



*Philippine Nurses Association of San Antonio, Inc.*

**News  Link**

*Official Newsletter of PNASA*

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**PNA San Antonio Inducts New Officers and Board of Directors**

Aura Casabar, BSN, RN

The Philippine Nurses Association of San Antonio, Inc. has reached another milestone in its history with the celebration of its 22<sup>nd</sup> Anniversary and Induction of the Executive Board 2011 - 2013 on Saturday April 2, 2011 at the Marriott Hotel NW, San Antonio, Texas. The event had 150 attendees including members and supporters of PNASA.



**President Gonzalez at the Induction**

The evening gala started with the entrance of PNASA’s past and incoming officers. The USA and Philippine national anthems were played as well as the PNAA song, “Shine, PNAA, Shine.” Medardo Dela Cruz delivered the invocation.

The immediate Past President Edison Diloy gave the welcome address and expressed his gratitude to everyone who supported him during the past two years. He then presented awards and certificates to the outgoing officers for their dedication, commitment, and service. Guests were entertained by the Karilagan Dance Group with their graceful and colorful performances of various Philippine dances including the popular Tinikling.

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**Two PNASA Nurses Receive 2011 South Texas Nurse Imagemaker Award**

Fe Kanazeh, RN-BC, CMSRN



**Marietta Dela Cruz and Nelson Tuazon** The Philippine Nurses Association of San Antonio (PNASA) is proud and honored to announce Marietta Dela Cruz, BSN, RN and Nelson Tuazon, MA, MSN, MBA, RN, NEA-BC, FACHE as recipients of the prestigious 2011 South Texas Nurse Imagemaker Award. This award is given annually by the Sigma Theta Tau International Honor Society of Nursing Delta Alpha At-Large Chapter and the Texas Nurses Association, District 08 to recognize excellence in nursing. Nurses are nominated by their peers or employers for the award. Thirty-one nurses are selected either by their professional organizations or by their health care community for their professional image, positive caring attitude, leadership qualities, commitment to continuous learning, and significant contributions to their organization and community.

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## President's Message

### **Making the Difference: Are you all ready to step up to the plate?**

Hedda Gonzalez, BSN, RN

I often get asked, "What is PNA San Antonio doing for the Filipino Nurses and the community?" Or "What does PNAA do for us?" And then there's the usual and expected, "What is in it for me???" I have yet to hear, "What can I do to make a difference?"

Oftentimes, I catch myself defending and explaining about the initiatives of PNAA as the umbrella of all the PNA chapters here in America. However, I realized that I should not even be defensive. We should be asking ourselves, "What have I done in my nursing career that has impacted someone's life for the better and made a difference?"

PNASA was founded in 1989; we have had a total of 10 past presidents, and it took 10 years before I finally joined the organization. In the beginning I was just curious of what the organization is all about. I attended few meetings and heard some negative feedback from the membership. As I got more involved and attended my first National Convention, I was very impressed with the organization and presentations at the convention. I learned of the achievements of all the other PNA Chapters and Filipino Nurses in their community and careers as I networked with them. I felt like I belonged and was very proud to be a member of the PNAA. I came back energized and empowered, and envisioned a change in the reputation of this organization from a social networking organization to a professional organization. I understood it will not be easy, but I also believed that if we combine our efforts, this is very feasible. We can be a strong force and make a difference.

First, we have to BELIEVE! Believe in the mission and vision of the organization – *to uphold the image and foster the welfare of Philippine nurses in Texas*. Your belief will greatly convince people to join our organization.

Secondly, lead by example – We are professionals and as such are bound by a higher standard of ethics and behavior. We have a duty to uphold the standards that the nursing profession practices.

Thirdly, it is our COMMITMENT. PNASA is a non-profit organization and all of us, members and officers who are actively involved are here on a volunteer basis. We volunteer our time, effort, and money for the success of this organization as a whole to make a difference. We offer without expecting anything in return; as we say in our language, "*kusang loob*" and should not feel badly if nobody gives us a pat in the back.

PNASA is grateful to all who have served in this organization. There have been and there will be challenges for us to overcome. The past should guide us in making a better future for our organization. Let us continue to come together and work towards achieving our goals because I believe that we can do it for the betterment of our community! ~



## Editor's Notes

### **HIGHLIGHT: PNASA's Strength Lies in the Diversity of its Members**

Aura Casabar, BSN, RN

Just one week after the induction of the members of the Executive Board 2011-2013, newly inducted PNASA President Hedda Gonzalez wasted no time in calling a board meeting for strategic planning and retreat at the North Central Baptist Hospital at Madison Oak Blvd in San Antonio, Texas. Being a new PNASA member myself, I was excited to attend this meeting to listen to what President Gonzalez's plans are for the next two years as well as to meet other PNASA members. Having been involved with another successful PNAA chapter, the Philippine Nurses Association of Gulf Coast Florida (PNAGF), I recognize the importance of an active member for I believe that it is in every ENGAGED member that the success of PNASA lies.

*(Continued on page 4)*

## PNA San Antonio Inducts New Officers and Board of Directors

*(Continued from page 1)*

The celebration continued with the presentation and swearing in of the incoming 2011-2013 Executive Board members and the Induction of the Officers presided by the guest speaker Gloria Beriones - PNAA Vice President of South Central Region who congratulated and encouraged PNASA to remain committed to its mission.

The newly inducted 11th PNASA President Hedda Gonzalez expressed her gratitude to all the attendees among whom were Gloria Beriones (VP-SCR) and her husband Ren, Riza Mauricio - PNA Metro Houston President and her husband Toto; Ted Ray Llasos - PNA McAllen immediate past president, and Dr. Luz Llasos who wrote the lyrics of the PNAA Song, "Shine, PNAA, Shine" and music composed by Maestro Ryan Cayabyab. She further acknowledged the presence of her classmates in nursing Class '78, Ms. Charo Jumao-as, founding President of PNA Sacramento Chapter, Teresa Lumapas - PNA Atlanta, GA and Evelyn Galinato Quintos - PNA Philippines, and lastly, Connie Clavo, Dr. Gladys Bembo and April Yburan, representatives from PNA Texas - Cameron County.

In her speech, PNASA President Hedda Gonzalez stressed the importance of cooperation and harmony - "Working together as a team, we can accomplish our goals and make an impact in the lives of others who are in need. San Antonio has plenty of talents and resources who are hardworking and dedicated Filipino nurses who live here. Let us show the world what we can do!"

President Gonzalez proudly announced PNASA's success in winning the bid to host the 33rd PNAA National Convention that will be held on July 11-15, 2012 at the Marriott River Center at downtown San Antonio. She encouraged all the members to renew their commitment to PNASA and invited those who are not yet members to join and help make a difference.

