



# PNAM Newsletter

Official Publication of the Philippine Nurses Association  
of Michigan (PNAM)

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Visibility, Viability, Vitality

Winter/Spring 2019

## Advocacy in Nursing Leadership & Excellence in Clinical Practice

*By Reglita Laput, MPH, BSN, RN, President Elect, Education Chairperson*

Nurses are Critical Thinkers, and as such are Leaders. As clinicians, we should also excel in our clinical practice. It is on this premise that our 2019 educational conference held on April 13<sup>th</sup> was coined with the theme. In addition, it is also in adherence with the PNAA administrative theme of "Make a Difference: Advocate." This conference was approved for 7.5 contact hours by the PNAA Foundation (PNAAF), an approved provider of continuing education by the California Board of Registered Nursing, provider #14134 valid through 2020. Thanks to William Beaumont Hospital, Troy for providing us the venue.



To achieve our theme, we designed topics with objective knowledge, promote positive attitude, and develop skills of our participants. We also considered issues and concerns affecting nurses and their families. Furthermore we included topics on Human Trafficking and Pain Management as required for RN license renewal in the State of Michigan. The following are topics and respective speakers:

1. **Advocacy in Nursing Leadership and Excellence in Clinical Practice** by **Mary Joy Garcia-Dia, DNP, MSN, RN**, PNAA President Elect, Keynote Speaker. She is Program Director of Nursing Informatics at New York Presbyterian Hospital. She shared strategic planning in leadership giving insight to nursing leaders for efficiency and excellence.



*PNAAM Executive Board with Dr. Garcia-Dia*

2. **Artificial Intelligence (AI)** by **Matthew Strom, MSN, RN**, Business Manager Department of Surgery and Clinical Informaticist - Ascension St. John Hospital, Detroit, MI. He spoke on the future of AI technology.
3. **Immigration Issues for Nurses** by **Attorney Reginald A. Pacis**, Chairperson, Michigan Chapter of American Immigration Lawyers Association (AILA). He is Immigration Lawyer at Butzel Long's Detroit Law Office.

*Continued on page 4*

## Advocating the Basic: Science of Caring, the Core of Nursing

*By Sofia Espada Bole, BSN, RN, CCRN, PNAM Advisory Council Member*

Since time immemorial, caring has been the basic foundation of nursing. Not until the 19<sup>th</sup> century when Florence Nightingale's advocacy in the improvement of care was Nursing recognized. Looking back in history, caring and relationship is stronger when the element of trust and respect are incorporated to create a sturdy bond to withstand the harsh realities of human existence. Although Human Caring Theory is basic information for nurses, in many instances we need to remind ourselves as nurses on the basic foundation of being a nurse, why did we become one and how can we sustain this nobility of character to care for another human even we ourselves need care.



Let us visit the Theory of Human Caring by Jean Watson. This theory addresses caring relationships between humans and the deep experiences of life. Watson describes nursing as the focus in helping patients achieve a higher degree of harmony within body, mind, and soul. This harmonious relationship is achieved through caring.

Watson's theory incorporates a holistic approach to patient care, and focuses on the relationship between the patient and nurse. Caring science is grounded on the discipline of nursing and evolving nursing science. This science is relevant to all health, education, and human services professions.

Transpersonal caring acknowledges this unity created from caring relationships to others, to community, and to the universe. The nurse goes beyond the observed situation, and shows concern toward the person's experience. The nurse is then able to understand the deeper meaning regarding the patient's health care situation.

*(Lyon, Jennifer on Watson's Human Caring Theory, retrieved 4/19/19, <https://jalyon.wordpress.com/scholarly.works/watson.human-caring.theory>)*

The theory of human caring is centered on the ten caritas processes. These processes are important because they provide a guide to incorporating caring into one's professional or personal life. The processes include: Embrace altruistic values and practice loving kindness with self and others; Instill faith and hope and honor others; Be sensitive to self and others by nurturing individual beliefs and practices; Develop helping, trusting, caring relationships; Promote and accept positive and negative feelings as you authentically listen to another's story; Use created science problem-solving methods for caring decision making; Share teaching and learning that addresses the individual needs and comprehension styles; Create a healing environment for the physical and spiritual self that respects human dignity; Assist with basic physical, emotional, and spiritual human needs; and to remain open to mystery and allow miracles to occur (Watson Caring Science Institute, 2012).

Watson views the person as a being consisting of mind, body and spirit, recognizes the importance of the unity of mind, body and spirit. According to Watson, **health is a subjective experience that is defined by the person.** Health corresponds to the balance between mind, body and spirit and is influenced by how one perceives and experiences the situation and self. **Nursing is defined as both an art and science in this theory, with caring as the essence of nursing. It is the role of the nurse to assist the person in finding meaning to illness and suffering.**

Further, according to Watson: The person is a holistic being who is influenced by the care of the nurse in the physical or non-physical environment. These relationships influence the healing process and allow health to be achieved. It is predicted that positive patient outcomes will occur with the presence of a helping and caring nurse-patient relationship. In a Caring Behavior Assessment, Nursing Care must address patient as a whole in order to balance mind, body, and spirit in order to achieve optimal outcomes. Caring has been identified as an essential aspect of nursing and is the goal of the discipline. ❤

Retrieved March 25, 2019: <https://www.bing.com/search?q=Science+of+human+caring>

Retrieved June 10, 2019: <https://www.redlandshospital.org/nursing-excellence/jean-watson-theory-of-human-caring>

## *From the President*

**By Trinie Cuevas Alair, BSN, RN, PNAM President 2018-2020**

Greetings to all! Welcome to the Winter/Spring 2019 issue of our newsletter.

In February 2019 PACCM Valentines Fundraising, PNAM donated \$1,500.00 plus two tables of attendees. On February 11-15, 2019, Breast Cancer Awareness and Prevention outreach program in Legazpi City, Philippines piggy-backed with the Philippine American Medical Mission Foundation of Michigan.

On March 1, 2019, PNAM participated at the Sterling Heights Cultural Exchange and on March 23, 2019, several PNAM members were elected as officers of NaFFAA Michigan. Amy Risvold, PNAM Advisor, voted as NaFFAA Chairperson. In line with the PNAA theme of Advocacy, PNAM is indeed engaged in Leadership Advocacy and partnership with other organizations.



April 13, 2019 was the Annual Spring Educational Conference held at William Beaumont Hospital in Troy. Successful participants were awarded 7.5 contact hours of continuing education that includes Human Trafficking and Pain Management. The Keynote Speaker was Dr. Mary Joy Garcia-Dia, PNAA President Elect. The Education Committee headed by Reggie Laput did a wonderful job putting this together.

