



# AWHONN

OREGON

PROMOTING THE HEALTH OF  
WOMEN AND NEWBORNS

## OREGON SECTION

MARCH 2016 VOL. 3 NO. 1

### The Measure of a Nurse is the Person She Is

by Nancy Irland, DNP, RN, CNM

**H**ello, fellow Oregon AWHONN members. It is an honor to serve as your new Oregon AWHONN section chair for the next two years. Deb Castile leaves some big shoes to fill, and I begin with thanks to her and her team. They have made Oregon AWHONN a strong and successful professional group that is admired by National AWHONN in Washington, DC. I intend to have fun in this role, and the committee members have already made sure we do that! We will have fun at the conference in September too, so make sure you're there!

Everyone has an agenda, and here's mine: I would like to eliminate the power distance we sometimes feel

in nursing between our levels of education; the "haves" and the "have nots." While I support continuing education and have encouraged several nurses to get their BSN, I would like us all to respect the fact that in the end, we all take the same nursing boards. How amazing is that? It should level the playing field.

This has been a personal issue for me. I was an ADN nurse for the first 25 years of my 44-year perinatal career. Throughout that time, some of my BSN colleagues would remark they weren't sure if I should be writing policies or serving on hospital committees. Sometimes I felt they thought of me as a moron. On one occasion, one of them remarked she was amazed at my decision-

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*"A smile is the universal welcome."  
— Max Eastman*

### Email Address Changes

Here at Oregon AWHONN, we value open lines of communication. We want you to know that your leadership team is always available to you to answer any questions that you may have or to hear your suggestions for improving the value of your Oregon

AWHONN membership. Please note our new email addresses in the side bars on pages 3 and 4. You can also submit questions or comments on our webpage at [oregonawhonn.org/contact](http://oregonawhonn.org/contact). §

making skills because I was “.... just a 2-year.”

Wanting more options in my 40s (and, I’ll admit, wanting to prove to myself that I could do it), I returned to school and earned a BSN through the University of Portland’s RN-BSN program. The insights were amazing! I learned that I practiced by the self-care nursing theory of Dorothea Orem. Such validation! I was fascinated by ethics, and learned how I could do research. My understanding of things not directly patient-care related expanded. I went right on to midwifery school at OHSU and became a nurse-midwife. More insights followed, including the fact that while my nurse colleagues were drinking coffee, they were being paid; I would not be paid until I completed the delivery and got back to the office!

I enjoyed a private midwifery practice for 5 years until the paralyzing snowboard injury and death of my son David in 2000 and 2001 took away my tolerance of legal risk. As a result, I closed my practice and took a position as a Clinical Development Specialist at Salem Hospital. I was happy there, but felt an inner drive to follow my dream of being a professor.

When I sought new options as a professor, the colleges told me I was “...just Master’s-prepared”

and didn’t have a Doctorate. That seemed like my next hurdle. So, in my 50s, I pursued and earned a Doctor of Nursing Practice from OHSU in 2012. Inside, I’m still me, the 2-year nurse who took great care of her patients, gosh darn it, and has since learned to understand the gears of nursing leadership better. In March, I will begin my new role as a professor in the online RN-BSN program for Northwest Christian University, in Eugene. Dream accomplished, thanks to going back to school!

My wish is that while those of us with advanced degrees encourage those without them to go back to school, let’s not turn our educational differences into class struggles. Let’s not be in competition with each other. Our employers might need to look at that, but let’s not do it to each other.

The measure of a nurse is not how many years she or he has spent in school, but the kind of person she is. Is she careful? Discerning? Does she seek solid reasons for her practice? Then she’s a professional. Education opens new doors and teaches us new ways to think; it doesn’t change who we are at the core. Wear whatever level of education you have with pride, for you are an obstetric, women’s health or neonatal nurse — the very best specialties of all! §

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## A Letter from Your Membership Coordinator

*by Heather Webster, RN*

Greetings fellow Nurses and Nurse-Midwives, my name is Heather Webster, and I am very excited to be your new Oregon AWHONN Membership Coordinator!

