Hi there from your SFVAACN President !!!!

We have been busy this term with various activities. We had a successful and enlightening Fall symposium learning about “Different Strokes for Different Folks”. We listened to your evaluations from the last symposium and tried a couple of new things that you may have noticed. We had long tables for our participants, members and students, instead of the round tables for the students. It was my impression that this was a major hit with the participants. Also, we had a much larger screen for our presentation. The Executive Board would like you to know that we take your feedback seriously. The symposium, after all, is about learning and collaboration.

Speaking of collaboration, the SFVAACN has submitted an application for an AACN National Chapter Award! This fulfills one of our Chapter goals for this term. We committed ourselves to learning the process and writing the application for a chapter Award in order to build upon our professionalism. We applied for the Chapter Award in “Excellence in Collaboration”. Our past President, Liza Abcede, started us along the path to increase our Liaison representation at the hospitals in our service area and took this to the next level early this year with our first Liaison Celebration Dinner. We are continuing this celebration and are planning another “Liaison Celebration Dinner ” coming up in February 2013. Liaisons are important to our Chapter. This was expressed in the application, an essay explaining our rationale for Excellence in Collaboration.

Here is an excerpt from the write-up.
“ Our Organization believes that each member is vital to the success of our Chapter and AACN, thus we value the one-to-one collaboration and networking. It is for this reason that the SFVAACN seeks to increase the number of liaison representation from each local hospital and build stronger relationships by instituting a meaningful recognition program for our liaisons”. The Chapter is only as strong as it’s membership.

We look forward to our Spring Symposium on March 20th and 21st, 2013. please consider joining us for this event. We also welcome you to consider joining our Executive Board for the coming term 2013-2014. If you are interested in joining the Board or becoming a Liaison, email me at sfvc.info@aacn.org

This term our theme is “DARE TO”. I have “Dared To “ be your Chapter President. I am also working on my Stroke Fellowship. What will you Dare To do?,

Respectfully yours,
Sherri Greif, NP
SFVAACN President
2012 NTI Report

Thank you SFVAACN for sponsoring my attendance at the 2012 NTI with scholarship funds and allowing me to share with the chapter members some of the information that verified my practice on a most important topic: The 2012 AHA Updates for Emergency Cardiovascular Care, which I teach in my role as an educator and as an AHA Faculty member.

This year’s AACN theme is “Dare To.” My dare is to continue to share my passion for promoting, to every nurse I come in contact with, the importance of preparing his/herself to care for each one of their patients in the manner in which he/she would want their loved one to be treated as a patient. It requires us to always be prepared to respond effectively to circumstances, especially in life threatening situations when the patient’s life and neurological function depends on our timely and efficient response, such as in a cardiac arrest. What an awesome responsibility we have as nurses! Managing a cardiac arrest requires knowledge, proficiency and the correct tools. We obtain knowledge through ACLS classes; however the most important test is not in the classroom but at the bedside! The ACLS class encourages you to gain proficiency by practicing “mock codes” in your unit, to carry in your pocket tools that you can consult should a “mental block” occur. So let me ask: “Are you sure you are prepared to respond efficiently to a cardiac arrest?” If your answer is “Yes,” Congratulations! I exhort you to go to work thinking and being prepared for a cardiac arrest on your patient every shift you work. If you answer “NO,” I encourage you to prepare by taking an ACLS class and focus on learning to: 1) Perform effective, uninterrupted BLS 2) Avoid hyperventilation 3) Evaluate the effectiveness of others performing BLS 4) Identify the role that you perform best and practice it to proficiency. Remember that the most important role is performing/evaluating BLS because this is the key for your patient’s successful survival.

