



# AWHONN

PROMOTING THE HEALTH OF  
WOMEN AND NEWBORNS

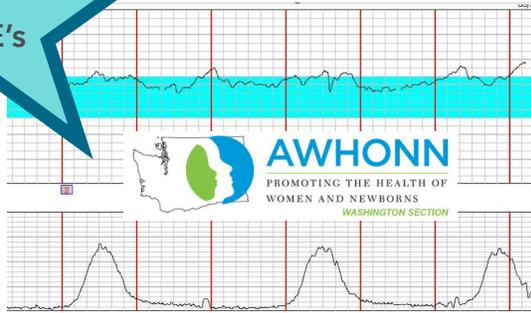
WASHINGTON SECTION



Bernie is our NW Chapter Leader and has been an AWHONN shining star at Skagit Family

**CONGRATS**

to **BERNIE BRESLIN** selected to serve on the **AWHONN NATIONAL EDUCATION ADVISORY COMMITTEE**



## REBECCA CYPHER, MSN, PNP ADVANCED FETAL MONITORING & CERTIFICATION REVIEW

AWHONN WA is offering a fast-paced comprehensive full day review course with Becky Cypher, AWHONN President, following NCC's recommended content outline while using current evidence-based information to support lecture materials. In addition, test taking pearls and sample questions will be provided to increase your confidence and promote testing success. Dedicated, articulate, and meticulously researched presentations have elevated Becky to one of the most popular as well as sought-after presenters in obstetrics care. She brings to the program over 30 years of active duty Air Force and civilian nursing experience in which she held a number of diverse professional roles, including direct patient care management, education and research. Becky has joined Lisa Miller, CNM, JD, and Dr. David Miller as co-author for Mosby's Fetal Monitoring: A Multidisciplinary Approach (8th ed.), and has been a contributor to AWHONN's Fetal Monitoring Principles and Practices book. Currently the President of AWHONN, and the newest author of the Legal Issues column in JPNN, Becky's ongoing commitment to obstetrics shows in every presentation. Relevant and insightful, Becky is a speaker you won't want to miss.

Register at: <https://awhonnwaspringconference.eventbrite.com>

**AWHONN Washington Spring Conference**

**Registration Opens February 15th for Members**

**AWHONN Members: \$125  
Non-Members: \$150**

**Earn 7 CE's  
Free Parking and Lunch Provided**

**Space is limited, Register early**

**CONFERENCE CENTER AT SEATAC**

17801 International Blvd, Rm 6012M, Seattle, WA 98158

Tuesday, May 19<sup>th</sup>, 2020

7:30 am to 4:00 pm

**Do you have an AWHONN Hospital Representative at your hospital? Are you interested in being a liaison between bedside nurses and AWHONN Washington?**

**Our goal: one AWHONN Hospital Representative in every Washington hospital!**

We serve to help Washington nurses stay connected and up-to-date with the latest evidence-based practice. Our Section needs members who have a passion for networking, sharing education ideas, and promoting benefits of belonging to our professional organization. Hospital Reps are provided personalized support, mentorship and a 20% discount on one Washington conference of each year.

If you would like more information, please email Michele Kulhanek at [MicheleKulhanek@gmail.com](mailto:MicheleKulhanek@gmail.com)

## Find us on Facebook

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

### Want to enter to win a free registration to AWHONN National Convention?

The AWHONN National Convention is in Phoenix, Arizona, June 13-17, 2020 and **we are giving away a free registration (\$600 value)**. If you are interested, please send a one page, 300 words or less, essay to [Washington@AWHONNsection.org](mailto:Washington@AWHONNsection.org) by **March 1st, 2020**. The theme of the essay...tell us your **WHY**. We can't wait to hear *why and Why you do what you do everyday in the lives of women and newborns..* Entries will be blinded, evaluated, and scored. The winner will be announced March 15th by email and Facebook post on AWHONN



**Contact us:**  
[Washington@AWHONNsection.org](mailto:Washington@AWHONNsection.org)

## AWHONN Joins ACOG in Olympia



Lacey Rose Miller, DNP, CNS, RNC-OB, C-EFM, AWHONN WA Legislative Coordinator; Lisa Granger, BSN, RNC-OB; Natalie Verrinder, BSN, RNC-OB staff nurses at Legacy Salmon Creek

On January 29<sup>th</sup>, AWHONN nurses joined Wa State ACOG in Olympia for the 12<sup>th</sup> WA State ACOG’s Legislative Day. The morning was spent preparing volunteers for meetings with legislators/staff. Volunteers heard from lobbyists and legislative leaders from ACOG, learned on how a bill becomes a law, were updated on current bills and political climate for women’s health in our state. ACOG leaders explained the four chosen bills and gave examples of how to succinctly present during the limited scheduled time. At lunch, volunteers broke off by district groups and practiced their presentations and patient stories, then headed to the legislative buildings to lobby! The volunteer lobbyists were advocating for patients and healthcare providers on topics that can be difficult to talk about and that the general public know little about.

