



COLORADO AWHONN

SECTION NEWSLETTER

Volume 7, Issue 1

March 2019

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AWHONN

Mission:

Promote the health of women and newborns

AWHONN National

Goals:

- Public visibility
- Knowledge transfer
- Build membership

CO AWHONN

Goals:

- Promote member engagement through partnerships



Section Chair Report

Hello! Let me take a moment to introduce myself as your new CO AWHONN section chair. I am a clinical nurse educator for UCHealth, and I work for University Hospital as their Mother/Baby educator and I am also the perinatal educator for Highlands Ranch Hospital. I am also a certified nurse midwife, but found my passion was labor nursing and so I have not practiced in that area for many years, but maintain my certification. I have always had a passion for low intervention, physiologic birth.

I have been a member of AWHONN for the past 16 years. I have been a CO AWHONN leader since 2014 as a legislative coordinator and as the Denver Chapter coordinator. I have participated on the conference planning committee for the past 5 years. I have served AWHONN National as a member of and then as the chair of the public policy committee in 2016.

I have some big shoes to fill coming in to this role. Amy Dempsey and Kris Rimbois have led this section to being one of the highest performing in the nation. The Colorado Section consistently puts out events that support the members through education and networking that have excellent reviews. I am committed to continuing their good work.

An area I would like to focus on initially, is bringing our great section and chapter meetings to our members through technology. We plan that whenever possible you can join the meeting through Zoom. Zoom is a webinar platform that allows participants to see the presenters and also interact in dialogue for question and answer. We piloted this at the January western slope section meeting, and it worked really well!

Another focus will be to increase our membership. When comparing our membership numbers from 2017 to 2018 we went from 598 members to 539 members. Many of our lapsed members did not renew so we are looking into why this might be happening. I am hopeful to regain those members as well as bring new members in. We need members to fund our section activities. Please reach out to me if you have ideas how to bring more members in.

2019 is shaping up to be an outstanding year for AWHONN events. Throughout this newsletter you will get information on our state conference, our legislative day, and our upcoming chapter events. Please never hesitate to reach out to me if I can help you in any way. If I cannot help you we have a great network to tap into. I feel blessed that we have a large community that deeply cares about Moms and babies (and their families). We have a committed group of nurse leaders that is a great resource for the seasoned RN and the new grad. I thank you for the amazing work you do in your work life, in your community, and for your family.

I look forward to seeing you at an AWHONN event soon!

Isabelle Campanella MSN, RNC-OB, RNC-MNN

AWHONN Colorado Section Chair

Isabelle.Campanella@uchealth.org
303-718-0395



Secretary/Treasurer Update



Welcome to Spring, Colorado AWHONN members!

In November 2018, AWHONN National began working with each Section to transition our local bank accounts into one centralized account that will be managed at the National office. This change will cut down on much of the administrative work the Sections currently do to manage and transition financial accounts during leadership changes. The new system will allow AWHONN Headquarters to pay all our Section invoices through a cloud-based system called Bill.com; deposit checks and process any credit card payments; our need to submit quarterly reports. We will continue to have full access to eliminating our Section funds in the new account. This transition will streamline the accounting functions for our Section and most importantly, it will allow us to focus on what is important - serving our Colorado Section members!

The Colorado Section transition is scheduled to begin in January 2019. I have already had training for Bill.com and am awaiting training for our Sun Trust account. While this new process may be a bit of a challenge initially (change is always difficult!), it will prove beneficial for both our Section and our conference as this new system will eliminate the often-steep fees charged to our Section for using financial platforms such as PayPal to process exhibitor payments. The funds saved will be directly applied to supporting our annual conference. I'm optimistic that once in place, this change will be a welcome addition to the way we do business!

Looking forward to sharing with you the amount saved by avoiding processing fees!

Until then, Happy Spring!

Rachelle Woods, MSN, RN

Legislative Happenings



Hello CO AWHONN Members,

I was fortunate to attend the ACOG legislative day at the capital to learn about legislation and to help support HB 19-1122. I enjoyed the day and look forward to the AWHONN legislative day on April 16! I encourage all of you to attend if you can! The day will be filled with guest speakers and learning how to show your support for legislation. Please look for the information and sign up at Eventbrite. I will be attending AWHONN on the hill in Washington DC in the beginning of April to see how AWHONN looks at bills and supports bills. I look forward to learning and then teaching about this event.

