



Updates from **MICHELE KULHANEK**  
**WA STATE SECTION CHAIR:**

Last month, I had the honor of meeting with our AWHONN Washington Section Leadership Team, socially distanced of course, to build and develop our team, plan the virtual fall conference events, and discuss how we can best serve our membership during the pandemic. COVID-19 has turned everything upside down but we know we must meet our purpose and goals of supporting birthing people, families, and nurses who care for them - whether we are together or apart. While your AWHONN WA team is dedicated to the "how", we look to our membership to share the "what". What keeps you up at night? What do you need to bring your best self-every day? What would "great" look like? Please feel free to drop us a line to share what we can do to make your work a little bit lighter, and more enjoyable in the coming months at

[Washington@awhonnsection.org](mailto:Washington@awhonnsection.org).

We value your input. You are the heartbeat of AWHONN Washington and we thank you!



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

**REGISTRATIONS ARE OPEN!**  
**WA AWHONN VIRTUAL FALL CONFERENCE**

Speaker line-up includes many of your  
AWHONN Board of Directors **SUPER HEROES**  
<https://washington.awhonn.org/events>

**Unmask the Super Nurse in You**  
*Understanding & Providing Evidence-Based Care During a Pandemic*

*Postpartum/Neonatal Focus*  
**September 29 -- 12:00 PM - 4:30 PM**  
*Labor & Delivery Focus*  
**October 14 -- 12:00 PM - 4:30 PM**

Members: \$50 1-day or \$80 2-days  
Non-Members: \$60 1-day or \$90 2-days  
Register at <https://washington.awhonn.org/>

Virtual Happy Hour 5:30-6:30 both days - Hosted by **Per Gen**

**NATIONAL ANNUAL CONVENTION**



**November 1 – 4\*, 2020** is the year of virtual learning, with a rich, online event that delivers the quality content and connections you expect from **#AWHONNConvention**, [register](#) for this year's AWHONN Convention!

<https://registration.experientevent.com/showawh201>

## LACEY MILLER WA LEGISLATIVE COORDINATOR

### CONTACT

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## BERNIE BRESLIN HOSPITAL LIASON COORDINATOR & EDUCATIONAL ADVISORY COMMITTEE MEMBER

### CONTACT

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## CALL TO ACTION! LEGISLATIVE UPDATE FROM LACEY MILLER

Hello Washington AWHONN members! AWHONN needs your support to endorse **The Black Maternal Health Omnibus Act of 2020**. Our goal is to meet with Congress members throughout Washington State on behalf of AWHONN.

### What is it?

The Act combines nine individual bills sponsored by members of the bipartisan Black Maternal Health Caucus.

### What will it do?

It promises to prevent maternal death and severe pregnancy complications and diminish maternal and neonatal health disparities.

### How will it do this? The Act will...

Offer grants for bias training given to professionals who interact with pregnant and postpartum women.

Make critical investments in social determinants of health that influence maternal health outcomes, like housing, transportation, and nutrition.

Provide funding to community-based organizations working to improve maternal health outcomes for Black women.

Now is the time to contact our officials! Contact Lacy Miller to take action.

## AWHONN EDUCATIONAL COMMITTEE UPDATE

B Breslin DNP, RNC-OB, C-EFM, RNC-NIC AWHONN Educational Advisory Committee member

The AWHONN Educational Advisory Committee (EAC) consists of 21 members that guide development of educational products and services for the 350,000 working in our specialty and support the engagement and development of nurse educators (AWHONN, 2020). This dynamic group meets virtually once a month to strategize and brainstorm. Following a meeting, members spend several weeks preparing to deliver feedback and solutions at the next month's collaboration.

I have been a member of this committee since January 2020. One of the projects I have worked on was the creation of infographics for AWHONN's *Back to Basics: Foundations of Mindful Care*, created to encourage nurses to go "back to the basics" of what we do. Produced thus far are the "Be Present for Your Patient" <https://awhonn.org/back-to-basics/>





### Your WA AWHONN LEADERSHIP

**Team** is grateful for your membership, engagement and support.

With appreciation,

Michele Kulhanek  
Brenda Moffitt  
Deb Sperling  
Margie Bridges  
Amber Pattison  
Kathy Spring  
Lacey Rose Miller  
Bernie Breslin  
Kim Patamia  
Sara Walker  
Meghan Smith



### BRENDA MOFFITT WA AWHONN SECRETARY TREASURER

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and soon to be released "Intermittent Auscultation" infographics. As a committee member I garner feedback on a pilot product from my colleagues at Skagit Valley Hospital Family Birth Center. Feedback from bedside nurses is a crucial component to the development of concise, accurate, and appealing product(s).