It's a new beginning, full of promise and hope! The 2011-2013 PNASA administration is ready to tackle the challenges ahead and to forge their agenda while determined to take PNASA to a higher level. Let us all support PNASA and wish it strength and success as it continues to address the needs and concerns of the FILIPINO AMERICAN NURSES in San Antonio. ~



**2011-2013 PNASA Officers Induction at the Marriott Hotel**



## Two PNASA Nurses Receive 2011 South Texas Nurse Imagemaker Award

Fe Kanazeh, RN-BC, CMSRN

*(Continued from page 1)*

Marietta Dela Cruz has been a nurse for 33 years. She started her nursing career as a staff nurse at the Philippine Quezon Institute, later becoming a charge nurse at the Philippine Lung Center. She came to America and worked as a Med/Surg charge nurse at the Comanche Memorial Hospital, Lawton, Oklahoma, later shifting to an IV Therapy Nurse position for the same facility. Marietta relocated yet again, working first at San Antonio Regional Hospital, then the Audie Murphy VA Hospital where she is currently employed in the Emergency Department. She was selected as a Nurse of the Month in ED for her relentless hard work and ability to care for others, for being a great team leader and a great preceptor for newly hired nurses.



Marietta Dela Cruz has been a member of PNASA since 1996. She is also a committed PNASA leader, serving a two-year term for each of the following positions: auditor, secretary, president and currently holds a position on the Board of Directors. Additionally, she continues to be current in the nursing profession by attending conventions, seminars and leadership training opportunities.

Nelson Tuazon received his BSN and MA in education (MAEd) from Angeles University in the Philippines. He completed his MSN from Seton Hall University and his MBA from Monmouth University. He is a board certified nurse executive-advanced (NEA-BC) and board certified professional in healthcare quality (CPHQ). He is a fellow of the American College of Healthcare Executive (FACHE). He has been a Magnet Appraiser and Mentor for the American Nursing Credentialing Center. With many titles after his name, Nelson is truly an incredible leader, devoted to excellent patient care and assuring patient satisfaction.

Nelson is currently the Associate Chief Nursing Executive (ACNE) for Baptist Health System. With his knowledge, management expertise, and leadership skills, he has implemented activities to facilitate nursing advancement to the System. As one of the Board of Directors of PNASA, he is highly valued as a coach and mentor.

Marietta and Nelson were individually recognized at the 5<sup>th</sup> Annual South Texas Nurse Imagemaker luncheon at Oak Hill Country Club on May 21, 2011. Both were invited to receive a Certificate of Recognition and a pin. This is a very well deserved award, so let us raise our glasses to toast our very own PNASA members. Shine, PNASA, Shine! ~



**PNASA Executive Board at the 2011 South Texas Nurse Imagemaker Award Ceremony**

## *Editor's Notes...*

### **HIGHLIGHT: PNASA's Strength Lies in the Diversity of its Members**

*(Continued from page 2)*

During the meeting, Board Member Nelson Tuazon conducted a group exercise wherein attendees of about 25 members chose random words that were specifically grouped together in each line. It turned out that these words were assigned a specific color and upon tallying your chosen words, that with the most number is your color personality at least for that day. It was a fun exercise but it revealed the colorful personalities of the people in that room: **RED** - Delegators/Doers. They are results-oriented, direct and take charge kind of people. **BLUE** - Implementer/Relater. They are intuitive and sensitive; knowledge intensive; get things done and dependable. **GREEN** -Thinker/ Analyst. They create systems; highly functional, and methodical. **YELLOW** - Talker/Expresser. They are friendship-oriented; fun and creative people.

As I looked around the room, I started to see and appreciate the "rainbow of people", many of whom I have not met before. I was amazed with the diversity of the PNASA members in their various fields of nursing. I realized I have joined an organization of talented, skilled, motivated, successful, and professional nurses. Indeed, PNASA's strength is the diversity of its members- experienced ICU/ER nurses, administrators, educators, nurse practitioner, entrepreneurs, major healthcare company managers/supervisors, recognized leaders in nursing, case managers, and many more accomplished, experienced nurses. This realization reinforced my enthusiasm and dedication to PNASA. I would like to highlight a slice of that diversity through few of my PNASA colleagues discussing their particular field of nursing, the challenges they face, and their pursuit of being a good nurse.

### **HIGHLIGHT: Josie F. Schantz, MSN, RNC, WCC**



*Josie graduated from Loyola University of Chicago with a Bachelor's degree in Nursing and has earned a Master's of Science degree in Nursing from the University of California San Francisco. Upon graduating from Loyola, she was commissioned as an officer in the US Air Force and attained the rank of Lieutenant Colonel.*

*While in the Air Force, she worked as a clinical nurse and manager in medical, surgical, oncology, OB and pediatric unit. She retired in 2005 from the military after 21 years of service. After retiring from the military, she became a Med/Surg educator for Baptist Medical Center in San Antonio, TX. Since 2007, she has worked as a regional educator for Kinetic Concept, Inc., a medical device company headquartered in San Antonio, TX. Josie is responsible for managing all Professional Education programs in 13 states. She mentors field sales representatives on educational programs, presents wound care in-services to physicians, nurses, podiatrists and other healthcare professionals as well as creates educational programs for KCI sales staff. Josie is ANCC certified in Nursing Professional Development and NAWC certified in wound care. Josie is an active member of the Texas Nurses Association and Philippine Nurses Association of San Antonio. Her hobbies include reading and Tae Kwon Do. She is married to Bob, her husband of nearly 25 years, has two kids, two dogs, two cats and lives in Boerne, TX.*

#### **Are You Ready to Become a Nurse Educator?**

Josie Schantz, MSN, RNC, WCC

In today's diverse, ever-changing healthcare environment, nurse educators are often the leaders who redefine processes for a better work-flow, document the outcomes of educational programs and guide nursing staff, students and patients through the learning process. A nurse educator is a registered professional nurse with an advanced education, including advanced clinical and educational training coupled with many years of expertise in a healthcare specialty.

Nurse educators can serve in a variety of roles that often range from a nursing school dean or faculty to a clinical trainer for a medical device or pharmaceutical company. Many nurse educators design, implement and evaluate academic and continuing education programs for nurses and other clinical staff. These can include formal academic programs that can lead to a degree or certificate, or more informal continuing education programs designed to meet the individual learning needs of a nurse.

Even pharmaceutical and medical device companies recognize the value of nurse educators as a way to enhance the visibility and knowledge of a specific product or therapy within a variety of healthcare practices and settings. Nurse educators are able to break down many of the barriers that traditional pharmaceutical or medical device reps and sales people commonly encounter while easily identifying and establishing rapport which is a critical component of building long lasting relationships. The educational programs conducted by nurse educators facilitate rapid customer adoption, product placements and strengthen customer loyalty.

A combination of clinical expertise and passion for teaching are two core skills that set nurse educators apart from other nurses. They use current scientific research to formulate innovative solutions to educate professionals on new treatment protocols or implement benchmark disease management processes. They are considered to be "the nurses' nurse". Nurse educators foster an appreciation of the nursing profession and are responsible for teaching and mentoring the next generation of nurses. Are you ready to take the next step in becoming a nurse educator? ~

### *California Dreamin'*

**PNASA Delegates are California-bound for the 32<sup>nd</sup> PNAA National Convention  
on June 28th - July 3rd in San Francisco!**



## ***HIGHLIGHT: United States Army Nurse Corps Captain Jerry Asumbrado***

Jerry Asumbrado's humble roots started in Butuan City, Philippines. A son of a tricycle driver father and a plain housewife (deceased), 39 year old Jerry graduated as Valedictorian of his class in high school. Jerry then pursued his Bachelor of Science in Nursing Program from Mindanao State University in Marawi City (1993) as a government scholar which is a Philippine socio-economic plan to assist poor but deserving students from the south of the Philippines.