There is a new bill AWHONN supports and hope you will be active in helping us support this as well HB19-1193: Behavioral Health Supports for High-Risk Families. This bill will support high risk pregnant women with substance abuse disorders. Supporting women to find a path toward recovery preventing negative outcomes for Colorado Children is the goal by keeping families together and promoting and educating healthy choices. We hope to present this bill at our April 16th Legislative day!

House Bill 19-1122: Strengthen the Maternal Mortality Review Committee has passed the Public Health and Human Services Committee and is in the House Appropriations committee. It will now go the Senate for a vote. This bill will help give money to support real time review of maternal mortality. It will help the maternal care providers where to focus prevention of these events. Nearly 80% of maternal deaths could have been avoided by reasonable changes to patient, communities, provider, facility or system factors. Currently there is a 3-year lag in collecting data on maternal deaths, this bill will allow these events to be reviewed in real time with subpoena protections for the reviewers allowing the state to publish data and help prevent the same preventable death from happening by educating the rest of Colorado.

AWHONN Communicates with the Administration and Members of Congress

AWHONN regularly interacts with Members of Congress, their staff, and key agency officials. Below is a selection of written communications to these important partners.

3/07/2019	As a member of the Friends of AHRQ, AWHONN joined 151 organizations in requesting \$460 million in budget authority for AHRQ in FY2020 . This funding level would allow AHRQ to rebuild portfolios terminated as a result of years of past cuts and expand its research and training portfolio to address our nation's pressing and evolving health care challenges.
3/05/2019	AWHONN joined the Family Planning Coalition and 73 national organizations , urging Congress to use the fiscal year (FY) 2020 Labor, Health and Human Services, Education, and Related Agencies appropriations bill to make a strong statement in support of Title X's high-quality, evidence-based, and patient-centered family planning care by funding the program at \$400 million. AWHONN supports federal funding of the Title X family planning program which helps ensure that millions of individuals can obtain high-quality sexual and reproductive health services.
2/21/2019	AWHONN joined 165 national, state, and local medical, public health, and research organizations asking the House and Senate to provide \$50 million in funding for the Centers for Disease Control and Prevention (CDC) to conduct public health research into firearm morbidity and mortality prevention.

I look forward to seeing you at the April 16 Legislative day at the Colorado State Capital. The day will start at 830 A.M. Please register for the day at Eventbrite.

Mic Zywiec MSN, RN, Legislative Coordinator

Michele.zywiec@vvh.org

Legislative Happenings



**Colorado State Section-Legislative Day
Tuesday April 16th, 2019**

- 8:30- Coffee, Bagels and Registration**
We will meet in the basement cafeteria
- 9:00- Meet with the Legislators-Room 109**
This is an opportunity to meet with representatives that are sponsoring key women and neonate focused legislation. Speaker for the HB19-1122 Strengthen the Maternal Mortality Review Committee will join us.
- 10:00- National and State Legislative updates**
Information on legislative bills that National AWHONN is monitoring and bills at the State level that impact women and newborns
- 10:30 How to Connect with your Legislator**
How a bill becomes law. Tips on email etiquette and ways to use social media to connect
- 10:45- House Gallery visit and Tour**
- 11:15- Wrap up and Call to Action**
Be ready to visit your Representative and Senator. This way they will know who you are when you contact them.

OPTIONAL-If there are any Bills being reviewed of interest. We can plan to attend a Committee Hearing at 1:30

**Please register on www.eventbrite.com
Search "CO AWHONN"**

For more information or questions, please contact your Colorado Legislative Co-chairs
Mic Zywiec at Michele.zywiec@vvh.org 970-230-0423 or
Izzi Campanella at
Isabelle.Campanella@uchealth.org 303-718-0395

Membership Matters

By Nicole Downs, BSN, RNC-OB

Being an AWHONN member means so much more than journals and emails and initiatives and legislation. Being an AWHONN member means amazing opportunities to interact with amazing people.

Our Colorado AWHONN conference next month promises to provide just such an opportunity. Thursday night, April 25, we have organized 10 intimate dinner groups of 6-8 participants, all meeting to discuss a topic of mutual interest over a great meal. The topics are timely and important. The facilitators are AWHONN members who care deeply about best practices in these areas. This is your chance to really get to know like-minded RNs. Together, we are AWHONN. Together, we can change the world for the women and newborns who trust their care to us.