Educational Advisory Committee work includes:

- Disseminating information on AWHONN educational products e.g. Podcast series and Vaccine video's, Infographics
- Contribution to educational modules under development
- Prioritize educational initiatives
- Collaborate with committee members on identified challenges in the specialties

I have found the work in this committee challenging yet refreshing. Expectations are high, and creativity expected. AWHONN has many volunteer opportunities available. I would encourage you to review the website and determine where you feel your talents can best be applied.

### AWHONN NURSES AT WORK

Bernie Breslin WA AWHONN Hospital Liaison Coordinator at Skagit Valley Hospital Family Birth Center is preparing to offer Nitrous Oxide for pain management in the obstetric setting. The AWHONN practice brief #6 "Use of Nitrous Oxide in Maternity Care" is shared with the obstetric nurses by the AWHONN hospital liaison in support of their learning needs for this exciting addition to practice.

The AWHONN hospital liaison (Rep) role originated in Washington State to focus on providing ongoing bedside nurse support through close collaboration with AWHONN representatives. If you would like to be considered for this rewarding leadership role at your organization, please contact AWHONN Washington Hospital Liaison Coordinator Bernie Breslin at: [tbreslin@skagitregionalhealth.org](mailto:tbreslin@skagitregionalhealth.org) or (360) 599-5633

### WELCOME OUR NEW WA AWHONN SECRETARY TREASURER

Brenda L. Moffitt MSN, ARNP, CNS-BC

Almost two years ago, my husband, my son, and I moved to Washington. We moved from Kansas to be closer to family. I have been involved in family/OB nursing care either working or volunteering most of my nursing career. I am passionate about lactation and want to help moms, babies, and families to have a healthy start for a new life.

I have been a member of AWHONN during much of my career. In Kansas I had been a part of organizations and served in leadership roles (i.e. Kansas State Board of Nursing President and Board member, Kansas Organization for Nurse Leaders Secretary/Treasurer and Chair, etc.) When I moved to Washington, I wanted to be involved with a group of nurse colleagues who were active and committed to nursing. I certainly found that with the Washington Section of AWHONN. What a committed group of nurses you have working for you.



## MARGIE BRIDGES MEMBERSHIP CHAIR/AWHONN BOARD OF DIRECTORS

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Currently I work as a Perinatal Clinical Nurse Specialist at Providence Regional Medical Center in Everett. The role provides the perfect blend for the CNS role. I spend my time ensuring patient safety, evidence-based care, research, caring for and teaching nurses and nursing staff, and patient experience.

I look forward to serving in the position of Secretary/Treasurer. My goal is to serve you the nurses in Washington who care for moms, babies, and families.

### MEMBERSHIP

Margie Bridges DNP, ARNP-BC, RNC-OB WA AWHONN Membership Chair and AWHONN Board of Directors

Washington state represents 597 of the approx. 23, 000 AWHONN Perinatal Nurses Strong! Let's break 600! Recruit ONLY 3 members and earn **a free membership**, \$50 Amazon Gift Card, Tee, Tote and Echo speaker! <https://awhonn.org/member-center>

### AWHONN RECRUITMENT AND REWARDS PROGRAM

<b>TIER 1</b>	<b>RECRUIT 3-5 MEMBERS</b> Complimentary, one-year AWHONN Full membership, plus one of the following: <ul style="list-style-type: none"> <li>• \$50 Amazon Gift Card</li> <li>• AWHONN 50th Anniversary Commemorative Tee &amp; Tote</li> <li>• Amazon Echo speaker</li> </ul>
<b>TIER 2</b>	<b>RECRUIT 6-10 MEMBERS</b> Complimentary, one-year AWHONN Full membership, plus one of the following: <ul style="list-style-type: none"> <li>• AWHONN jewelry - make two selections</li> <li>• AWHONN Commemorative Polo &amp; Backpack</li> <li>• \$75 Amazon Gift Card</li> </ul>
<b>TIER 3</b>	<b>RECRUIT 11-15 MEMBERS</b> Complimentary, one-year AWHONN Full membership, plus one of the following: <ul style="list-style-type: none"> <li>• AWHONN Women's Sports Pack (includes Packable Wind Jacket, AWHONN Structured Baseball Cap and Backpack - package valued at approx. \$200)</li> <li>• Samsung Chromebook (valued at \$200)</li> <li>• Wireless headphones (valued at \$200)</li> <li>• \$200 Amazon Gift Card</li> </ul>
<b>TIER 4</b>	<b>RECRUIT 16+ MEMBERS</b> Complimentary, one-year AWHONN Full membership, plus one of the following: <ul style="list-style-type: none"> <li>• Free Annual Convention registration (lodging is not included)</li> <li>• One prize selection from Tiers 1-3</li> </ul>
<b>TIER 5</b>	<b>RECRUITER OF THE YEAR</b> The individual who recruits the MOST members during the calendar year will receive the below-listed items: <ul style="list-style-type: none"> <li>• Complimentary, one-year AWHONN Full membership</li> <li>• One free, 4-day registration to the AWHONN Annual Convention (includes lodging for 4 nights)</li> <li>• One prize selection from Tiers 1-3</li> </ul>

