

April 2023. Vol 1. Issue No. 1

# PNAC3 WATCH

Official Publication: Philippine Nurses Association  
California Capital City Chapter



## Kumusta!

which also means "Hello!" we welcome you to our first newsletter. Our chapter's goal aligns with the national organization, Philippine Nurses Association of America, Inc., to provide an organization that will enhance the image, professionalism, and unity and foster Filipino-American nurses' welfare in the Greater Sacramento Area. Please enjoy our newsletter and celebrate the groundbreaking work of the California Capital City Chapter Philippine Nurses Association members.



## PNAC3's First Induction Ceremony

May 2, 2022, was the formal induction as a chapter and appointment of officers. "We hope to achieve these [goals] by promoting activities that will unify Fil-Am nurses; collaborate and [form] partnerships with other professional organizations and agencies on [the] development of projects, education, and research related to nursing and healthcare; participate in educational offerings to promote the nursing profession to youths and members of [the] underrepresented population; promote professional mentorship; give back to the community by participating in nursing and healthcare activities".

- Jane Pena, RN, MSN/Ed, NEA-BC, Board Member (PNAC3)



# About us. Meet some of our Executive Board Members,

*President: Alberto Espinas*



Alberto Espinas, MSN, RN currently leads the revitalized PNA California Capital City chapter (formerly Greater Sacramento Area chapter). He has been a member of the PNAA since 1997. He is the founding President of the PNA Ocean County Subchapter in New Jersey on that same year of 1997. He was then elected and served as a Board Member of the PNA NJ chapter from 2000-2002. After finishing his term with PNANJ in 2002, his family moved to Texas and eventually formed the PNA South Texas, Rio Grande Valley chapter in 2004, and served as the founding President. In his search for another job in line with nursing, he found himself moving again to California.

In 2010, he once again sowed the seeds of the PNAA and thus facilitated the formation of the PNA Greater Sacramento chapter and served as the Adviser of the organization. Just when he thought he was done with chapter formation, he found himself again recruiting nurses in the Napa-Solano County area and started the PNA Napa-Solano chapter in 2018 where he is still serving as an adviser to the group. This time, Mr. Espinas' latest PNA involvement is not by forming a new one but re-invigorating a nearly dormant chapter, the PNA Greater Sacramento. He will be guiding this group of young and motivated leaders and members for the next two years armed with strong determination that he will be able to instill to them that sense of commitment.

Mr. Espinas is currently employed as a Quality Nurse consultant by Kaiser Foundation Hospital and Health Plan at the Regional Clinical Quality Programs and Data Analytics department. Their department monitors the twenty-one Kaiser Permanente hospitals in the Northern California region, where they specifically monitor patients who are identified as high risk and then communicates the critical information to the Rapid Response nurses at the facilities for appropriate intervention. The program that they use is called AAM which stands for Advance Alert Monitor. It is a program that uses predictive analytics to address serious complications before it happens. This program has been recognized recently by the International Hospital Federation.

Here is the link:

<https://lookinside.kaiserpermanente.org/life-saving-patient-alert-system-garners-international-award/>

*Vice President: Nico Buan-Lagazo*



Nico's education starts with his undergraduate degree from Sacramento State University with his Bachelor of Science in Nursing in 2013. Nico received his Master of Science in Nursing, Nursing Leadership from University of Phoenix in 2017. Currently, he is pursuing his DNP, Clinical Nurse Specialist at Johns Hopkin's University.

His career has been mainly Stem Cell Transplant with 6 years of bedside experience from Sutter Medical Center, Sacramento. His current role is with UC Davis Health as the BMT Quality Assurance Nurse for the BMT Program.

Nico was born in the Philippines but left for the States at a very young age. The Filipino nursing culture is very strong, but is need of more advocacy on a grander scale. His husband, Mark Buan-Lagazo, is also a new member on the board of directors and is equally excited about being a part of the Greater Sacramento Chapter of PNA.

