



# AWHONN

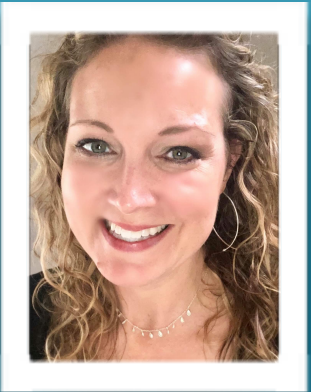
PROMOTING THE HEALTH OF  
WOMEN AND NEWBORNS  
*WASHINGTON SECTION*

**Nurses Impact  
Change!**  
CONGRATS WA  
AWHONN Nurses!!

Winners of the  
AWHONN EBP online  
Education Scholarships!



**Bernie Breslin NW**  
Chapter Leader *Skagit  
Valley Hospital*



**Alyson Willard**  
Hospital Rep *Overlake*

## Not on My Watch - Navigating the Changing Tides

AWHONN Washington Fall Conference  
October 13-15, 2019  
Kitsap Conference Center  
Bremerton, WA

LESS THAN 1 MONTH  
AWAY



Time is running out to  
REGISTER

13 CEU

3.5  
CEU  
PRE-CON

REGISTER ONLINE (credit card only)

[www.washington.awhonn.org](http://www.washington.awhonn.org) or <https://awhonnwfall2019.eventbrite.com>



POWERED BY  
THE NURSES OF  
**AWHONN**  
PROMOTING THE HEALTH OF  
WOMEN AND NEWBORNS

**In Honor of AWHONN's 50th Anniversary.** Huggies has pledged to donate **50,000** diapers if all 50 States raise 5k diapers by 12/31/19. Bring diapers to our **Fall Conference Diaper Drive** to support EBC West Sound (Eastside Baby Corner) a member of the National Diaper Network, and located in Bremerton. **Bring Diaper donations to Fall Conference with a chance to win a prize!**

## Find us on Facebook

Like us on Facebook and join Approx. 500 **AWHONN** Washington Section supporters! This is a great platform for dialogue. Lets keep the conversation going on current perinatal hot topics, events and opportunities. Share how you are getting ready for the 13 new Joint Commission Maternal Safety Standards? What area of the AIM PPH Bundle are you working on?

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

## Call for Specialty Sessions



**Oral Paper and Poster Submissions for the #AWHONN2020 Convention are due Oct 10, 2109**

**Join us in Phoenix, Arizona next year**



**Contact us:**  
**[WAAWHONN@Hotmail.com](mailto:WAAWHONN@Hotmail.com)**

## Washington AWHONN Nurses in Atlanta



Celebrating 50<sup>th</sup> years of AWHONN, in "Hot"lanta (Atlanta) Georgia with over 3,500 nurses was professionally fulfilling and fun! Here are just a **few** reflections worth sharing! The opening session started with challenging us to **"Ask why, Dream Big and Step up"** and set the tone for the next several days.

We were moved by Lt Gen. Dorothy Hogg who manages the U.S. Air Force Medical Service. She is a power house. We loved every word she shared but Top messages were:

- Remember it is your "attitude" not your aptitude that will determine your altitude.
- Think without the box (as compared to outside of the box), when times get tough we tend to jump back into the box.
- Change is hardest at the beginning, messiest in the middle and best at the end.
- Do one thing every day that scares you!

2 sessions presented **"Integrated NICU/Couplet Care"** This Model is becoming a national trend. One hospital cares for level 3 NICU babies on postpartum! The presenters believe "you cannot care effectively for a NICU baby if you do not let the care happen from mom".

Lisa Miller shared **AMNIOTIC FLUID LACTATE** testing may be the future. Currently there's a feasibility study on lactate and uterine activity. Lactate leaks from the uterine muscle and can be detected in amniotic fluid. The premise is an overworked, tired uterus is ineffective... lactate might be part the problem. Letting the uterus rest (which we all know from clinical practice), hydration and perhaps medication to counteract lactate may be effective intervention(s) if lactate levels are high.

We met Carol Decker (from Enumclaw), who fought for her life and survived sepsis. Carol lost her eyesight, feet, left hand and right ring finger. She is an amazing woman, with an inspiring story and an testament to the ability to adapt and do what seems is impossible and uncomfortable and still lead a beautiful life.