It was April 25-28 when nine PNAM delegates attended the PNAA North Central Region (NCR) Conference in Columbus, Ohio. On April 27, some PNAM members volunteered at the Asian American Health and Wellness Expo organized by Asian Center in Southfield and Henry Ford Hospital in West Bloomfield on Health Seminar. This was headed by Sonia Montano and Hilda Kittinger along with other PNAM members.

On the same date, April 27, 2019, some PNAM members volunteered at the Philippine Consulate on Wheels held at the Philippine American Cultural Center of Michigan (PACCM). They assisted compatriots with immigration and consulate issues. On May 9<sup>th</sup> some members attended the Asian Pacific American Heritage Month celebration at the Capitol in Lansing, attended a Hearing Session on a Bill, and visited their respective State Representatives and Senators.

May 11, 2019, Lulu Martinez Rodriguez, Chair of Community Outreach and some PNAM members volunteered at the Splendor of the East, a cultural presentation headed by Council of Asian Pacific Americans (CAPA). This is an annual event that unites all Asian Pacific Americans in the community through culture, education, and community service. This was held at the Ford Center for Performing Arts in Dearborn.

May 18 was PNAM's Nurses' Week celebration honoring Florence Nightingale and all nurses with educational presentation. Speakers were Dr. Annie Vista on Leadership and Sofy Bole on Helpful Hints on Article Writing and highlighted the PNAM Achievements through the years. PNAM will continue to be visible in our local community and participate actively at the PNAA and PNAAF fundraising events and educational and leadership activities. We participated on June eight (8) at the Kalayaan Picnic (see article on page 16).

Thank you all for giving me the opportunity to lead this prestigious organization. I take this opportunity to express my sincere appreciation and gratitude to the Executive Board as well as PNAM members, families and friends. Your sustained support, dedication and loyalty to PNAM is a gesture to behold in the preservation of our legacy that began 47 years ago.

To all Filipino American Nurses, come and join us, be part of PNAM, the authentic Philippine Nurses Association in Michigan. Explore your potential through activities be it social, cultural but most importantly professional activities where you can discover what you can do, more than the ordinary! Working together, we are empowered to achieve the best and shape lives through healthcare and service. Thank you and God bless us all. Mabuhay! ❤️



This issue is a continuing saga for immigrants in general, and for many nurses who are victims of recruiting agencies with false promises of employment. PNAA/PNAM has helped many nurses tangled in this issue.

4. **Central Line Associated Blood Stream Infections (CLABSI) by Debra Hopfner, BSN, RN, CIC**, Infection Prevention Specialist at Ascension St. John Hospital, Detroit, Michigan.
5. **Legal Aspects of Human Trafficking in Healthcare/Nursing by Attorney Kelly A. Carter**, Assistant Atty. General in Michigan, and Chair of Michigan Human Trafficking Commission Senior Attorney Specialist.
6. **Pain Management**, Two parts:
  - a) **Pain Medicine by Dr. Augustus Peter Evangelista, MD, MBA**, Medical Director of Excel Physical Medicine and Rehab and pain medicine specialist. Staff Physiatrist at St. Marys Hospital, Livonia and Maple Manor Rehab.
  - b) **Non-Pharmacologic Options for Pain Management by Victoria Jean Boyce, MSN, RN, ANH-BC**. She is Clinical Nurse Specialist for Patient Care Services, St. John Hospital, Detroit, Advanced Holistic Nurse Board Certified.

This was well-attended by both members and non-members, held at Troy Beaumont Hospital. We received positive feedbacks from attendees who were diverse in terms of clinical practice: seasoned, new nurses and student nurses, director of nursing, clinical managers, educators. With grateful appreciation to William Beaumont Hospital-Troy for the use of their facility, to our sponsors/vendors: **Four Seasons Home Health Care; All State Insurance; MVFA Financial Services; and Gayak Skin Care Products.**

Thanks to the hard-working Education Committee and all the Executive Board for their support.

*Chairperson* – Reglita Laput, MPH, BSN, RN

*Assistant Chairperson* – Carmelita Meitzler, BSN, RN

*Members:* Simonette Pura-Elgert, MA, BSN, RN, CNML

Corazon Galinato, MSHS, BSN, RN

*Advisors:* Sofia E. Bole, BSN, RN, CCRN \* Amy Risvold, BSN, RN

PNAM Officers and Members treated Dr. Garcia-Dia with a Detroit Tour (she's from New York), food, people mover ride, and an overnight stay at one of Casino Hotels- compliments of Ellen Dioso. Overall, the conference was a huge success in terms of monetary gains, attendance, well organized activities. Thank you all for coming, and please come again next year scheduled on April 25, 2020. Mark your calendar! ❤️

Michigan Attorney General Dana Nessel

### Who to call

- National Human Trafficking Hotline:
  - 888-3737-888
  - Text: HELP or INFO to Be Free (233733)
- SEMTEC Task Force: 313-965-2323 (if child or domestic victim)
- Department of Homeland Security (if foreign-national victim)
  - Call 1-866-347-2423 (toll free)
  - Report online at [www.ice.gov/tips](http://www.ice.gov/tips)
  - <http://www.dhs.gov/topic/human-trafficking>
- If victim is not ready to talk to LE but need services:
  - Call the Salvation Army 248-443-5500



Reggie Laput, Atty. Reginald Pacis, Amy Risvold and Lulu Martinez



Sofy Bole, Remy Solarte, Trinie Alair, Dr. Mary Joy Garcia-Dia, Dr. Annie Vista



Annie Meitzler, Simonette Elgert, Vicki Boyce

## Spring towards Advocacy

### My PNAA Campaign for President Elect

**By Mary Joy Garcia-Dia, DNP, MSN, RN, PNAA President Elect, Keynote Speaker on April 13, 2019**

The Philippine Nurses Association of Michigan (PNAM) under the leadership of Trinidad Alair, President 2018-2020, kicked off 2019 with its Annual Spring Conference with a theme "Advocacy in Nursing Leadership and Excellence in Clinical Practice." Their hard-working Education Committee headed by PNAM President-Elect Reglita Laput put together an excellent educational package providing 7.5 contact hours. I am honored to represent PNAA and shared our rich history, highlighting the role of PNAM as one of the five Founding Chapters together with PNA New York, PNA New Jersey, PNA Southern CA, and PNA Illinois. These five chapters had the vision to have one umbrella organization for Filipino American nurses across the United States.



It was a serendipitous moment that while I was mentioning PNAM is fortunate and should take pride having one of the PNAA presidents come from Detroit, MI, I suddenly noticed Remedios Solarte's presence in the crowd. What a great moment to appreciate Solarte's presence and everyone gave her a round of applause for her excellent service as the 6<sup>th</sup> PNAA President (1990-1992).

