



# The Premie Press



**National  
Association of  
Neonatal  
Nurses**

Delaware Valley Chapter



Spring 2018  
Volume 26 : Issue 2

## 2018 Board Members

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Lauren Stracuzzi, MSN, RNC-NIC, ACCNS-P

### **Treasurer**

Katie Behringer, MSN, RNC-NIC, CBC

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### **Community Outreach Director**

Heather Hopkins, BSN, RNC-NIC

### **Advocacy**

Tommie Farrell, BSN, RNC-NIC

### **Podcast Director**

Jennifer Hart, MSN, RNC-NIC, CBC

### **Director of Communications**

Cailin Tallent, BSN, RNC-NIC

## Letter from the President Lauren Stracuzzi, MSN, RNC-NIC, ACCNS-P

Spring is finally in the air! With the warmer temperatures comes a variety of ways to engage in your local chapter of DVANN. The turnout for our first dinner meeting of the year was incredible! Nearly 50 of you were present to learn about legalization of marijuana and its effects on the developing infant. It was our first NANN web-streaming session, and we were thrilled with the positive response! Thank you to those of you who were able to attend.

We're looking forward to partnering with DANN for our upcoming Summer Dinner in June where we will investigate the topic of neonatal transports. The Board is hard at work creating diverse and enriching experiences for you over the coming year. One of our targeted goals is to enhance our philanthropic contribution, not just through financial means, but through giving of our time and talents. We continue to have service opportunities each month, so please consider donating a small amount of your time to help others in the community.

Please take a look at our calendar of events on the DVANN webpage! We hope to see you at a DVANN event in the near future!

*-Lauren*

# Community Outreach

Heather Hopkins, BSN, RNC-NIC

DVANN members have been starting off 2018 making HUGE impacts to our community! We've continued our monthly breakfasts volunteering our time and expertise talking with the women at Mother's Home- a residential shelter that provides a safe haven for vulnerable pregnant women in crisis. So far, we have had 12 different members join us talking about developmental milestones, safe sleep, and basic baby care. Most recently, we discussed the importance of reading to your baby and we donated a hand-made book cart stocked full of books! To learn more and sign up for this incredible opportunity please visit <http://www.signupgenius.com/go/5080f4baba72fa1f49-mothers>.

We braved the rain and cold temperatures in April at the Annual March of Dimes Walk! We donated over \$2,000 to and were able to chat with members and families and the best part-our NICU graduates!

Save the date for August 14<sup>th</sup> for our Wo(man) Power Happy Hour! We will be volunteering at MANNA, a non-profit organization that cooks and delivers nutritious, medically-appropriate meals, and provides nutrition counseling to neighbors who are battling life-threatening illnesses such as cancer, renal disease, and HIV/AIDS. After volunteering we will walk to a local gastropub, Kite and Key, to celebrate our efforts! We would love for you to join us! To sign up for this event, please visit <https://www.signupgenius.com/go/5080f4baba72fa1f49-woman>.

-Heather

## DVANN Out & About



*Our first webinar through NANN to explore the consequences of marijuana on the neonate →*



*←April's visit to Mother's Home! Look at this beautiful bookshelf made by some of our members, and how adorable is this mother and baby checking out their new books?!*



*DVANN braving the elements for our littlest ones at the March of Dimes March for Babies →*



# Podcast Update

Jennifer Hart, MSN, RNC-NIC, CBC



DVANN's Baby Buzz Podcast continues to be a podcast hit with over 160 subscribers and a number of bi-weekly published podcasts on the hot topics of neonatal care! Started in August 2017, this podcast aimed to meet the common neonatal questions of families in the community. Our board and members have worked hard to continue to cover topics that people want to know about (pregnancy, breastfeeding, post-partum depression, perinatal loss, immunizations, safe sleep, shaken baby syndrome, newborn screen & more!).

**Want to get involved?!** You Should! It is fun, informal, and you DO NOT need to have any podcast experience. We are able to edit all information, so no need to be perfect. We have fun, relax, enjoy dinner, and share our knowledge.

