 27, 2011 in conjunction with the PNASA Annual Picnic. Two weeks before the event, we were only two thirds towards our target. We began to get slightly anxious, to say the least. However, thanks to the planning committee, Hedda’s and Elcee’s perseverance, we finally managed to secure majority of the flights!



**Keeping PNASA friends hydrated**



**Hoping for an “Eagle”!**

We also successfully secured sponsorship from Dominion Care Home Health for various items like range balls, face towels, sunscreen, and bottled water. The players’ boxed lunches were donated by Elcee Cortez and Renee Pascasio. The prizes were given to team winners of the 1<sup>ST</sup> Place, Longest drive contest, Closest to the pin challenge contest. The trophy and other prizes were sponsored by PNASA and Hedda Gonzalez, PNASA President.

On the 27<sup>th</sup> itself, the day started nice and sunny, with a light breeze and became a very warm summer day; it was really a nice weather for golf. PNASA member volunteers came bright and early to help out; the Cortez’s and Gatmaitan’s families stayed overnight to prepare for the golf tournament’s early needs like putting-up signs, balloons and banners and food preparations, of course!

Other PNASA volunteers welcomed the golfers and manned the registration desk, while others ushered and prepared the huge deck for the picnic. When the game started, volunteers were stationed on the golf course to give out icy face towels and cold drinks to the golfers and others went on to prepare the deck for the post-tournament luncheon and award ceremony.

It was indeed a very successful family event where everyone had fun and enjoyed themselves. We look forward to the 2012 Golf Tournament! ~



***PNASA members, families and friends at the annual picnic and golf tournament***



## PNASA Delegates Attend The 32nd PNAAN Annual National Convention

Haydee Nicolas, BSN, RN



(Continued from page 1)

The event was well attended by delegates from various chapters nationwide who gathered together with a common goal and a mission to be involved and to make a positive impact in the nursing profession. Evident in the PNAAN president's message is his strong conviction with this mission stating, "Engagement begins with each one of us and results in the creation of powerful new opportunities for one's self and others - thus making a difference."

Success of this event was not possible without the tireless effort of PNANC President Marife Sevilla, BSN, RN, CNOR and her executive board and committee officers who hosted the event this year. This day also marked this chapter's Golden Anniversary. PNANC's involvement in Advance Practice Nursing is commendable and was honored in 2010 as one of the top six organizations for the *Bayaning Samahan sa Amerika 2010 Gawad* Geny Lopez Jr. for making a difference for the betterment of the Filipino community.

The organization has been involved in the following activities: providing scholarship to deserving nursing undergraduate and graduate students; community involvement and outreach locally and back in the Philippines; different projects such as *Gawad Kalinga* (housing project); health screening; relief and shelter assistance; encouragement to further education through seminar and graduate studies; and recognition of members and leaders for outstanding achievements and contributions in clinical, administration, research, education, community and entrepreneurship.

I, along with my colleagues from United HealthCare, Nurseline Clinical Manager Ruth Newland and Nurseline staff Tess Navalta were given the chance to participate in this insightful, productive, educational and fun-filled events. Programs consisted of networking night; education day and leadership seminars; gala night; ending with a Thanksgiving mass and a picnic on the last day where family members of the participants could spend the day together and enjoy the sumptuous meals that were offered.



**Networking Night : 1950's Theme**



**L-R Haydee Nicolas, Tess Navalta, Ruth Newland**



**PNASA delegates receiving the Nightingale Lamp**

Networking night was fun and memorable. It was a meet and greet day not only to members of the different chapters but also to the leaders and founding officers who helped shape the current success of PNAAN. Each region displayed their authentic moves; artistic talents and dance presentation from the 1950's rock and roll era to the tunes of Lady Gaga music. All the invited speakers on the education day was excellent in their presentation and each one displayed their passion in their own expertise and work.

(Continued on next page)

## PNASA Delegates Attend The 32nd PNA Annual National Convention

Haydee Nicolas, BSN, RN

*(Continued from page 4)*

They not only met but also exceeded expectations and objectives of the seminar which included but not limited to the following: challenges and opportunities for nursing leadership; Quality Improvement Demonstration Study; Diverse Policy expectations for the Patient Protection and Affordable Care Act; EMR Implementation in Clinical Practice and Global Asthma Management.

Presentation of PNA/PNAAF National Excellence Awards, Scholarship Award and Excellence in Community / Public Health Service took place during the Gala Night. Highlight of the night is the turning over Ceremony to the 2012 PNA Convention Host Chapter which will be held on July 11-15, 2012 in San Antonio, Texas. Music with live band, food, entertainment and camaraderie completed the package for the night.

Most moving experiences were testimonies from first time attendees who expressed in tears how for the first time they felt "feelings of belongingness- joining and coming to the event was all worth it." Same sentiments echoed across the room, openly expressing the positive impact this event had made on each one for new and seasoned nurses who were present.

Despite of the challenges we face, we continue to strive to fulfill the mission that the organization was built upon. After reading the congratulatory message of the President of the Philippines, Benigno Aquino III, the words resonated in my thoughts over and over again..."through sustained engagement, Filipino nurses can individually and collectively enhance their knowledge and establish useful professional network, which rebounds to a more efficient service to your fellowmen. May this convention help you raise the standard of Filipino professionalism... and fulfill the Social Contract with the Filipino people."

This is what it is all about to make a commitment to self, to others and to the nursing profession! I take pride in being a part of this organization and in my small way contribute to the betterment of nursing profession and share what we achieved within our community.