One of the main strengths of PNAM is the visibility of its leaders at the Nationals - PNAAF Executive Director Dr.



Annie Vista, PNAAF Treasurer Martha Cabarios, and Sofy Bole, previous NCR RVP. Even at the conference, the Advisory Council's presence is palpable. I was impressed that the membership demographics are a mix of seasoned members and millennial nurses.

At the end of the day, we walked away with better understanding of Artificial Intelligence and Immigration Rules and Visa terminology.

Speakers on Regulatory issues like Human Trafficking, Central Line-Acquired Blood Stream Infection (CLABSI) and Pain management (pharmacological and non-pharmacologic) provided fresh perspectives on how we can best advocate for our patients as nurses.

I am happy that I was given this opportunity to listen to our members and see the hard work and commitment from PNAM Executive Board (EB). Majority stayed behind to listen on how to facilitate SOAR (Strengths, Opportunities, Aspirations and Results) as part of strategic planning.

Thank you to the numerous individuals who made my stay extra special and memorable. I also appreciate the hospitality of Ellen Dioso, and Tita Fe who hosted a sumptuous lunch the following day. I was able to tour Detroit via People Mover aka subway and navigate I-75N from downtown to Troy with Boots, Amy, Tita Remy and Dr. Solarte. Manang Sofy invited me to be the Keynote Speaker as we often see each other at national conventions.

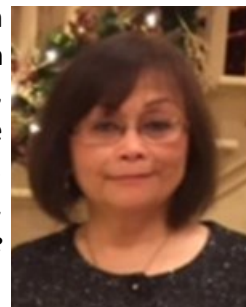
I look forward to seeing delegates from PNAM at our North Central Regional (NCR) Conference in Columbus, Ohio and at our National Convention in Atlanta, GA. Mabuhay and God Bless to all! ❤️

## Coalition of Michigan Organizations of Nursing Update

### **Title Protection for “Nurse” in Michigan**

*By Ellen Labaclado Laboga, PNAM Legislative Committee Chairperson*

PNAM as a member of Coalition of Michigan Organizations of Nursing (COMON) for more than 30 years regularly receives updates on issues affecting healthcare and licensure. Section 333.17211 of the State of Michigan Public Health Code (MPHC) restricts the use of the words, titles, or letters or any combination of the same are restricted to those authorized under the MPHC: *registered professional nurse, registered nurse, RN, licensed practical nurse, l.p.n., nurse midwife, , certified nurse midwife, c.n.m., advanced practice registered nurse, a.p.r.n., nurse anesthetist, nurse practitioner, n.p., certified nurse practitioner, and c.n.p., clinical nurse specialist, c.n.s., clinical nurse specialist-certified, and c.n.s.-c.*



#### Purpose:

1. The primary purpose of nursing licensure and title protection is to protect the public.
2. Licensure assures individuals possess a minimal level of education and have a demonstrated competency of specialized knowledge.
3. Title protection assures that individuals without the minimum education and competency for licensure cannot misrepresent themselves to the public as nurses.

Gallup polls rank Nursing on top in honesty and ethics except in 2001 when firefighters were on the list following 9/11 terrorist attack. Public confidence is at risk when individuals misrepresent themselves as nurses. Tolerating overt use of “Nurse” by those not licensed and registered by the state risks eroding nursing’s well-earned public reputation of vulnerable individuals; American Nurses Association (ANA)-Michigan action include: That in 2019 /2020 session, to introduce title protection legislation; Asking that all nursing associations in Michigan to join in driving this legislation; reaching out to other health professional organizations as well as seeking support. ❤

*Reference: American Nurses Association-Michigan handouts on Title Protection for “Nurse” in Michigan, shared by COMON*

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### Adult-Use Marijuana Added to LARA’s Renamed Bureau of Marijuana Regulation



With the Michigan Regulation and Taxation of Marijuana Act becoming State Law passed in 2018, the Department of Licensing and Regulation Affairs (LARA) announced that the regulation of adult-use marijuana has been added to the newly renamed Bureau of Marijuana Regulation (BMR).

Michigan is a model for citizen safety and business efficiency by having all marijuana-related regulation handled by a single government entity. BMR will keep marijuana-related services in one place in order to best enhance consumer protections and make regulations more efficient for business customers.

In conjunction with the renamed bureau and in an effort improve consistency among consumers, industry stakeholders, and other government agencies, LARA has embraced the common spelling of marijuana. All legal documents and references to statutes will continue to use the spelling in the state’s legal code- *marihuana*.

Marijuana related website for helpful information and resources: [www.michigan.gov/marihuana](http://www.michigan.gov/marihuana). This brings together information from multiple state departments and includes links to medical marijuana facilities, registry card application, health effects and more. The regulatory functions of BMR include the licensing, investigation and enforcement of adult use marijuana growers. ❤



## National Center for Health Statistics (NCHS)

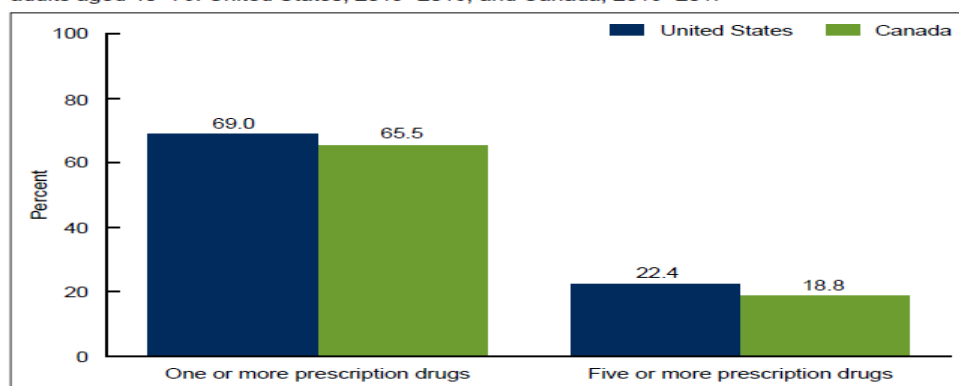
### Prescription Drug Use among Adults Aged 40-79 in the United States and Canada

Data from the National Center for Health and Nutrition Examination Survey and the Canadian Health Measures Survey: Nearly seven (7) in ten (10) adults aged 40-79 used at least one (1) prescription drug in the past 30 days in the United States (69.0%) and Canada (65%) and around one (1) in five (5) used at least five (5) prescription drugs (22.4%) in the United States and (18.8%) in Canada.