**Hosts:** We are looking for hosts to help interview. Think of a topic important to you and we will help you organize it!

**Experts/Experienced Panel:** Do you know someone who could speak? Perhaps there is a topic that you would love to speak about? Let us help you get it out there!

**Don't know what to do but want to be a part of it?!** Email us! We will help you get looped in! Our goal is to have more DVANN members involved in this. Please email us to get started, and if you're not already listening, please start! You can find the link in our Instagram profile or by following the steps located on the last page of the newsletter.

Happy Listening!

*-Jennifer*



# Member Spotlight

## Stephanie Pennington, BSN, RNC-NIC

We are happy to bring back another member spotlight! This issue, we're spotlighting long-time member Stephanie Pennington! Stephanie is a frequent attendee at DVANN events and is very involved in the NICU as well as the entire CHOP organization. She is a mentor to many of the nurses on the unit, is an original member of the unit-based PICC nurse team, and is heavily involved in the nursing professional development program in the hospital. Please take a look below to learn a little more about Stephanie:



My name is Stephanie Pennington. I'm a Clinical Nurse Expert in the Newborn/Infant Intensive Care Unit at CHOP. I've been there for eighteen years, wanting to be a NICU nurse since I first heard about the specialty at the age of twelve. My neighbors brought home a baby, born two and a half months prematurely, and they talked about how important the nursing care had been to his success. I was fascinated and began to learn everything I could about this specialty.

Growing up in Camp Hill, my first job in healthcare was as a Volunteer at Harrisburg Hospital. Starting at the age of fourteen, I spent the next four summers working in the Women's Unit and then the Maternity Unit at the Hospital. I'd change bed linens, heat and pass out meal trays, run to pharmacy and central supply, and wheel new mothers out of the hospital at discharge. It was through this experience that I learned everything there is to know about car seat installation and strap adjustment, crawling into many a car to help nervous fathers before there were rules about such things.



Stephanie, Carlo, & Sophia



The cats seem unsure of their new human

I attended Gwynedd-Mercy College, earning first my Associate's Degree and then Bachelor's Degree in Nursing. While in school, I became a Certified Nurse's Aide and worked in a retirement home for the first few years. The summer I was studying for my nursing boards, I also began working as an Inpatient Clerk at a hospital for patients being treated for addictions with coexisting medical issues. This would become my first nursing job after passing my boards. A nurse at nineteen, I was caring for IV drug users, prostitutes, alcoholics, and drug dealers trying to delay their court appearances. It was a world I knew nothing about and so far from the NICU experience I was looking for. We also opened a long term HIV/AIDS unit while I was there. I learned so much from the experience, though. Every patient had a story that led him or her to our doors; stories so heartbreaking and sad that drove them to self medicate. I began to see how challenging it was to expect patients struggling with the stress of disease and treatment to adhere to the rigid structure of the hospital program setting when much of what they'd known was chaos. I wouldn't

trade that experience, that insight, for anything.

My dream was still to work in a NICU. After finishing my BSN in 1999, I accepted a position in the NICU at CHOP. Still only four years out of high school, I'd been a Nurse's

*Spotlight continued on next page →*



*(Spotlight continued from page 4)*

Aide, an Inpatient Clerk, an RN, and had already worked in the healthcare setting for seven years. I felt ready. But then the NICU at CHOP was unlike anything I'd read about. We had small number of micro-preemies and large surgical population. Patients with diagnoses I'd barely heard about, CDH, omphalocele, and gastroschisis. I learned everything I could and went on to specialize in the care of these surgical patients when we developed a cohort within our N/IICU in 2005.

When CHOP brought Shared Governance to the Nursing Department, I had the opportunity to Chair our Unit's first Supporting Practice and Management Council. This gave me the opportunity to interact with nurses from all over CHOP and even to help write policies and procedures. I'm now a member of our hospital's Nursing Review & Approval Committee for Standards and Procedures.

