



# VITALS



## Welcome to 2022!

BY MICHELLE KULHANEK  
WA AWHONN CHAIR



I recently read the editorial in AWHONN's journal, *Nursing for Women's Health (NWH)*, where Editor Mary Brucker shared her wishes for the future. I love this idea as we've spent a considerable amount of time and energy lamenting over the past two years. While it is essential we learn from our challenges; it is even more paramount that we look to the future with hope and determination. But how? Especially as we experience staffing shortages, a continuation of the pandemic, and empty buckets personally & professionally. My answer: TOGETHER!

As AWHONN nurses, we are nearly 24,000 nationally and more than 550 strong in Washington State. Our mission is to empower and support nurses caring for pregnant and birthing folks, newborns, and their families. We are your source for evidence-based and best practices and your "phone a friend." One of AWHONN's CEO Jonathan Webb's favorite African sayings is, "If you want to go fast, go alone. If you want to go far, go together." My wish for 2022 is to find more ways to engage, interact and support one another. This includes reaching out to encourage others to join AWHONN. Please plan to join us on May 11 for replenishment and solution sharing. Find the Zoom link and more information on p. 5 or in an email from the Washington AWHONN section.

For questions or interest in AWHONN, please email me at [mkulhanek11@gmail.com](mailto:mkulhanek11@gmail.com)

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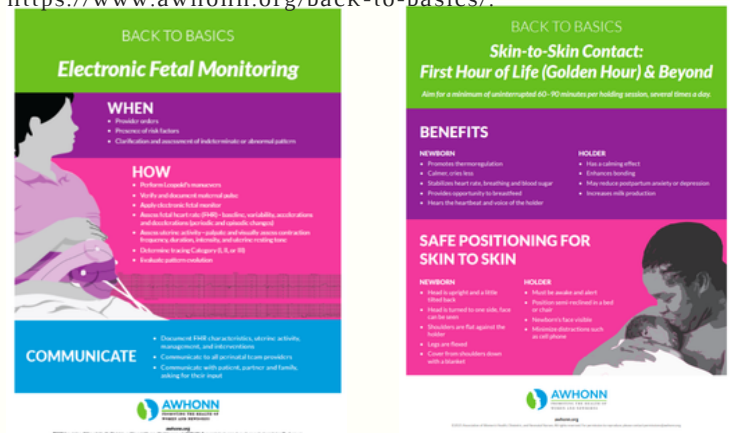
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# Retrospect: A Look Back at Last Year

AWHONN overcame the challenges of 2021 and created a number of new resources available to members that enhance practice. Here's a review in case you missed them.

Two new Back to Basics Infographics were developed last year and they offer quick reminders of the benefits of skin to skin contact and a review of electronic fetal monitoring basics. These are free for members who can find them both at <https://www.awhonn.org/back-to-basics/>.



AWHONN produced a new podcast series last year that featured experts on topics ranging from respectful maternity care to perinatal opioid use disorder. Download all six from wherever you get your podcasts or at [www.awhonn.org/podcasts/](http://www.awhonn.org/podcasts/).

AWHONN's Maternal Mortality and Morbidity (MMM) Task Force continued in 2021. The team is comprised of 16 members with extraordinary experience. More to come!



AWHONN also worked on a framework to address inequalities in maternal healthcare and invited members to comment and contribute to the work.

Although the public comment collection ended, members can still see the draft commitments to addressing racism and bias

[www.awhonn.org/diversity-equity-and-inclusion/](http://www.awhonn.org/diversity-equity-and-inclusion/)



AWHONN Washington celebrated expanding its membership to 565 members and more than 650 following our FaceBook page. A bright spot for our future was the jump in the number of student nurses becoming members. Thank you ALL for your commitment and support of our professional organization, and all you do to elevate the care of women, babies and families. If you want more information about membership, contact Margie Bridges at [mabrnc@gmail.com](mailto:mabrnc@gmail.com). Let's get to 600 members in 2022!

Washington	E-Member (1 year)	150
	E-Member (2 years)	42
	Emeritus	5
	Full Member (1 year)	270
	Full Member (2 years)	68
	Lifetime Member	1
	Student	29
<b>Subtotal</b>		<b>565</b>

## GOODBYE & WELCOME



Margie Bridges is ending her term on the AWHONN Board Of Directors but will be continuing as AWHONN Washington's membership coordinator.