Among adults 40-59, the most commonly used drug types in the US were antidepressants, lipid-lowering drugs, and ACE inhibitors; in Canada they were analgesics, antidepressants, and lipid-lowering drugs.

Among adults aged 60 -79, the most commonly used drug types in the US were lipid -lowering drugs, anti-diabetic agents, and beta blockers; in Canada they were lipid -lowering drugs, analgesics and proton pump inhibitors.

Figure 1. Use of one or more and five or more prescription drugs in the past 30 days among adults aged 40–79: United States, 2015–2016, and Canada, 2016–2017



Contact NCHS address:

**NCHS, 3311 Toledo Rd, Hyattsville,  
MD 20782**

# 800-232-4636

**[www.cdc.gov/nchs](http://www.cdc.gov/nchs)**

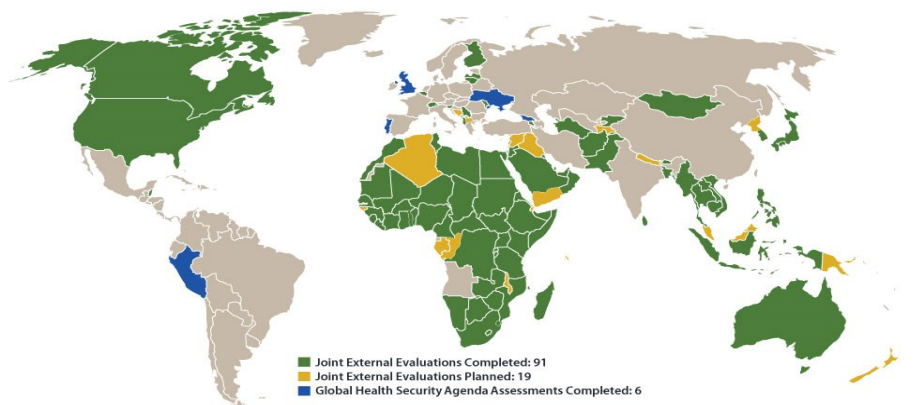
## Joint External Evaluation for Improved Health Security

### A report from Center for Disease Control (CDC) for Global Health released August 2019

The World Health Organization (WHO) Joint External Evaluation (JEE) helps countries assess their health security strengths and weaknesses to direct resources toward the most urgent needs, protecting the country and the rest of the world from infectious diseases. JEEs are voluntary, external assessments of a country's ability to prevent, detect, and respond to infectious diseases and other public health threats. The JEE process brings together experts from around the world to work with a country to assess its strengths and weaknesses and make recommendations to improve health security capacity.

CDC has been critical to the success of JEE. At the end of 2018, there are 91 countries that assessed their health security strength and weaknesses and more than 45 countries completed or started a National Action Plan for Health Security. Map depicts countries that have completed JEE or joined the Global Health Security Assessments. ❤️

#### Completion of Joint External Evaluations Globally: End of 2018



Contact CDC address:

**1600 Clifton Rd. NE,  
Atlanta, GA 30329**

**# 800-232-4636(800-CDC-INFO)**

**Open Monday-Friday, 8am-8pm**

**<https://www.cdc.gov/contact>**

## **PNAA 18<sup>th</sup> North Central Regional Conference**

**Theme: “Be the Voice, Be the Spark, Advocate”**

*By Annie A. Vista, PhD, RN, PNAM Advisory Council Member*

Excitement was felt by PNAM delegates led by President Trinie Alair as they travelled by car to Columbus, Ohio for the NCR conference slated for April 25-28, 2019. It was time to meet colleagues from different parts of the US. PNA Central Ohio, the host chapter delivered a very successful, well-attended conference as well as exceeded expectations.

Led by their dynamic president Rochelle Santos, we were warmly welcomed on the first day, April 25<sup>th</sup> with sumptuous Filipino dinner prepared by our host. The ever ready and hard-working VP of the North Central Region (NCR) Leila Busch greeted everyone as they arrived.

April 26<sup>th</sup> was the Leadership Institute Program: Advocate! Welcome remarks by PNAA VP Leila Busch set the tone for the day, followed by PNAA President Madelyn Yu who spoke about “The Leader as an Advocate.” She cited past PNAA presidents great advocacies of their administrations as well as PNAA’s advocacy on behalf of its members and non-members as well.

PNAAF President Merlita Velasquez, presented enthusiastically the new “PNAA/PNAAF Legacy Headquarters”. She mentioned the three big donors for the furnishing of the home of the Philippine American Nurses: PNACOH, PNA Metro DC, and PNA NCR. Dr. Leo Jurado talked about “Conducting Effective Meetings”, an excellent reminder to adhere to the rules of a productive meeting.



Talent Show Entry with young and high technological board members in charge of IT, Fely Perlas, PNAA Membership Chair, and Jonathan Gecomo for Electronic Registration, discussed “Strategies in Recruiting and Retaining Members” and “PNAA Goes Electronic” respectively. A panel discussed the “PNAA Roles and Responsibilities of Committees” was moderated by Elena de Jesus, and included Leticia Hermosa-Ethics, Human Rights-Nancy Hoff, Legislative-Mindy Ofiana and Archives by Majuve Sulse.

*PNAM Talent Show Entry, NCR: “We will Survive”. Reggie, Vicky, Amy, Sofy, Simonette-lead singer, Annie V, Ellen, Trinie and Annie M. M.*

**FUN at the PNAA North Central Regional Conference**

The Networking: ‘Be the Voice’ evening was a true entertainment as everyone in the ballroom was seen engaged in the program. With Jonathan Gecomo as the Lead Emcee assisted by Gloria Damasco, the audience roared in laughter and obviously enjoyed the performance of the karaoke singers. PNAM bravely presented Simonette Pura-Elgert as the lead singer with background dancers Laboga, Alair, Risvold, Bole, Atillo, Meitzler, Laput, and Vista. The night culminated in the Presentation of Leadership Awards: **Annie Vista received Community Service Award in recognition for her international civic, charitable, and medical missions.**



Education Day program: Advocate! It featured several experts in their chosen topics. George Hicks spoke on “Gambling, the Odds of Beating Addiction.” Paula Haines talked about “Violence Against Women: Unique Approaches to a Global Problem.” With co-panelist Amber Runyon, Hannah Eastbrook, and moderated by Marissa de Jesus. Dr. Richard Paat talked about “Successes and Challenges in Domestic and International Medical Missions.” Tiffany Bukoffsky presented “Ohio Legislative Policy Nursing Initiative.”

Eric Yap cited cases of advocacies in his topic “Nurse Advocacy in the Workplace.” Dr. Mike Sevilla finished the day with his “Endnote: Social Media and Medicine – Getting Your Passion to the People.”