Although anxious to the point of tears for my first six months in our unit, I now love caring for our patients and sharing that love with our new nurses. I often say, "I want to help you love this, too!" I have been fortunate in my career to be recognized both internally and externally for my passion towards nursing. In 2012, I received CHOP's Caroline Langstadter Mentor/Preceptor Award. In 2013, I was the recipient of the Nurse.com Education & Mentorship Philadelphia Tri-State GEM Award. I remember CHOP's recruitment campaign from twenty years ago when I first applied for this job that included the words, "Love What You Do." I have been lucky enough to do this.

In 2015 I went through CHOP's new professional development program and became a PEAK nurse. In 2016, I promoted into a Clinical Nurse Expert Role in the N/IICU and joined our Leadership Team. Somewhere in there I got married to Carlo, an Environmental Engineer. He has taught me that nothing we do is without consequence in this world, as his work is all about mitigating those risks for our future. He also brought three cats with him; one I've decided is micro cephalic and has a feeding intolerance. In August 2017, I took on my most challenging role yet. After taking care of other people's babies for almost eighteen years, I became a mother to my own little girl, Sophia. Currently feeling a little upside down in my career right now, I'm part time for the first time ever. It's a change in perspective that I'm still adjusting to, wanting to give everything I have to both roles. I love that nursing allows for this flexibility, though. There are opportunities to be more involved in activities when the time is right, and less involved if that's where you are in your life right now. I've been grateful for DVANN's baby podcasts from a professional and now a personal perspective, too. No matter how long you've been at this nursing career, there's always more to learn.

If you've read this far, then that's it for this one nurse's story. I hope there are more exciting chapters to come, but I'm really enjoying this middle section right now.



*Stephanie & Sophia-  
twins!*



Thank you for sharing your story with us, Stephanie!



Is there a member you would like to see in our Spotlight? Email [dvannurses@gmail.com](mailto:dvannurses@gmail.com) and let us know!

# Membership Update

Kelly Roebuck, MSN, RNC-NIC

DVANN continues to grow and we couldn't be more excited! Our goal is to continue this trend by connecting with those who are not yet members, and we need your help! There is no work involved! Please reach out to Kelly Roebuck through [dvannurses@gmail.com](mailto:dvannurses@gmail.com) to help set up a date and time to speak on your unit about NANN and what it means to be a part of a professional organization.

We also want to give you a free membership! How?

- Attend all DVANN events for one year or recruit two new members (and let us know to receive credit).

Did you know group discounts are available? Group membership discounts are as follows:

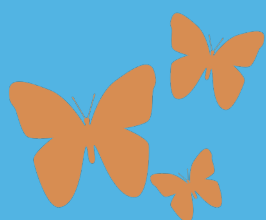
- 3-9 New Members: Save \$10
- 10+ New Members: Save \$20

Group membership is as easy as 1, 2, 3!

1. Form your group. Share the benefits of NANN with other neonatal nurses in your unit, your community, or your personal network. Use NANN's Member Recruitment Toolkit to support your efforts in creating your group, or to help others form their own! If you're a NANN member who refers new members, you can reap big rewards! Learn more about NANN's member referral program.
2. Share group info with NANN. One member emails the list of all group member names and email addresses to NANN's Membership Coordinator, Brendan Sugrue at [bsugrue@nann.org](mailto:bsugrue@nann.org).
3. Await your NANN registration email. Once entered into the system, group members will receive an email that instructs them how to register online at group discount pricing.
4. Interested in registering as a group by mail? Fill out and follow directions on our group membership registration form.
5. Be sure to select DVANN as your local chapter!

Stay tuned for a summer DVANN social event!

*-Kelly*



## Exciting News!

We are thrilled to announce that NANN has awarded our Chapter the 2018 Abbott Nutrition Educational Grant! These funds will help us provide you with a fantastic Fall Conference!

