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PNAC3 WATCH

Official Publication: Philippine Nurses Association
California Capital City Chapter



What is our Goal?

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

Our objectives include: 1) Promoting activities that will unify Filipino-American nurses in the Greater Sacramento Area, 2) Collaborating with other professional organizations and agencies in the Greater Sacramento Area to develop and implement the nursing practice, education, and research programs, 3) Participating in community nursing and health care activities.

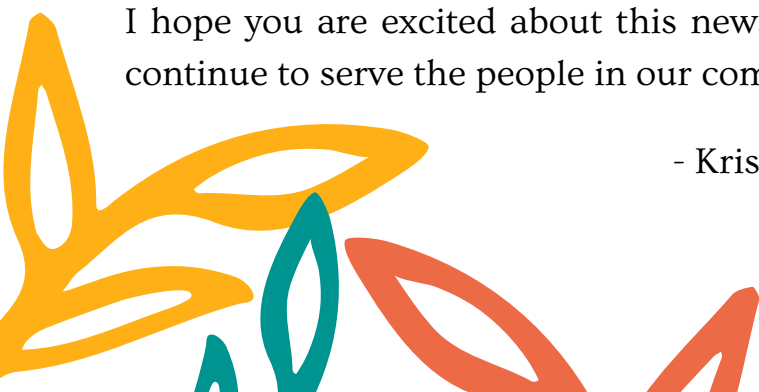
Celebrating AAPI Heritage Month

Asian American, Pacific Islander (AAPI) includes a diverse span of nationalities and ethnicities, with Filipinos being amongst one race to play an integral part in our history. According to Public Law: 102-450 (1992), "Asian and Pacific Americans have contributed significantly to the development of the arts, sciences, government, military, commerce, and education in the United States." Although the month of May celebrates the rich history of the AAPI community, there is still more to learn from one another.

PNAC3 is aware of this and eager to learn and share our work with you. We invite you to join us on our journey as we learn new issues related to health and wellness. In addition, this newsletter will celebrate and feature our PNAC3 members promoting health equity, cultural awareness, and phenomenal Filipino leaders!

I hope you are excited about this newsletter, and thank you again to all those who continue to serve the people in our community and promote health and well-being!

- Kristina Rodriguez, RN, MS, CCRN, PNAC3 Editor



The DAISY Award

The Daisy Award is a prestigious award that honors extraordinary nurses. Here are two PNAC3 members that should be recognized for their compassion in healthcare.



Frances Noriega, MSN, RN

Frances deeply believes in the mission and vision of the emergency department and works to create a safe, inclusive environment for patients and staff. She is a transparent, thoughtful, and dedicated leader who strives to grow her team. The Emergency Department is a high-stress environment and Frances has effectively navigated the environment for staff. Frances is very deserving of this award, her almost 30 years of being a nurse at UC Davis exemplify her commitment to her colleagues and staff.

Milani Wagner, MSN, RN, CNRN, PHN

Milani was a very cheerful and caring nurse. She went out of her way to help me while I was in the hospital, especially the day after my surgery. She reminded me to get up to walk around and do my exercises. I couldn't eat anything except ice cream, so she called the kitchen to bring me some chicken-vegetable soup. She took time to care for a patient she did not know. I also witnessed her compassion and caring for another patient (my roommate). Even though I was in so much pain and could barely move, Milani's compassion and encouragement motivated me to get out of bed to walk to the bathroom by myself (with Milani's supervision and support). I am a very self-disciplined person, but I feel blessed to have a nurse who encouraged and reminded me to continue working towards caring for myself. She gave me the confidence to achieve my recovery goals.



You can read more about Frances and Milani's DAISY recognition here:

Frances: <https://www.daisyfoundation.org/daisy-award/honorees/frances-noriega>

Milani: <https://www.daisyfoundation.org/daisy-award/honorees/milani-wagner>

About us. Meet some of our Executive Board Members,

Pro: Ariel Zabala

Ariel has been a member of PNAA since 2006. He was elected as the PRO of PNA of Tampa Bay upon joining the association. He then served as a chapter president as well as the Circle of Presidents Regional Representative for South Central Region (SCR). He was the overall chair during the 13th SCR Conference held in Tampa, FL.