*Corresponding Secretary: Mark Buan-Lagazo*



Mark graduated from Samuel Merritt University and Sacramento State University with Bachelor of Science Degrees in Nursing and Business Administration with a concentration in Accountancy. He started his career as an RN, PHN at Stanford Health Care's BMT/Hematology Unit, and he will be transitioning to UC Davis Health's BMT/Hematology Unit. Mark precepted at UC Davis Health's PICU and is looking forward to returning to PICU where he can grow as an educator and leader for future nurses.

History of Mark's family: his father was born and raised in Apalit, Pampanga and his mother was born and raised in Manila. Mark was born and raised in Sacramento, California, but grew up around both Tagalog and Kapampangan. Even though he may not be fluent in either dialect, he can fluently understand and communicate in basic Tagalog. Mark is happily married to Nico C. Buan-Lagazo who is also a RN with UC Davis Health and the Vice President of Greater Sacramento PNA.

*Recording Secretary: Krismarie Espinas*



Krismarie Espinas, started her nursing career as a Pediatric Nurse in Texas and transitioned to a Clinical Informatics Analyst's role after four years as a bedside nurse. She relocated to California in 2016 and continued with her job as a Nurse Informaticist at Valley Children's Hospital where eventually was promoted as Clinical Informatics Manager. She oversees Epic EMR informatics projects as well as EMR training programs encompassing Inpatient Acute Care, NICU, PICU, 30+ Primary and Specialty Care outpatient care areas, Perioperative, Emergency Department, Laboratory, Imaging, and Pharmacy departments.

Krismarie was a member of the PNA Central California before joining the PNA California Capital City chapter (formerly PNA Greater Sacramento). She is a recipient of the 2019-2020 PNACC Nurse Excellence Award in Nursing Informatics.

She is currently pursuing her MSN Nursing Informatics at Western Governor's University. She expects to graduate in March of 2023.

# Meet the Board of Directors:

*Jane Pena*



As a Nurse Manager, I am responsible for daily unit operations of a 28-bed unit, oversees staffing, and ensures staff competencies. Responsible for ensuring quality care is delivered to each patient.

Since 2016, I serve as the project manager for the inpatient acuity system, GRASP – Responsible in ensuring that patient care acuity system is reflective of the nursing care hours and safely aligned to staffing needs of the units.

In addition to working at UC Davis, I hold a supplemental RN position at Methodist Hospital ACU/Pre-op area as a pre-op/post-op nurse.

I have been with UC Davis since Oct 2001 and have worked in different capacity as a staff nurse starting in the float pool until finding a home in the transplant unit as a staff nurse, clinical resource nurse, assistant nurse manager and eventually taking on the manager position in 2014.

Prior to moving to Sacramento in 2001, I lived with families and worked in Sitka Alaska (April 1992 to October 2001). In Sitka I developed the nursing foundation that would carry me to becoming a future nurse leader. First worked as a CNA at Sitka Pioneers Home (ALF) onto becoming an RN which gave me the opportunity to build my confidence. Later, the move to work at the Sitka Community Hospital (28-bed hospital) and Sitka Medical Center (Outpatient clinic) provided me the needed exposure to the different continuum of patient care: Acute/ICU/OB, LTC, Outpatient. This afforded me the much-needed preparation for working in the Float Pool at UC Davis.

As a life-long learner education or holding certification is important in knowledge expansion and building expertise in the chosen field or profession. I graduated with my BSN in 1992 at Quezon City Medical Center & Colleges (now World Citi). I graduated with MSN/Ed at University of Phoenix in 2014. As a nurse leader, I passed the NEA-BC certification in 2019. Additionally, joining hospital-wide committees, attending conferences and joining National Nursing Organizations for knowledge sharing, and networking are just as important. For that reason, in addition to PNA-GSAC, I am a member of International Transplant Nursing Society, ANA, Sigma Theta Tau, Sacramento/Sierra Nurse Leaders, and AONL. At UC Davis Health, I am actively involved in the Infection Prevention Committee, CLABSI and CAUTI Workgroups, Nursing Recognition Committee, Emancipation Basket Committee, and ODAT Committee. Lastly, I am a humble community volunteer and a nurse-leader mentor.