We are all excited to host next year's 33<sup>rd</sup> PNA Annual National Convention on July 11-15, 2012 in San Antonio, Texas. So for anyone interested to join please SAVE THE DATE and visit [mypnna.org](http://mypnna.org) for further details. ~



Ladies of PNASA in poodle skirts escorted by Captain Jerry Asumbrado



PNASA delegates looking elegant at the Gala Night

### *On the streets of San Francisco*



PNASA President Gonzalez and President-elect Umaming at the PNA Parade of Chapter Banners



## **Cultural Diversity In The Workplace: *Knowing You In Order To Understand Others***

Gertrude Umaming, RN, CRRN

University Hospital, the only magnet hospital in San Antonio, held its annual cultural diversity celebration on November 15, 2011. Fifteen different countries including the Philippines were represented during the event.

Some PNASA members who represented the Philippines displayed posters with the flag and map of the Philippines. They highlighted the different cultures and colorful traditions found from the northern provinces down to the southern part of the Philippines. The democratic form of government headed by the current President Benigno Aquino III, the kind of educational system being practiced in every teaching institution, and the various dialects spoken in different provinces were just some of the information that were shared with the event attendees. Philippine dishes, snacks and delicacies including *pancit* and *lumpias* were enjoyed with the other nationalities. These elicited several exclamations of oh's and wow's from a lot of the attendees.

It is amazing to note that even in this age of internet and technology, there were still some people who were not be fully aware of our beautiful tropical country thus emphasizing the importance of celebrating cultural diversity. PNASA members discussed the several Filipiniana dresses on display to show and explain our culture and tradition, some of which were influenced by the Spanish colonization. Several employees, patients and visitors had the opportunity to visit and enjoy our displays.

The University Health System's Learning Resources which sponsored the event, aimed to have the different nationalities understand each other's cultures and traditions with the hope that this understanding will improve each other's relationships thereby improving patient care. We encourage all the PNASA members working at the University Health System to join the next event in 2012. ~

## **PNASA Sponsors A House At The PNAA Gawad Kalinga Village**

Aura Casabar, BSN, RN



**PNASA delegates presented the \$2300.00 donation to PNAA in San Francisco**

PNASA delegates presented a check for \$2300.00 to PNAA in San Francisco during the 32nd PNAA Annual National Convention to sponsor a house in support of the PNAA *Gawad Kalinga* Housing initiative.

It is a proud moment for every PNASA member to be able to help shelter our fellow Filipinos. Please support our PNASA 50/50 Club by sending your donation to Tess Navalta, PNASA Treasurer.~



## Fall Educational Event and PNA 33rd Convention Planning

Josie F. Schantz, MSN, RNC, WCC



The PNASA Education Committee members have been quite busy planning various educational programs in the past six months. It started with the fall educational event titled, "Clinical Updates" on October 22, 2011. The event was held at the School of Nursing in the University of Texas Health Science Center (UTHSC) and consisted of three presentations: "Prevalence and Nursing Implications of Diabetes," "Venous Leg Ulcers," and "Assessing Depression Among Medical/Surgical Patients." The topics were approved for 3.5 Contact Hours of Nursing Continuing Education. Although the number of attendees was smaller in comparison to previous educational events, the attendees were quite interactive. The speakers, Dr. Patricia Alvoet, Josie Schantz and Elvie de Jesus were informative and engaged the attendees in a lively discussion of the different topics.

The Education Committee would like to thank University Hospital and the UTHSC International Nursing Students Association for partnering with PNA to provide the fall educational program.

For 2012, the Education Committee is working on three educational events: the spring and fall educational events and the 33<sup>rd</sup> PNA National Convention. The spring educational event will be held on March 31, 2012 and the topics will focus on legislations pertaining to nurses and the nursing practice. Flyers should be coming out in January. We encourage all nurses to join us to network with peers and find out legislations or laws will affect our practice.

Lastly, in cooperation with the PNA executive committee, the PNASA Education Committee has also been working on the education topics for the Leadership and Education Day for the upcoming PNA convention in San Antonio on July 2012. The agenda is finalized and the speakers are being identified. By the end of December, the speakers should be identified and contacted. One of the exciting addition to next year's offerings is the Home Health (HH) track during the Leadership day. The Home Health track is totally separate from the Leadership track and the target audience will be nurses who specifically work in the home health arena. More information will be coming out early next year.~



Elvie de Jesus, APN, CNS, RN discussed "Assessing Depression Among Medical/Surgical Patients"



PNASA Fall Seminar attendees take a break.

From the Education Committee, we wish you

***MALIGAYANG PASKO AT  
MANIGONG BAGONG TAON***





## PNASA Christmas Party

Cristina Gaitmaitan, MSN, RN



**Happy Yuletide To Everyone!** This was the message sent to everyone by PNASA for the 2011 Christmas Party held on the 4th of December at the Marriott Hotel Northwest. PNASA members namely Tess Navalta, Marietta Dela Cruz, Elcee Cortez and Josie Schantz welcomed the 120 attendees who were then escorted to their seats by Elsie Maerina, Tina Klein and Floranie Ora in the ballroom.

The Christmas event was started with an invocation from Mr. Medardo Dela Cruz, followed by the welcome address of the PNASA President Hedda Gonzalez. While everyone was enjoying their delightful dinner, Mr. Alfred Morgia, DJ/singer entertained us all.

The PNASA members sang Christmas carols to serenade the audience. With their final song entitled "Twelve Days of Christmas," the PNASA carolers encouraged participation from the audience. Each table was assigned to sing verses of the song starting from the first day of Christmas which was sung repeatedly until the twelfth day has been reached. Oh what a joy when the audience sang loudly and even stood up during their turns. I think the participants who sang the fifth day of Christmas sang the loudest!