He furthered his involvement in the national level as one of the board members of the PNAA Executive Board for two consecutive terms. Afterwards, he served as the editor-in-chief of insidePNAA, the official PNAA newsletter. He has remained as one of the advisors since 2020.

Additionally, he has received numerous awards from PNAA including the National Excellence Award for Clinical Nurse.

Ariel is a Certified Emergency Nurse and currently works at Kaiser Permanente Sacramento Appointment and Advice Call Center.



Hip, Hip Hooray: Maria paves the way at NAON



The Inez Willet Memorial Scholarship is an opportunity for any RN or LVN employed at UC Davis Health who provides nursing care for patients in an inpatient or outpatient setting involved in treating musculoskeletal disorders. I was selected with two other nurses as the 2023 Inez Willet Scholarship recipient to further my education as an Orthopaedic Nurse. I chose to go to the 43rd Annual NAON conference in Pittsburgh, Pennsylvania, from May 6 to May 9, 2023. It was my very first NAON conference, and the highlight was the topic of kindness, primarily emerging from our Covid experience. Due to the cancellation of elective surgeries, Orthopaedic units were among the first Medical-surgical specialty units to transform into Covid units. Seeing Nurses from all over the country and a few from other countries rise again to elevate their specialty was a healing moment for me. A particular desire also came about from this experience: to work towards building a team to make UC Davis a center for Orthopaedic care in the region, to be certified, which was already in the works but halted for unknown reasons. For that, I am excited to be part of it.

- Maria Erespe, BSN, MSHA, RN, CMSRN, Board of Director

Congratulations Dr. Nico C. Buan-Lagazo!

On May 23, 2023 our Vice President, Nico, graduated from Johns Hopkins University.



Representation Matters. This applies to all aspects of healthcare, no matter what piece you are involved in. That is the thought that went through my head four years ago when I decided to venture out to obtain my doctorate degree in nursing. But the journey is half the fun! The Philippine Nurses Association has provided me with mentors and colleagues for support. Our Chapter Advisor, Lourdes Moldre, was also my Organizational Mentor for my DNP Project in the last two years of my program. I conducted my project on the Assessment of Lower Urinary Tract Symptoms in Male Post-Renal Transplant Recipients. With Lourdes' guidance on maneuvering through the health system, I was able to complete my project with success in the unit I currently manage, the Kidney Transplant Clinic. If there was one take-away message from Johns Hopkins University that I could share, it would be to "Never doubt yourself; if you can dream it, you can accomplish it. Never let your ethnicity dictate your ceiling."

- Nico C. Buan-Lagazo, DNP, RN, AGCNS-BC, OCN, BMTCN
 Johns Hopkins University, Class of 2023 Doctor of Nursing Practice,
 Adult-Gerontological Health Clinical Nurse Specialist

Assessment of LUTS in Male Post-Renal Transplant Recipients

Nico Buan-Lagazo, MSN, RN, OCN, BMTCN; Katie Thompson, DNP, APRN, ACCNS-P, CCRN-K; Lourdes Moldre, MSN, RN, ACNP-BC



JOHNS HOPKINS
SCHOOL of NURSING

Background

Definition for Lower Urinary Tract Symptoms (LUTS)

- Overactive Bladder
- Increased Urinary Frequency
- Nocturia
- Urinary Urgency
- Urinary Incontinence

- LUTS is highly prevalent (affect 50-80% of all older men)
- Underdiagnosed to post-renal transplant patients
- Industry standard for LUTS in the renal transplant population is a history & physical assessment
- Post-renal transplant patients with moderate-to-severe LUTS can lead to graft failure, decreased survival, and increased risk of infection.
- Deferred screening for LUTS can lead to increased healthcare costs and poorer outcomes.



Scope of the Problem

- Potentially over 100 patients annually are undetected for potential LUTS
- Inconsistent internal practices within Urology and Transplant

Problem and Purpose

Problem Statement: In renal transplant patients, careful assessment of kidney function is essential for clinical outcomes. Abnormal lower urinary tract symptoms (LUTS) in this population can lead to **graft failure, decreased survival, and increased risk of infection**. Despite having a screening tool available for LUTS, it is not common internal practice. Early detection can support efficient intervention, leading to better outcomes.