All the Roundtable dinners will be held at restaurants within a 3-block radius from the Antlers Hotel. All the restaurants will be providing separate checks for each diner. Sign up SOON for the greatest selection of topics. So many great conversations. So little time. How will you choose?

Following is the list of our Colorado AWHONN Roundtable Topics and Facilitators. Select the topic of your choice when you register for the conference on Eventbrite (search for Colorado AWHONN).

ERAS (Enhanced Recovery after Surgery)

Isabelle Campanella MSN, RNC-OB, RNC-MNN
Clinical Nurse Educator
Mother Baby at University of Colorado Hospital
Birth Center at Highlands Ranch Hospital

Breastfeeding Success Stories

Erin Morris, BSN, RN, CLC
Charge Nurse Women's Care Unit
EAG Representative
Poudre Valley Hospital

Promoting Sexual Health in the Outpatient Setting

Mary Claire Wahl, DNP, APRN, CNM
Assistant Professor/Lead Faculty, Maternal-Newborn
Nursing
Helen and Arthur E. Johnson, Beth-El College of Nursing
and Health Sciences
University of Colorado, Colorado Springs

Marijuana Use During Pregnancy and Breastfeeding

Cyndy Krening, MS, RNC-OB, C-EFM
Perinatal Clinical Specialist
Saint Joseph Hospital

Reducing Primary Cesarean Section

Amy Dempsey, MSN, RNC
OB Clinical Practice Specialist
Lutheran Medical Center

Situational Awareness and Team Review of Fetal Tracings

Lisa Thompson, BSN, RNC-OB
Clinical Manager Labor and Delivery
Saint Joseph Hospital

Surviving the rookie RN year

Alyssa Black, BSN, RN
Neonatal ICU
University of Colorado Hospital
And
Samantha Smeak, BSN, CLC, RN, BS
Magnet Champions Committee Chair
Coordinating Council Vice Chair

Discharge Teaching and Technology: How the Implementation of an Educational App Can Assist With Retention of Valuable Information

Rainy Tieman, DNP, RNC-MNN/OB
Clinical Nurse Manager: Labor and Delivery/OB-ED
Saint Mary's Hospital and Medical Center

Surviving the Postpartum Year and Beyond

Darlene Datkuliak, BSN, RNC, CLC
SCLMG Women's Services
Clinic Triage Phone Nurse

Bringing Labor Support Back to the Bedside

Nicole Downs, BSN, RNC-OB, ICCE, CD
St. Francis Medical Center – Staff RN

Communications Coordinator

Hello Colorado AWHONN Chapter Members!

This winter sure has given us much needed precipitation, but it definitely has hindered travel around the state!

I bet you are wondering what Colorado AWHONN has been doing to improve communication around our state. Well, I am happy to report that we are now offering all AWHONN events via Zoom! This platform will allow members from all over the state to attend educational opportunities that interest them, as well as connect and network with other AWHONN members, without leaving the comfort of your home.

We trialed Zoom at the Western Slope meeting in January and had success! So, please stay tuned for communication via the Facebook page on how to attend our next AWHONN event via Zoom.

We have some amazing get togethers planned in 2019, from the Colorado State AWHONN conference in April to the national AWHONN conference in June (as well as various chapter events). We would love to connect with any of our Colorado members in Atlanta, as there will be a meet up planned during our time there. As soon as we have confirmation of the date and location, I will pass this information along as well.

As always, I'd love to hear from you if you or a Colorado AWHONN member you know has received an award, graduated, passed a certification exam, or any other important reason to be recognized in an upcoming newsletter. I'd also love to hear from you if you have ideas on how to improve communication with Colorado chapter AWHONN.

I hope to connect with many of you at national!

Rainy Tieman DNP, RNC-MNN, RNC-OB, C-EFM

Rainytieman@gmail.com



Do you want more AWHONN Announcements and be the first to know about upcoming events?

Join our Colorado AWHONN Facebook page today!

Search "AWHONN Colorado Sec-

Evidence-Based Practice

Hello everyone and welcome to the corner of EBP. Have you seen what AWHONN has recently added to AWHONN TV.

The Placenta: Physiology, Function and Fun

Watch this amazing video as Krening and Dempsey explain the placenta physiology and function

Did you know....