**PNASA STARS dancing the night away!**

The audience danced gracefully on the dance floor while the music played. Alternately, the members picked up winning numbers randomly from the sold tickets purchased by each guest and subsequently door prizes were awarded. These door prizes were brought by generous individuals with the major prizes included two-night stay at the Marriott Hotel and a salad master.

The highlight of the evening featured the awarding of the scholarship recipients. Cristina Gaitmaitan, Chairperson of the Scholarship Committee, presented the awardees to the PNASA president. A certificate and \$500.00 check were awarded to each recipient who are both nursing students at the University of Texas Health Science Center at San Antonio School of Nursing. The first awardee was Rima Kanazeh who is an undergraduate of the BSN program and followed by Leslie Maulit, who graduated with a BSN degree, magna cum laude.

The night was filled with dancing and a special participation of three nurses, namely Almina Anudin-Cacho, BSN, RN, Elvira Villanueva Barba, BSN, RN, Lalaine Colongan, BSN, RN. These nurses showcased their talents as singers. Oh what a night! Everyone enjoyed the Christmas celebration.

The PNASA would like to thank everyone for joining this event. It was a fun evening with singing and dancing, showered with door prizes and at the same time helped in the fund-raising efforts for the scholarship.~

### *Partying with friends and loved ones*



## *Beyond San Antonio City Limits...*



### 8th International Nursing Conference

January 26—27, 2012 at EDSA Shangri-la, Manila

Visit [www.mypnaa.org](http://www.mypnaa.org) for more information



### 12th PNAA South Central Regional Conference

**Orlando Florida - May 4-6, 2012**

Visit [www.pnacf.org](http://www.pnacf.org) for more information



## **PNASA 50/50 CLUB!**

**For \$50.00 YOU can HOUSE a FAMILY in the PHILIPPINES!**

PNASA supports the PNAA initiative *Gawad Kalinga* Housing to build a sustained community, **PNAA GAWAD KALINGA VILLAGE** in Piel, Baliwag Bulacan for our impoverished *Kababayans* in the Philippines. To support this drive, please email:

**[MYPNASA@HOTMAIL.COM](mailto:MYPNASA@HOTMAIL.COM)**

## **Three Researchers At UT Health Science Center At San Antonio Receive Hogg Foundation Grants to Study Mental Health**

AUSTIN, Texas – Three assistant professors at The University of Texas Health Science Center San Antonio each received a grant of \$17,500 from the Hogg Foundation for Mental Health to study different aspects of mental health. Proposals submitted by Dr. M. Danet Lapid-Bluhm in the School of Nursing and by Dr. Daniel Lodge and Dr. Jason O'Connor in the Dept. of Pharmacology were selected from a pool of 48 applicants from 17 universities across Texas. The foundation awarded one-year grants totaling \$226,770 to 13 tenure-track assistant professors exploring different aspects of mental health in Texas.

Lapid-Bluhm hopes to learn more about the cause and treatment of post-traumatic stress disorder (PTSD). Estimates show that up to 20 percent of military service members returning from Afghanistan or Iraq will experience PTSD or depression. She will study the relationship between these conditions and the nervous system by analyzing specific enzyme levels in the saliva of people with PTSD symptoms.

"PTSD is a debilitating, poorly understood anxiety disorder that develops after exposure to trauma and is associated with physical illness and mortality and high health care costs," said Lapid-Bluhm. "The large military and disaster refugee population in Texas may increase the state's vulnerability to this disorder, highlighting the need for research in this region."

Lodge will investigate a new method for treating schizophrenia. According to Lodge, all current antipsychotics target symptoms, not the cause, of the disease and have adverse side effects that lead to a majority of consumers discontinuing treatment. Lodge aims instead to specifically treat conditions in the brain that he believes to be the primary cause of schizophrenia.

"Schizophrenia is a devastating psychiatric condition that affects up to one percent of the U.S. population. This grant will permit us to examine a novel and exciting line of research that could lead to a new generation of treatments for schizophrenia," Lodge said. O'Connor will research the link between brain inflammation and depression and anxiety in people with Alzheimer's disease. According to O'Connor, nearly 90 percent of people with Alzheimer's disease also experience symptoms of depression. This statistic is especially of interest in Texas, the state with the third-largest population of people diagnosed with Alzheimer's disease.

"From early in my graduate training, I have been driven to understand why mental illness is dramatically higher in people with another seemingly unrelated infection or disease," said O'Connor. "Mental health complications are a devastating and nearly universal reality for people with Alzheimer's disease, yet the cause remains largely a mystery. This grant opens an exciting new door for our research into links between Alzheimer's disease and depression."

"Dr. Lapid-Bluhm, Dr. Lodge and Dr. O'Connor are tackling debilitating diseases – PTSD, schizophrenia and Alzheimer's disease – through novel approaches. Their research has the potential to be a game changer from a diagnostic and treatment perspective," said Dr. Octavio N. Martinez, Jr., executive director of the Hogg Foundation.

The Hogg Foundation was created in 1940 by the children of former Texas Governor James S. Hogg, and is part of the Division of Diversity and Community Engagement at The University of Texas at Austin. The foundation advances recovery and wellness in Texas by funding mental health services, policy analysis, research, and public education. ~

## Posttraumatic Stress Disorder (PTSD) and The Role Of The Nurse

M. Danet Lapiz-Bluhm, PhD, RN



Posttraumatic stress disorder (PTSD) is an anxiety disorder that develops after exposure to a trauma. The World Health Organization reported recently that Thailand, Indonesia, Philippines and USA are the top most affected countries for PTSD<sup>1</sup>. While the lifetime prevalence of PTSD in the US is about 6.8%, it has been estimated that the incidence increases up to 20% in Service Members returning from war deployment<sup>2</sup>. These statistics indicate that PTSD is a major challenge to the healthcare system especially to nurses who are the frontline in its delivery system. This article aims to provide a brief background on PTSD and its treatment strategies that maybe useful for nurses in assessing and educating individuals with PTSD and their loved ones. The information is by no means exhaustive; therefore the reader is referred to online resources such as the National Center for PTSD<sup>3</sup> for more information.

