



# AWHONN

## CALIFORNIA

PROMOTING THE HEALTH OF  
WOMEN AND NEWBORNS

### *Greetings from your California Section Chair*



**Beth Stephens-Hennessy RNC-OB, EFM, MSN, CNS**

Welcome to our first AWHONN California Newsletter! When I was introduced as the new AWHONN California Section Chair in February 2018, I announced the goals for our section. We have achieved all of the goals that we set out to accomplish.

1. Improve communications with the section – We have this newsletter that will be sent out quarterly, AND we will be launching our new California Section website next month. We have also been encouraging ALL Perinatal nurses to join the California AWHONN Facebook page. We had a Chapter Leader all day meeting, to assure that the leaders were up to date and allowed them to let us know what their needs were. Kandice and I have been attending Chapter meetings throughout the state.
2. Develop an Executive Team – in the past, the Executive team consisted of 3 people, the Section Chair, Secretary Treasurer and Education Chair. We have added a Northern California and Southern California Membership Chairs and Legislative Chairs. We also encouraged our Chapters to have a Membership and Legislative Coordinator at the Chapter level.
3. Engage our members in Perinatal Legislative issues. – We had 5 of our Executive Team attend AWHONN on the Hill in 2019. We will encourage more of the Chapter Legislative Coordinators to attend in 2020. Our Executive Leaders will communicate with you when there are bills that we would like you to support.
4. Increase the number of Chapters. – We have doubled the number of Chapters in our Section and it is continuing to grow. Kandice, Christine and I have been meeting with potential Chapter Leaders.
5. Plan a successful 2019 and 2020 conference. Our 2019 San Francisco conference was sold out and our 2020 Long Beach conference is going to be awesome!
6. Partner with ACOG and California Breastfeeding Coalition. - Representatives from both of these groups presented at our 2019 conference. We will also be reaching out to ACNM so that we can support legislation that affects both groups.

You are the heart of AWHONN California! We are stronger together. We want to hear from you. Let us know what AWHONN California can do for you. Spread the word, encourage your peers to join AWHONN.

## *From the Secretary/Treasurer*

**Kandice Duns MSN, BSN, RNC-EFM**



Greetings AWHONN California! It's been 9-months since I accepted the role of our Section Secretary-Treasurer, and I have enjoyed getting to know so many amazing nurses who share the passion of promoting the health and wellness of women and newborns. Having previously been both a Secretary-Treasurer and Chapter Coordinator for Sacramento, I knew firsthand that there was a great opportunity for improvement to enhance the chapter leaders ability to lead a successful chapter. We have focused on providing tools and education to our leaders. We started 2019 with a leadership meeting in Irvine, and what a great time we had. Beth and I fully intend to keep that going because we know how important it is for us all to get together, share ideas, concerns, challenges, and to hear how we are overcoming the challenges.

Over the past month, I have had the pleasure of speaking with many chapter leaders and answering questions regarding the required 2020 Chapter budgets.

AWHONN is the fantastic organization it is because of YOU! Beth & I want you to know how much we appreciate all you do.

**Good News:** Members-only registration for our 2020 Conference in Long Beach opens August 1st. The Eventbrite and hotel reservation links are included below. This event will sell out! We are working diligently on getting the schedule locked down so we can send out our conference brochure. Non-member registration opens in September.

In closing, please know that we are here to support you. Please let us know if you have questions and share your successes and challenges with us. Both Beth and I are running for office for one more term, and ballots will be out by the end of August I believe. We appreciate your support, as we feel like we are just getting started!

# *Sailing into* *Perinatal Nursing* **CALIFORNIA** **2020 AWHONN** **CONFERENCE**

SAVE THE DATE

CONFERENCE FEBRUARY 20-22

KEY NOTE SPEAKER: LISA MILLER

FEBRUARY 20TH PRECON W/LISA MILLER & SPINNING BABIES

FEBRUARY 21-22 MAIN CONFERENCE

**JOIN US AT THE WESTIN IN LONG BEACH, CA**

## *From the* *Education Coordinator*

**Christine Gurney MSN, RNC-OB, C-EFM**

Do you have CA Section education questions, please [EMAIL](#) Christine.