The theme of the gala event was: Be the Spark! Each one arrived in brilliant, sparkling, embellished, and gorgeous gowns. A warm welcome was delivered by PNA COH president followed by Leila Busch, PNAA VP -NCR with her inspiring message.

PNAA President Madelyn Yu addressed the crowd with a short but impactful speech praising the Host Chapter, the NCR and the entire PNAA with over 5,000 strong and solid members from 51 chapters.



*Annie Vista receiving Chapter Leadership Award*

The highlight of the night was the PNAA NCR Nursing Excellence Awards: Dr. Joseph Tariman-Excellence in Research, Dr. Annie Vista-Excellence in Community Service, and Erlinda Gonzalez- Excellence in Administration. Each chapter has Leadership Awardees given during the Networking Night. The conference ended with a Mass on Sunday for thanksgiving and featured a tribute to Evelyn Sugiyama, Past President of PNA COH who unexpectedly died last January 2019. The tribute was delivered by Bessie Schiroky, Past NCR PNAA-VP. Boxed lunches were distributed so attendees can leave early for their long trip back home. Pleasant memories will linger as we continue our journey to another convention in July 2019 to Atlanta, GA. Wishing everyone a Happy Nurses Week!



#### **NCR Gala Night, Columbus, Ohio**

*Lt. to Rt: Ellen Laboga, Annie Meitzler, Annie Vista, Trinie Alair, NCR-VP Leila Busch, Reggie Laput, Vicky Attilo, Sofy Bole, Elena de Jesus-NW Indiana, and Amy Risvold*

**Editor's note:** The Philippine Nurses Association of America (PNAA) conventions both Regional and National levels are always very interesting as it offers multiple activities ranging from professional, educational, cultural and networking with colleagues. In addition, nurses are offered the opportunity to shine by showing off their hidden talent during the Networking Night. These experiences are priceless no amount of treasures can ever equate its importance. Hence, I invite nurses to join the PNAA, a professional national organization of nurses! Be a member, let us advocate on nursing issues together! ❤





**Asian Pacific American Heritage Month at the Capitol Lansing, May 9, 2019. Sofy, Amy, Annie, Nang Fe, Atty. Reginald Pacis, and Carol Santiago**



**March 1, Cultural Exchange, Sterling Hts.**



**Education Day, PNAA-NCR, Columbus, Ohio**



**Gala Night, PNAA- NCR, Columbus, Ohio, April 27, 2019. Reggie, Amy, Annie V., Trinie, Vicky, Ellen, Sofy and Annie M.**



**Kalayaan Picnic, June 8, 2019**



**Valentines Ball, PACCM Fundraising, PNAM donated \$1,500.00.Lt.-Rt: Vicky, Hank, Sonia, Reggie, Sofy, Amy, Annie M., and Hilda**



**Education conference, April 13, 2019, Matthew Strom Speaker on Artificial Intelligence**

**Nurses Week celebration with two speakers: Dr. Vista and Sofy B. Prayed the Rosary, then lecture**



**Executive Board Meeting June 11, 2019**



## Why I Love to Serve PNAM

Interviewed by Concepcion Deocampo Sumalde, MBA, BSN, RN, CCDS, Board Member



### Rosalie Gorospe Pablo, RN, Board Member

Graduated from University of the Philippines (UP) School of Nursing, Class 1954 PGH, and has been a PNAM member for several years. "I joined PNAM and love to serve the organization where my friends are. For me money is not as important as having many friends. In addition, I value my PNAM family and enjoy attending meetings. I love being a nurse and taking care of people, so I retired at age 85. With my knowledge as a seasoned nurse, I want to share it with the organization."

### Teresita Papa Covacha, BSN, RN, Business Manager

I attended Manila Central University in the Philippines. I have been a member for many years serving different capacities. I find it interesting to join PNAM and continue to grow with my nursing and medical knowledge by attending conferences offered annually. This enhances my life as a nurse and a better person. I enjoyed my assigned task as Chair of Ways and Means.



### Carolina Aguilar Santiago, BSN, RN, Board Member

I graduated from Arellano University in the Philippines with a Bachelor of Science in Nursing degree. As a member of PNAM for almost fifteen years, I have held positions in different capacities. I joined PNAM and love to serve because there is nothing like the oldest and the original Philippine Nurses Association of Michigan (PNAM). It represents the ideals of Filipino nurses here in Michigan and at the national and international levels. More power to PNAM!

### Victoria Magante Atillo, BSN, RN, Assistant Secretary

I attended Southwestern University College of Nursing in Cebu City, Philippines, Class of 1978 with a BSN degree. I have been a member of PNAM for many years and served as Secretary and Assistant Secretary. Currently, I chaired the PNAM Kalayaan Picnic participation. I love PNAM because it is very supportive and the camaraderie that exists is amazing. We learn so much from each other and value each other's importance.



### Lulu Martinez Rodriguez, BS, RN, Board Member

I graduated from Occidental Negros Provincial Hospital School of Nursing in 1968 with a Diploma in Nursing. For many years, I have been a member of PNAM. Coming to the United States, I realized that to go up higher in the ladder of professional nursing position, I need to supplement my education, so I attended Sienna Heights School with Business Management degree. I Support PNAM and update myself with current practices and policies in nursing shared by the organization.

Quotes from Ezra T. Benson:

**"True Humility** is staying teachable, regardless of how much you already know."

**"Pride** is concerned with who is right, **humility** is concerned with what is right"





## Top 12 Ways Artificial Intelligence will Revolutionize the Delivery and Science of Healthcare

*By Sofia Espada Bole, BSN, RN, CCRN*

Artificial Intelligence (AI) represents a collection of software, logic, computing, and philosophical discipline that aims to make computers perform functions once thought to be exclusively human, e.g. perceiving meaning in written or spoken language, learning, recognizing facial expressions and so forth.



AI is poised to be the engine that drives improvements across the care continuum. At the 2018 World Medical Innovation Forum (WMIF) on AI presented by Partners Healthcare system, leading researchers and clinical faculty members showcased the 12 technologies and areas of the healthcare industry that are most likely to see major impact from AI. This is predicted to be within the next decade.