### ***What is PTSD?***

Trauma is defined as a serious injury or shock to the body as from violence or an accident that causes distress and disruption and may create a substantial, lasting damage to the psychological development of a person. Exposure to traumatic events such as violent personal assaults, natural or human-caused disasters, accidents, or military combat may trigger negative reactions such as fright, anxiety, sadness, and numbness. These reactions are normal and usually fade with time. However, if the response to trauma is overwhelming and worsens with time, one may be suffering from PTSD. PTSD may affect those who personally experience the trauma, the witnesses, those who help the victims and even friends and family. PTSD develops differently from person to person, with symptoms developing immediately or years after the event.

### ***What are the symptoms of PTSD?***

In 2000, the American Psychiatric Association published the DSM-IV-TR (Diagnostic and Statistical Manual IV, Text Revision)<sup>4</sup> which defined the diagnostic criteria for PTSD to include a history of exposure to a traumatic event meeting two criteria and symptoms from each of the three symptom clusters for more than one month: **intrusive recollections**, **avoidant/numbing symptoms**, and **hyper-arousal symptoms**. **Intrusive recollections** may include the following: intrusive, upsetting memories of the event; flashbacks (acting or feeling like the event is happening again); nightmares (either of the event or of other frightening themes); feelings of intense distress when reminded of the trauma, and intense physical reactions to reminders of the event (e.g. pounding heart, rapid breathing, nausea, muscle tension, sweating). **Avoidance and numbing** symptoms may include the following: avoiding activities, places, thoughts, or feelings that remind of the trauma; inability to remember important aspects of the trauma; loss of interest in activities and life in general; feeling detached from others and emotionally numb; and sense of a limited future (e.g., not expecting to live a normal life span, get married, or have a career). **Hyper-arousal symptoms** may include the following: difficulty falling or staying asleep; irritability or outbursts of anger; difficulty concentrating; hypervigilance (on constant "red alert"); feeling jumpy and easily startled. Other symptoms may include anger and irritability; guilt, shame or self-blame; substance abuse; feelings of mistrust and betrayal; depression and hopelessness; suicidal thoughts and feelings; feeling alienated and alone; and physical aches and pains.

*(Continued on next page)*

## Posttraumatic Stress Disorder (PTSD) and The Role Of The Nurse

M. Danet Lapiz-Bluhm, PhD, RN

(Continued from page 11)

Children and adolescents may have different symptoms from adults. PTSD symptoms in children may include separation anxiety from parent(s); regression of previously-acquired skills (i.e., toilet training); sleep problems and nightmares; somber, compulsive play repeating aspects of the trauma; new phobias and anxieties; irritability and aggression; acting out the trauma through play, stories, or drawings; and aches and pains with no apparent cause.

PTSD symptoms can arise suddenly, gradually, or come and go over time. They may appear randomly but may also be triggered by reminders of the original traumatic event, such as a noise, an image, certain words, or a smell.

### **Treatment options for PTSD**

It is important to seek help right away from an experienced therapist or doctor who specializes in trauma and PTSD if one suspects PTSD. Treatment options for PTSD include the following: **trauma-focused cognitive-behavioral therapy, family therapy, eye movement desensitization and reprocessing (EMDR) and medications**<sup>5</sup>. Cognitive-behavioral therapy for PTSD and trauma involves careful and gradual "exposure" of the distorted and irrational thoughts, feelings, and situations associated with the trauma and replace them with more balanced picture. The family therapy includes the family to help understand PTSD, communicate better and resolve problems caused by PTSD symptoms. EMDR incorporates elements of cognitive-behavioral therapy with eye movements or other forms of rhythmic, left-right stimulation, such as hand taps or sounds. Eye movements and other bilateral forms of stimulation are thought to work by "unfreezing" the brain's information processing system, which is interrupted in times of extreme stress. Medications (i.e., selective serotonin reuptake inhibitors, tricyclics, monoamine oxidase inhibitors, alpha blockers) are sometimes prescribed to people with PTSD to relieve secondary symptoms of depression or anxiety.

In addition, caregivers are encouraged to be patient and understanding. The recovery from PTSD takes time. A sympathetic ear is needed as the person with PTSD may need to talk about the traumatic event over and over again. This is part of the healing process so avoid the temptation to ask the individual to stop rehashing the experience. On the other hand, some may find it difficult to talk about their traumatic experience as they may consider it a sign of weakness or it may make things worse. Therefore, never try to force the person with PTSD to open up. Let the person know that you are available to listen when he or she wants to talk.

If the individual exhibit some of the emotional numbness, anger and withdrawal symptoms of PTSD, it is worthwhile for caregivers not to take these reactions personally. It is also helpful to try to anticipate and prepare for PTSD triggers such as anniversary dates; people or places associated with the trauma; and certain sights, sounds, or smells. If one is aware of what triggers may cause an upsetting reaction, one will be in a better position to offer support and help.