# Reflections on Advocacy

Tommie Farrell, BSN, RNC-NIC

Because it's the month that we celebrate nursing, I often find myself thinking of where this profession has come from over the years and where we are headed in the future. I reflect on what I have been up to, and there is more that I want to do with this career, but then I was reminded of a quote from Florence Nightingale that Patti Clifford (one of the founding members of DVANN) posted for Nurse's Week:

***“For we who nurse, our nursing is something for which, unless we are making progress every year, every month, every week, we are going back. No system shall endure which does not march”.***

From this amazing nurse, who was an original advocate for the profession and her patients, we are challenged to do more, learn more, and advance this career in this very challenging moment in history.

The Institute of Medicine has challenged us to “re-conceptualize the role of nurses within the context of the entire workforce, the shortage, the societal issues, and current and future technology.” I fear we are no closer to this idea than when it was proposed in 2010. Nurses are leaders but don't often see themselves this way. The role of a nurse goes beyond the bedside. After all, we have skin in the game, right? How do we envision health care policy and access moving forward? How can we get more involved? We are part of the community that we serve and we will, at some point, be in need of a health care system that is efficient, streamlined, and available to all.

How can we get more involved? It is not up to others to do this for us. Nurses have expert opinions on healthcare and we keep it to ourselves. Why not take this back from the politicians who really cannot understand what's going on with our patients and how we care for them? Pick up the phone or email with a small idea on how you see healthcare in real time in your career, community, or neonatal position? Remind the politicians that we are here and can help shape health policy so it actually serves those we care for.

The 2018 elections are an opportunity for nurses to flex their advocacy muscles. Ask candidates where they stand on the issues that you are passionate about. Identify yourself as an RN working to make America healthier. For me, some of the questions will be about gun violence, the opioid crisis in our communities and environmental concerns. All of these issues directly impact our small patients in one way or another.

How will candidates address affordable health care access for everyone? What are their plans to level the playing field so that our health system is all inclusive and diverse? These are great questions for a Town Hall. It will spark others in the meeting to think about this, as well as spotlight you, as a nurse in their community asking hard questions.

I invite you to join Heather Hopkins and myself to travel to DC June 21<sup>st</sup> for the ANA Day on The Hill and speak with elected officials about your concerns. We want them to know how they can make America healthier. The upcoming elections are important for so many reasons, not the least of which is the health of our Nursing Profession, America's health and quality care for everyone. Please think about how you can get involved.

Respectfully,

*-Tommie Farrell*



# Treasurer's Report

Katie Behringer, MSN, RNC-NIC, CBC

<b>Income</b>		
	<b>Jan - Mar 2018</b>	<b>Year to Date</b>
<b>Membership Dues</b>		
<b>Transfer from PayPal</b> (old business/\$40 winter mtg/ \$70 hoodies)	\$890.62	\$890.62
<b>Venmo Cashout (old business) 1/2 &amp; 2/12</b>	\$1,033.80	\$1,033.80
<b>Total Vendor Contributions</b> -Abbott (on 1/17/18)	\$500.00	\$500.00
<b>Event Registration</b>		
-winter dinner mtg (non-member)	\$50.00	\$50.00
-PPS dinner members	\$225.00	\$225.00
-PPS dinner non-members	\$140.00	\$140.00
<b>NANN Awards</b> -chapter of the year award (2017)	\$1,000.00	\$1,000.00
<b>DVANN hoodie fundraiser</b>		
<b>Total</b>	<b>\$3,839.42</b>	<b>\$3,839.42</b>
<b>Expenses</b>		
	<b>Jan - Mar 2018</b>	<b>Year to Date</b>
<b>Fund Raiser</b>		
-Custom Ink, Hoodies	\$1,402.00	\$1,402.00
<b>Promotional Items</b>		
-podcast	\$9.13	\$9.13
-vistaprint (podcast)	\$75.25	\$75.25
-water bottles & lip balm giveaways	\$585.46	\$585.46
<b>Podcast expenses</b>		
-payment for edits (x3)	\$300.00	\$300.00
-speaker gifts	\$60.00	\$60.00
-meals	\$161.56	\$161.56
<b>Donations</b>		
-help a member (MT)	\$75.00	\$75.00
-March of Dimes Table (2/20)	\$1,500.00	\$1,500.00
-Phila Diaper Bank 2/28	\$200.00	\$200.00
-Mothers Home (breakfast)	\$82.73	\$82.73
<b>Breakfast Meeting (Au Bon Pan) 1/12/18</b>	\$49.95	\$49.95
<b>February Meeting</b>	\$203.24	\$203.24
<b>Winter Dinner Mrg (Virtua) 3/13/18</b>		
-catering	\$698.63	\$698.63
-webinar cost	\$719.80	\$719.80
<b>Total</b>	<b>\$6,122.75</b>	<b>\$6,122.75</b>
<b>Ending Balance 4/16/2018 for Wells Fargo</b>	<b>\$39,479.33</b>	
<b>Ending Balance 4/16/2018 for Pay Pal</b>	<b>\$58.02</b>	
<b>Ending Balance 4/16/2018 for Venmo</b>	<b>\$855.76</b>	
<b>Total</b>	<b>\$40,393.11</b>	

