



# APNA, CALIFORNIA CHAPTER ONLINE NETLETTER

APNA, California Chapter Net Letter

## President's Message



### Happy National Nurses' Week

by Ann Bispo, MSN, RN, CNS  
President, APNA, California Chapter

National Nurses' Week is celebrated annually from May 6 through May 12<sup>th</sup>, in remembrance of the birth of Florence Nightingale. This is a time to appreciate and celebrate the unique difference we make in the lives of our patients, families, and communities as psychiatric nurses. This year's theme is "Nurses: Building a Healthy America". As nurses, our focus is on caring for others. It is just as vital to focus energy on taking care of our own bodies, minds and spirits. How can we take care of others, if we do not take time to care for ourselves? Realistically, with the pace of modern life, can we accomplish this without feeling like it is "just one more thing on our to-do list"?

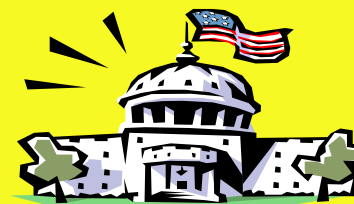
Perhaps we can consider even simple changes that will "nurture the nurse". Things like: going for a walk daily, taking a relaxing bath, going to bed 15-30 minutes earlier nightly, eating more fruits and vegetables, getting a massage, seeing a therapist, are simple examples of ways to care for ourselves. Honor nurses by taking good care of yourself. By tending to our own wellbeing, we are modeling by example, and lighting the way to a healthier America. I'm sure Florence would agree!

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# Legislative Update

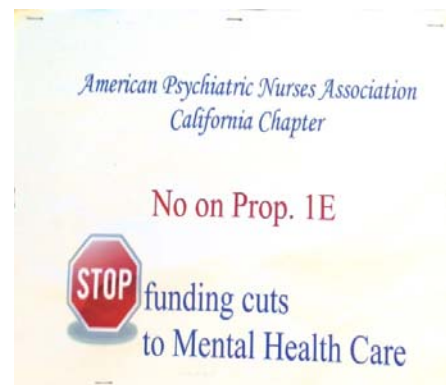
by  
Catherine Osborn, RN, MSN, BC



## CALIFORNIA

California's special election is scheduled for May 19, 2009. It was ordered by the Governor so that voters could consider (6) budget related state initiatives and a constitutional amendment. One of the initiatives, identified as Proposition 1E, would significantly impact Mental Health Services by diverting Mental Health funds (Prop 63) to California's general fund. This would result in a loss of approximately \$500,000.00 in funding used for mental health programs over the course of the next two years.

After reviewing this proposition the legislative committee recommended the APNA California Chapter Board NOT support this legislation. The Board agreed with the recommendation and an announcement was distributed to members in early April. Legislative members are sharing this information by posting No on Prop 1E posters at their work sites, talking to patients and colleagues, and even carrying signs in public places. (*Cathy Osborn featured in pictures from NAMI walk 4/18/09 San Diego*).



There are numerous ways to help with supporting NO on Prop 1E. See below for ideas:

1. Vote no on Prop 1E on May 19.
2. Post or distribute No on Prop 1E flyers.
3. Share information about the proposition with colleagues.
4. Talk with friends and family members about Prop 1E.

You can still register to vote for the May 19<sup>th</sup> special election, as long as the registration form is posted by May 4<sup>th</sup>. <http://www.sos.ca.gov/nvrc/fedform/>

If you think you might be interested in working on our Legislative Committee or have feedback or questions, please contact Committee Chair **Cathy Osborn** at [Cathyzok@aol.com](mailto:Cathyzok@aol.com)

Jaccard, S. (2009). *NAMI Walk*. Retrieved April 20, 2009 from <http://www.namiwalksandiego.org/>

League of Women Voters (2009). *In Depth*. Retrieved April 26, 2009 from <http://ca.lwv.org/lwvc/edfund/elections/2009may/index.htm>

Mental Health Organizations (2009). *No on Prop 1E*. Retrieved April 25, 2009 from <http://noprop1d1e.com/>