Partners Healthcare System, including faculty from Harvard Medical School (HMS), moderators Keith Dreyer, DO, PhD, Chief Science Officer at Partners and Katherine Andriote, PhD, Director of Research Strategy and Operations at Massachusetts General Hospital (MGH) were to top 12 ways AI will revolutionize the delivery and science of healthcare through the following:

1. **Unifying mind and machine through brain-computer interface** creating direct interface between technology and the human mind without the need for keyboards, mice and monitors is a cutting area of research.
2. **Developing the next generation of Radiology Tools** that are accurate and detailed enough to replace the need for tissue samples in some cases, experts predict.
3. **Expanding access to care in underserved or developing regions.** AI could mitigate the impacts of this severe deficit of clinical staff by taking over some of the diagnostic duties typically allocated to humans.
4. **Reducing the burdens of electronic health record (EHR) use.** EHR developers are now using AI to create more intuitive interfaces and automate some of the routine processes that consume so much of a user's time.
5. **Containing the risks of antibiotic resistance.** Electronic health record data can help to identify infection patterns and highlight patients at risk before they begin to show signs and symptoms
6. **Creating more precise analytics for pathology images.** AI can improve productivity by identifying features of interest in slide before a human clinician reviews the data.
7. **Bringing intelligence to medical devices and machines.** Using AI to enhance the ability to identify deterioration, suggests that sepsis is taking hold, or sense the development of complications can signify improved outcomes and may reduce cost related to hospital-acquired condition penalties.
8. **Advancing the use of immunotherapy for cancer treatment.** Machine learning algorithms and their ability to synthesis highly complex datasets maybe able to illuminate new options for targeting therapies to an individual's unique genetic make.
9. **Turning the electronic health record into a reliable risk predictor.**
10. **Monitoring health trough wearables and personal devises.** AI will play a significant role in extracting actionable insights from this large and varied treasure trove of data.
11. **Making smartphone selfies into powerful diagnostic tools.** This tool will be able to identify developmental diseases by analyzing images. The AI algorithms can detect discreet features that would indicate abnormalities.

12. **Revolutionizing clinical decision making at the bedside with use of AI.** AI will provide much of the bedrock for that evolution by powering prediction analytics and clinical decision support tools that clue providers into problems long before they might otherwise recognize the need to act. AI can provide early warnings for conditions like seizure and sepsis.

Leveraging AI for clinical decision support risk scoring and early alerting is one of the most promising areas of development for this revolutionary approach to data analysis. AI will usher a new era of clinical quality and exciting breakthrough in patient care.

#### Positive Effects of AI

1. **Modern Global Position System (GPS):** The GPS used on the watch, car, and truck is based on AI technology. GPS can take you to intended destination with shortest possible time.
2. **Search Algorithms:** google, FB, and other prominent social media outlets are using algorithms to detect faces in the pictures. It is possible due to the implementation of the AI concept. Similarly, the search engine deploys hundreds and thousands of codes to deliver accurate search results to the users.
3. **Important Role in Healthcare:** AI is instrumental in solving major problems in the healthcare sector. It has optimized the medical expenditure by finding patients who are at a severe risk of a particular disease. Therefore, the government is now focusing on preventing the occurrence of the diseases rather than treating them at a later stage.



*Would robots replace human care (nurses)?*

#### Negative Effects of AI

1. **Dystopian abnormality:** According to some scientists, the robots in the future may outthink the humans and cause problems to the people.
2. **AI Errors:** AI applications are prone to bugs in varieties of spheres. For instance, if an error creeps up in the AI software related to healthcare sector, it may cause unwarranted death. Erroneous codes could cause long term damages to the economy of nations since AI is being implemented in strategic industrial systems.
3. **Quality:** A slight dip in quality is prone to result in heavy damages to not only the company but also the country. Buggy AI software used in the weapons system can target the wrong object and may not meet the requirements of the army.

One day, AI would be so intelligent that everything would be handled by machines. In the future it will not be surprising when all vehicles will be automated, no human drivers. You can just sit back, relax and drink your hot coffee while waiting to reach destination. My question is "How much do you trust this driverless transportation?" Only time will tell how soon this technology comes to reality when human drivers are not needed. ❤

"We cannot solve a problem by using the same kind of thinking we used when we created them." (Albert Einstein)

"The true sign of intelligence is not knowledge but imagination." (Albert Einstein)

"Innovation comes out of great human ingenuity and very personal passion." (Edith Widder)

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- Bresnick, Jennifer, *Top 12 ways AI will revolutionize healthcare*, retrieved, 6/9,2019: <https://healthitanalytics.com/news/top-12-ways-artificial-intelligence-will-impact-healthcare>
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## My Personal Experience with Parkinson's Disease

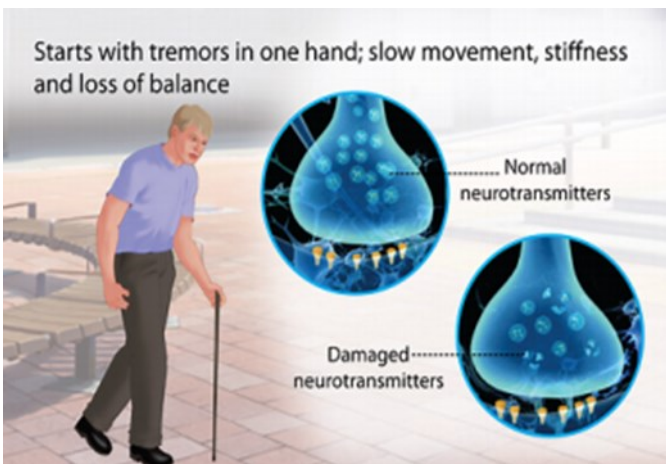
*By Regina Mupas, RN-Retired, Past PNAM Member*

It all started when one day, I noticed that I had a problem moving my legs and feet. My first impulse was to go to the Emergency Room (ER). I was discharged and referred to Rehabilitation Center for Physical and Occupational Therapy. While in rehab, I needed assistance turning and getting out of bed to use the bathroom.

Having been a registered nurse for several years until retirement, the hardest part of treatment and rehab was when I was told "to wear a diaper just in case I cannot make it to the bathroom". I was instructed to use the call light for assistance, and was trained to use a walker, proper use of the toilet to maintain balance and prevent from falling. A neurologist who specialized in Parkinson's ordered levodopa, and after a week of this medication resulted in improvement. I was able to move my feet and legs more, but had to continue physical and occupational therapy for two more months. Finally, I was discharged home to my brother's house, PT continued till I could walk and maintain my balance.



Several factors can cause Parkinson's symptoms including medications, toxins and trauma to the head. In most cases, it is unknown (pages 11-12 per Discharge Instructions). The disease may cause tremors, stiffening and problem with movement. Severe and advanced Parkinson's may cause problems with thinking, confusion, reasoning, trouble with balance. The brain does not produce enough dopamine, a neurotransmitter substance.



Follow up care with family's love and support is a very important component of recovery. Continue daily exercise as instructed, take medications as prescribed, and eat a balanced fiber diet to prevent constipation. Recently, I noted difficulty with swallowing, so I use a straw to drink water and juices, smoothies help avoid choking, softer foods are preferable like noodles and soup.