That 500ml/min of maternal blood circulates through the placenta.

Can you decide: True or False

The etiology of abruption is rupture of fetal vessels in decidua basalis.

Watch the Full Video at <https://videos.awhonn.org/the-placenta-physiology-function-and-fun-full-session>

Why should we practice EBP?

Take a moment and think about the maternal morbidity and mortality that has been increasing since the 1980s and think about how you could change practice in your facility. Have you ever heard of severe maternal morbidity in the United States?

The CDC (2017) explains that severe maternal morbidity is the “unexpected outcomes of labor and delivery that result in significant short- or long-term consequences to a woman’s health”. “The overall rate of SMM increased almost 200% over the years, from 49.5 in 1993 to 144.0 in 2014. This increase has been mostly driven by blood transfusions, which increased from 24.5 in 1993 to 122.3 in 2014. After excluding blood transfusions, the rate of SMM increased by about 20% over time, from 28.6 in 1993 to 35.0 in 2014” (CDC, 2017). “After excluding blood transfusions, the next most common SMM procedures are hysterectomy and ventilation. The rate of hysterectomy increased about 55% over time, from 6.9 in 1993 to 10.7 in -2014. The rate of ventilation or temporary tracheostomy increased by about 93% over the years, from 4.1 in 1994 to 7.9 in 2014” (CDC, 2017).

Surviving severe maternal morbidity impacts our patients. So how do we make a difference at the bedside prior to heading down this path of maternal morbidity? – Next Steps on EBP Corner



The Placenta: Physiology, Function and Fun - Summa...

Watch Cyndy Krening, MS, RNC-OB, C-EFM Perinatal Clinical Nurse Specialist at Saint Joseph Hospital and Amy Dempsey, RNC, MSN Clinical Nurse Specialist-Obstetrics, Lutheran Medical Center... [more]

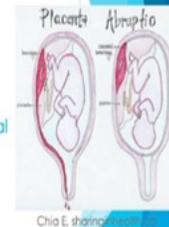
[Tags:] Convention, fun, function, physiology, placenta

PLACENTAL ABRUPTION

Bleeding at the decidual-placental interface that causes placental detachment prior to delivery

TRUE OR FALSE?

► The etiology of abruption is rupture of fetal vessels in decidua basalis

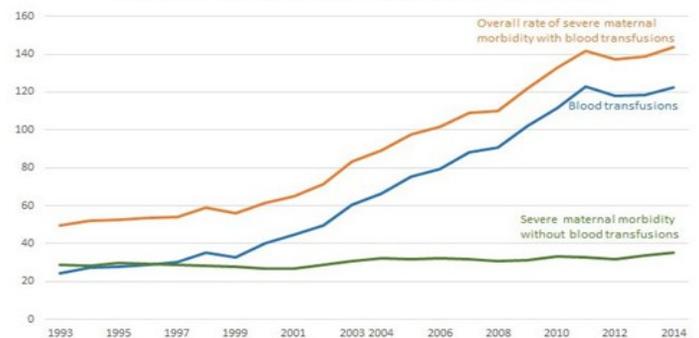


Chio E. shainco-med.com



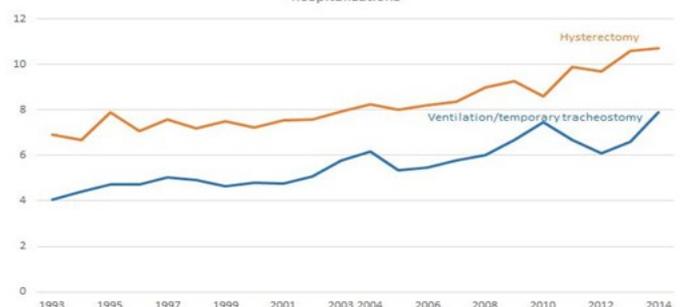
Severe Maternal Morbidity, 1993–2014

Rate of severe maternal morbidity per 10,000 delivery hospitalizations



Selected Severe Maternal Morbidity, 1993–2014

Rate of selected severe maternal morbidity per 10,000 delivery hospitalizations



CDC. (2017). Retrieved from https://www.cdc.gov/reproductivehealth/maternalinfanthealth/severematernalmorbidity.html#anchor_how

Northern Chapter



Hi Northern Colorado AWHONN members!! Looking forward to seeing you all in Colorado Springs for the state AWHONN conference! I am currently in the process of scheduling a few lunch and learns and chapter meetings.