Purpose: To evaluate the effectiveness of integrating an evidence-based screening tool into the kidney transplant patient population in relation to lower urinary tract symptoms in a 12-week period.

AIM #1

By December 9, 2022, there will be an increased rate of 5% in LUTS Screening in male post-renal transplant patients using the VPSS tool.

Demographic	Initial Data Collection		Post-Implementation	
	Paper (N=21)	RN (N=17)	Paper (N=20)	RN (N=10)
Age, mean (SD)	59.7 (13.9)	59.8 (10.8)	57.7 (13.5)	61.4 (10.9)
Sex, n (%)	21 (100.0)	17 (100.0)	10 (100.0)	10 (100.0)
Ethnicity, n (%)	4 (20.0)	5 (29.4)	2 (20.0)	4 (40.0)
White	5 (23.8)	5 (29.4)	4 (40.0)	5 (50.0)
Black or African American	1 (4.8)	1 (5.9)	2 (20.0)	1 (10.0)
Hispanic	4 (19.0)	4 (23.5)	1 (10.0)	2 (20.0)
Indian or Middle Eastern	1 (4.8)	1 (5.9)	1 (10.0)	1 (10.0)

Question	Initial Data Collection (mean)		Post-Implementation (mean)		Difference (95% CI)
	Paper	RN	Paper	RN	
Question 1	4.11	4.53	4.50	4.50	-0.12 (p = .217)
Question 2	1.7	1.9	1.9	1.9	-0.07 (p = .217)
Question 3	1.9	2.0	2.0	2.0	-0.07 (p = .217)
Question 4	1.9	2.0	2.0	2.0	-0.07 (p = .217)
Total Score	11.0	11.8	11.8	11.8	-0.12 (p = .217)
Confidence Score	2.0	2.0	2.0	2.0	-0.02 (p = .217)

Results

Sample: 21
 Paper Survey Completion: 14.2% (p=.035) INCREASE
 RN Documentation: 8.8% (p=.772) DECREASE
 NO MD Documentation

VPSS Completion



AIM #2

By December 9, 2022, there will be an increased rate of 5% in provider confidence in LUTS Screening Practices in a Likert-Scale tool

Results

Provider Confidence: 22.5% (p=.280) INCREASE

Question	Pre-Implementation (mean)		Post-Implementation (mean)		Difference (Mean-Whitney U Test)
	Pre-Implementation	Post-Implementation	Pre-Implementation	Post-Implementation	
Question 1	4.0	3.5	4.0	3.5	-0.20 (p = .558)
Question 2	1.7	2.6	2.6	2.6	+0.9 (p = .203)
Question 3	2.0	3.0	3.0	3.0	+1.0 (p = .195)
Question 4	2.3	3.0	3.0	3.0	+0.7 (p = .435)
Total Score	10.0	12.25	12.25	12.25	+2.25 (p = .280)
Completed Survey	3/6 (50.0%)	4/6 (66.7%)	N/A	N/A	
Survey Completion	80.33 seconds	86.75 seconds	N/A	N/A	

Implications for Practice

Screening practices DID improve, but there is an opportunity to improve documentation.

Future studies to include a longer interval for screening and include more patients.

Explore physician engagement.

Methods

Design: Quality Improvement Study

Setting: Outpatient Kidney Transplant Clinic

Sample Criteria:

- Adult Males
- Received Kidney Transplant
- Follow-Up care in the Outpatient Transplant Clinic

Expected Sample Size: 42

Ethical Review Plan: Johns Hopkins SON

PERC and UC Davis Health IRB

Implementation Period: September 6, 2022 – December 16, 2022

Study Limitations

- **Paper Survey vs. EMR Integration:** An unsustainable strategy for screening patients without automation.
- **Documentation Compliance:** Interventions are not at capacity if screening is not documented.
- **Physician Engagement:** Decreased physician engagement in both AIMS.
- **Low Study Volume:** There were 50% less patients in study that expected.
- **Organ Allocation:** There was a recent change in UNOS organ allocation change in 2021 that have decreased the transplant volumes over the past few years.
- **Anesthesiology:** In October 2022, there was a hospital-wide anesthesiology shortage, limiting OR rooms.