*Liz Navarra*



My name is Liz (Elizabeth) Navarra. I graduated from CSU, Sacramento, with a bachelor's degree in Nursing in 2002 and currently pursuing my MSN at Aspen University. Twenty years ago, I began my career in nursing as a student nurse extern and subsequently became a new graduate RN in the cardiology unit. I started as a clinical nurse and have since worked my way up to Assistant Nurse Manager on Tower 4, the ENT/IM/Adolescent unit. My husband and I and our two sons are passionate about exploring the world. I enjoy cheering my boys play basketball and soccer in my spare time. I am privileged to join PNAA C3 as a board member to help promote and advance the holistic welfare of Filipino American nurses and the Asian community at large. With my optimistic outlook and boundless energy, I hope to inspire others to serve their communities and increase the number of Filipinos in positions of power.

*Jojo Melendres*



Jojo Melendres has been a practicing healthcare professional for over 20 years. His diverse experiences with different levels of care and numerous work environment have provided him with a significant source of wisdom, knowledge, and skills leading to recent leadership roles subserving many facets of our daily lives. Currently, Jojo is the Interim Chairperson of Asia Pacific Systemwide Alliance in the health campus. He is the outgoing Communications Chair of Staff Assembly. This March 2022 is his graduation from the Rising Nurse Leadership program of the health center's Center for Professional Practice in Nursing (CPPN). Outside of the hospital, he is also active in many volunteer organizations and non-profit institutions. Jojo still sleeps, provides care to a loving family, and enjoys familiar outdoor activities. Inspiration is the name of the game!

# PNAC3 and UC Davis Health Celebrate the 1st PCS Diversity, Equity & Inclusion (DEI) Grand Rounds at Sacramento Campus

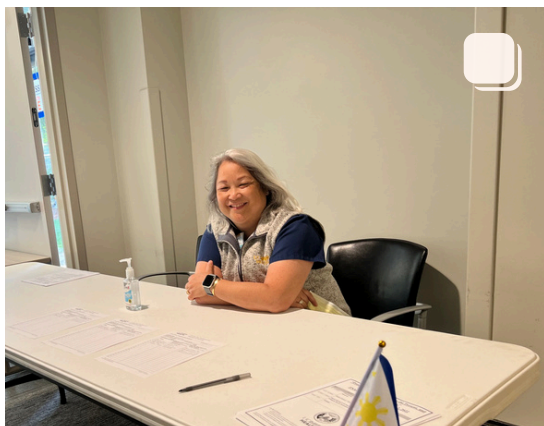
"The Philippine Nurses Association California Capital City (PNAC3) chapter and the Diversity, Equity, and Inclusion (DEI) committee came together to celebrate the history, work experience, and culture of the Filipino nurses who have chosen to work at UC Davis Health. Filipino nurses make up a sizable proportion of the UC Davis Health workforce. This event also commemorated the Philippine Independence Day Celebration happening on June 12 (from the Spanish colonization in 1898).

The DEI committee held its first Grand Rounds on June 7, 2022, in collaboration with the PNAC3 chapter. At the Grand Rounds, the panelists talked about their previous experiences, current issues that Filipino nurses may be facing, and how to become future leaders within UC Davis Health. Aida Azurin, a retired RN who worked at UC Davis for 35 years and was the Assistant Nurse Manager on East 6, was one of the panelists. The other panelists were Jane Pena, Inpatient Unit Director and Nurse Manager of Tower 8, and Nico Buan-Lagazo, Outpatient Transplant Center Nurse Manager. The question-and-answer portion of the DEI Grand Rounds was moderated by Kywaita Keys, Chair of PCS DEI Council. Participants at the event earned Continuing Education credits via the Center for Professional Practice of Nursing.