# Send Us Your Ideas!

We would love to hear from you! If there is something you would like to see in *your* newsletter, please let us know by emailing [dvannurses@gmail.com](mailto:dvannurses@gmail.com)! We want to give you what you would like to see!

## DVANN Upcoming Events

### May

5/23- Community Service Event at Mother's Home

### June

6/4- Joint Summer Dinner Meeting with DANN

6/23- Community Service Event at Mother's Home

### August

8/14- Community Service Event at MANNA

### September

9/13- Annual Membership Appreciation Dinner

### October

10/17 to 10/20- NANN's 34<sup>th</sup> Annual Educational Conference

### November

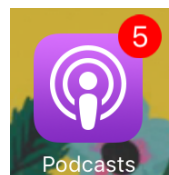
11/13- DVANN's Annual Fall Conference

### December

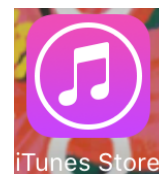
12/7- Journal Club

# How to Subscribe to Our Podcast!

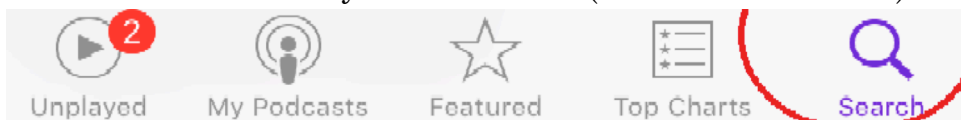
- 1.) Go to the Podcast or iTunes app on your phone



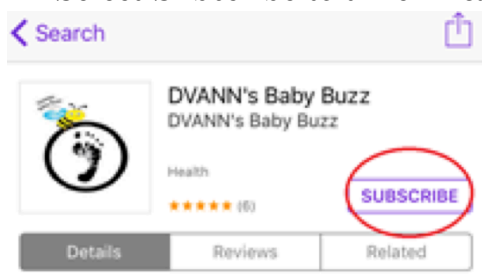
or



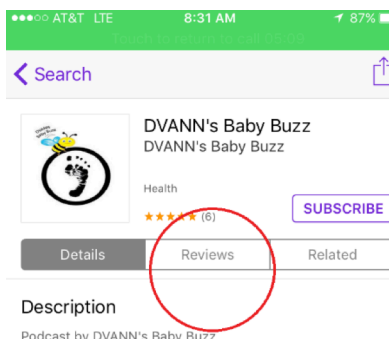
- 2.) Search “DVANN’s Baby Buzz Podcast” (bottom of the screen)



- 3.) Select Subscribe to tune-in & stay up to date on new releases!



- 4.) Leave a review!



...or click the link below  
to take you to the iTunes  
site directly!

<https://itunes.apple.com/us/podcast/dvanns-baby-buzz/id1229940517?mt=2>