Education Material and References

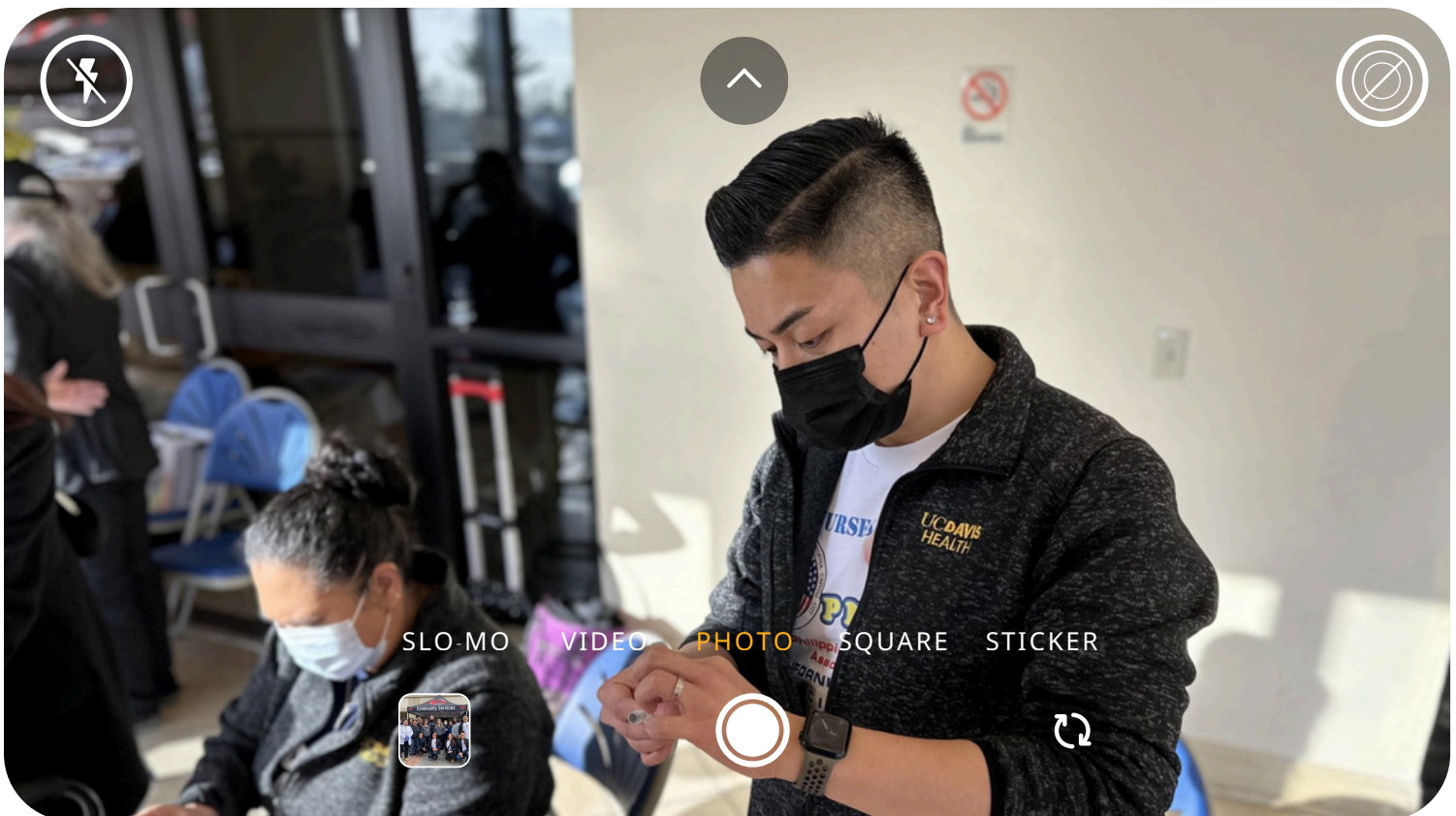


Here is an opportunity to see Nico's final poster:
 Assessment of LUTS in Male Post-Renal Transplant Recipients

Asian Resources Inc.