In closing, Elizabeth Navarra, Mark Buan-Lagazo, Salvador Mislant, and Jojo Melendres performed the national bamboo dance "Tinikling." Tinikling is the skillful tottering of dancers over parallel bamboo poles that open and close rhythmically with the traditional music. It is based on the folklore of birds trying their might pecking on the harvest grains while farmers are at work in the rice fields. Attendees enjoyed the Filipino version of hors-d'oeuvre, main course, and dessert consisting of lumpia, sumptuous barbeque and vegan cupcakes." (UC Davis Health, 2022)

## Reference

UC Davis Health. DEI Grand Rounds featuring the Philippine Nurses Association California Capital City Chapter. Nurse Newsletter [PDF]. 2022 [cited 2022 Dec 6]. Available from <https://health.ucdavis.edu/nurse/documents/uc-davis-nursing-fall-newsletter-2022.pdf>



# Breaking Down Barriers to Nursing Event

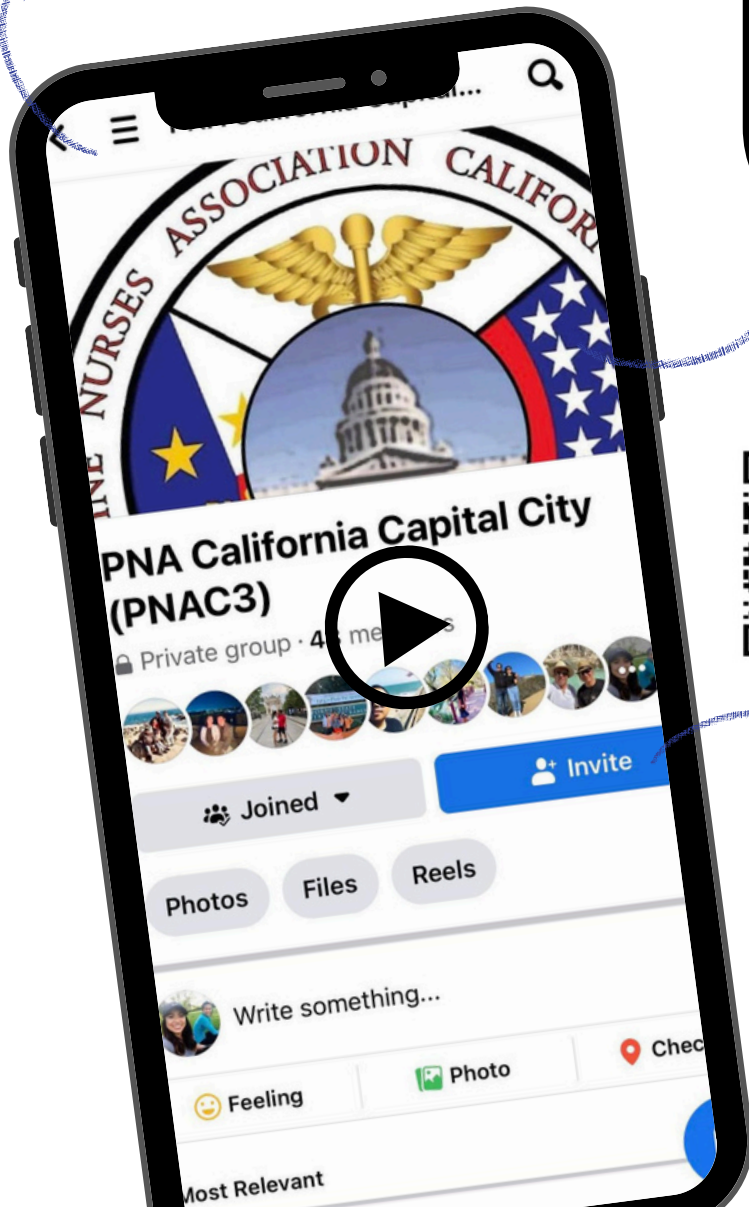
August 27th, 2022, The Capitol City Black Nurses Association and the Sacramento Chapters of the National Association of Hispanic Nurses, Hmong Nurses Association, and Philippine Nurses Association partnered to host "The Breaking Down Barriers to Nursing Event."