As in any care giving process, remember not to "underestimate the power of touch, smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around (Leo Buscaglia)" especially in individuals with PTSD. ~

### **REFERENCES**

1. Mortality and Burden of Disease Estimates for WHO Member States: Persons, all ages (2004)". *World Health Organization*. 2004.
2. Kessler, R.C., Sonnega, A., Bromet, E. Hughes, M., Nelson, C.B. (1995). "Posttraumatic stress disorder in the National Comorbidity Survey". *Arch Gen Psychiatry* 52 (12): 1048-60.
3. [www.pstd.va.gov](http://www.pstd.va.gov)
4. American Psychiatric Association (2000). *Diagnostic and Statistical Manual of Mental Disorders* (4th ed.). Washington, DC: American Psychiatric Assoc.
5. Schiraldi, G.R. (2009). *The Post-Traumatic Stress Disorder Sourcebook* (2<sup>nd</sup> ed). New York: McGraw Hill.

(Note: If interested in participating in PTSD research, pls contact Dr. Lapiz-Bluhm at 210-567-5790. Participation is confidential and will be compensated).

## Point of View



### Get Engaged and Make a Difference!

Nelson Tuazon, MaEd, MSN, MBA, RN, NEA-BC, FACHE  
Board Member, Philippine Nurses Association of San Antonio

Over the years, I have been asked what I have gained with my engagement with professional organizations, including the Philippine Nurses Association of America. In addition to formal education and board certification, involvement in professional organizations offer opportunities for professional and personal development. Here are some of the lessons learned.

Learning is not linear. I had thought that serving as a PNAAC officer, editor-in-chief, or a host-chapter president for a national convention would provide me with new knowledge offered in succession and would prepare me to be a better, well-prepared leader. In the past several years, I learned that learning does not always follow a linear pattern. With the confluence of seminars, workshops, networking, mentoring, and personal search of knowledge, learning is more fluid and follows a curvilinear pattern. With this understanding, I am more able to adopt and adapt new knowledge much more effectively. My learning has been enhanced because I soon realized that the power in knowledge is not how and when it is acquired, but in how the knowledge is synthesized and applied.

Attendance at local, regional or national PNAAC conferences involves active learning. Unlike the traditional academic programs I have attended, the leadership and educational programs require active participation from the participants. The proverbial success is "99% perspiration and 1% inspiration" rings true with the PNAAC engagement. In every step of the way, the leaders and members must be totally engaged. They must plan purposefully, prepare enthusiastically, participate persistently and along the way, persevere whole-heartedly.

Seek out first then, you will be sought out. As PNAAC members, we must take advantage of the rich resources of the Association. The members of the PNAAC Executive Board, the Education Committee, Program Faculty, Program staff, other PNAAC members and mentors are just a phone call (or email) away! Their expertise, experience, and expressed interests in helping members should be utilized to their utmost, in fact their talent should be exploited. After seeking out this knowledge, members would then develop their own expertise and will eventually become sought-after resource for boards, political offices and executive positions and much needed change-agents.

Stretch-goals are good for the soul. One of the themes I have learned is that "being complacent and being comfortable in what is" ensures personal and professional stagnation. Creativity, innovation, and risk-taking are non-negotiable competencies. Being good is not adequate; better is not enough; being the best might be good enough. Stretching one's goals is the only sure thing that demands reaching and achieving the gold standard.

Getting involved with the PNAAC is not a one-person's engagement. The success of the of the PNAAC leaders and members is dependent of a number of people- "bosses," colleagues, subordinates, staff members, co-workers, and family members. This network of people offers the inspiration, encouragement, reinforcement, an "energy jolt" when the leaders or members feel like buckling down, and a source of pride and joy when the PNAAC flourishes and succeeds.

PNAAC engagement is not a sprint; it's a marathon. Running for office or participating in a committee lasts a few years but the experience lasts a lifetime. Although there are specific activities, learning sessions, assignments, and projects, the real learning happens after the leadership tenure or committee membership is completed. Leaders need to enjoy the journey before they can relish the destination. The various learning opportunities offered by the PNAAC has enabled me to enhance my competencies. The scholarly seminars and workshops, the stimulating and thought-provoking newsletters, the nurturing advice from the previous presidents, and the myriad networking opportunities with other members and leaders collectively enrich the intellect and fulfill the soul.

Get engaged and make a difference! ~

## *Editor's Notes*



### **PASSION: A Taste of PNASA in July 2012**

Aura Casabar, BSN, RN

In the last few months, I got hooked watching reruns of Gordon Ramsay's *Kitchen Nightmares*, a reality cooking show of a very animated award winning chef who goes around Great Britain, France and the US attempting to salvage restaurants from the brink of bankruptcy or closure. It appeared that he had been successful the majority of the time. But the one thing that I always come away with after each show is not the fact that the "F" word flies out of his mouth at every third sentence, but how much he stresses the importance of having passion in one's work or endeavor. Without passion, chefs in every failing restaurant served pathetic, unappetizing, and bland to even unsanitary dishes.

**PASSION!** The dictionary defines passion as an intense, driving, or overmastering feeling or conviction. Passion is so powerful that lives are changed and large sums of money go down the drain because of the lack of passion. Passion is what makes our senses come alive. It is an invincible force that drives anyone to great heights. It makes colors more vibrant, experiences worth remembering, and achievements more meaningful and gratifying. Passion can make us lose our minds and commit unthinkable acts. Without passion, even lovemaking becomes unexciting, mechanical and robotic! There is an exotic yellow or purple fruit called passion fruit. Although by history it was named after the passion of Christ, it can easily be mistaken to have been named after the emotion. Passion fruit—the name conjures great promise of orgasmic proportions. It is not fair to put so much responsibility on one ordinary looking fruit to deliver. But because of its tart and very aromatic flavor, the passion fruit is very popular in gourmet cooking.