## Advanced Practice Update

by **Kevin McGirr RN,MS,MPH**

The effort to advocate for furnishing authority has been in process for a number of years and has involved a significant effort by the Advanced Practice (AP) committee of the California American Psychiatric Nurses' Association chapter. While the effort has met with some success it also garnered mixed reception from some nursing colleagues. In recent discussions with our psychiatrist colleagues in the California Psychiatric Association, we needed to decide whether we would again attempt to initiate legislation. We knew that any legislative effort would be met with the question from legislators: "what is the value added?" We agreed that we needed a more definitive sense from psychiatric CNS practitioners. In fact, we did not have data about how many psychiatric CNS' were actually willing and able to obtain furnishing authority. We then proceeded to conduct a survey of psychiatric CNS interest.

The AP committee attempted to contact 548 listed psychiatric clinical nurse specialists by phone. We asked respondents: whether they supported psychiatric CNS furnishing, whether they were willing to allocate the time, cost and effort to actually complete needed requirements; whether they could support a psychiatric CNS only effort; and finally whether they would be willing to contribute to that effort.

Of the 548 listed names, we succeeded in contacting 228 individuals and received response from 110 persons statewide. Of these 110 individuals, 60 persons were either retired, not licensed, not certified or were nurse practitioners. Retired individuals universally indicated that they would not pursue furnishing authority. The remaining 50 individuals indicated some interest. Of this group, approximately one-half would be willing to devote the time and effort to fulfilling the requirements, time and expense.

While it appears that the support for psychiatric CNS furnishing is strong, the number of individuals who are actually willing and able to obtain furnishing authority is estimated to be between 10 and 20% of the entire pool of current psychiatric CNS in California. Many respondents offered that they were administrators, in educational roles or nearing retirement as explanation for their minimal interest. Also deflating this interest is the more recent establishment of psychiatric nurse practitioner programs. In the wake of the establishment of this role, fewer and fewer psychiatric nurses are electing the CNS role as their route to advanced practice.

After careful review of the survey results, the APNA/California chapter board has decided to abandon further efforts to achieve prescriptive authority for psychiatric CNS. Subsequently the board has endorsed efforts initiated by the American Nurses Association/ California chapter to bring all advanced practice nurses: Nurse Practitioners, Nurse Anesthetists, Midwives, and Clinical Nurse Specialists together for the purpose of finding common ground and interest for all advanced practice nurses. This emerging coalition has met on two occasions and is in process of developing a white paper to define advanced practice interests and needs in the State of California. Stay tuned for more information.

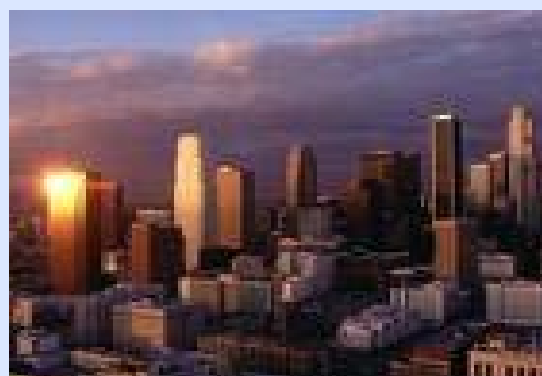
# SAVE THE DATE !!

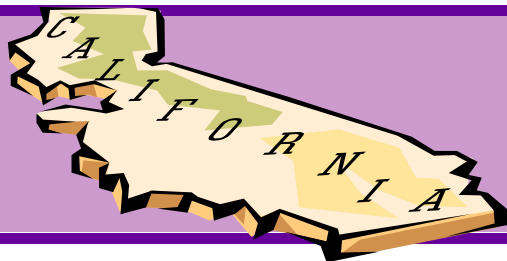
## APNA California State Chapter Conference, 2009 by Cheryl Puntil MSN, RN, CNS Treasurer, APNA California Chapter

May 30<sup>th</sup> 2009 is the date for APNA California Chapter's annual state conference. The conference will be held in Los Angeles at the Ronald Reagan UCLA Medical Center Auditorium. This year's topic, "Psychiatric Nursing: Best Practices at the Point of Care" include:

- Keynote address by Ann Kelly, MSN, PMHCNS-BC, RN;
- Using Evidence-Based Practice to Meet Spiritual Needs of Veterans with PTSD (Mary Paquette, PhD, MN);
- Perceived Competency Among Nurse Practitioners in Providing Mental Health Care for Older Adults (Liz Macera, PhD, NP-C);
- From Incident to Implementation: The Use of an Evidence-Based Approach to Alcohol Withdrawal (Ann Bispo, MSN, RN, CNS and Michael Fitzgerald, MS, RN, CNS);
- Identifying Family Needs in Hospitalized Geriatric Psychiatric Patients (Lisette Espana, MA, BSN);
- Evidence-Based Practice for the Assessment and Care of Patients at Risk for Self Injurious Behavior (Sunnie Dishman, BSN, PHN);
- Interactive Session on Brainstorming an Evidence-Based Practice Question: The Nuts and Bolts (led by Elaine Becker, PhD, RN).

A catered lunch is included. 6 contact hours are provided by the American Psychiatric Nurses Association, an approved provider of continuing nursing education by the Maryland Nurses Association (accredited by ANCC). We hope to see you at the conference for a day of networking, learning about best practices, and participation in the interactive session on developing evidence-based questions. Please go to the APNA California Chapter website [www.calapna.org](http://www.calapna.org) for more information on hotel accommodations and venue information.





## Area Rep Updates

### Central Valley Area Rep Jolie Gordon-Browar RN BSN

On March 11, 2009 the Central Valley Area Rep Jolie Gordon-Browar hosted a Safety Roundtable at Community Regional Medical Center, Fresno. Mary Ann Nihart APNA California President Elect, facilitated the meeting. Attendees included psychiatric nurses, ED nurses, social workers, nursing educators, nursing students, nursing instructors and a patient's rights advocate. The group was able to open discussion on staff safety, medication management of psychiatric emergencies in the ED, lateral and horizontal violence, compassion fatigue and patient's rights. Many thanks to Mary Ann for her expert guidance, and to those attendees who took time out of their busy lives to meet and learn from each other.

### Orange County Area Rep Jeannine Loucks RN BC

On March 25th, 2009 the Orange County Area Rep Jeannine Loucks hosted speaker Dana Rutledge, R.N., Ph.D. Nursing Research Facilitator at St. Joseph Hospital. She delivered an outstanding power point presentation on Evidence Base Practice and it's implications for psychiatric nursing. The meeting was well received with 20 participants. Many attendees requested that Dr Rutledge return to facilitate future discussions on this topic.

### Los Angeles Area Rep Helen Chrena RN, MA

This summer the Los Angeles Area is planning to host a meeting featuring guest speaker Leigh Messinides PhD. The topic of discussion will be "PTSD across the Life Span". Stay tuned for dates and location.

### San Diego Area Reps Loralie Woods BSc BN MSN & Diane Hickman PMHCNS-BC

San Diego Area Representatives Loralie Woods and Diane Hickman hosted a Safety Roundtable meeting held on March 31<sup>st</sup> at the San Diego VA Medical Center. Local expert in seclusion and restraint reduction Marlene-Nadler Moodie facilitated the meeting. Attendees consisted of psychiatric nurses, university faculty, and students. Topics included seclusion and restraint reduction, horizontal violence, and safe staffing. It was a terrific evening of learning and sharing of knowledge.



### Your Feedback

For comments, suggestions, and/or contributions for future Chapter Net Letters, please contact Loralie Woods at [loraliew@sbcglobal.net](mailto:loraliew@sbcglobal.net).

## Tobacco Dependence Council of the APNA



by Kevin McGirr RN,MS,MPH

**P**sychediatric Nursing representatives of the APNA met in Washington D.C. in February, 2008 to address the issue of Tobacco Dependence strategies for Behavioral Health consumer populations. The Tobacco Dependence Task Council in partnership with the Smoking Cessation Leadership Center of UCSF has set progressive annual targets to increase awareness and action by psychiatric nurses who identify and intervene with this issue in their treatment population.