1. Healthy Moms, Healthy Babies Act: Extend Apple Health for pregnant women to one year postpartum.
2. Comprehensive Sex Health Education: requiring public schools to provide evidence based, scientifically accurate, age-appropriate and inclusive sex education.
3. Title X Funding: allowing Wa State to continue funding family planning clinics in the absence of Title X federal funds.
4. Protecting Patient Care Act: Protects the ability of willing HCP to provide medically accurate, comprehensive information to patients in the provision of necessary standard of care health services in life-threatening instances of miscarriage or ectopic pregnancy.



## LEADERSHIP CONFERENCE 2020

**Where's M & M** (*Margie and Michele*)? Michele Kulhanek and Margie Bridges were fortunate to be able to attend the 2020 Leadership conference.

The conference was buzzing with excitement, ideas, vision and focused on AWHONN's Mission: **"To empower and support nurses caring for women, newborns, and their families through research, education and advocacy"**.

## SAVE THE DATE

## AWHONN FALL CONFERENCE

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

**Sept 27- 29th 2020**

## 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](mailto:mabrnc@gmail.com)) if you have content that you would like to share in our next newsletter!

## Cont....AWHONN in Olympia

The senators and representatives value the expertise and stories from professionals that may be affected by laws they vote on. They know there is no way they can be fully informed on all the issues affecting individuals throughout our state. They recognize the effort it takes for volunteer lobbyists to come talk to them during a legislative session, and trust healthcare professionals, particularly physicians and nurses. The volunteers felt prepared, listened to, and confident during meetings.

The House representatives were "on the floor" in the middle of an unexpected filibuster when we arrived for the scheduled meetings. The legislative building was crowded with groups waiting outside of the House chamber, with staffers slipping through chamber doors, passing representatives notes about who was waiting. Some, including Rep. Paul Harris from District 17, asked to be pulled out of session, specifically to talk with ACOG volunteers about bills. Other meetings were rearranged so interviews could be held with staff on the legislators' behalf.

The conclusion of the day was spent hearing from Sue Birch, director of the Healthcare Authority, Beth Tinker, Nursing Consultation Advisor for the Healthcare Authority, and Molly Voris, the Senior Healthcare Advisor for Governor Jay Inslee. The panel discussed current healthcare and health coverage trends and conversations happening in Washington State.

The AWHONN volunteers absolutely LOVED time spent with ACOG colleagues in Olympia, lobbying for women's health and look forward to doing it again! This is the first year AWHONN has volunteered with ACOG lobbying in Washington State. If you feel like you missed out, stay tuned for announcements about an event next January, either on the AWHONN WA Facebook page or in the AWHONN WA Newsletter. For more information, please reach out to Lacey Rose Miller, AWHONN WA's Legislative Coordinator.

## WA AWHONN IN ACTION



### POSTPARTUM RISK ASSESSMENT

Alyson Willard MSN RNC Overlake Hospital (AWHONN Hospital Representative)

As a part of the national safety initiative to improve maternal morbidity and mortality rates associated with severe post-partum hemorrhage, Overlake Hospital has recently developed and implemented a Postpartum Hemorrhage (PPH ) RN Risk Assessment Tool for all of our obstetric patients. We aligned the AWHONN PPH risk tool with our own practices/policies to develop the best tool for our patient population. We rolled out a paper risk assessment tool with small tests of change in October of 2019. Next, we worked with our IT department to build it into our electronic health record. This tool is comprised of AWHONN's PPH standards of care and best practices and identifies clinically significant findings that increase a patient's risk for severe obstetric hemorrhage.

The opportunity to bring this tool to our department has been a wonderful experience for nurses and patients alike. Nurses are now more aware of the evidence-based risks associated with PPH, improving early recognition and response to impending hemorrhage, thereby improving patient outcomes. The tool guides care in a way that is streamlined and logical. Nurses on our unit have expressed that they are thankful for access to such a helpful tool and can't imagine there was ever a time we did not assess all of our patients risk for PPH. We are grateful to AWHONN for access to so many valuable PPH resources!



### AWHONN POEP COHORT

Bernie Breslin, MSN/Ed, RNC-OB, C-EFM, RNC-NIC

Skagit Valley Hospital Family Birth Center launch their first AWHONN Perinatal Orientation and Educational Program (POEP) cohort this year. "We are so delighted to have this opportunity to enrich our knowledge in the Obstetric specialty". The first NOEP cohort will follow in 2021. "We are grateful for the educational experiences provided by our professional association AWHONN, and grateful to our leadership in their support of our educational needs.