Since childhood, I have enjoyed volunteering and providing services to the community. Whether it was serving food to the hungry at shelters during the holidays, running to feed the hungry with Sacramento Food Bank & Family Services, donating food or supplies, or cleaning parks and other public spaces, I genuinely looked forward to providing these services again and again, year after year.

Now as a PICU registered nurse, I provide services to the community in an entirely different aspect. Jane Pena, a Nurse Manager at UC Davis Health (UCDH) and an Advisor for the Philippine Nurses Association, California Capital City Chapter (PNAC3), informed us that Asian Resources Inc. (ARI) reached out searching for volunteers, and I quickly responded that I was interested, even though I was scheduled to work a shift the night before. On February 5th, 2023, I arrived at the Vietnamese Martyrs Church with my spouse Nico Buan-Lagazo, a Nurse manager at UCDH and Vice President for PNAC3. We met with other PNAC3 members and had the opportunity to meet members of ARI and Walgreens to provide COVID-19 and flu vaccines before, during, and after the church's masses.





It was intriguing to see that after three years of this pandemic, many individuals were getting their COVID-19 (and the flu) vaccine for the first time, but nonetheless was reassuring and exciting as well.

Throughout the day, I met many individuals who were excited and happy to get their vaccines. I am pretty sure they were excited to get their free gifts from Walgreens, too. During break times, we were invited to enter the church and eat. Inside were tables of food and drinks, including Vietnamese coffee, a variety of drinks with boba, pho, spring rolls, egg rolls, and many more! I wanted to get one of everything, but I only got coffee, which was absolutely needed after my night shift. After the last mass, we closed up shop and hung out for a bit to chat with members of ARI, Walgreens, and the church. Even though I was tired from the night before, I was genuinely happy to meet so many people and continue to provide services to the community. Younger Mark probably would not believe it if you told him everything he was doing now, and I am so proud of him for being so involved with the community. The smiles on everyone's faces are why I continue to do this again and again, year after year.

- Mark Buan-Lagazo, BSBA, BSN, RN, PHN, Corresponding Secretary

Paroxysmal Nocturnal Hemoglobinuria

Presentation

On April 6th, 2022, Dr. Jose Tapia, Medical Science Liaison of Apellis Pharmaceuticals, provided an educational presentation at Seasons 52 on Paroxysmal Nocturnal Hemoglobinuria (PNH). He shared the disease state, patient burden and unmet needs, therapeutic options, mechanism of action, and Pegcetacoplan clinical trial data. It was a great opportunity to learn and meet new members!



Sacramento Filipino Fiesta

On June 4, 2023, I had the wonderful opportunity to assist host a Blood Pressure and Summer Safety Clinic with the Philippine Nurses Association of America California Capital City Chapter (PNAC3), UC Davis Health (UCDH), and Sierra Donor Services (SDS) at the Filipino Fiesta of Sacramento 2023 at Jose Rizal Community Center in Elk Grove. The Filipino Fiesta started in 1977 and hosted thousands of people annually with business and community organizations participating as vendors. Throughout the day, visitors can enjoy performances of local entertainers and visit vendors' tents where they can purchase food and drinks, merchandise, play games, meet and network with business professionals, and get educated through health organizations like UCDH and Kaiser Permanente.

For years, UCDH has provided health education to visitors like reading vital signs using a Philips monitor or provide glucose readings for those curious about diabetes. This year, it was highly requested to do blood pressure readings and summer safety, especially for the pediatric population. To provide our visitors our UCDH freebies, we asked them to spin the wheel to win a prize, but the caveat to obtain the prize, we requested they answer a question regarding safety for the summer. Some questions were: how many seconds should you take and count to while washing your hands? To prevent any trauma to the head, what should you wear while riding a bike? While driving in a vehicle, what is one way to prevent accidents? How many cups of water should you drink daily? And please demonstrate how you cover your cough or sneeze. It was great how well everyone answered these questions, but the pediatric population did amazingly well and really enjoyed our presence.