Public Health strategies nationwide have succeeded in reducing the prevalence of tobacco dependence over the last twenty years. However, tobacco use continues as the cause of 438,000 U.S. deaths annually (CDC, 2003, 2006). Approximately 20.9% of adults still smoke, risking cancer and associated cardiovascular and respiratory complications. Among persons diagnosed with mental disorders including substance use disorders, the prevalence of smoking is much higher, increasing the morbidity and mortality and shortening life expectancy by 20% of that of the general population (Colton & Mandersheid, 2006; Hennekens, Hennekens Hollar & Casey, 2005). Tobacco use rates are highest among those with psychotic disorders (ranging from 54.0-67% ([Leon & Diaz, 2005; Newcomer, 2006])), but smoking rates of persons with other DSM-IV-TR Axis I disorders, including substance use, anxiety, mood and Axis II personality disorders exceed those of the general population as well (Grant, Hasin, Chou, Stinson & Dawson, 2004). Study findings suggest that smokers with co-existing psychiatric or substance use disorders account for 44% of all cigarettes smoked in the U.S. (Lasser, Boyd, Woolhandler, Himmelstein, McCormack & Bor, 2000).

Unfortunately many mental health professionals, including psychiatric nurses, hold beliefs such as: “those with mental health disorders cannot change... this is the only pleasure that they have... nicotine helps mitigate the sedating effects of the meds... this is not a priority issue for those with severe psychiatric illness... we use tobacco to motivate clients...” We need to challenge these beliefs and practices. Psychiatric nurses are trained in assessing tobacco dependence and the Council, in partnership with the Smoking Cessation Leadership Center, will help mobilize your capacity to act now. Reducing tobacco dependence must be part of recovery from harm reduction to tobacco cessation. We have the tools for effective intervention. The APNA Tobacco Dependence Council will be your conduit for information, resources and communication to act to reduce tobacco dependence.

For more information, visit the following tobacco dependence link at APNA: <http://www.apna.org/i4a/pages/index.cfm?pageid=3643>



# Election Time



APNA CA Chapter elections are just around the corner. Nominees are being accepted now through June 26 for the positions of:

**President Elect** (3 year term which includes President Elect year, President year and Immediate Past President year),

**Treasurer** (2 year term)

**Member-at-Large** (2 positions, 2 year term each).

Please go to our chapter's website: [www.calapna.org](http://www.calapna.org) for job descriptions for each one of these positions. A nomination form is also included in this netletter. Nominees must be an APNA member in good standing for the year prior to being elected. You may nominate yourself, or nominate someone else.

Psychiatric staff nurse, clinical nurse specialist, nurse practitioner, psychiatric nursing educator, we are your professional organization.

Do you have ideas about improving psychiatric nursing in California?  
Come join us and help us to shape the future of APNA.

Still have questions? Email me at [kathy@ebold.com](mailto:kathy@ebold.com)

Kathy Johnson  
Immediate Past President



# APNA California Chapter 2009 Election Nomination Form

**Nomination Deadline: June 26, 2009**

## **Instructions:**

- 1) Complete the nomination form
- 2) Attach a **letter of nomination** ( a paragraph or two stating the position and why you believe this person should be nominated) and **complete part II** if you are **nominating someone other than yourself**.
- 3) Complete **Part III** if you are **nominating yourself**.
- 4) Send completed forms to:  
Kathy Johnson  
106 Fairview Ave  
Capitola, CA 95010

**Or email forms to** [Kathy@ebold.com](mailto:Kathy@ebold.com)

## **Part I:**

Nominee must be an APNA member in good standing for at least one year immediately prior to assuming office.