This event aimed to promote the nursing profession in communities of color to minimize the long-standing barriers that disproportionately impact students in these demographic groups. Panel discussions with special guest speakers discussed the value of representation in nursing and provided resources for pre-nursing students.



# PNAC3 in the community

Lynda Soohoo and Jojo Melendres helping Project ADAM Sacramento. They prevented Sudden Cardiac Arrest (CSA) for the youth by doing heart screenings.



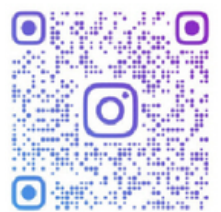
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Follow us on our social media accounts to keep up with the latest content and event updates.

# Sierra Donor Services at the Elk Grove Multicultural Festival



# Health and Donate Life Ambassadors at the Magkaisa: Filipino American History Month event





# PNAC3, NAHN Sacramento Chapter, FYM, Sac County Public Health, and UCDHS employees Flu vaccine event



# 1st Annual Picnic



# PHILIPPINE NURSES ASSOCIATION

## California Capital City (PNAC3)



### Give back to your community & join PNAC3!

**Executive Board**  
2022-2024

**President:**  
Alberto Espinas

**President-elect:**  
Wilna Sobrepena

**Vice President:**  
Nico Buan-Lagazo

**Recording Secretary:**  
Krismarie Espinas

**Corresponding Secretary:**  
Mark Buan-Lagazo

**Treasurer:**  
Juliet Navo

**Assistant Treasurer:**  
Gladys Sumo

**Auditor:**  
Salvador Mislang

**PRO:**  
Jujie Camus

**Board of Directors:**  
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Cupido Canonigo  
Maria Erespe  
Elizabeth Navarra  
Gertrudes Erfe-Fastidio  
Cherrie Demayo

**Advisers:**  
Lourdes Moldre  
Theresa Pak  
Frances Noriega



**Annual Membership**  
**Fee: \$65.00**

The goal of the Association shall be to provide an organization that will enhance the image, professionalism, and unity, as well as foster the welfare of Filipino-American nurses in the Greater Sacramento Area.

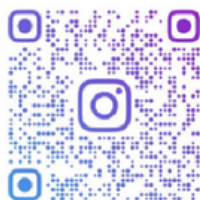
### Objectives:

1. Promote activities that will unify Filipino-American nurses in the Greater Sacramento Area.
2. Collaborate with other professional organizations and agencies in the Greater Sacramento area:
  - a) In developing and implementing programs related to nursing practice, education, and research.
  - b) In actively participating in nursing and health care activities in the community.

### Contact us or any of the officers below:

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Gladys Sumo	<b>(916) 505-1058</b>	<i>Gsumo@ucdavis.edu</i>
Jujie Camus	<b>(602) 635-8367</b>	<i>Jujie_camus70@yahoo.com</i>
Al Espinas	<b>(916) 778-7614</b>	<i>Pnaesp@gmail.com</i>

\*PNAC3 email address: [pnaa.capitalcity@gmail.com](mailto:pnaa.capitalcity@gmail.com)