Like the renowned chefs who aspire to create inspiring dishes, passionate nurses strive to attain a common success—to *make a difference!* And synonymous to the value of the passion fruit, passionate nurses are sought-after.

I am reminded of my enthusiasm and the excitement I felt telling my parents that I got into nursing school. As a young girl, I always pictured myself wearing those glossy heavily starched crisp white apron and cap comforting the sick. I felt proud each time I was told how noble the nursing profession is. I believe that is when my passion for nursing started. How about you? Is your passion for nursing still burning? Who or what was your inspiration to become a nurse? Was it a loved one who exemplified qualities of a nurse—caring, compassionate and altruistic? Sometimes one's passion could be stirred from hearing something small in passing to a life changing event. Whatever the motivation was or still is, have you ever felt gratified after a hard day's work knowing you have touched a life by just listening to a lonely elderly's story, soothing a crying baby, relieving a patient's pain, helping save someone's life, or simply holding a worried mom's hand? It is the nurse who may be the first to care for a newborn and the last to be there to care for a dying person. How has being a nurse made you a better person? Do you feel the passion and pride in your work? Sometimes to fight apathy, we have to think back on what made us decide to become a nurse in the first place. Decades later sans apron and cap, my feelings towards nursing changed but it has indeed widened. I no longer just focus on my relationship with a patient but instead I value the nursing profession as a whole and how being a nurse has provided me with a sense of accomplishment and gratification and how it has afforded me a comfortable life through the years. Thirty years later, that same passion for nursing inspires me to give back to the profession that has been kind to me. And being active in a professional organization like PNASA is a great way of giving back, because I believe in the organization's mission.

*(Continued on next page)*

## *Editor's Notes* **PASSION: A Taste of PNASA in July 2012**

Aura Casabar, BSN, RN

(Continued from page 14)

On July 11-15, 2012, the PNASA will host PNA's 33<sup>rd</sup> Annual National Convention at the Marriott Rivercenter in downtown San Antonio. This is a great opportunity to showcase not only the city of San Antonio but more importantly our very own PNASA. Every PNASA member has a talent to contribute in this gargantuan undertaking. PNASA may not have the chance to host a national convention again for a very long time. So in the words of the prolific rapper Eminem – "If you had one shot or one opportunity to seize everything you ever wanted- one moment, would you capture it or just let it slip?" Let us own it, indeed! Your profession is calling you to step up! Let your nursing passion burn!

Let us make PNASA not only an organization of promise but let us also come together to make PNASA an organization of passion that can deliver. The German philosopher Hegel once said that "Nothing great in the world has ever been accomplished without passion." So when we open our home, San Antonio, to the convention delegates let us give them an unforgettable experience that they can share with their loved ones and the warmest hospitality that only an inspired and passionate host can offer. ~

Philippine Nurses Association of America

**33rd National Convention**

**SAVE THE DATE**

July 11-15 2012  
Marriott Rivercenter  
San Antonio, Texas

<https://resweb.passkey.com/go/PNA2012>

HOST: PHILIPPINE NURSES ASSOCIATION OF SAN ANTONIO

### *Congratulations! Shine, PNASA, Shine!*

**Josie Schantz** - won 2nd place at the PNA/PNAAF 5k Walk/Run, Women's walkathon category in San Francisco, CA

**Irene Nitura** - recognized by United HealthCare for work excellence

**Leslie Maulit** - awarded the PNASA Scholarship Award Dec, 2011 and graduated from UTHSC, BSN, magna cum laude

**Dr. M. Danet Lapiz-Bluhm** - gave birth to a healthy baby girl on October 29, 2011

The following home health agencies placed on the HomeCare Elite top 25% in the nation owned by our very own PNASA MEMBERS are:

1. Dominion Care Home Health - on Top 500 - under the management of **Elcee Cortez**
2. Advocate Home Care - under the management of Adam and **Imelda Valenzuela**
3. Texas Health Quest, Inc. - under the management of **Hedda Gonzalez**

## *From the Committee Chairs*



### **PNASA Awards Scholarship To Deserving Students!**

Cristina Gatmaitan, MSN RN  
Chair, Scholarship Committee

The existence of the Philippine Nurses Association of San Antonio as a tax exempt organization for more than two decades is attributed to the founders and the many nurses who worked hard and are still continuously working to attain its mission and values of the organization. Kudos to the Filipino Nurses!

I can trace back the countless fund-raising activities in the past and the forthcoming events to keep this organization actively going. These fund-raising events will generate and will continue to support PNASA funds to meet the operational costs and keep a budget allocated for other goals. Its foremost goal is to offer scholarship.

The organization continuously raises funds to help more nursing scholars in cognizant to the future global nursing crisis. By sponsoring such endeavor to many students who choose nursing as their future careers, this gesture will hopefully increase the number of nurses in our San Antonio community and will make a difference nationwide.

By the same token, nursing schools are also in dire need of nursing instructors and the rural underserved areas with nurse practitioners and clinical specialists. Well, this scholarship award is not only limited to deserving students accepted in any nursing schools in San Antonio, Texas but is extended to the members of the PNASA nurses pursuing masters degree program and PhD as well. These nurses are also encouraged to avail of the opportunities offered by the PNASA scholarship committee.

Back from the history, PNASA had sponsored quite a number of

nursing students and nurses with higher education. For the present semester 2011–2012, two nursing students from the UTHSC at San Antonio School of Nursing are the recipients of the scholarship fund. The application requirements were completed including good scholastic standing and were approved by the Executive Board. The scholars were presented by the PNASA President Hedda Gonzalez during the PNASA Christmas Party on December 4, 2011 at the Marriott Hotel. The awardees were Rima Kanazeh and Leslie Maulit.