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### IMMUNIZATION CALL TO ACTION

From the American Academy of Family Physicians; American College of Nurse-Midwives; American College of Obstetricians and Gynecologists; and **Association of Women's Health, Obstetric and Neonatal Nurses**

Margie Bridges DNP, ARNP-BC, RNC-OB

It has been a privilege to work on the maternal immunization task force over the past 2 years. AWHONN completed several big projects this year including 2 short 60 second explainer videos. The content of the videos was based on results of a survey aimed to identify our nurse's knowledge, beliefs and practices on immunization. In addition, we created 3 vaccination education infographic resources and built a page on AWHONN's website where the videos, call to action and helpful immunization resources are easily found.

<https://awhonn.org/education/vaccination/>

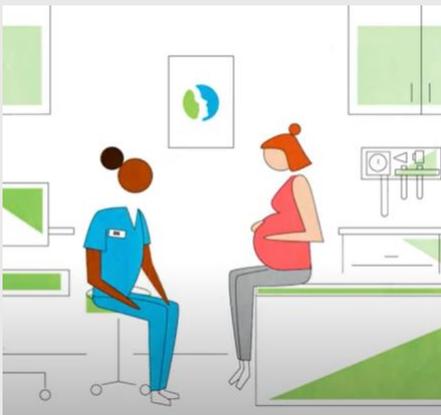


Read our Joint  
Call to Action on  
Immunization for  
Pregnant Women

## Flu Video



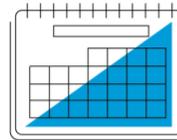
## Tdap video



# Tdap Vaccine



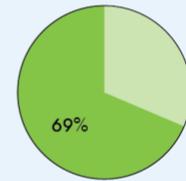
## Quick Facts



Schedule the Tdap vaccine between 27 and 36 weeks of pregnancy.

### People Who Died From Whooping Cough From 2010-2017

- < 2 months old
- > 2 months old



Pregnant women need it during every pregnancy.



Source: Lindley, M. C., Kahn, K. E., Badenheier, B. H., D'Angelo, D. V., Dawood, F. S., Fink, R. V., Harms, F., Skoff, T. H. (2019). 'Maternal Burden and prevention of influenza and pertussis among pregnant women and infants — United States, Morbidity and Mortality Weekly Report, 68(40), 885-892. <http://dx.doi.org/10.15585/mmwr.mm6840a1>

<https://awhonn.org/education/vaccination/>

## AWHONN OPPORTUNITIES

WA AWHONN Nurses....Do you have the desire to impact change in your organization? AWHONN is offering several opportunities for members to earn scholarships to attend either virtual or in-person evidence-based practice immersion programs. In addition, AWHONN will provide networking opportunities to support all scholars through individual project development. This incredible opportunity includes costs associated with attendance and travel (if applicable) which are funded through Every Woman Every Baby. For more information, please use the link below.

[awhonn.wufoo.com/forms/zh9ttoj0xo1e5h](https://awhonn.wufoo.com/forms/zh9ttoj0xo1e5h)

**VOTING IS OPEN** but closes on September 17, 2020! Your voice and vote is important! Please vote in the upcoming elections for the 2021 Board of Directors. Only full member registered nurses can vote; each eligible voter will receive a ballot email from our partner, Survey & Ballot Systems (SBS). Voting is confidential. More information about the candidates including their personal videos can be found <https://awhonn.org/about-us/2021-board-of-directors-candidates/>