AWHONN California is thrilled to announce that **MEMBERS ONLY** registration opens August 1, 2019.

Registration for non-members and students will open September 1, 2019

**Conference Registration**  
**Opening August 1, 2019**  
[REGISTER HERE](#)

**Westin Hotel in Long Beach**  
[BOOK YOUR ROOM HERE](#)

*We Hope You*  
*Can Join Us!*

## *From the Legislative Coordinators*

Mary Campbell Bliss RN, CNS, MS

Amy Scott RN

### **AB 2193 Maternal Mental Health**

On July 1, 2019, CA legislation AB 2193 went into effect requiring health plans to have mental health programs in place and obstetrical providers to assess for maternal mental health.

- Health service plans and health insurers must develop, consistent with sound clinical principles and processes, a maternal mental health program designed to promote quality and cost effective outcomes.
- A licensed health care practitioner who provides prenatal or postpartum care for a patient shall ensure that the mother is offered screening or is appropriately screened for maternal mental health conditions.
- The screening can be done by having the patient answer a brief standardized questionnaire such as the Edinburgh Postnatal Depression Scale (EPDS). If this screening has been done elsewhere, such as in the hospital postpartum, it just needs to be documented that it was done and this requirement for providers will be met.

### **House Committee Holds Hearing on Paid Leave**

The House Ways and Means Committee held a hearing entitled "Paid Family and Medical Leave: Helping Workers and Employers Succeed." Representatives from both parties expressed interest in working toward policies that would improve workers' ability to balance the responsibilities of work and family. AWHONN is supporting the **H.R. 1185, the Family and Medical Insurance Leave (FAMILY) Act**, and its Senate companion bill **S. 463**, which would allow women to establish and sustain breastfeeding while minimizing loss of income for their families. Contact your Congressman to urge their support for this bill.

### **Violence Against Women Act (VAWA)**

Intimate partner violence is a serious, sometimes fatal, preventable, public health problem. AWHONN published a position statement, **Intimate Partner Violence** in November 2018.

Since 1994, the Violence Against Women Act has created a coordinated community response to domestic violence, dating violence, sexual assault, and stalking by bringing together the courts, law enforcement, prosecutors, and victim services.

The Violence Against Women Act is up for reauthorization (lapsed 12/18). The Act established the Office on Violence Against Women within the Department of Justice and authorized funding for investigation and prosecution of violent crimes against women as well as grants to train victim advocates, police officers, prosecutors and judges on gender-based violence. The House of Representatives passed HR 1585, the Violence Against Women Reauthorization Act of 2019, with bipartisan support and the bill includes new provisions protecting transgender victims and banning individuals convicted of domestic abuse from purchasing firearms.

The Senate has not taken up the bill, nor has any Senator introduced a VAWA reauthorization bill. Ask Sen. Diane Feinstein (202-224-3841) and Sen. Kamela Harris (202-224-3553) to introduce and/or support the Violence Against Women Reauthorization Act with expanded protections for victims of gender-based violence.



## Kern County Chapter

**Lorena Garcia BSN/RN**  
Chapter Coordinator

**REVIVAL!** We are so happy and proud to say that we have been working on putting together a chapter in the southern end of the Central Valley.

As professionals, we recognize the need for evidence based practice in healthcare and our practice. We see the need for community outreach and education that still needs to be done and we look forward to working together to make a difference. We have a wonderful group of women including students, staff nurses, hospital educators, university instructors, directors, managers, etc, that are ready to get the ball rolling. Planning meetings have been and will be taking place monthly to get us ready for our first official meeting this Fall (date and time TBD). Because we are still in the planning phase we do not have all of our events in place just yet, but there are many ideas brewing.