**2011 Scholarship recipient Rima Kanazeh with PNASA President Hedda Gonzalez**

All the requirements and application forms are located in the PNASA and PNAA websites. Recipient of the scholarship will receive a monetary reward worth \$500.00 for undergraduate nursing student and \$750.00 for graduate nursing students. This amount will surely help the students with the books and other school material expenditures.

The PNASA organization appreciates the community of San Antonio in joining several sponsoring events to raise its funds. The dedication, unselfish time and effort being contributed by so many PNASA members are greatly appreciated. Any individual who would like to help and support the PNASA Scholarship fund may contact the treasurer, Ms. Tess Navalta.



**L-R President Hedda Gonzalez, Scholarship Committee Chairperson Cristina Gatmaitan, and 2011 Scholarship recipient Leslie Maulit**

*(Continued on next page)*

## PNASA Awards Scholarship To Deserving Students!

Cristina Gatmaitan, MSN RN  
Chair, Scholarship Committee

*(Continued from page 16)*

As the saying goes, "The youth is the hope of our nation" and translated in Pilipino, "*ang kabataan ang pas-asa ng ating bayan.*" Encouraging the youth to pursue a nursing career is indeed very challenging. However, the PNASA nurses are always willing to mentor and support the young generation.

I would like to encourage every Filipino nurse in San Antonio to join the PNASA/PNAA organization. The nurses and nursing students will join hands to make a difference in nursing here in San Antonio, as well as nationwide. Support the PNASA fund-raising activities to sustain the continuous scholarship offer to help both the undergraduate and the nurses pursuing higher nursing education.

What a great career for the PNASA to make it known with great pride and recognition in the San Antonio community. Mabuhay Filipino Nurses! Support PNASA! ~

### *I Left My Heart In San Francisco...*



Marietta Dela Cruz, BSN, RN  
Chair, Publicity Committee

... But I know there is a yellow rose of Texas waiting for me! Wow! What a great experience! I hope to give a taste of the Philippine Nurses Association of America (PNA) National Convention! With this note I hope to inform, energize and encourage all *Pinoy* nurses to at least attend and better still, volunteer and support the July 11-15, 2012 PNA National Convention in our Alamo City!

But first, some fond reflections of the PNA 32nd Annual National Convention held in San Francisco on June 28-July 3, 2011. What the PNA San Antonio delegation wanted to do was soak in all the spirit and effort needed to put on a great PNA national convention. The 5-day convention started on June 28th, full of excitement and expectations!

DAY 1 - My flight arrived in San Francisco June 28, 2011 and we were whisked away to the magnificent Hyatt Regency Hotel at Embarcadero. It was cold and foggy in June! Certainly a much warmer weather is promised for our 2012 PNA National Convention here in July. PNASA delegates were: Hedda Gonzalez, Gertrude Umaming, Haydee Nicolas, Aurora Parrocha, Ruth and Gary Newland, Myrna Lorenzana, Myra Tadifa, Tess Navalta, Elsie Maerina, Josie Schantz, Floranie Ora, Jerry Asumbrado, Tina Klein, Reynalda Meneses and Marietta Dela Cruz. Spouses and family also took part in exploring San Francisco and several family events at the convention. Many meetings that first day: PNA Executive Board, Circle of Presidents, and the four Regional Delegate Meetings (56 chapters geographically divided into the North Central, South Central, Western and Eastern). After some important sharing of experiences, delegates from the South Central Region spent the night practicing for the regional networking presentation the next day.

DAY 2 - PNA Leadership Institute Day for some attendees including the presidents and president-elects or their designee from each chapter to learn the nuts and bolts of organizing and sustaining the PNA chapters. For others there was shopping and more sightseeing to do. Networking night was exciting and entertaining. That night we had the parade of the chapter banners but our celebration theme was the 1950's in honor of the golden anniversary of the host chapter-PNA Northern California.

*(Continued on next page)*

## *I Left My Heart In San Francisco...*

Marietta Dela Cruz, BSN, RN  
Chairperson, Publicity Committee

*(Continued from page 17)*

As part of the "Pinoy Got Talent" competition each region performed a musical skit practiced the day before. The South Central Region which PNASA is a part of, won the presentation!

DAY 3 - Education day. The focus of the energetic presenters and speakers during the continuing education part of the convention was to "Engage and Make a Difference." There were also many giveaways of exciting products and services at the exhibit booths and fun networking events too.

DAY 4 - Early in the morning the PNA/PNAAF's 5K Walk/Run fundraiser had a successful turnout. PNASA's very own Josie Schantz won 2nd place in the women's walkathon category. The overall marathon winner was also from South Central Region. Most of the day was the PNA General assembly. Important business and recognitions were completed. PNASA earned a trophy for an overall increase of recruitment of members. That evening the highlights of the Gala were the fun and dancing but also the awarding of successful Filipino Nurses nationwide. Most important was the turnover of the Nightingale Lamp symbolizing the next PNA national convention to the next chapter - PNASA! San Antonio is the venue for the 33rd PNA National Convention with the theme Engage, Transform, and Celebrate—be a part of PNA and PNASA history! Lightning strikes twice...even if eighteen years later. San Antonio hosted the PNA convention in 1994 and will again in 2012.

DAY 5 - The morning came with a special mass for the PNA delegates and families held in the hotel meeting rooms. Then, the farewell picnic was spent at the park with music, song and fellowship till the last travelers departed their separate ways only to meet in a year's time in San Antonio!