I have been a nurse in Labor & Delivery at OHSU since the beginning of 2014, and have been working with Oregon’s AWHONN branch since April of 2015 as the Legislative Coordinator. I’m also a mom of a very busy 21-month old, which means my outside interests and talents now primarily involve building cool stuff out of Duplos and hiding vegetables my toddler refuses to try into delicious-tasting smoothies.

With my new duties as Membership Coordinator, I hope to retain current members and welcome many

new ones! I hope to educate my colleagues about the benefits of membership and assist in creating opportunities for all of us to connect with one another either in person through local and national conferences, or through the online tools available on our Oregon AWHONN website’s message board and Facebook group. Oregon AWHONN gives us a platform to connect with our community and share knowledge and education. I am very excited to share my enthusiasm for AWHONN with you, and hope to meet many of you in person. Please don’t hesitate to contact me at [membership@oregonawhonn.org](mailto:membership@oregonawhonn.org). I would love to visit your workplace to share all that AWHONN has to offer. §

## Oregon AWHONN Leadership Team

### Section Chair

*Nancy Irland, DNP, RN, CNM*  
chair@oregonawhonn.org

### Secretary/Treasurer

*Becky Moore, RN*  
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### 2016 Oregon Section Conference Co-Chairs

*Nancy Alt, BSN, RNC-OB*  
conference1@oregonawhonn.org

*Robin Cothrell-Tubbs, MN, RN*  
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### Chapter Coordinator

*Deb Castile, MN, RNC-OB, CNS, NE*  
chapter@oregonawhonn.org

### Portland Metro

*Leona Logue, MN, RN, CNS*  
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### Mid-Willamette Valley Open Position

### Southwest Willamette Valley & Vicinity

*Becky Moore, RN*  
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### Southern Oregon

*Donna Dial, RN*  
*Donna Salazar, RN*  
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### Central Oregon

*Mara Kerr, MN, RN*  
coregon@oregonawhonn.org

### Northeast Oregon Open Position

## From the Editor's Desk

A big part of nursing is teamwork and camaraderie. Without these things, we wouldn't be able to take care of our patients as well as we do. As a growing and evolving profession, that means our teams are always changing with new nurses. This year, Oregon AWHONN's leadership team has evolved with changes in positions and new leaders as well. We welcome everyone to their new roles. And would love to welcome you to our open positions. If you're interested



in any of them, please don't hesitate to contact Nancy Irland at [chair@oregonawhonn.org](mailto:chair@oregonawhonn.org). §

Donna Talain



## Member Spotlight: Sharon Baker

In 2015, Oregon AWHONN was the *Every Woman, Every Baby* Section Challenge Winner for greatest participation rate in donations. For winning the challenge, we received one free national AWHONN Convention registration, which went to our very own Sharon Baker. "I would not have otherwise been able to go to the Convention," said Sharon. Read more of her story at [awhonn.org/general/custom.asp?page=DonorSharonBaker](http://awhonn.org/general/custom.asp?page=DonorSharonBaker). §

## Nursing Tip of the Quarter

Last edition, we asked for your best tip for taking care of yourself and relieving stress. Unfortunately, we received no responses, so this time, an even bigger Amazon.com gift card is up for grabs!

### This Month's Question

We've welcomed several people to the Oregon AWHONN leadership team this year either in new roles or new to the group entirely. What is your best tip for welcoming new nurses to your group? Submit your answers at [oregonawhonn.org/newsletter](http://oregonawhonn.org/newsletter). The best tip will win an Amazon.com gift card. §

## Oregon AWHONN Leadership Team (Continued)

### Membership Chair

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### Nominating Committee Chair

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### Legislative Coordinator

Open Position

### Communications Director

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## The Year in Review: Top Neonatal Topics of 2015

by Pat Scheans, DNP, NNP-BC

### Zika virus

Reports emerged of thousands of babies with congenital microcephaly and other abnormalities of the brain and eye that are strongly suspected to be due to maternal infection with Zika virus. It is primarily transmitted by *Aedes aegypti* mosquitoes, which are found throughout the Americas. Zika infections are often asymptomatic; 20% exhibit fever, rash, joint/muscle pain, conjunctivitis and headache. The incubation period is days to a week; viremia lasts around a week. Restriction of travel, protection from mosquito bites, and condom use if male partners have/are at risk for Zika virus infection have all been recommended to prevent maternal infection. Several counties have advocated for delaying childbearing until the epidemic is over. Fortunately, there is no evidence that a fetus conceived after maternal viremia has resolved would be at risk for fetal infection.