After years of community nursing in the depressed areas in the MinSuPala region (Mindanao, Sulo and Palawan), he decided to begin his global travels. He grabbed an opportunity to work as a civilian nurse in Jeddah, Saudi Arabia (1997-2000) where he enjoyed tasty "shawarma" and acquired knowledge on Arabic language and cultures. He continued his adventures in Europe when England opened its doors for Filipino nurses. He landed a civilian nursing job in Birmingham, United Kingdom (2001-2003) where he dined on fish and chips and meat pies. And finally his American Dream took off in the small town of Harrisburg, Pennsylvania (2004); but a year later, the calls of Uncle Sam reverberated loud and clear - Honor, Duty, and Service. So irresistible, that even without any prior military nursing background, he ended up marching in the boot camp of Fort Leonardwood, Missouri as an enlisted active duty soldier. Prepared to be a warrior combat medic, he was stationed then at Fort Sam Houston, Texas (2006), the center for military medical training in the United States.

By an uncanny twist of events, his company commander reviewed his nursing background and recommended him to be an officer. However by regulation, all nursing programs obtained outside the US and its territories are not recognized by the army. So, Specialist Asumbrado became the first enlisted soldier to obtain MSN degree to suffice the officer's educational requirement. After graduating from the University of Incarnate Word in San Antonio, Texas (2007), he was first stationed for duty at San Antonio Medical Center, commonly known as Brook Army Medical Center (BAMC) at Fort Sam, Texas.

With the hospital's mission that focuses on quality warrior service to all active duty, retired and their dependents as well to some civilian emergencies, BAMC is in the forefront of military medical and nursing service. With the changing war strategies in Afghanistan and Iraq as well as efficient first responder trainings, more and more soldiers are coming home compared to the casualties in World War II. However, with these new waves of traumas from Operation Iraqi Freedom (OIF) and Operation Afghani Freedom (OAF) brought about by improvised explosive devices (IED), an increasing number of these brave soldiers are coming home with new challenging conditions like Traumatic Brain Injuries (TBI), Post Traumatic Stress Syndrome (PTSD) and severe burns.

Adding to the stress of military life, the constant change of duty stations and several months of overseas deployments, an increasing number of military healthcare providers are prone to "compassion syndrome". But with the tremendous support of the American public, massive military "resiliency campaigns", and the soldier's ability to bounce back from all adversities, every American soldier including Filipino-American soldiers, stands proud and tall in serving this great nation we call our home.

Captain Asumbrado is an active member of the Philippine Nurses Association of San Antonio since 2006, the recipient of the PNASA Scholarship Award, and served as PNASA's vice-president in 2009-2011. ~

***Individually, we are GOOD  
But Collectively, we will be GREAT!***



**2011 Strategic Planning Retreat**

## **HIGHLIGHT: Dr. M. Danet Lapiz Bluhm**



*M. Danet Lapiz-Bluhm, PhD, RN, is currently an Assistant Professor at the School of Nursing (SON) University of Texas Health Science Center at San Antonio (UTHSCSA). The youngest child of Victor and Flora Lapiz of Clarin, Bohol (Philippines), she graduated 3<sup>rd</sup> of her high school class from Holy Spirit School (Tagbilaran City), 1st of her Bachelor of Science in Nursing (BSN) class from Cebu State College (now Cebu Normal University, Cebu), with IIA Honours for her Bachelor of Science Honours degree from University of Queensland (Australia) as an Australian International Development Assistance Bureau merit scholar. Her graduate studies included a predoctoral training in neuroscience electrophysiology from Karolinska Institutet (Sweden) and doctoral degree (PhD) in Biomedical Sciences from University of Nottingham (England, UK) as a University of Nottingham and Council for the Vice Chancellor and Principals of UK scholar. Following postdoctoral fellowship stints at H. Lundbeck A/S (Denmark) and UTHSCSA School of Biomedical Sciences (TX, USA), she was promoted to Assistant Professor and later moved to the School of Nursing. She has received numerous awards for her scientific work on the effects of stress on neurobiological systems and cognition. She has presented in national and international conferences and published in peer-reviewed scientific journals. She has been a principal investigator (PI) or co-PI for grants and funding from the National Institute for Mental Health, the National Alliance for Research on Schizophrenia and Depression (NARSAD), Clinical and Translational Science Award from the Institute for the Integration of Medicine and Science (IIMS), Nursing Advisory Council, the Dean's Award for the Scholarship of Teaching, among others, and more recently the Hogg Foundation Grant for Mental Health. She is married to Dr. James Michael Bluhm of Footprints Podiatric Medicine and Surgery, and has a 3 ½ year old son, Dane Joseph, and one on the way. She has just joined PNASA and is looking forward to making a contribution to the organization and the community.*

### **Nurse in the Academia and the Challenges in Preparing Future Leaders in Nursing**

M. Danet Lapiz Bluhm, PhD, RN

As an Assistant Professor at the University of Texas Health Science Center at San Antonio (UTHSCSA), School of Nursing, I am one of those lucky individuals who have a hand in preparing students towards their future as nurses and nurse leaders. It is a joy imparting knowledge to students, and seeing them learn and grow through their career. As an academician, one takes on a number of hats, often with different challenges for each. As a research instructor, my greatest challenge is to help undergraduate nursing students to appreciate research, and its role in knowledge development and its great potential in improving the quality of care through evidence-based practices. Nurses, as important members of the healthcare team, are challenged to improve patient care, safety and outcomes through evidence. As an advanced pharmacotherapeutics instructor, the greatest challenge I have for my advanced practice nursing students is to design optimal pharmacologic plan for an individual patient, with due consideration to the patient's socioeconomic and cultural factors. As the faculty advisor of the International Nursing Students Association (INSA), which received the 2011 UTHSCSA-wide Student Government Association Community Service Award, my greatest challenge is to guide students towards cultural proficiency through various community outreach activities where they provide free care to individuals from diverse and underserved backgrounds. As a neuroscience researcher, my greatest challenge is to be able to characterize the neurobiological mechanisms involved in post-traumatic stress disorder (PTSD), and to promote awareness of the relevance of this debilitating condition, and the need for better treatment strategies and perhaps prevention.

Despite the diversity of roles and challenges, the underlying theme of all these is the utmost consideration and advocacy for the patient whom we, as nurses, provide the best evidence-based quality care especially for those individuals from vulnerable populations. ~

## 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 Lapiz-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.

Lapiz-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 Lapiz-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. Lapiz-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. ~

News released by the Hogg Foundation for Mental Health at the University of Texas at Austin on June 16, 2011.  
Article is reprinted with permission from the Hogg Foundation.