In a unanimous decision, the AWHONN Board of Directors hired Jonathan Webb, MPH, MBA, as its new CEO. Prior to joining AWHONN, Webb was CEO for the Association of Maternal and Child Health Programs in Washington, DC.

# Leadership Team Profile: Bernie Breslin



**Hospital Liaison Coordinator and Educational Advisory Co-Chair**

## Life Transitions Bring Role Evolutions

While joining the “empty nester” club was not high on my priority list, it forced me to consider what my next role would be. What came next was a pandemic, nurse shortage, renewed specialty passion, and a doctorate degree completion all in one year. The stars aligned for me in the most unpredictable and unprecedented set of circumstances. Now as a clinical nurse specialist, I’m experiencing the combined emotions of apprehension, anticipation, optimism, and a constant desire to transform, deliver, and support the specialty nurses.

The Clinical Nurse Specialist can, “provide expertise and support to nurses caring for patients at the bedside, help drive practice changes and evidence-based care to achieve the best possible patient outcomes.” The role is the most challenging, fulfilling, and rewarding one in my three-decade career. AWHONN’s 2021 challenge to “Adapt, Innovate, and Evolve” has inspired and fueled along with working with AWHONN colleagues at the national and state level. I feel privileged to be part of the AWHONN Washington Executive Leadership Team. These are colleagues whose dedication and expertise I abundantly admire and respect. They are my mentors, cheerleaders, and dear friends.

What is your role? What are your aspirations? How do you plan to “Adapt, Innovate and Evolve? Contact me anytime you need someone to propel you.

Bernie Breslin DNP, RNC-OB, C-EFM, RNC-NIC

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## AWHONN WASHINGTON EXECUTIVE LEADERSHIP TEAM

**Michele Kulhanek** - Chair

**Brenda Moffitt** - Secretary Treasurer

**Debra Sperling** - Conference Co- Chair

**Tiffani Buck** - Conference Co- Chair

**Margie Bridges** - Membership Coordinator

**Amber Pattison** - Vendor Representative

**Kathy Spring** - Administrative Assistant

**Lacey Rose Miller** - Legislative Coordinator

**Bernie Breslin** - Hospital Liaison and volunteer Coordinator

**Kimberly Patamia** - Webmaster Technology

**Aly Willard** - Chapter Leader/NE Washington

**Sara Walker** - Chapter Leader/Hospital Liaison

**Meghan Smith** - Chapter Leader/Hospital Liaison

**Lauren Goldstone-Perez**- Hospital Liaison Evergreen Health

# Hospital Liaison Profile: Lauren Goldstone-Perez



Hello! My name is Lauren Goldstone-Perez and I am a staff RN at EvergreenHealth’s Family Maternity Center. I have been a nurse for over two years now and graduated from Seattle Pacific University. Labor and Delivery is my passion and I am grateful for the opportunity to be an AWHONN hospital liaison because I believe evidence-based research should guide our nursing practice. I am constantly learning as a L&D nurse and a huge advocate for implementing “spinning babies” positions in early and active labor. I enjoy teaching and informing the staff/traveler nurses of my department updated and accurate information. I am grateful for the opportunity and look forward to learning more about my passions.



# National Convention Recap



BY KATHY SPRING  
WA AWHONN ADMINISTRATIVE ASSISTANT

I have served in the AWHONN WA Leadership Team for several years. Prior to that, I attended AWHONN meetings as often as I could. Nursing is my vocation and my passion and I treasure my clinical and educational experiences. As I near the end of my career, I know how important our organization is to developing perinatal nurses into lifelong learners and true professionals. Toward that end, here's a summary of all the exciting and informative topics covered at last year's virtual annual convention. Hopefully it inspires you to look forward to going, maybe in 2022!

## **Ginny Beason- Managing Chaos and Cultivating Calm**

Managing chaos forces us to cultivate calm by giving total support to each other with an unending passion for what we do and face each day with courage.

## **Jai-Me Potter-Rutledge - Black Motherhood and the Invisible Burden of Race, Racism, and Implicit Bias**

There is often a gap between intent and outcomes in the care of Black families. We can begin to make a difference by creating a lens of equity in all we do by asking clarifying questions, be proximate (intentionally get close to people of color), actively practice anti-racism in our practice, disrupt the status quo, actively listen, check our behavior (impact over intent), and be gracious.