## Salinas/Monterey Bay Chapter

**Julie Vasher DNP, RNC-OB, CNS, CEFM**  
Chapter Coordinator

The Monterey Bay Chapter revived itself earlier this year. Our participants come from areas surrounding the Monterey Bay area hospitals and colleges which include but not limited to: Monterey, Salinas, King City, Hollister, Watsonville, and Santa Cruz. Our meetings are held quarterly with the next planned meeting in October. Exact date pending speaker and room confirmation. Our first two meetings discussed the art of debriefing with guest speaker Julie Arafah, and Maternal Mental Health: providing care to those who need it most - a discussion of resources available in the area.

## Santa Barbara Chapter

**Becca Licha RN**  
Chapter Coordinator

The Santa Barbara/ Ventura Counties Chapter had an event on May 22, in Moorpark, CA. We call it **Wine & Webinars**. We meet in someone's home, drink wine, eat appetizers and watch one of the free AWHONN webinars on the Hostess's TV. We had 12 people turn out to this event. It was intimate and enjoyable!



## Inland Empire Chapter

**Denise Indermuehle DNP, RNC-OB**  
Chapter Coordinator

This chapter serves the Riverside and San Bernardino counties. We have dinner meetings 3 times per year that offers a variety of topics of interest to health care providers in the area (see meeting highlights). We are excited to announce that we are planning our 1st symposium in November at Parkview Community Hospital.

You can see highlights of our FB and Meetings on the next page followed by our Save the Date flyer. Please join us for this event!!



**AWHONN**  
CALIFORNIA  
PROMOTING THE HEALTH OF  
WOMEN AND NEWBORNS





# Facebook Posts

## Community Activities

**SharDey Cns**  
Admin · November 2, 2018 · Add Topics  
AWHONN Inland Empire chapter participated in this very important walk on October 27th at Cal State San Bernardino!



## Dinner Meeting Highlights

**SharDey Cns** is eating dinner with great friends at Romano's Downtown.  
Admin · November 7, 2018 · Riverside · Maternal mortality and...  
Fall Dinner meeting: Houston, We have a Problem! Maternal Mortality in the U.S. presented by Dr. Bryan T. Oshiro, MFM Specialist at Riverside University Health.  
Such great learning and sharing! Thanks to all who attended! Thank you for the diapers for our diaper drive.  
See you in January!



## Meeting Flyer

**AWHONN INLAND EMPIRE CHAPTER CALIFORNIA**  
PROMOTING THE HEALTH OF WOMEN AND NEWBORNS

**Dinner Meeting**  
Tuesday, January 23rd, 2019—6 pm  
Romanos Chicago Pizzeria  
3557 University Ave., Riverside, CA 92501

**Maternal Mortality—Focus on Cardiovascular Disease**  
Presented by  
Dr. Afshan Hameed  
Chair, CMQCC Cardiovascular Disease in Pregnancy and Postpartum Taskforce  
Professor, Obstetric & Gynecology—MFM Division, UCI

**Objectives:**

1. List the three most common causes of maternal mortality.
2. Differentiate between normal pregnancy signs and symptoms and those from cardiovascular disease.

**Join us on Facebook:**  
https://www.facebook.com/awhonninlandempire

Register before 1/20/2019	Register after 1/20/2019
Adult Member \$35	Adult Member \$50
Student \$25	Student \$40
Pre-Licensure Student \$25	Pre-Licensure Student \$40

The cost includes: Dinner, Dessert, Beverage, Tax, gratuity, and a CE. Cash or checks only. No cash back. Send payment to: AWHONN c/o Jennifer Ayala 6000 Mariner Road, Joplin, MO 64801  
PRE-REGISTRATION REQUIRED  
https://awhonninlandempire.eventbrite.com

## Annual Leadership Christmas Dinner

**SharDey Cns** is at The Mission Inn Hotel & Spa.  
Admin · December 8, 2018 · Add Topics  
Late post  
We had a great Leaders meeting