Keep your eyes out for more information. In the meantime, please feel free to email me with topics of interest and suggestions!

Samantha Smeak

Samantha.Smeak@uchealth.org

Denver Chapter



I am so excited for the opportunity to transition from Colorado Section Chair to the Denver Chapter Coordinator. There are so many exciting things happening in the Denver Metro area and I am committed to keeping us connected and involved.

Here are a few opportunities for connection this spring:

- **Attend the next Section meeting, held here in Denver at University Hospital on May 22nd.** This is a great opportunity to connect with local members
- Colorado Perinatal Quality Care Collaborative (CPQCC) has two quality projects in progress that impact many of our hospitals state-wide. **If your hospital is involved in one of these projects, make**

an effort to learn more and get involved in these initiatives that align with AWHONN supported goals

- SOAR is a project committed to reducing primary Cesarean Delivery rates
- CHoSEN is a collaborative committed providing evidence-based care to babies who are Substance Exposed

- **Attend the Colorado AWHONN legislative event on April 16th at the state capitol.** There have been several bills that relate to women's health which has made for an exciting legislative session! Several perinatal nurses recently testified on behalf of HB 1193 "Behavioral Health Supports For High-risk Families" which provides additional funding for the "Special Connections Program" and would help families access addiction and recovery resources after delivery.

I would love to organize a Denver Chapter event this fall. Please email me ideas for topics and preferred locations and I will organize an opportunity for us to meet together for education, networking and fun.

Looking forward to seeing many of you at the state conference!

Amy Dempsey

Denver Chapter Coordinator

amy.dempsey@scfhealth.org



Western Slope Chapter

Hello Western Slope Chapter Members!

I am so excited spring is almost upon us! We have had a very busy winter here on the Western Slope, planning upcoming events and listening to amazing speakers. I want to personally thank Vail Health Hospital for hosting our January event, Caring for Families Experiencing a Fetal Demise. It was the first time an AWHONN event was streamed live, using Zoom (thanks Izzi!). With the success of using Zoom, we plan to stream all upcoming events so even more of our members will be able to join us.

Our next Western Slope Chapter event is on October 4th at Gunnison Valley Medical Center in Gunnison. Our very own Isabelle Campanella will be speaking on Liability in Obstetrical Nursing. I will have the RSVP for this event open at the end of summer, and I will keep you all posted on how to sign up for this amazing speaker!

Until then, I hope to see you at either our upcoming Colorado AWHONN conference in Colorado Springs, or in Atlanta at the National AWHONN conference.

Rainy Tieman DNP, MSN/Ed, RNC-MNN, RNC-OB, C-EFM

RainyTieman@gmail.com



Southern Chapter

Hey Southern Colorado!!

I hope everyone survived our snow-megedon-bomb-cyclone storm. I'm sure it required quite a few of us to hang out at our favorite hospitals beyond our 12 hour shifts. We should all start preparing now for the babies who will be coming our way in early December 2019!

Southern Colorado is looking forward to hosting our state conference here next month. We hope to see our colleagues from around the state. After the state conference we'll pin down dates and details for our annual SOCO meeting and speaker.

We already have a good idea for another great topic this summer.
Stay warm. We'll see you all soon.

Candace Garko - AWHONN SOCO Chapter Coordinator
candacegarko@centura.org



Register Today!

COST

MEMBERS	\$ 100
NON-MEMBERS	\$ 110
STUDENTS	\$ 75

Cost includes continental breakfast, lunch, snacks & vendor reception. Refunds will be granted until one week prior to event (April 19).

When registering, consider a donation to support student registration fees. Details available on eventbrite.



REGISTRATION

www.eventbrite.com

Search for: CO AWHONN
Be sure to use sign up genius link to sign up for a Thursday dinner table topic
Registration deadline: April 20

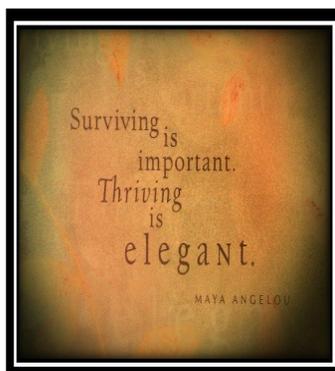
COMMUNITY SERVICE

OPERATION HOME FRONT

Stars & Stripes Baby Shower

Please bring donations:

- Diapers
- Clothing (up to size 1 year)
- Onesies, sleepers
- Socks
- Hats
- Blankets
- Toys, books
- Car seats
- Cash to go towards cribs



CONTACT HOURS

8 contact hours will be provided by the California Board of Registered Nursing, Lutheran Medical Center Provider CEP #12602



2019 CO AWHONN State Conference



SURVIVING, THRIVING & BEYOND!