### **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)**

## **HIGHLIGHT: Leslie Joy Maulit**



*Leslie Joy Montaña Maulit, 21, is the daughter of Lourdes and Reynaldo Maulit from Iloilo, Philippines. She and her Kuya were born and raised in El Paso, Texas. She attended UT Austin for her Pre-Nursing coursework and is currently a 4<sup>th</sup> semester Nursing student at the UT Health Science Center, graduating in December 2011. For the future, Leslie hopes to work in Pediatrics, plans to continue her education and aspires to become a Doctor of Nursing Practice (DNP).*

### **Memoirs of a Nursing Student**

Leslie Joy M. Maulit

When I was younger, I often saw nursing students in matching uniforms amongst the hallways of the hospital. I always thought to myself, "One day, I want to be like them." When I started volunteering in the ICU my junior year of high school, I saw firsthand the relationships the nurses had with their patients and patient's families, which really inspired me. The advocacy, caring attitude, and overall interaction were what attracted me to the profession. Now that I am starting my final semester of nursing school in the Fall, I look back at how much I have grown up personally and professionally as a student nurse. I remember walking into my patient's room on the first day of clinical looking professional on the outside, but extremely nervous on the inside. With guidance and encouragement from clinical instructors, nurses, patients, friends, and family, my confidence level has increased in magnitude.

While nursing school has many challenges, the most challenging for me thus far has been the emotional aspect of the clinical setting. Emotions have a major impact on an individual and it is important to treat a patient holistically. Being empathetic rather than sympathetic, encouraging when others are discouraged, and to build therapeutic relationships that are influential on the care delivered are all things I have improved greatly. Having the ability to apply lecture content to the clinical setting is significant, but being able to interact with the patients and provide patient care is what I love most. Experiences such as assisting in the birth of a baby, observing the acquisition of stem cells and bone marrow transplant, and hearing the stories patients tell make the mandatory clinical care plans and hours of studying worthwhile.

In addition to classes and clinicals, my career as a student nurse has also involved active membership of vocational organizations, which have helped me to excel academically and professionally. I joined the UTHSCSA National Student Nurses Association (NSNA) and International Nursing Students Association (INSA) to network myself amongst other Nursing students, as I was new to San Antonio. NSNA provides professional development opportunities, community outreach, and various resources. INSA provides multiple health screenings in the underserved communities of San Antonio, while providing culturally competent care.

Through INSA, I was able to practice clinical skills while gaining cultural proficiency through the interaction with people from diverse backgrounds. I helped organize health screenings as the INSA secretary, which allowed me to experience what giving back to the community really is. Additionally, I also recently joined PNASA in order to network within the Filipino community and to collaborate with professional nurses. These organizations have given me the opportunity to attend and present at conferences and service learning projects, which have been very beneficial to my future nursing career.

Words cannot express my gratitude for the nurses, teachers, and mentors who have generously shared their experiences. Knowing they sometimes struggled as students and even as RNs reassures us nursing students that we are not alone... or crazy! Lastly, I must acknowledge my family and friends whose continuous support has been crucial the past year and a half. Knowing they understand why you are always studying or asking them to be a guinea pig because we learned something new in lab is extremely appreciated.

Nursing presents new challenges and learning experiences every day. I am very excited to be on the road to graduation, NCLEX, and practicing as a professional nurse! ~

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



### **The South Central Region (SCR) Happenings**

Gloria Lamela Beriones, MSN, RN, NEA-BC  
Vice President

You may ask.... What is the strength of the SCR Team?, the SCR leaders and members who are passionate and engaged in making a difference in the lives of people and the nursing profession, every day. The SCR is composed of 12 chapters and one sub chapter with 821 strong unwavering voices of Filipino American nurses. The SCR team is dedicated in reaching out to Filipino American nurses who are not members of the Philippine Nurses Association of America (PNAA) to become members and to get involved in various PNAA projects that have positive impact in the US health care system as well as in their personal and professional growth as professional nurses.

The PNA Texas Cameron County was the host of the 11<sup>th</sup> PNAA SCR Conference in Brownsville, Texas on March 25 - 27, 2011. The SCR for the first time recognized and awarded SCR Teams that demonstrated teamwork, collaboration, and effective communication to promote the chapter's mission and goals. I want to sincerely thank the chapters that nominated their stellar teams for the Teamwork and Recognition Award: PNA North Texas, PNA Tampa, PNA Georgia, PNA Gulf Coast Florida, PNA Northeast Florida, PNA Metro Houston (four teams), and PNA Central Florida.

#### ***The Winners***

***First Place - Gulf Coast Florida*** for their outstanding "Scholarship and C.A.R.E. Award Program." *The team ensures that new ideas or concepts are welcome and able to change criteria to move their team forward. The team builds relationship across committees for any conflicting issues and reach agreements through listening, consideration, openness to other ideas during deliberation. Differences in opinions and ideas are respected and heard openly creating a healthy trusting environment.*

***Second Place - PNA Central Florida*** for the team's passion, determination, and collective efforts to bring back their chapter as an active member of the PNAA. *It is through strong collaboration, healthy dialogue among the executive board and members, and reaching out to other SCR chapters for collegial support and encouragement that PNA Central Florida became alive and host of the 12<sup>th</sup> PNAA SCR Conference on June 1 - 3, 2012 in Orlando, Florida.*

***Third Place - PNA Metro Houston*** for the team's tireless dedication, perseverance, and collaborative efforts in creating the first sub chapter of the PNAA Metro Houston to Beaumont, Texas and held video conferences to solidify the plans and PNAMH-Texas Golden Triangle was successfully created on June 2010.

On July 22, 2010 the SCR Presidents and VP agreed on four Priority Focus Teams that they believed the region and each chapter needs to focus on and lead to meet the SCR mission and goals, in alignment to the PNAA goals 2010-2012. These Priority Focus Teams are chaired by chapter leaders which include: Leadership/Practice Development - Rosie Antiqueno, Membership Engagement - Ghie Alagano, Professional/Community Partnerships - Dr. Gemma Rio, and Teamwork Recognition Awards Program - Sandy Lalata, which have been well executed by each chapter. The leadership and passion of the chapter presidents and their dynamic executive board are the drivers of engagement which keep them doing what they do best even in times of difficult situations/decision.

The SCR team has been engaged in various PNAA/PNAA Foundation projects such as PNAAF Founding Members Initiative, raising funds for the PNAA headquarters and Balik-Turo Program and 5 K- Run/Walk on July 3, 2011 to raise funds for the Regional Conference and National Convention Leadership Institute. I am appealing to everyone for their generous support as well as reaching out to private businesses and individuals who are committed in supporting these causes. The other PNAA humanitarian initiatives are: Gawad Kalinga

Housing and Gawad Kalinga Kalusugan, Kababayan Emergency Fund Program (KEFP) for victims of disasters in the Philippines, and Community Outreach programs (Healthy Heart and Filipino Cancer Network of America).