CDC MMWR (February 5, 2016). *Update: Interim Guidelines for Health Care Providers Caring for Pregnant Women and Women of Reproductive Age with Possible Zika Virus Exposure United States, 2016 Early Release.* 65(05);1-6 . Retrieved February 6, 2016 from [http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e2er.htm?s\\_cid=mm6505e2er.htm\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e2er.htm?s_cid=mm6505e2er.htm_w)

### Dextrose 40% Gel for Neonatal Hypoglycemia

The Sugar Babies Study data and recommendations were published in the pediatric research literature in 2011 and the Lancet in 2014, but 2015 seemed to be when Listservs for RNs and pharmacists lit up with discussion of an accessible, easy to administer intervention for neonatal hypoglycemia: buccal administration of 40% dextrose gel. A poster presentation at the 2015 AWHONN conference described duplication of the results, and the practice is gaining favor rapidly.

Bennett, C., Fagan, E., Chaharbakhshi, E., Zamfirova, I., & Flicker, J. (2016). Implementing a protocol using glucose gel to treat neonatal hypoglycemia. *Nursing for Women's Health*, 20(1), 64-74. DOI: <http://dx.doi.org/10.1016/j.nwh.2015.11.001>

Bennett, C., Headtke, E., & Rowe-Telow, M. (2015). Use of Dextrose Gel Reverses Neonatal Hypoglycemia and Decreases Admissions to the NICU. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 44(s1), S52-S53.



Harris, D. L., Weston, P. J., Signal, M., Chase, J. G., & Harding, J. E. (2014). Dextrose gel for neonatal hypoglycaemia (the Sugar Babies Study): a randomised, double-blind, placebo-controlled trial. *The Lancet*, 382(9910), 2077-2083. doi: 10.1016/S0140-6736(13)61645-1

### Syphilis

*"Oregon is known for many things: natural beauty, coffee, beer and pinot noir. Did you know that Oregon is also known for syphilis?"* Yes, indeed, rates in Oregon have increased more than 1,000% since 2007, and cases of congenital syphilis which usually run 0 to 1 per year were 4 times that. Be alert, and provide guidance to your patients to be careful out there. The SyphAware

website is where the quote came from and where to go for details: [www.syphaware.org](http://www.syphaware.org).

Oregon Health Authority. (2015). *Syphilis in Oregon*. Retrieved February 6, 2016 from <https://public.health.oregon.gov/DiseasesConditions/CommunicableDisease/DiseaseSurveillanceData/STD/Documents/9984-STD-Syphilis-Final.pdf> §

## Save the Date for the 2016 Oregon AWHONN Conference

Oregon AWHONN is pleased to announce details for the 2016 Oregon AWHONN Fall Conference! This year we will be holding our conference at the beautiful Oregon Garden Resort in Silverton, Oregon! The dates are September 25th - 27th, 2016. We will again provide a pre-conference session on the first day (9/25), then the main conference on 9/26 and 9/27. The conference planning committee is hard at work finalizing topics and speakers that will be timely & relevant for you & your nursing practice. Please watch for more details in the near future! [oregonawhonn.org/or-fall-conference](http://oregonawhonn.org/or-fall-conference) §



**Save the Date!**

2016 Oregon AWHONN  
Fall Conference

Cultivating Innovations in Care:  
Knowledge in Bloom

September 25 - 27, 2016

Oregon Garden Resort  
Silverton, OR

 **AWHONN**  
PROMOTING THE HEALTH OF  
WOMEN AND NEWBORNS

[oregonawhonn.org/or-fall-conference](http://oregonawhonn.org/or-fall-conference)



## Congratulations, Oregon AWHONN!

**2015 Winner of the  
Every Woman, Every Baby  
Section Challenge  
for having raised the most in  
donations**

One lucky winner will be selected from all the 2015 Every Woman, Every Baby Oregon donors to win a free registration to the 2016 AWHONN Convention. Stay tuned for more information!