**Houston, we have a problem!!!**  
**Maternal mortality in the U.S.**



**Updates on Infections, STIs, and ZIKA**  
Presented by  
Olga Guzman, BSN, PHN, CIC

**Sexually Transmitted Infections**  
HIV, Syphilis, Gonorrhea, Chlamydia, Herpes, Hepatitis, etc.

**ZIKA**  
No treatment, only symptomatic relief. Possible transmission from Mother to Child. Infant with Microcephaly.

**Maternal Mortality—Focus on Cardiovascular Disease**  
Presented by  
Dr. Afshan Hameed  
Chair, CMQCC Cardiovascular Disease in Pregnancy and Postpartum Taskforce  
Professor, Obstetric & Gynecology—MFM Division, UCI

## Inland Empire Chapter

**What & Why to Teach Gestational Diabetes**  
Presented by  
Beth Cordero, BSN, RN  
Diabetic Educator, Maternal Fetal Medicine, LCU Children's Hospital

**HOW TO DEAL WITH GESTATIONAL DIABETES DURING PREGNANCY**

- EAT A HEALTHY BREAKFAST
- EAT THE RIGHT CARBOHYDRATES
- DRINK CINNAMON TEA
- OPT FOR A SUGAR-FREE DIET
- SLEEP WELL

MONITOR BLOOD SUGAR LEVEL REGULARLY

To explore more, visit: [www.Top10HomeRemedies.com](http://www.Top10HomeRemedies.com)

**Investing & Retirement Planning 101 for Nurses**  
Presented by Arle Jacobson—Edelman Financial Services

**EDELMAN FINANCIAL SERVICES**  
Top America's Financial Services Firm

Book giveaway for attendees!!

**SMART WOMEN FINISH RICH** by DAVID BACH

**IRA ROTH 401K**

**SKIN TO SKIN SAFETY: REDUCING THE RISK OF SUDDEN UNEXPECTED POSTNATAL COLLAPSE**  
Presented by  
Connie von Köhler, MSN, RNC-OB, C-EFM, CPHQ



**Labor Management Techniques using the Toolkit to Support Vaginal Birth/Reduce Primary Cesareans**  
Presented by  
Cynthia Sawyer, MSN, CNS, RN—Perinatal CNS



**CMQCC**  
California Maternal Quality Care Collaborative

This collaborative project was developed by CMQCC with funding from California Health Care Foundation

**When The Bough Breaks**  
EVENTBRITE.COM  
When the Bough Breaks - Film Screening and Panel Discussion

**When the Bough Breaks**  
DOCUMENTARY SCREENING AND PANEL DISCUSSION:  
Documentary Screening and Panel Discussion: When the Bough Breaks



Opioid Abuse and Pregnancy:  
When Two Worlds Collide



Dr. Brenda Ross-Shelton

To Cool, or not to Cool  
Hypothermia therapy for  
neonatal encephalopathy



Dr. Daniel Saesim

The Paths to Elimination  
Morbidity and Mortality from  
OB Hemorrhage



Dr. David Lagrew

Postpartum Depression and  
Beyond



Katayune Kaeni, Psy. D.

## AWHONN INLAND EMPIRE FIRST ANNUAL PERINATAL HEALTH SYMPOSIUM

SAVE THE DATE

NOVEMBER 16, 2019

PARKVIEW COMMUNITY HOSPITAL  
3865 JACKSON ST. RIVERSIDE CA 92503  
FOUNDERS BUILDING



**AWHONN**  
PROMOTING THE HEALTH OF  
WOMEN AND NEWBORNS

1969-2019 50 YEARS



# *LA Valley Chapter* Katrina Johnson MSN, BSN, RN Chapter Coordinator

This chapter was created to serve the perinatal nurses that live and work in the LA Valley's. Our first chapter meeting was in March 20, 2019 at Maggiano's in Woodland Hills which was sponsored by Mead Johnson. We had a great turnout of 40 participants. There was great information about preterm feeding supplements, great fellowship and fun! July 17th is our next meeting at 29415 Gary Dr in Santa Clarita, CA. Please be on the lookout for our fall meeting that will include a hidden surprise...