These PNAA projects are true exemplars of members' passion, engagement, and in making a difference in the lives of people...now and every day. It is my sincere and heartfelt gratitude to everyone's tireless and countless sacrifices in making this world a better place.

The SCR team is proud and fully supportive of the PNA San Antonio led by Hedda Gonzalez, President, as the host of the 33<sup>rd</sup> PNAA National Convention in San Antonio, Texas on July 11-15, 2012. The PNAA 41 chapters and sub chapters are all anticipating the upcoming convention in historical San Antonio, Texas. ~

## Nursing Engagement and Making a Difference

Josie Schantz, MSN, RNC, WCC



The complexity of our health care delivery system has expanded nursing roles. Nurses are the key connecting points through which the system, patients, and physicians work together as a team. Active participation and deep level of nursing engagement highly contribute to excellent quality of patient care.

On April 2, 2011, the Philippine Nurses Association of San Antonio (PNASA) conducted a half day educational seminar at Northeast Baptist Hospital Conference Center. The seminar was titled, "Nursing Engagement and Making a Difference". This educational activity was approved for nursing continuing education and was attended by more than 40 nurses throughout the San Antonio area.

The seminar started with an interactive presentation by Gloria Lamela Beriones who is the PNAA - SCR Vice President and Nursing Director at the Methodist Hospital in Houston, Texas. Her topic was titled, "Promoting Member Engagement: A Leadership Imperative." Ms. Beriones described the key role of the nursing leader in promoting member engagement and strategies to use in getting members to join professional organizations.

The second speaker was Wendi DeLeon, the Chief Nursing Officer at Northeast Baptist (NEB) Hospital in San Antonio, Texas. Her topic was titled, "Staff Satisfaction and Staff Engagement: Hallmarks of Clinical Practice." Ms. DeLeon outlined how she engaged the staff in creating a magnet caliber Emergency Department (ED) at NEB. She identified short and long term opportunities and created immediate and long term successes for her staff. In addition, she discussed sharing the ED successes with the entire nursing organization in the Baptist Health System in the hope that other departments emulate her strategies and elevate his/her department.

The final speaker was Gayle Dasher, the Director of Clinical Practice for the Christus Santa Rosa Health Care System in San Antonio. Her presentation was titled, "Transforming Care Through Staff and Leader Engagement". Ms. Dasher described the elements of transformational nursing care, the three benefits in engaging staff to be transformational caregivers and challenged the audience to identify an initiative in their department in which engaged staff can make an impact.

Based on the educational program evaluation, the attendees thought the topics were very informative and relevant in today's changing nursing environment. Nurses are viewed as patient champions and are the nexus of patients' care. They use their knowledge to empower others and drive system change. PNASA truly believes that active participation and deep level of nursing engagement highly contribute to excellent quality of patient care.

PNASA would like to invite fellow nurses to join us for another educational program in October 2011. ~



**PNASA Educational Seminar attendees**



## PNASA Health Screening at Sto Niño Annual Fiesta

Haydee Nicolas, BSN, RN

Around May of each year, the Sto Nino Catholic Church which is the only Filipino church in San Antonio, hosts its annual fiesta. This year's 18<sup>th</sup> fiesta was held on May 14 - 15, 2011.

The church grounds exploded in size with various activities for every one of different age level, cultures and walks of life. Abundance of Filipino foods, music, raffles, and dances are presented all day long. One cannot escape a touch of the "Filipino culture", displayed in public with men wearing the traditional "barong", selected women wearing their colorful "terno or Maria Clara" (gown) and an English/Tagalog mass preceded by the Sinulog procession.

Being a member of this church for over 10 years, I had somehow sensed and felt the pulse of the community that attends this event. Having committed to our goal and motto of VISIBILITY as the Publicity Committee co-chairman, I took advantage of this opportunity. The church needs volunteers for community outreach and there is no better way to extend support to the church and at the same time promote PNASA by holding a health screening event. These consist of obtaining blood pressure, heart rate, O2 saturation, BMI, blood glucose and cholesterol levels. We were able to provide health education to promote health and wellness along with basic preventive measures. In addition to a brief one on one interview with the participants, handouts, brochures, and educational materials relevant to their condition and needs were provided as well.

We serviced a good number of parishioners, their eyes lit up and smiles seen across their faces when you utter a word or they hear an advice that made it click and gave them an "aha" moment. That was priceless! The warm glow inside my heart; the unexplained gratification and sense of fulfillment all came back again while trying to assist the eager participants.

With accommodation and graciousness from Fr. Martin, Sto Nino's parish priest, we were able to secure a booth and tables to showcase PNASA as a professional organization and encouraged participation of nurses to educational and professional activities as part of its mission and to serve our community. The collaboration with International Nursing Student Association (INSA) of UT Health Science Center headed by Dr. Maria Danet Bluhm also contributed to the success of this event.

Overall, the time and effort of all the PNASA members who supported and volunteered was all worth it. We not only gained recognition among the local members of the community but we increased membership and were able to distribute flyers and application forms to quite a number of interested inquiries. The never ending thank you from the Parish Priests, fiesta event coordinators, and members of the community as well as the anticipation for the next health screening service from PNASA, made a stamp of a successful day!

Good food, inviting music, laughter, fun while providing service and great camaraderie among colleagues – what else can you ask for? ~

*"It is not how much you do  
but how much love you put in the doing."  
- Mother Theresa*



**PNASA nurses with Dr. Bluhm and INSA officers**



**L-R Marietta Dela Cruz, Haydee Nicolas, Aura Casabar,  
Myra Tadifa, Lou Maulit**



## **Nurses from the Philippines in the US for Postgraduate Studies and Training**

Cristina Gatmaitan, RN, MSN, ACNS

In 2002 a group of nurses from the Philippines arrived in San Antonio under the sponsorship of the Methodist Healthcare System in conjunction with the University of the Incarnate Word, to pursue advanced nursing degree and to get practical experience in a US hospital. These nurses were part of a work-study program with the Global Scholarship Alliance (GSA) which provided academic scholarships to qualified international nurses to obtain master's degree in an accredited university in the US. The GSA program in the Philippines was co-founded by Sister Remy Junio of Saint Paul's University in Tuguegarao and GSA founder, Todd Bol to create a "sustainable model for replenishing the world's supply of nurses, nurse leaders, and nurse educators" in response to the global nursing shortage and the exodus of Filipino nurses outside the country resulting in "brain drain." This program also provided an avenue for the Philippines to benefit from, through a 2-year mandatory homeland service by these nurses upon completion of the program. The nurses are required to go back to the Philippines to share their knowledge and experiences resulting in "brain gain."

To find qualified candidates, GSA did the selection process initially and then representatives from the Methodist Healthcare System went to the Philippines to conduct a face-to-face interview with the shortlisted applicants. Once the applicant has passed the interview process, multiple requirements have to be completed which included the passing of the US Nursing Licensure and language proficiency examinations as well as the Graduate Record Examination (GRE), obtaining an Exchange Visitor (J1) visa and other eligibility processing requirements.