Instagram



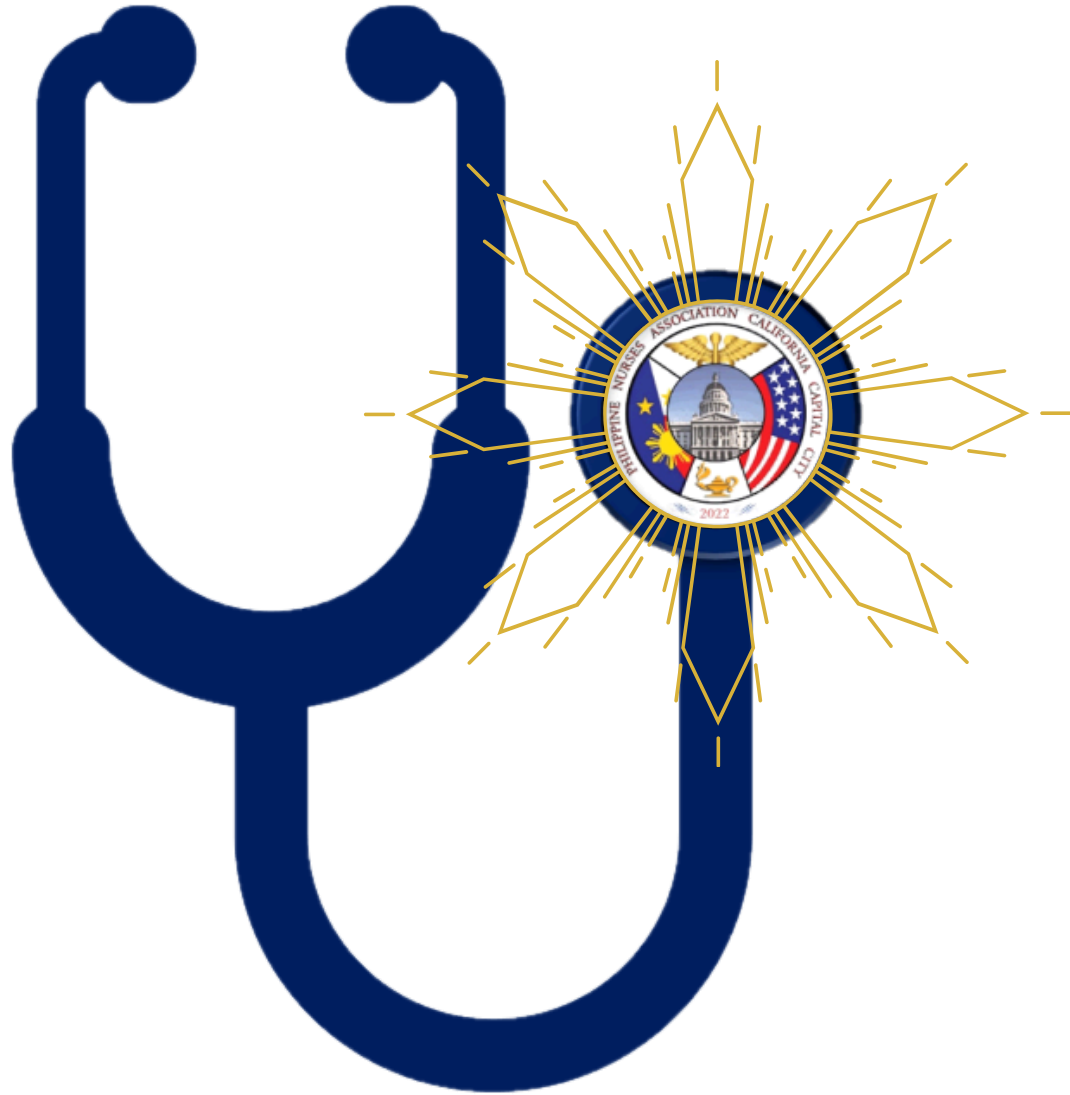
Twitter



LinkedIn



Facebook



## **THANKYOU FOR READING OUR NEWSLETTER**

Ask us how you can be an official member of the PNAC3,  
PNA California Capital City Chapter

<http://mypnaa.org/>

Contact our team if you have any feedback, questions, or reviews

[pnac3sac@gmail.com](mailto:pnac3sac@gmail.com)