## Sacramento Chapter

Lori Olivera DNP, RNC-OB, EFM-C  
Chapter Coordinator

Our Sacramento Chapter for AWHONN is trying to grow our chapter. We are really interested in having great educational sessions at places outside of the hospital that allows socialization and networking. Our chapter leaders for Sacramento are new in their position. We share the common bond of wanting to grow our membership, educate nurses to all the benefits of being an AWHONN member as well as recruit some dynamic speakers.

### Our Leadership Team:

#### Chapter Coordinator

Lori Olivera, RN

#### Chapter Treasurer

Melaney Stricklin, RN

#### Chapter Secretary

Angelique Silva, RN

#### Membership and Outreach

Leslie Thielen, RN

#### Legislation

Emily Filmore, RN

## San Francisco Bay Area Chapter

Judy Olive RNC-OB MSN CNS IBCLC  
Chapter Coordinator

### 2019 Highlights:

- Kick off Meeting of New Chapter was held at UCSF Jan 2019
- Focus on Pre-Term Birth Initiative (PTBiCA) Panel (1/10/19, UCSF)
- Diabetes in Pregnancy North Bay
- Post Partum Depression San Francisco
- Substance Exposure in Pregnancy: DPH & CMQCC (9/19/19, SFDPH)
- Bridging SF Perinatal Care by Public Health Nurses, Perinatal Equity

### About Us:

Serving San Francisco and North Bay Area, our chapter goals include plans to host four chapter CE meetings annually.

- January 10 CE meeting, SF
- February CA Section AWHONN Conference
- April 24 Strategic Planning Teleconference
- July 8 Strategic Planning Teleconference

### Our Leadership Team:

#### Chapter Leader

Judy Olive RNC-OB MSN CNS IBCLC  
[judyol4awhonn@gmail.com](mailto:judyol4awhonn@gmail.com)  
(415) 209-8470

#### Membership Chair

Meghan Duck RNC-OB MS CNS  
[meghan.m.duck@gmail.com](mailto:meghan.m.duck@gmail.com)

#### Legislative Chair & SFDPH Liaison

Aline Armstrong RN MSN  
[Aline.armstrong@sfdph.org](mailto:Aline.armstrong@sfdph.org)

#### Secretary Treasurer

Interviews in process

Special Thanks to Marichele Punla who formerly served as our Secretary Treasurer and congratulations as she pursues her Masters Advanced Degree.

### AWHONN SACRAMENTO CHAPTER MEETING

WHEN: September 19<sup>th</sup>, 2019

WHERE: Lucca Restaurant

1615 J Street Sacramento CA 95814

Registration and Networking  
1730-1800

Business Meeting  
1800-1830

- AWHONN National Conference Report
- AWHONN Diaper Drive
- AWHONN CA Conference 2020

### SPEAKER:

1830-1915

"Restoring the Infant Gut Microbiome"

Presented by Tracy Shafizadeh, PhD

### SPONSOR:



### FREE DINNER

Fees for CE and Meeting:

\$10 for AWHONN members

\$15 for non-members

\$5 for students

Ask me about donating diapers in lieu of fees

SPACE IS LIMITED

**MUST RSVP TO**

**ATTEND**

Please RSVP to

[SacAWHONNchapter@gmail.com](mailto:SacAWHONNchapter@gmail.com)

Include method of payment in email and if AWHONN member

**VENMO @Angelique-Silva**

Call 916-541-4412 if any questions or if interested in diaper donation

1 Continuing Education Hour will be awarded at conclusion of meeting. This provider has been approved by the California Board of Registered Nursing, BSN Provider Number 04096, 2522 E Palmira Ave, Orange, CA 92665. This certificate must be retained by the licensee for a period of four (4) years after the course concludes.



*San Diego Chapter*  
**Meggan McGraw MSN, CNS, RNC-OB**  
**Chapter Coordinator**

The San Diego AWHONN Chapter continues to offer local meetings to the Perinatal Professional Nursing Community three times a year. On April 25, 2019 we were fortunate to have fellow AWHONN member, Ms. Linda Shinn MAS, BSN, RNC-OB, C-EFM give a talk on Medical Malpractice and Liability Education for the Perinatal Nurse, which had more than 65 attendees. At our July 18, 2019 chapter meeting, we had CDR Elizabeth Drake, MN, RNC-OB, CPLC share her work on Perinatal Bereavement with a lecture titled "Building Hope: Best Practices for Perinatal Loss Care".