Eight nurses with Bachelor's of Science degree in Nursing (BSN) arrived from the Philippines in 2003. To fulfill the program requirements, the nurses were enrolled as full-time students and were allowed part-time work (20 hours per week). Initially, there was a concern that these nurses will have difficulty living on a 20-hour part-time job income. But needless to say, they did not only survive and live comfortably but they were able to send money back to the Philippines. They adapted to the culture and way of life in the US and they eventually completed their Master's of Science degree in Nursing (MSN) in 2005 with a major in Education. After graduation, the nurses took advantage of the Optional Practical Training provision of their visa that allowed them to work full-time for 18 months in a hospital before returning to the Philippines.

In 2007, the nurses went back to the Philippines to work for two years as faculty members in various nursing schools, mostly at their respective alma mater. So far, four of them are still in the Philippines mentoring and teaching the next generation of nurses in various fields of nursing while others who had fulfilled their contracts came back to continue their nursing career in the United States.

After the success of the first GSA group in San Antonio, another group of nurses in 2008 arrived in our city from the Philippines under the same program sponsored by the Baptist Healthcare System. They came in two batches but this time under the Student (F1) visa. The new set of scholars went to UIW like the first group, to obtain their nursing graduate degree in either Clinical Leader or Adult Clinical Nursing Specialist. The first batch graduated in 2010 while the second batch finished school in May 2011. They are now on their 18-month Optional Practical Training at the Baptist Healthcare System as full-time employees and will then return to the Philippines to fulfill the two year homeland service requirement.

The GSA program is a milestone for the hospitals, the university and the nurse scholars alike to help ease the nursing shortage in creating external linkages for the university and extending scholarships to the Filipino nurses. However due to the economic downturn in the US and the difficulty in obtaining a student visa from US Immigration Office, the GSA program has been on a "standstill" since 2008 as commented by Connie dela Cruz, President of the GSA Philippines.

I am proud to feature Barbara Michelle De Guzman, a GSA scholar who recently completed her research on "The Culture of Incident Reporting among Filipino Nurses" through the Far Eastern University (Philippines) research workshop, and showcased it in the corresponding research exhibit. Ms. De Guzman is practicing and sharing her knowledge as a nursing faculty in the Philippines and she acknowledges her mentors in UIW and Methodist Hospital and the GSA program to have immensely contributed to her passion for research and teaching.

The global nursing crisis affects every one and reaches every corner of the world. There are many questions still left unanswered by the experts regarding the duration, extent and proposed viable solutions to this problem. In May 2005, the International Council of Nurses (ICN) held an international summit in Taiwan to discuss priority nursing workforce issues including the global nursing crisis. The summit has identified 5 priority areas of intervention, one of which is - *Nursing Leadership* . When these GSA scholars go back to the Philippines, they will impart the knowledge they have learned and experiences they have gained while in San Antonio to a new generation of Filipino nurses and will help prepare them to become future leaders in Nursing and ultimately improving the quality of care for every Filipino. ~

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**Michelle Barbara De Guzman at the poster exhibit on June 11, 2011**

## Benefits of Professional Nursing Organization Membership

Ruth B. Newland, BSN, RN



Professional nursing associations provide an opportunity for professional nurses to develop a bigger picture of nursing and health care overall. Association members can explore trends and concerns facing their profession, and the association provides networking opportunities to connect them with peers, mentors, and nursing leaders.

Membership in a professional nursing organization also provides nurses with opportunities to exchange ideas and collaborate on issues and projects as they face the challenges of providing quality health care. Joining associations provides nurses with a competitive edge because they become active, informed members of their profession. They can stay connected to their peers at the local and national level. Joining an association also results in educational, personal, and professional development opportunities provided by the association's professional journal, scholarships, and seminars.

Just joining a professional organization is not enough, however. To fully receive the benefits of membership, you need to be engaged with the association. Find a committee that interests you. Working on a committee provides an opportunity to hone a variety of skills. Attending meetings will leave you feeling energized and rejuvenated. It is a great way to stay in touch with other nurses from the community, and meetings are good places to exchange ideas and find out how other nurses are handling hot issues. Networking with nurses outside your place of employment can give you a broader perspective on the market and health care in general. Volunteer for special projects and programs. Continuing education events, annual conventions, vendor fairs, health fairs, and media projects give you an opportunity to make a real difference and give something back to your profession. ~

**Privilege of Representation  
Leadership Development**

**Educational Opportunities  
Community Service**

**Networking**



## Power: Making a Difference through Influence

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

More than seven decades ago, Adler (1938) described power as a means to manipulate or control others to meet one's own needs. This classic definition has its roots in children as they demonstrated their ability to get what they want from their parents by simply crying or going into temper tantrums. Although modern organizational behaviorists may not subscribe to this notion as an acceptable way to behave in the work place or in any organization, the underlying concept of influencing others using power is a reality that leaders face.

According to Adler (1938), the ability to manipulate has its inherent characteristic of being pleasurable. As such, as children grow up, they do not feel comfortable giving up their power to manipulate their parents. Even as adults, individuals try to recapture this power to satisfy their needs and the need for power resurfaces when there are feelings of inadequacy (Hersey and Blanchard, 1988). Organizational and relationship politics are as pervasive and the challenge for the leader to be effective is to understand and utilize the appropriate type of power

### Bases and Types of Power

There are different types of power. Etzioni (1961) describes the differences between positional and personal power. The source of these powers defines their scopes. Leaders that influence others to perform their duties by virtue of their position within an organization use positional power. On the other hand, individuals who are able to influence others because of the power accorded by their followers utilize personal power. Some leaders may utilize both types of powers.

A more recent work by Hersey and Blanchard (1988) describes other sources and types of power. These include coercive, connection, reward, legitimate, referent, information and expert power. Coercive power refers to the use of sanctions. Connection power is obtained through association with influential individual or organization. Reward power uses incentives and perks. Legitimate power provides the individual the authority to make decisions by virtue of his title or position. Referent power is established by charisma or a degree of attractiveness. Information power is premised on the ability to access or possess information. Expert power is gained through knowledge, education, and experience. Robbins and Judge (2009) classify the bases of power into formal power and personal power. These bases of power provide the source of the categories of power. Coercive, reward and legitimate powers originate from formal power base while expert and referent powers emanate from personal power base. Research has shown that the latter – expert and referent powers are the most effective types of power.

Porter-O'Grady and Malloch (2003) warn that power has positive and negative connotations. Power is associated with strength, influence, coercion and dominance, therefore makes it difficult to understand and utilize. To promote the use of power by followers, Maxwell (1995) suggests that they need to be provided with opportunity, freedom and security. However, empowerment is often neglected or misunderstood (Ross, et al, 2002). When used appropriately, empowerment results in greater confidence among the followers and yields greater outcomes because of the increased knowledge, skill and control over one's duties.