I joined Senior's group for activities like bingo, coloring, chair exercises etc. My family brings food for breakfast and lunch but sometimes they take me out to eat. I drive short distances in the morning due to poor vision. Family support is a big contributor to the healing process both physically and psychologically. And I am fortunate to have

several family members for support. I hope and pray that someday a miracle will happen in the total healing and cure of a Parkinson's victim. ❤

### References:

- Michigan Parkinson's Foundation, Spring 2019, pages 2-3
- Parkinson's Care Instructions, pages 11-12
- Retrieved, 8/9/19: <https://www.webmd.com/parkinsons-disease/qa/what-are-more-serious-signs> of Parkinson's

*Editor's note:* The author sent her handwritten article to me via post office mail with a written apology "Sofy, sorry for my bad handwriting". This statement is consistent with the signs and symptoms of the disease that affects coordination with tremors, stiffness and rigidity.

*"You have power over your mind-not outside events. Realize this and you will have strength," (Marcus Aurelius).*

*"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage," (Lao Tzu).*

*"You feel your strength in the experience of pain," (Jim Morrison).*



## A Partnership of Common Concern

*By Sonia Tariao Montano BSN, RN, CCP, PNAM Advisory Council Member*

On a bit nippy spring morning of April 27, 2019, the Asian American Health & Wellness Expo put in motion its goal of wellness information focusing on the senior population in the community. The beneficial free event was held at the Henry Ford West Bloomfield Hospital in Michigan and the Philippine Nurses Association of Michigan (PNAM), a trusted community partner of the Asian Center of Southeast Michigan was on hand to engage the attendees. The PNAM attendees were this writer, Hilda Kittinger, Lita, Ed and Paul Carpena, Corazon Galinato, Martha Cabarios, Adora Apercho and the Cardenas family (Tess, Mario and Matthew).



**PNAM Volunteers**

This Health and Wellness Expo addressed various topics and was successful in creating a learning experience not only for the seniors but also for the younger generation. To prove my point:

The healthy cooking demo (with samples) of anti-inflammation food and healthy Asian recipes was interactive and was clearly a hit (the vegetarian pasta recipes such as butternut squash linguini, crusted cauliflower rice etc.) It was a thrill for the crowd to taste the healthy and delicious recipes.

The informative session about the Medication (including the Opioids) Therapy Management of Henry Ford Hospital Health System was a relevant topic. The hospital automatically enrolls

all patients, especially the seniors considered high-risk for hospital readmission or ED visits upon discharge, and each receive a phone call to offer medication education and counseling on side effects and adverse reactions. In order to improve the program, it is important to check performance measures.

The energizing Chair Yoga is beneficial for people with limited mobility but busy people at workplace can use Yoga's breath works as a tool that can clear the brain of unwanted thoughts and decreases stress.

Providing resources to event attendees is a daunting task but the Asian Center has effective community partners like the Michigan Chinese Women Association, the Michigan Association of Physicians of Indian Origin, the Korean American Cultural Center of Michigan, the Vietnamese American Association of Michigan, the Philippine American Cultural Center of Michigan, the Philippine Nurses Association of Michigan and other community organizations to help promote the event. The vendors at the expo also shared valuable information and free giveaways with their logos to remind us of their useful products. PNAM is grateful to Ms. Josephine Estrope, Marketing Director of World Financial Group for sharing her ideas and her valuable time with the attendees.

PNAM will continue to support and be an enthusiastic partner of Dr. Janilla Lee and the Asian Center of Southeast Michigan because our organization affirms an African proverb: If you want to go fast, go alone. If you want to go far, go together! A successful, healthy community is our common goal. Many thanks to the PNAM volunteers. ❤️



**Food preparation demonstrators from Henry Ford Hospital, West Bloomfield**



**PNAM volunteers**

## **“Kalayaan” 2019 Celebration**

*By Victoria Magante Atillo, BSN, RN, Asst. Secretary, PNAM Chairperson for Kalayaan*

Every year in June, the Filipino community in Michigan, spearheaded by the Filipino American Community Council (FILAMCCO), celebrates the Philippine Independence Day with a Kalayaan Picnic. This year it was held on a beautiful sunny Saturday on June 8<sup>th</sup>, 2019, at Halmick Park in Warren. This event was well attended by the different Filipino organizations from Metro Detroit that includes the Philippine Nurses Association of Michigan (PNAM).



**PNAM First Aid Tent**

The event started with parade of colors, headed by our very own PNAM Advisor Amy Risvold. There were also cultural presentations with different performances from our Fil-Am students and youths from different universities, as well as from our regular performers from the Philippine American Cultural Center of Michigan (PACCM).

PNAM took charge of the First Aid booth, with officers and members who took turns volunteering for an hour or two. Some patients were treated with minor complaints, although one was advised to go to the ER for further evaluation. The highlight of the festivity was the delicious foods served by the different

Filipino organizations showcasing their regional delicacies that were mostly open to everyone who come by and visit. Our PNAM members and the Executive Board were very happy to see lots of young Fil-Ams visit our table and had a lot of food to choose from: menudo, mongo guisado, dinuguan, pinakbet, squid, dried fish, chicharon, pansit, fried chicken and many other yummy foods. It feels like “fiesta” back home.

The Kalayaan picnic is a fun community event that commemorates our independence from the United States granted on July 4, 1946 and from Spain on June 12, 1898. Indeed it is a good holiday for sharing and meet friends. ❤️



**Kalayaan Picnic, Halmick Park**

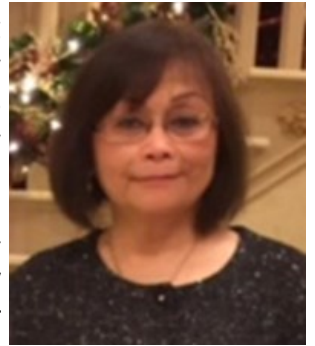


## Breast Health Education and Early Detection in the Philippines

**Legazpi City, Albay, February 11-15, 2019**

**By Elena Labaclado Laboga, RN, PNAM Secretary**

In the past two years PNAM Breast Cancer Awareness and Prevention project was funded by Eastern Michigan University thru FILAMCCO. This year 2019 Breast Cancer Awareness as a PNAM Community Outreach Project is sponsored and funded by the organization itself. In 2015, according to statistics from the Philippine Medical Oncology Society and American Cancer Society stated that the Philippines has the highest incidence of Breast Cancer in comparison to its Asian counterpart. In light of this, PNAM decided to continue the project as a community outreach. Volunteers included Trinie Alair, Elena Laboga and Annie Vista.