April 25-26, 2019
Antlers Hotel

4 S. Cascade Ave,
Colorado Springs, CO 80903

Register Today!

STUDENTS

A special breakout session for nursing students will be held during the afternoon session. Students will learn about transitioning into practice, professional growth and have the opportunity to network.

POSTERS

Nurses from around the state of Colorado will highlight their evidence-based practice and research projects. This event will inspire and offer new ideas. Plan to visit posters during the morning break, lunch & first afternoon break. Presenters will be at their posters from 1000-1045.

LODGING

Antlers Hotel

4 S. Cascade Ave,
Colorado Springs, CO 80903
719-955-5600

*Ask for an AWHONN room when making reservation (\$139/night until 3/26)

OVERVIEW

This annual conference will provide education on a variety of topics that present challenges for obstetric and neonatal nurses.



OBJECTIVES

- Discuss keys to female sexual health
- Describe maternal early warning systems and their impact on maternal mortality and morbidity
- List at least 3 symptoms that may suggest a woman has a perinatal mood disorder
- Discuss management of the infant with ankyloglossia
- Implement QBL for all deliveries and hemorrhages
- Discuss the unique health concerns of transgender patients to assist in providing culturally competent care.
- Discuss implications of the ARRIVE trial for OB nurses
- Identify keys to surviving and thriving after a severe perinatal event or diagnosis

SCHEDULE

THURSDAY

1700-1900 Vendor reception
1930 Roundtable dinner discussions at local restaurants (select topic when registering, cost of dinner is on your own)

FRIDAY

0700-0800: Registration, continental breakfast & vendors
0800-0900: **Surviving and Thriving the Challenges in Female Sexuality**
0900-1000: **Maternal Early Warning Systems; One Key to Survival**
1000-1045: Break: Visit vendors & meet poster presenters
1045-1145: **Surviving Perinatal Mental Health Challenges**
1145-1200: AWHONN meeting; 2019 CO AWHONN Outstanding Nurse Award
1200-1315: Lunch: Visit vendors & view posters
1315-1415: Breakout Workshop #1
Well NB/NICU: The Team Approach to Ankyloglossia, LD/MB: Navigating QBL Student Nurse Event: Panel Discussion
1415-1430: Break
1430-1530: Breakout Workshop #2
LD/MB: It is all about design and interpretation: The "take home" messages from the ARRIVE Trial, Professional Perinatal Gender Issues
1530-1600: Break & snacks
1600-1700: **Surviving and Thriving Panel; Parent Perspective**

Important!

Please be sure to register early for our state conference as registration will close on April 19th, with **no registration possible after that time.**

Hotel Reservations

Discounted hotel rooms are available through March 26th.
Register today!

Register Today!



CO AWHONN SECTION MEETING

Wednesday May 22nd at 6:30 PM
“Connecting to your WHY” Speaker- Audra Bishop CDPHE

In a world often focused on “what” we do, and “how” we do it, we can find ourselves, especially in moments of struggle, wondering why we are doing any of it in the first place. Our “why” is our core story...the fire in our soul...our north star...our *purpose*. We go through years of schooling giving us skills around the “what” and “how”, but little time is spent on identifying or remembering the “why” - and our relationship to that “why”. In this workshop, you will be given that time. Through various prompts you will begin exploring your own “why” and hear how knowing this is correlated to your health and well-being, as well as job satisfaction.

why?
why?
why?
why?



Section Meeting

AWHONN National Programs
Review of free CE's and Webinars
Legislative Update

Dinner provided

FREE for AWHONN Members
\$10 for non-members
1.0 CE offered

Register on Eventbrite- Search for CO AWHONN
University of Colorado Hospital-Bruce Schroffel
Conference Center
Room A- 12401 E 17th Ave. Aurora CO 80045