### Power and Organizational Culture

Leaders utilize power in different ways. These powers are used in influencing followers, peers and colleagues. The upward, downward or lateral use of power determines the power tactics used in different situations, with difference people of varying positions, titles or authority. Drucker (2004) contends that followers should also manage their leaders. These leaders rely upon their followers. Leaders in any organization develop people; they either form them or deform them (Drucker, p. 275). To develop individuals, the leader must focus on the strengths of the followers and members. Finally, organizations are built on trust, and trust is built on communication and mutual understanding. As we witness the unprecedented growth of the Philippine Nurses

Association of San Antonio, the leaders and their members have the opportunity to make a difference by exerting their influence through the use of appropriate power.~

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## Congratulations! Shine, PNASA, Shine!

**Cristina Gatmaitan** - awarded the Employee of the Quarter Nursing Category at the Main Methodist Hospital June, 2011

**Manolito Guerra** - selected as one of ER nurses "Future Nursing Work Team" by the Emergency Nurses Association (ENA)

**Jerry Asumbrado** - promoted to CAPTAIN in the United States Army Nurse Corps

**Dr. M. Danet Lapiz Bluhm** - awarded a research grant from the Hogg Foundation to study Post -Traumatic Stress Disorder (PTSD)

**Rima Seno Kanazeh** - awarded the PNASA Scholarship Award June, 2011



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



## From the Committee Chairs



### PNASA Visibility: More than what meets the eye!

By Marietta Dela Cruz, BSN, RN

Chairman: Publicity Committee and Public Relations/Website/Facebook/Newsletter

When was the first time you had heard of the Philippine Nurses Association of San Antonio (PNASA)? My PNASA visibility story may not be so typical but it echoes the experiences of many. I had not heard of PNAA the parent organization throughout my previous nursing experiences in Hawaii and Oklahoma. I was invited by my VA coworker, friend, and PNASA member, Ruth Naseem in the VA parking lot back in 1996 to go with her to a PNASA meeting. It was providence that meeting day was also my day off.

Yes, I know for many your work and family schedules greatly limit your involvement in PNASA or any other activities. But that day I decided to make time and liked what I saw because of friendly PNASA members that took their time to explain the organization's goals and their activities. I started as a member on a committee and did what I could to help. I learned how to do more things and met more members and earned the trust and confidence to take on more responsibilities and leadership roles. I learned that with the help of others the time and effort to plan, support and complete PNASA projects must be shared. That way my family life, work and PNASA could be balanced.

We can agree that words have deeper meaning. Words may change the hearts and minds of people to understand ideas and move to action. The Philippine Nurses Association of America (PNAA) is our mother organization and its mission statement is echoed in our own PNASA's mission statement.

- *Promote professional nursing standard as defined by the Texas Nurses' Practice Act and accrediting agencies in the United States.*
- *Collaborate with professional organizations and agencies to develop and implement educational programs related to nursing practice, education and research.*
- *Provide a support for the newcomer Philippine nurses relevant to their orientation to the United States Health Care System.*
- *Encourage participation of its members in professional and educational activities. Support the goals and objectives of the Philippine Nurses' Association of America.*

Visibility, image, information, communicates and publicity are key words from the scope statement of your PNASA Publicity Committee:

*The scope of the Publicity Committee is to determine strategies that will increase PNASA visibility in the community, to promote the PNASA image as a professional nursing organization to the public, to disseminate information to PNASA members regarding its business and activities in achieving its goals, and to communicate to PNAA approved PNASA news.*

The first key word in all this is visibility. What is PNASA visibility? PNASA visibility is to be seen, to be understood and to be of value.

**PNASA visibility is to be seen.** What are some practical ways for PNASA members to be "seen"? Oddly enough, consider "talking" more about your experiences in PNASA activities with your colleagues, coworkers, and friends. You're thinking I don't have many experiences in PNASA activities. Member reality check: it is time to be proactive and learn more about PNASA activities and then be active in any way you can. PNASA's Publicity Committee will continue to make available updated and timely informational notices on the PNASA website ([www.mypnasa.org](http://www.mypnasa.org)), Facebook as well as through direct member email as needed.

Members can also be seen by wearing your PNASA shirt or T-shirt with our name and logo when appropriate at work or in the community. A new initiative is to have the PNASA logo visible. Consider a car bumper sticker or window decal with PNASA. How about a PNASA member pin or button and maybe a sew-on patch? There could also be PNASA logo on duty bags, windbreakers, scarves, umbrellas, pens, note pads and other common items.

**PNASA visibility is to be understood.** Unfortunately some potential members have had negative experiences or heard of such in whatever way with PNASA. To them, my personal apologies and on behalf of the PNASA Executive Board, we ask for a chance to redeem the organization in your eyes. PNASA leadership seeks your constructive comments by contacting the leadership personally or other means such as through our website. Each comment will be reviewed and addressed in a timely manner and positive changes will be made according to our By-Laws and policies.

To our members we ask you to meet opposition and misinformation with positive information and examples of your own positive experiences. Invite all potential PNASA members to look at promotional handouts, brochures, e-newsletter, surf our website and Facebook page, and come to our meetings, social, educational, collaborative and community service events. Invite former members back with charity and a chance to learn more about the PNASA of today and the vision and direction they can support as they are able.

**PNASA visibility is to be of value.** I continue with PNASA because I experience and support the value of what PNASA stands for and accomplishes as my professional nursing organization. Members with a specific interest or skill can help promote PNASA plans, activities and events that support our mission. Members can participate in any of these established committees:

*By-Laws*

*Education and Research*

*Scholarships*

*Membership*

*Publicity and Public Relations/Website/Newsletter*

*Ways and Means*

*Human Rights and Welfare*

*Nominations and Elections*

*Community Service*

*Budget and Finance*

PNASA is not alone as a professional organization. PNASA stands solidly united with the other 42+ national chapters of the PNA and its 5000+ members and growing. Also within PNA, we are actively involved in the 11 chapters that form our PNA South Central Region (SCR) in Texas, Georgia and Florida.

PNASA seeks to provide Continuing Nursing Education (CNEs) opportunities on a regular schedule with half-day seminars. PNA affords yearly CNEs and professional development with the SCR conference as well as the National Convention. Save the dates of Jun 28 - Jul 3, 2011 in San Francisco for the National PNA Convention. Also save the dates of Jul 11 - 15, 2012 right here in San Antonio! PNASA wants all to participate and to help if possible in the many large and small details of hosting this PNA National Convention in July of 2012.

What is PNASA visibility? PNASA Visibility is to be seen, to be understood and to be of value. Members help provide visibility by understanding the PNASA mission statement. Know and participate in the committees that specialize in ways members can help support our PNASA mission.