**Trinie and Ellen lecturing to students**

This year 2019 eleven senior student nurses from Bicol University College of Nursing volunteered for a five- day training program with two clinical instructors for the breast cancer prevention program. Day one consisted of classroom training with power point presentation, demonstration, practice on mama care breast model, return demonstration and clinical self- breast examination and practicing with another student partner.

Breast Cancer Screening was done in a classroom of Legazpi Science High School. The student nurses were closely supervised by PNAM trainers. The senior students demon-

strated their skill and findings were fibro cystic adenoma, benign lumps and sebaceous cyst. Medical doctors from the missions were consulted for confirmation when needed. We had a case of a 16 year old teenager who had multiple fibrocystic adenoma on right breast. Ultra sound was recommended by the doctor. The mother came back the next day with tears in her eyes that the ultra sound cost was 1,000.00 pesos. We felt the pain and frustration of the mother.

The Philippine American Medical Mission Foundation of Michigan collected funds to feed the hungry children. From the funds collected we requested Annie Vista to sponsor the Ultrasound cost as stated above. Eventually, the Ultrasound was done and minor surgery was done on her. I encountered one client a faculty member of the university who is a three- year breast cancer survivor. Campaign for Breast Cancer Awareness continues thru education for early detection and prevention.

It is PNAM's Advocacy for Leadership to train these nursing students to be leaders as health providers for Breast Cancer Awareness, to educate and reduce the incidence of breast cancer affecting Filipino women. Total patients seen were 306 with abnormal findings 36: Fibroadenoma 11, fibrocystic 6, sebaceous 1, movable mass benign 13, inverted nipple 2, lymphadenopathy referred to minor surgery-3. In terms of percentage, it amounts to 11.76% abnormal findings. ❤️





## Congratulations!

**Annie Vista**, Vice President, PNAA Foundation (PNAAF)  
**Martha Cabarios**, Treasurer, PNAAF  
**Sofy Bole**, Trustee, PNAAF  
**Amy Risvold**, Chairperson of NaFFAA Michigan  
**Reggie Laput**, Chair of the Successful Education Conference



## Condolence to:

Family of **Remedios V. Ferguson**-Past PNAM President  
on her demise  
Family of **Myrna Mariano**-PNAM Member  
and Past Florence Nightingale Candidate  
**Ellen Dioso**, on the death of her brother **Gerry Bongabong**  
**Lucy Mamuyac and family** on the death of their brother  
**Ronnie** and also death of their **mother**.  
Family of **Maria Curtis**, on her demise  
**Minda Orzame** on the death of her husband

## We have Mail !!!



Dear PNAM Officers and Members,

I am writing to you because I want to apologize to each of you who heartily sent us monetary contributions for Arturo's funeral service. I was not able to respond in a timely manner to the sympathy cards we received at the time till now.

Arturo supported the PNAM for many years in so many ways as well as endeavors because he believed this organization could impact progress in our community. Arturo died on December 24, 2018.

Thank you again for your generosity.

Sincerely,

**Norma Bada**, Past PNAM President  
**And the late Arturo Bada**

2731 Acorn Road, Bloomfield, MI 48302  
(Sent via email)



## Florence Nightingale Candidates 2019



Valerie Grobbel



Nieves Reginaldo



Lanie Sosnowski

Florence Nightingale  
Awards Night  
October 19, 2019,  
Somerset Inn, Troy

Good luck to all candidates!

**Everyone invited. Thank you!**

Philippine Nurses Association of America, Inc.  
Philippine Nurses Association, Inc.  
Association of Deans of Philippine Colleges of Nursing  
Commission on Filipino Overseas

**12TH INTERNATIONAL NURSING CONFERENCE**  
Nursing Advocacy: Advancing Our Mission Globally through Leadership, Collaboration, Engagement and Empowerment

**FILIPINO NURSES GLOBAL SUMMIT III**  
The Planet is our Patient: Nurses Leading Transformative Climate Action and Developing Resilient Communities

January 21-22, 2020  
Regency Convention Center  
Station 2, Boracay, Philippines

Hotel Reservation: <https://bit.ly/2LY0c37>  
For more information: Pete Calisto - [pnaa2000@yahoo.com](mailto:pnaa2000@yahoo.com)  
website: [mynaa.org](http://mynaa.org)



## Save the Dates/Calendar of Events

- Monthly Executive Board Meeting every second Tuesday
- February 2019, PACCM Valentine's Fundraising
- March 1, 2019, Sterling Heights Cultural Exchange
- April 13, 2019, PNAM Annual Spring Educational Conference
- October 19, 2019, Florence Nightingale Awards Night
- October 19, 2019, Health and Wellness Fair at PACCM
- November 2, 2019, World Medical Relief Gala
- December 6, 2019, PNAM Christmas Party, PACCM
- April 25, 2020, Annual Spring Educational Conference
- July 1-4, 2020, San Diego PNAA Convention

\* January 20-21, 2020, International Conference, Boracay, Malay, Aklan  
Visit: [mypnaa.org](http://mypnaa.org) for info

### **For your information/Contact**

**Trinie Cuevas Alair, BSN, RN, President**  
1769 Lakewood Drive, Troy, MI 48083  
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Email: [trinie\\_alair@yahoo.com](mailto:trinie_alair@yahoo.com)  
Website: [pnamichigan.org](http://pnamichigan.org)

## Recap Pictures, October 2018 Community Outreach, Gubat, Sorsogon PNAM in Partnership with Simonette Pura Elgert and Family

Donation to 50 pupils (10 pupils from each grade) were backpacks with school supplies and groceries



*Simonette Pura Elgert, PNAM Board Member and daughter Natalie visited her hometown of Gubat, Sorsogon in 2018 to distribute donated supplies (Recap pictures)*





## Executive Board 2018 - 2020

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Reglita Laput  
President-Elect

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Sonia Montano  
Amy Risvold  
Remy Solarte  
Annie Vista

*Viability  
Vitality  
Visibility*

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*N.B. Articles submitted will be edited as deemed appropriate and become property of PNAM. Articles written solely reflect author's opinion.*

## Save the Date!!!!

**April 25, 2020, PNAM Annual Spring Educational Conference**

**Venue: Troy Beaumont Hospital**

**Keynote Speaker: Gloria Beriones, PhD, MSN, RN**

**PNAA Vice President, South Central Region**

*Watch for further details. Thank you.*

**Please join PNAM, your original professional organization in Michigan**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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Category: ☐ New ☐ Renewal \* Membership for both PNAM and PNAA \$ 65.00

Associate: \$40.00, Retired: \$30.00, Student: \$20.00 - payable to PNAM

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