We have been fortunate to have local college students join us at our meetings during their Obstetrical and Leadership rotations, which has added new energy to our meetings. This increased attendance has been in large part due to many of our local AWHONN members serving as faculty at the various universities and colleges, which we have appreciated and valued!

Our Chapter is in the middle of some leadership transition as Ms. Meggan McGraw, MSN, CNS, RNC-OB currently with the Joint Commission and Ms. Brooke Sanchez, BSN, PHN, RNC-OB at the University of California San Diego Hospital will be ending their leadership roles from the past several years. We will be welcoming Ms. Allyson Sapp, RNC-OB, BSN from Kaiser Permanente San Diego Medical Center and Ms. Carroll-Ann Daly, MN, RNC from Sharp Chula Vista Medical to share leadership roles for the chapter in the coming months!

Our meetings are scheduled in the months of April, July and October and our next meeting will be October 24, 2019. A "Save the Date" flyer will soon be sent out to remind members, so if you are in the area, please join us!! To inquire about upcoming events and/or to get involved in leadership at the chapter level please email [sdawhonn@gmail.com](mailto:sdawhonn@gmail.com).



## Social Media Newsletter

**Sharon Dey-Layne MSN, RNC-HROB, CNS**

In addition to a newsletter, the CA section will be transitioning to a new website in August. This website will replace the webpage on the national AWHONN website, but is still administered by AWHONN national. We look forward to providing up-to-date information to you via our newsletter, Facebook and Instagram pages and this new website!!



AWHONN National has agreed to give Chapters the opportunity to have a Chapter Facebook page. If your chapter is interested, please [EMAIL Carmen McCormick](#) for details and to receive official authorization.

## California Leadership

### Section Chair

**Beth Stephens-Hennessy RNC-OB, EFM, MSN, CNS**

bethhennessyrn@gmail.com

### Secretary/Treasurer

**Kandice Duns MSN, BSN, RNC-EFM**

kandiceduns@gmail.com

### Legislative Coordinators

**Mary Campbell Bliss RN, CNS, MS**

mbliss@dcn.org

**Amy Scott RN**

msamy67@gmail.com

### Education Coordinator

**Christine Gurney MSN, RNC-OB, C-EFM**

christinegurney@cox.net

### Social Media & Newsletter Editor

**Sharon Dey-Layne MSN, RNC-HROB, CNS**

Shardey99@gmail.com

**Kristi Gabel RN, MSN, CNS**

Consultant

## California Chapters & Coordinators

### East Bay/San Jose Chapter

**Michelle Wirnowski RN**

michelle@wirnowski.com

### Inland Empire Chapter

**Denise Indermuehle DNP, RNC-OB**

dei1011@gmail.com

### Kern County Chapter

**Lorena Garcia BSN, RN**

loawhonn@gmail.com

### Los Angeles Chapter

**Rosemarie Cervantes RN**

rxcervantes@gmail.com

### LA Valley Chapter

**Katrina Johnson MSN, BSN, RN**

johnsonkatrina44@yahoo.com

### Sacramento Chapter

**Lori Olivera DNP, RNC-OB, EFM-C**

lsolvera@sbcglobal.net

### San Diego Chapter

**Meggan McGraw MSN, CNS, RNC-OB**

mommiecmcgraw@yahoo.com

### SF Bay Area/North Bay Chapter

**Judy Olive RNC-OB, MSN, CNS, IBCLC**

judyOL4awhonn@gmail.com

### Santa Barbara/Ventura County Chapter

**Becca Licha RNC-OB**

becca@beccalicha.com

### Salinas/Monterey Bay Chapter

**Julie Vasher DNP, RNC-OB, CNS, C-EFM**

javasher@yahoo.com