1) \_\_\_\_\_  
Nominee Name

2) \_\_\_\_\_  
Nominee APNA membership number

3) \_\_\_\_\_  
Nominated by

4) \_\_\_\_\_  
Nominator's Membership Number

# APNA California Chapter 2009 Election Nomination Form

**Nomination Deadline: June 26, 2009**

5) Nomination for:

\_\_\_\_\_ President Elect

\_\_\_\_\_ Treasurer

\_\_\_\_\_ Member-at-Large

## **Part II (For nominating another APNA member)**

Briefly explain why you think this candidate should be elected to the California Chapter Board:

## **Part III (For self-nominees only)**

1) Vision for APNA CA Chapter:

2) If elected, I can contribute to APNA CA in the following ways:

If elected, I agree to serve in the elected position to the best of my ability.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# APNA/California Chapter Area Representatives and Board Members

## Area Reps

### Central Coast (Monterey, Salinas, Santa Cruz) Area

Kathryn Johnson, MSN, RN, PMHNP-BC  
E-mail: [kathy@ebold.com](mailto:kathy@ebold.com)

### Central Valley Area (Fresno, Madera, & Kings Counties)

Jolie Browar, RN, BSN  
E-mail: [browar@sti.net](mailto:browar@sti.net)

### Los Angeles Area

Cheryl Puntil, PMHCNS-BC, BSN  
E-mail: [ochel@ucla.edu](mailto:ochel@ucla.edu)

Helen Chrena, RN, MA  
E-mail: [Hrchrena@aol.com](mailto:Hrchrena@aol.com)

### Palm Springs/Palm Desert Area

Suzane Wilbur, MS, PMHCNS-BC  
E-Mail: [Swilbur55@aol.com](mailto:Swilbur55@aol.com)

### Orange County Area

Jeannine Loucks, RN, BC, BS  
E-Mail: [jloucks27@earthlink.net](mailto:jloucks27@earthlink.net)

### Sacramento Area

Rebecca Dean, APRN, CNS  
Home E-mail: [rebecca4@pacbell.net](mailto:rebecca4@pacbell.net)  
Work E-mail: [rebecca@rebeccadeanrn.com](mailto:rebecca@rebeccadeanrn.com)

### San Diego Area

Diane Hickman PMHCNS-BC  
E-mail: [dhickman@san.rr.com](mailto:dhickman@san.rr.com)

Loralie Woods, B.Sc., BN., RN., MSN  
E-mail: [loraliew@sbcglobal.net](mailto:loraliew@sbcglobal.net)

### San Francisco North Bay Area

Kevin McGirr RN,MS,MPH  
E-mail: [ptownn@sbcglobal.net](mailto:ptownn@sbcglobal.net)

### San Francisco East Bay Area

Mary P. Kastner , PMHCNS-BC, PMHNP-BC  
E-mail: [mary.kastner@comcast.net](mailto:mary.kastner@comcast.net)

### Santa Rosa & North Coast Areas

Mariela Badum RN, BSN  
E-Mail: [mbadum@telecarecorp.com](mailto:mbadum@telecarecorp.com)

## California Chapter Board Members

### **PRESIDENT**

Ann Bispo, MSN, RN  
E-mail: [ann.bispo@chomp.org](mailto:ann.bispo@chomp.org)

### **PRESIDENT ELECT**

Mary Ann Nihart, MA, ARNP,CS, BC  
E-mail: [mnihart@pacbell.net](mailto:mnihart@pacbell.net)

### **IMMEDIATE-PAST-PRESIDENT**

Kathryn Johnson, MSN, RN,PMHNP-BC  
E-mail: [kathy@ebold.com](mailto:kathy@ebold.com)

### **SECRETARY**

Loralie Woods B.Sc., BN., RN., MSN  
E-mail: [loraliew@sbcglobal.net](mailto:loraliew@sbcglobal.net)

### **TREASURER**

Cheryl Puntil PMHCNS-BC,BSN  
E-mail: [ochel@ucla.edu](mailto:ochel@ucla.edu)

### **MEMBER-at-LARGE**

Andrew Penn, CNS, ARNP  
E-Mail: [AP5150@gmail.com](mailto:AP5150@gmail.com).

### **MEMBER-at-LARGE**

Suzane Wilbur, MS, PMHCNS-BC  
E-mail: [swilbur55@aol.com](mailto:swilbur55@aol.com)

### **MEMBER-at-LARGE**

Mark C. Crider, MSN,RN, PhD(c)  
E-mail: [mcrider@san.sjsu.edu](mailto:mcrider@san.sjsu.edu)

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### **Net Letter Editor**

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E-mail: [loraliew@sbcglobal.net](mailto:loraliew@sbcglobal.net)