I left my heart in San Francisco this past July but I know waiting for me at the July 11-15, 2012 PNA 33rd Annual National Convention is a yellow rose of Texas! ~

### **FeedBACK** We like to hear from **YOU!**

**YOU** are important to **PNASA** and your **Feedback** is very essential in the success of our organization. Tell us how PNASA can best serve you as your professional organization.

We will continue to gather information that will help us identify opportunities for improvement, evaluate PNASA activities, determine outreach success, and gather your input on what you want each PNASA committee works on.

Please be **CANDID** with your suggestions/input which are completely confidential and will never be used to identify you unless you wish to disclose your identity.

Visit [www.mypnasa.org](http://www.mypnasa.org) at comments section, message us at PNASA Facebook or email your thoughts and ideas to [mypnasa@hotmail.com](mailto:mypnasa@hotmail.com).

Let us all be proud to say:

### **Your THOUGHTS and IDEAS!**

So never lose an opportunity of urging a practical beginning, however small, for it is wonderful how often in such matters the mustard-seed germinates and roots itself.

*Florence Nightingale*

We will show our dedication  
Our commitment to the community  
Our excellence to our profession  
We dedicate this to the next generation

- Luzviminda Llasos, PhD, RN



**Let IDEAS grow...Let PNASA Shine!**

# PNASA 2011 in Pictures



## Executive Board 2011-2013

### OFFICERS

#### President

Hedda Gonzalez, BSN, RN

#### President-Elect

Gertrude Umaming, RN, CRRN

#### Vice President

Aurora Parrocha, BSN, RN

#### Secretary

Fe Kanazeh, BSN, RN-BC,  
CMSRN

#### Assistant Secretary

Aura Casabar, BSN, RN

#### Treasurer

Ma. Teresa A. Navalta, BSN, RN

#### Assistant Treasurer

Elcee Cortez, BSN, RN

#### Auditor

Myrna Lorenzana, BSN, RN

#### Parliamentarian

Elsie Enriquez-Maerina, MA,  
RN-BC, CLNC

### BOARD of DIRECTORS

Marietta Dela Cruz, BSN, RN

Judith Evans, BSN, RN

Cristina Gatmaitan, MSN, RN

Ruth Newland, BSN, RN

Floriane Ora, BSN, RN

Josephine Schantz, MSN, RN-BC,  
WCC

Nelson Tuazon, MAEd, MSN,  
MBA, RN, NEA-BC, FACHE

Cecilia Villania, BSN, RN

### EDITORIAL BOARD

#### EDITOR-in-CHIEF

Aura Casabar, BSN, RN

#### CO-EDITOR

Marietta Dela Cruz, BSN, RN

#### STAFF WRITERS

Haydee Nicolas, BSN, RN

Josie Schantz, MSN, RN-BC, WCC

Dr. Danet Bluhm

#### CONTRIBUTING WRITERS

Elcee Cortez, BSN, RN

Cristina Gatmaitan, MSN, RN

Gertrude Umaming, RN, CCRN

#### ADVISOR

Nelson Tuazon, MSN, MAEd,  
MBA, MSN, NEA-BC, FACHE

Please submit materials for  
publication to PNASA NewsLink.  
Email : [mypnasa@hotmail.com](mailto:mypnasa@hotmail.com)  
Submitted materials will become  
property of PNASA.

Website : [www.mypnasa.org](http://www.mypnasa.org)

Facebook : Philippine Nurses Association of San Antonio Email : [mypnasa@hotmail.com](mailto:mypnasa@hotmail.com)

PNA A : [www.mypnaa.org](http://www.mypnaa.org)

eNewsletter : eNewsLink

PNA A eNewsletter : eBALITA

## COMMITTEE ANNOUNCEMENTS / SAVE THE DATE

**SECOND SATURDAY of Every Month - 2012 National Convention Planning  
Committee Meeting**

**LAST SATURDAY of Every Month - Executive Board Meeting**

**Education and Research Committee** Chairs: J. Schantz/E. Maerina

1. The Fall 2011 Education Seminar was a success!

**Publicity and Public Relations Committee** - Chairs : M. Dela Cruz/H. Nicolas

1. Solicitation letters for **PNA A 33rd Annual National Convention in San Antonio** are available for distribution.

**Scholarship Committee** - Chairs: C. Gatmaitan/J. Asumbrado

1. Scholarship Award recipient: BSN graduate - Leslie Maulit

**Ways and Means Committee** - Chairs: C. Villania/A. Parrocha

1. PNASA 2011 Christmas Party was a success!

2. Filipiniana Extravaganza was canceled due to conflict of schedule of the participants and a new schedule will be announced for 2012.

**Budget and Finance Committee** - Chairs: E. Cortez/vacant

1. Discussions underway re 2012 proposed budget

2. Discuss National Convention Committee Budget with the Planning Committee

**Community Service** - Chairs: R. Newland/T. Navalta

1. St Francis Catholic Church is involved with feeding and helping refugees from Cambodia, Sri Lanka, Africa, etc. It is held every 2nd Tuesday of each month. Call chairs if you want to donate socks and toiletries.

2. Be a part of the PNASA 50/50 Club. For \$50, You can house a family in the Philippines!

**Membership Committee** - Chairs: J. Evans/G. Bacho

1. Membership renewal \$50.00 due on January 2012

**Human Rights and Welfare Committee** - Chairs: A. Dellosa/J. Evans

**By- Laws Committee** - Chairs: G. Umaming/A. Parrocha

**Nominations and Elections Committee** - Chairs: E. Diloy/F. Ora



**PNASA, Inc.**

1710 Alpine Circle  
San Antonio, Tx 78238