## **Lisa Miller - Uterine activity in Labor: Clinical and legal Implications for Clinicians**

Did you know that 50% of legal cases result from gaps in the provider's or RN's knowledge. To help ease this, she suggested creating individualized care plans based on labor, parity, risk factors, and whether labor was spontaneous or induced. Other pearls were to keep patients informed about where they fall on the labor curve and recognize that informed consent means that the patient is aware of their progress, what the assessment mean, and what interventions are recommended. Clear and timely education and documentation helps decrease liability in the case of an adverse outcome and summary notes after unexpected events are acceptable, especially if you are documenting on the flowsheet less than the written standard for each institution.

## **Kathleen Rice-Simpson - Update on Maternal Morbidity/Mortality in U.S.**

Worldwide, the US ranks 56th in Maternal Mortality and severe morbidity is up 45%. To improve outcomes we can participate in quality collaborative groups, adopt safety bundles, and standardize practices. We can also recognize health disparities, acknowledge structural racism, work to expand Medicaid, expand the nurse workforce, and be kind.

## **Jonathan Webb - Healthcare Advocacy: Giving Voice to Your Heart**

Advocacy is a pillar of nursing and RNs have the respect, expertise, and passion required to speak truth to power. Jonathan urged us to get involved in healthcare or neighborhood committees and activities, use social media, find your arena to "Speak your mind, even if your voice shakes."

## **Becky Cypher - Corrective Measures: Taking a Proactive Approach to Category II FHR Patterns**

Becky discuss the effectiveness of the classic triad of corrective measures using position change, fluid bolus, and oxygen as interventions. She noted that oxygen doesn't change in the pH of the uterine artery and advised to take it off! Lateral position change is proven to increase uterine blood flow. Oxygen is used based on maternal pulse oximetry and kept between 94-98% sat. IVF bolus can improve outcomes. A 1000 cc bolus can increase placental blood flow by 6.3% and 500cc bolus by 2.5%.

## **Kathleen Rice-Simpson - AWHONN Staffing Survey**

The 2010 AWHONN Staffing Guidelines have been updated and will be published in Spring 2022. It will include data from a survey of AWHONN members conducted in 2019. It will include revised staffing ratios that take into account acuity. Adaptation for rural and critical access hospitals are included.

## **Count the Kicks App**

A stillbirth prevention program in Iowa saw a 39% drop in stillbirth rates with no increase in cesarean rates or other interventions. The primary intervention was "mindfetalness" and instructed patients to start fetal kick counts at 26 to 28-weeks. Learn more at [www.countthekicks.org](http://www.countthekicks.org).



# Fall Conference In-Person at Lake Chelan!

OCTOBER 9 - 11, 2022  
CAMPBELL'S RESORT  
CHELAN, WA

## Save the Date: Replenishment Sessions on May 11

If your battery is running low, carve out time to log in for one of two free sessions (1000-1130 or 1600-1730) with content designed to help you relax, refresh, and recharge. Look forward to content that goes easy on your brain and helps you reconnect with your why. Log on with this link: <https://us02web.zoon.us/j/3604343436>. Emails with more information will be sent to members soon.



## AWHONN On Capitol Hill in March



Registration is now open for AWHONN on Capitol Hill 2022 -- our public policy conference and lobby day! Join us March 27 to 30, 2022, in Washington, DC, for your chance to help AWHONN advance legislation to promote the health of women and newborns. Find more information and a link to registration at <https://www.awhonn.org/advocate/>. A reminder that Congressional offices are currently closed and if not reopened by March 1, AWHONN will convert AWHONN on Capitol Hill to a virtual event and meetings will be held by Zoom.

## ACOG Local Legislative Day Jan.26

Join your fellow obstetric and perinatal colleagues from around the state for a day of learning, fun and advocacy. It's free, it's empowering, and it's important!! Never lobbied? Come and learn how! If you have questions about the event, or you want to go, but you're feeling nervous, reach out to Lacey Miller, our Legislative Coordinator at [lamille@lhs.org](mailto:lamille@lhs.org) or 503-997-2979. Thank you Lacey for your leadership, dedication and enthusiasm for legislation advocacy!