### Welcome

*Donna Dial, MSN, RN &  
Donna Salazar, RN*



*Your new  
Southern Oregon Chapter Co-Leaders*

## A Letter from Your Women's Health Liaison

by Kara Johnson, DNP, RNC-OB, CNS



Hello Oregon AWHONN members. My name is Kara Johnson and I am your new Evidence-Based Liaison — Women's Health. I have 15 years of experience working as a Staff Nurse, Charge Nurse, Clinical Educator, and Clinical

Nurse Specialist in labor and delivery, antepartum, postpartum, and women's health. Currently, I work at Kaiser Sunnyside Medical Center in Clackamas, Oregon as a Perinatal Clinical Nurse Specialist.

I graduated from the University of Washington with my BSN. In June of 2014, I obtained a Master in Nursing/Perinatal Clinical Nurse Specialist degree and in December of 2015, I completed my Doctor of Nursing Practice (DNP) degree from the University

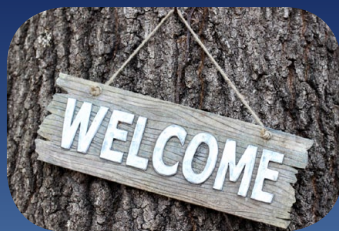
of Washington in Seattle, Washington. I am certified in inpatient obstetrics, teach NRP and ACLS OB, and I am a course coordinator for the Northwest Perinatal Resource Network (NWPRN) consortium.

My passion and focus is to support clinical staff with current research and training so they can provide compassionate, quality, and evidence-based care to patients and families throughout their entire pregnancy and birth experience.

I have been married for 17 years and have a daughter, 13, and a son, 10. My hobbies include boating, reading, skiing, and travel. I look forward to joining the Oregon AWHONN leadership team.

Please feel free to contact me at [womens@oregonawhonn.org](mailto:womens@oregonawhonn.org).

## Welcome Oregon AWHONN New Members



Amanda Albertson  
Jacoba Anderson  
Julieta Aredondo  
Megan Barnett  
Julianne Baxter  
Nancy Besaw  
Rosa Bounds  
Caitlin Bourland  
Tamara Bow  
Vicki Brown

Anne Brumbley  
Nancy Carpentier  
Hillary Cash  
Lyndsey Chamberlain  
Samantha Crowley  
Karen DeMarco  
Chelsi Dencoff  
Meggen Ditmore  
Annalyse Fogelquist  
Kathryn Tiffany  
Fredericks  
Kathi Giraud  
Martha Hall  
Louisa Hamilton  
Marina Hartnell  
Amber Hilgert  
Michelle Hirschhorn

Greta Horn  
Sandra Horn  
Rebecca Hunt  
Jamie Kailiuli  
Christiane Kinberg  
Patricia King  
Makenzi Klein  
Kimberly Koziuk  
Stephanie Landreth  
Stephanie LaRiviere-  
Miller  
Ariel Longmire  
Deborah McBreen  
Fie McWilliams  
Joleen Melendez  
Markee Moon  
Alisha Musicant

Nadia Nation  
Yohko Ogawa  
Jennifer Pierce  
Kimberly Prowell  
Honore Richards  
Larissa Smith  
Mandy Stepper  
Kimberly Stinger  
Gretchen Vachter  
Amy Weber  
Sheri Werhane  
Stephanie White  
Kim Wood  
Hayley Wright

Don't forget! Recruit three new members and receive a free membership!

Oregon AWHONN is affiliated with the Association of Women's Health, Obstetric and Neonatal Nurses. AWHONN promotes the health of women and newborns with programs and activities concentrated on childbearing and the newborn, women's health, and professional issues.