



AWHONN

PROMOTING THE HEALTH OF
WOMEN AND NEWBORNS

WASHINGTON SECTION

AWHONN Washington bringing learning to YOU!

During this time of Stay Home - Stay Healthy

1.5 CEU per webinar

**EFM Corrective Measures: Taking a Proactive
Approach to Category II** (Repeat of May 12th)

Tuesday, May 19th, 1700-1830

The Surging Tide in Pregnancy: Hypertension

May 26th 1800-1930

Register at

<https://awhonnwahtn.eventbrite.com>

Presented by AWHONN President
Becky Cypher, MSN, PNNP

Earn 1.5 CEUs per webinar

\$10 for AWHONN Members

\$25 for Non-AWHONN Members

Meet AWHONN's Interim-CEO Kathleen Hale, MS, RN, NE-BC. Kathy Hale is a past president of the AWHONN Board of Directors, with more than 40 years of nursing experience in a variety of settings, including community hospitals, tertiary medical centers, and multi-campus settings in union and non-union environments. Watch her introductory video. <https://bit.ly/2Wv3rSE>



Legislative Update: Virtual Day on the Hill



Lacey Miller and Margie Bridges were able to meet with Anna Conroy, Senator Cantwell's representative during a scheduled phone meeting. She had not heard about the PUMP for Nursing Mothers Act bill and seemed to think that Senator Cantwell would very much be in support of expanding employee access to break time and space for salaried employees for pumping. We discussed the benefits of breastfeeding and gave some examples of teachers being affected by short pumping breaks.

Find us on Facebook

<https://www.facebook.com/groups/AWHONNWashingtonSection/>



Contact us:
Washington@AWHONNsection.org

Structured Nurse Mentorship Program by Bernie Breslin



"A Structured Nurse Mentorship Program was implemented on the Skagit Valley Hospital Family Birth Center in March this year. A novice nurse (less than 2 continuous years experience in the specialty) is paired with an expert nurse (5 or more years experience in the specialty) in a structured mentoring relationship to last for approximately 1 year or longer, to match the mentees needs. The mentoring dyads connect for virtual meetings that are pre scheduled. There is an abundance of research demonstrating the proven benefits of nurse mentorship programs to include; reduced nurse turnover, increased engagement with professional development, increased staff satisfaction and significant financial savings for organizations. The Mentorship Program has been met with a positive response from nurses and nurse leaders and corresponds nicely with the unit's AWHONN POEP journey".

Photo of mentoring dyad connecting for their meeting virtually via FaceTime. The large picture is Lauren Pena, mentee and novice nurse in the perinatal specialty, the small picture is Carmen Terpstra, mentor and expert nurse in the perinatal specialty.





AWHONN's postponed national 2020 Convention has been rescheduled to November 1 - 4 at the Mirage Resort & Casino in Las Vegas, Nevada. Official program and hotel registration will open in June. Information is being updated on AWHONN's main Convention website at www.awhonncanvention.org.

Members and customers who are already registered will receive direct communications from AWHONN HQ about how to handle adjusting, transferring or cancelling their registration after official registration opens in June. **VOTE EARLY!!**

Want to be published in the AWHONN NEWSLETTER?

AWHONN Nurses are amazing- and we want to hear about what you are doing to impact change and support the AWHONN Mission in our state! Interested? Contact Margie Bridges (mabrnc@gmail.com) If you have content that you would like to share in our next newsletter!

We want to hear from you!

COVID Conversations

Share YOUR Story

We wanted to let you know about a project we are working on at AWHONN. We want to share the stories of nurses on the front lines. We are collecting short videos of our members and I want to ask you to make one for us. They don't have to be fancy or elaborate, just a quick video from your phone to share with us anything you want, such as:

- - How your work has changed as a result of COVID
- Inspiring stories that you have witnessed
- Examples of extraordinary circumstances
- Your secrets for coping
- Words of encouragements for your fellow nurses

You can text your video to 410-800-7380 and we will share it on all our channels. If you choose to film a video while at work, please check with your administration to make sure that it's okay, otherwise just shoot from your home, outside. Also, please feel free to share this note with any other AWHONN members that you think would be interested in participating.

We hope that sharing these stories will uplift and inspire nurses around the country and serve as a fitting tribute for the sacrifices our nurses are making every day.

Thank you for taking the time to consider making a video for us!

SAVE THE DATE

AWHONN FALL CONFERENCE

“EQUITY in FOCUS- 20/20 VISION”

AWHONN WA Fall Conference September 27-29, 2020

Campbell's Lake Chelan Waterfront Resort
Chelan, Washington

We will be back in Beautiful Sunny CHELAN Washington at Campbell's Resort

The 2020 AWHONN Washington Section Fall Conference will present lectures and discussions on emerging, cutting edge perinatal topics including: Leadership, Bias and Racism, Traumatic Stress, Sepsis and Neonatal Hot topics. This conference features nationally and locally recognized speakers, known for both their expertise in clinical management and their

Keynote Speaker



Lori Armstrong DNP, RN, NEA-BC

Lori created Inspire Nurse Leaders to help nurse leaders become their best. For the past 25 years, she has been developing best practices for nurse leaders as a CNO at top hospitals across the country. she will share these practices as the why, what and how of delivering exemplary care. Her goal is to help nurses increase their leadership capacity, capabilities and engagement to deliver great outcomes for themselves professionally and for their patients. Lori has extensive clinical and executive experience -- combined with humanity, humor and contagious energy -- to transform leadership, improve operational excellence and increase patient safety and satisfaction.