As a pediatric nurse at UCDH Children's Hospital, it reassured me that children really do pay attention to what they learn and do their best in the community. As a Filipino nurse, the Fiesta reminded me of my culture and how family-oriented we are. We love gathering together, meeting new people, and networking. After the Fiesta, I met many people of various organizations that wanted to work with UCDH, PNAC3, and SDS. As a member of PNAC3, I cannot wait to continue providing services to the community, especially when it comes to educating thousands of visitors regarding their health, which we all clearly value.

- Mark Buan-Lagazo, BSBA, BSN, RN, PHN, Corresponding Secretary



Welcome to our Pamilya

Pamilya, which also means "family." We are excited to have these newest members join our family! To the newest members, thank you for deciding to join. We're a group of fun-loving, hardworking people who know you will fit right in.

Michael Diaz

Vangie Silva

Paul Senoren

Haydee Garcia

Jingle Sevilla

Ralph Tapnio

Karen Tan

Nhadine Fabro-Brown

Tanice Prentiss

Maryann Lansangan



Upcoming events



Connect with PNAC3

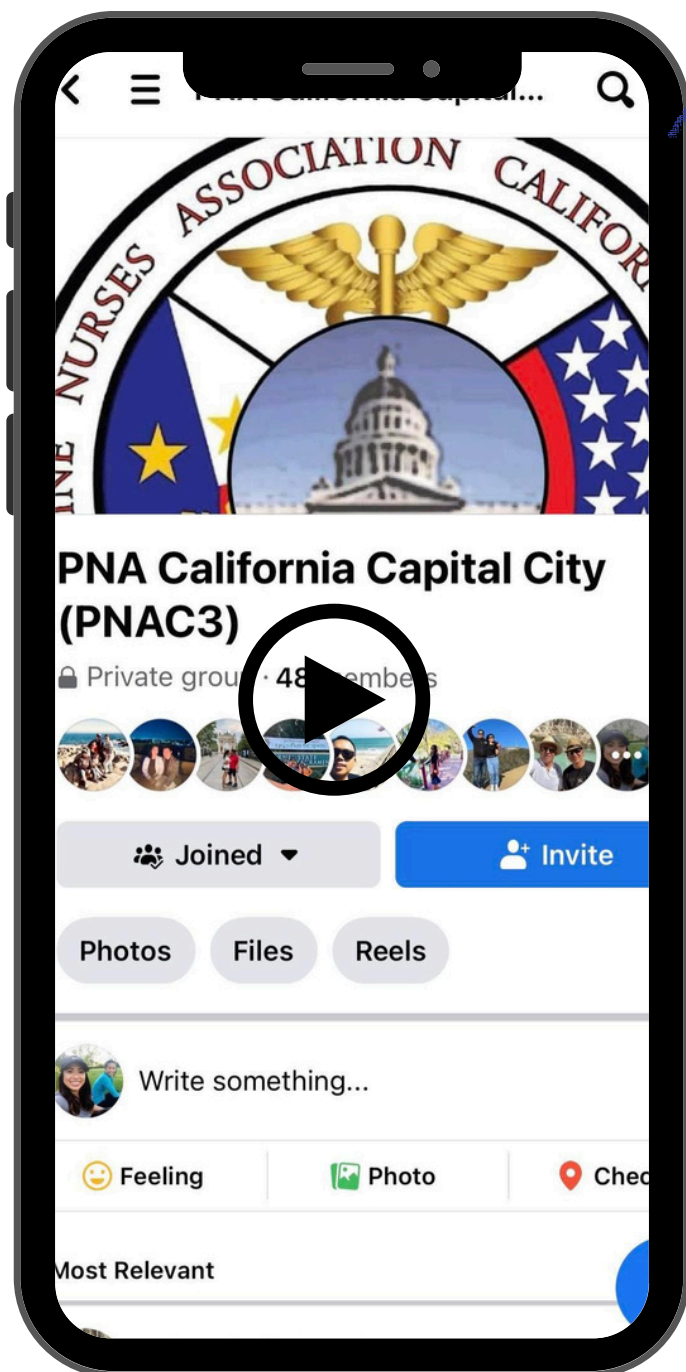
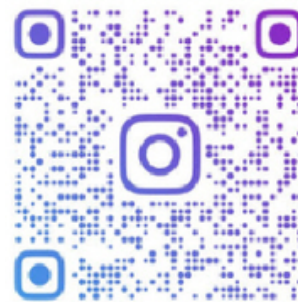
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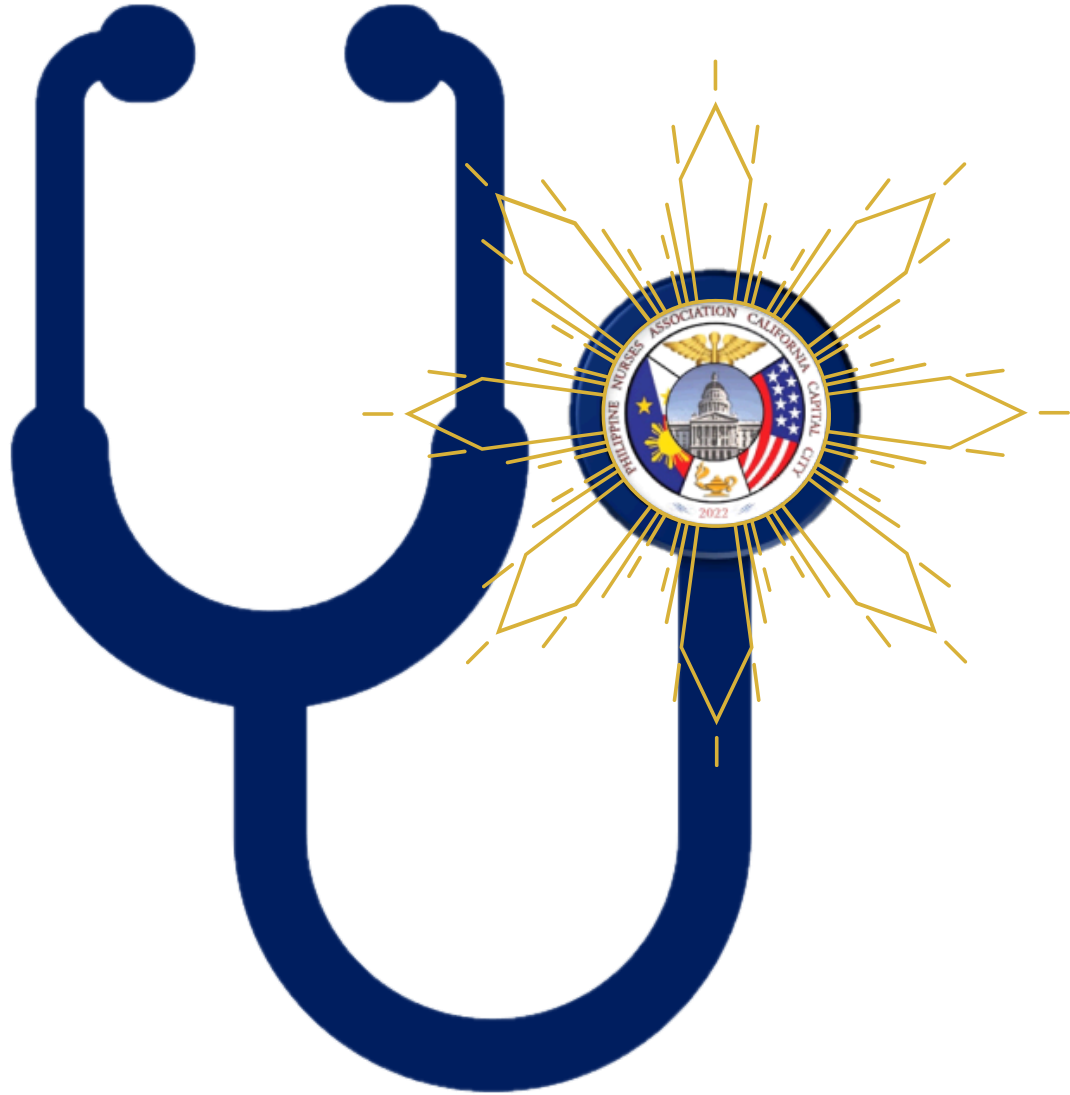


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Fee: \$65.00**

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