Be the person to help change for the better a fellow nurse's perspective on nursing. Offer the chance for others to attend and join, as I was, by asking a fellow nurse to attend a PNASA meeting or a PNASA supported activity. Be positive of the way we speak to others of PNASA leaders, members and activities. The best way all members can help establish PNASA visibility is to find some part of PNASA activities you have a passion for and decide on an amount of time you can volunteer to "Engage and Make a Difference!" ~

## Treasurer's Report

Tess Navalta, BSN, RN



Total Membership - 120

New paid members since last month - 17

Paid Renewals since last month - 7

Disbursement to PNA for additional 56 members - \$1,680.00 (not part of total balances)

### PNASA

Previous Balance as of May 28, 2011

CD: \$7,892.94      Checking: \$ 8,316.42

Savings: \$108.49      Total: \$ 16,317.85

## *Point of View*

### My Doctor is the Nurse:

*As the landscape of healthcare delivery changes, nurses play a greater role in providing healthcare.*

Aura Casabar, BSN, RN

Working as a case manager for a major healthcare company, I encounter members who, when asked who their doctor is, would answer "My doctor is the nurse." They are cared for by a Nurse Practitioner and yet still feel that their medical needs are well managed. A few have said that they have not met the doctor at all, let alone know the name of the doctor in the clinic.

Obama's healthcare reform has proponents and critics battling it out in Washington and in American homes especially those who are dealing with chronic medical conditions of a family member. Some people have been passionate about the changes, expressing their opinions publicly, and following the developments and arguments closely. Others have thrown their hands up in the air in frustration feeling the healthcare reform is too complicated for them to understand and that they feel either overwhelmed or helpless about it that they even refused to discuss it.

There is an ongoing trend of a growing number of doctors deciding to retire earlier than planned, restructuring their medical practices or even closing their practices to work for an employer which one can say is giving up autonomy for economic guarantee. The business of Medicine is a serious issue whether one is a provider or a consumer of healthcare. Doctors face tough decisions as their overheads go north and reimbursements head south. It has been increasingly more difficult for private practices to stay afloat. And the relationship between a doctor and a patient has turned into a business transaction as patient loyalty is no longer a guarantee. Patients' attitudes have changed as well. Patients and their families have become more educated and more likely to question than simply accepting because the doctor said so. To a degree, the "exclusivity" or even "mystery" of health information is lifted, influenced by the increasing access to information sources especially the internet. One can watch on YouTube a heart bypass or transplant in the comfort of their living rooms if one is so inclined. But with changes in the landscape of healthcare delivery, there is a shift to a more active role of the nurse.

Almost thirty years ago, when I arrived here in the United States with an H-1 visa, I was struck by what I thought then was boldness of a nurse to discuss a patient's medical condition with a doctor. Really? A doctor was actually acknowledging the presence of a nurse by discussing the patient's diagnosis and prognosis with her. During my short hospital nursing experience in Manila, the doctor checked the patient with the meek nurse standing on alert next to him awaiting orders then handed the chart to the nurse, turned and left. So an actual discussion of a patient's condition by the doctor and the nurse was foreign to me.

Through the years as I got older, I saw the role of the nurse evolve to become a true partner alongside a doctor in delivering healthcare and caring for the sick. There is a sincere mutual respect from both professions. Doctors actually want input from the nurses and listen to their opinions and recommendations. In one local hospital, when a nurse calls the doctor it is no longer enough to state the problem and give an assessment report but included in the process is the expectation that the nurse emphasizes the urgency of the situation and gives recommendations as appropriate using her critical thinking skills to the doctor. Some also follow what the hospital calls as "Core Measures" for specific disease processes. Patients as well have come to recognize the important role of a nurse; no longer are we just bedpan-carriers nor messengers to a doctor but true professionals continuing on to **Advanced Practice Nursing as Nurse Practitioner (NP), Certified Nurse Anesthetist (CRNA) Clinical Nurse Specialist (CNS), and Certified Nurse Midwife (CNM)**. We are capable and licensed to perform tasks reserved in the past for doctors, to provide patient care and to improve their health and quality of life.

In 2009, the Philippine Nurses Association of America (PNAA) formed the **Advanced Practice Nurse Forum (APNF)** with the mission "to galvanize Master's prepared nurses within the PNAA". (Read PNAA article "Advanced Practice Nurse Forum: Leading the Way").

And as the role of the nurse evolves and moves to the forefront, it is critical that the nursing profession continues to prepare and train nurses in becoming leaders who will be effective in making valuable contributions in the battle for healthcare reform. In the meantime, for those patients I've talked to who respect and trust their nurses, the plan on continuing to see their "Dr. Nurse" is just fine by them.~

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## *Can You Hear Me Now?*

The World Health Organization (WHO) announced on May 31, 2011 that cellphones are being classified as "CARCINOGENIC HAZARD" due to the radiofrequency electromagnetic fields associated with their use.

According to a CNN report, a team of scientists from different countries "found some evidence of increase in glioma and acoustic neuroma brain cancer for mobile phone users, but have not been able to draw conclusions for other types of cancers."

In a response to the announcement, the Cellular Telecommunications Industry Association (CTIA) - The Wireless Association says it "does not mean cell phones cause cancer" and that the WHO researchers "did not conduct any new research, but rather reviewed published studies".

It seems children are at higher risk because of their thinner skulls and scalps causing the "radiation to penetrate deeper into the brain of children and young adults," according to the CNN report.

*Hmmm...So in this case, it helps to have a thick skull. Read up on this issue and make your own conclusion. Can you hear me now? - A. Casabar*

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[CNN.com/2011/HEALTH/05/31/who.cell.phones](http://CNN.com/2011/HEALTH/05/31/who.cell.phones)

[www.who.int/en](http://www.who.int/en)

## *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 be conducting a survey 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 responses 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:

**"I am a PNASA Member!"**

## *Your THOUGHTS and IDEAS!*

I believe in you all, Guys. So proud of you and please include me in your emails. I love knowing and reading all these good stuffs happening esp. to our SCR community. Thank you too, to Hedda for responding to me. God bless you all.

*- Merlita A. Velasquez, BSN, RN  
Administrator, Nursing Resource  
Home Health Service, Houston, TX*

To Hedda and her new team, Go forth and make PNA-SA proud. Congratulations!

*- Pam Windle, MSN, RN, CPAN, CAPA, FAAN  
Board Member PNA-MH*



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

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## 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. Please complete the **2011 PNASA Needs Assessment Survey** for CE
2. August 27, 2011: Topic TBA - Tentative 1 contact hour CE
3. October 29, 2011: Topics TBA 4.5 CNE

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

1. "Save the Date" Flyers and Postcards for **PNA 33rd National Convention in San Antonio** are available for distribution
2. PNASA website [www.mypnasa.org](http://www.mypnasa.org) main page changing soon!

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

1. Revised **Scholarship Forms** being reviewed
2. Scholarship Award recipient: BSN undergraduate - Rima Seno Kanazek

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

1. August 6, 2011: Annual PNASA picnic (members and family) details TBA
2. November 12, 2011: **Filipiniana Extravaganza** - Song and Dance (choral) presentation by PNASA members and friends. For Details: Contact Chairs
3. December 4, 2011: PNASA Christmas Party

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

1. October 22, 2011: Submission of 2012 Estimated Budget

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

Issues on "Speaking Tagalog" (national language of the Philippines) at work "Is it a ground for termination/suspension?" being discussed as an educational presentation.

**Community Service Committee** - Chairs: Ruth Newland/Tess Navalta

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

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

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

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



**PNASA, Inc.**

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