After class return to work with the algorithm cards (your tools) in your pocket and be an agent of change in your unit by insuring that current AHA Algorithms are on hand, your co-workers are ACLS certified, promote frequent mock codes and practice with your co-workers as a team. Remember, once you ensure effective BLS is in progress, relax (or try to), and follow the algorithms as written. Don’t trust your memory. You will have a full 2 min before you hear or state...Stop, analyze, change roles. If V-fib is present, continue chest compressions while the defibrillator is charging then shock. Have chest compressions resumed immediately and BLS performed for two minutes whether or not an organized rhythm is seen on the monitor. During that time identify/correct reversible causes, administer meds, etc. After two minutes, if an organized rhythm is present, check for a pulse, if present you have ROSC! Check the blood pressure, breathing, responsiveness, etc. and if present you have rescued your patient!

If there is no pulse, you have PEA, the BLS/ACLS efforts must continue following the appropriate algorithms...

Other wonderful changes in 2012 AHA guidelines include: the use of capnography to evaluate the effectiveness of chest compressions, a new Post Cardiac Arrest Care Guide to optimize ventilation, safe oxygenation and adequate blood pressure, the use of hypothermia for the unresponsive patient, etc, etc.

May this information help you to validate your knowledge or challenge you to pursue to improve it, so that when your patient’s beat and breath has ceased at last, you may have your heart at rest, knowing you’ve done your very best!

Irma Williams, RN
Critical Care Educator

SAVE THE DATE
Spring Symposium
Wednesday & Thursday
March 20 & 21, 2013
Odyssey Restaurant
Granada Hills
NTI the week in review

Sunshine, warm breezes and 6,000 critical care nurses descended in Orlando, Florida during the week of May 19th -24th. The conference actually began on May 21st, but there were many nurses who arrived a few days before to take advantage of the CCRN and PCCN review sessions as well in in-depth subjects such as , “Caring for the Cardiac Surgical Patient”.

When we all arrived for the first of three Super Sessions on Monday morning, we were all given a set of real drum sticks! Now that were we going to do with those?? We found out very quickly when a group of drummers, dressed in scrubs and lab coats, took the stage beating on every kind of drum imaginable! The audience became the backdrop rhythm to their incredible drumming. What a way to begin the NTI week!!

Mary Stahl gave an inspiring speech emphasizing how the “concepts of community” really embodied her theme of “Together, Stronger, Boldere”. She spoke of the community of nurses who pulled together to save her father’s life when suffered stroke just before NTI last year. But the most moving example of a community working together came from the two nurses who described their experience after a tornado hit Joplin, MO.

After the Super Session, it was off to class. There were classes for beginning critical nurses to the proficient nurses. In the afternoon, the CCNS, CCRN, PCCN and CNML exams were offered to those who had registered. This is the only time paper and pencil exam is offered and the room was full!!

On Tuesday the breakfast sessions began for those willing to get up early (they began at 7 AM). CEUs were offered by various vendors. Education with egg and toast.

Tuesday’s Super Sessions was a dynamic presentation by Robyn Benincasa, a San Diego city firefighter and world champion adventure racer, who described how she raced across the world in some way or another. She told how building a team and working toward a common goal has mad her a stronger woman.

After the Super Session, the Exhibition Hall opened with many opportunities to visit the vendor booths for product information and mini-seminars. There were also recruiters available for those seeking jobs, college and universities offering degree programs and even a few helicopters providing a peek at emergency transportation.

The day ended with the API (Advanced Practice Institute) reception and the Certification Celebration and Dinner. The food was delicious, the entertainment by the two guest hosts was hilarious and the prizes were generous.

Wednesday began with more breakfast sessions and a full day of classes. The Super Session began with comedian David Glickman who had everyone in stitches! Kathryn Roberts, incoming National President, revealed the theme for the coming year- Dare To. The idea behind Dare To is simply to fill in the blank. Wherever you are in your nursing career, dare to stretch your limits and do something that enhances your livelihood while keeping your patients, their families and yourself in the forefront.

The Exhibition Hall was also a busy place again. The day ended with the “ Nurses Night Off”, sponsored by NTI Exhibitors. We were driven to Sea World for an evening with Shamu and all his buddies! Having the entire place to ourselves was wonderful and the evening ended in a great firework displays.

Thursday was the final with mini-sessions, Mastery session and many concurrent sessions. The conference ended at 1:00 PM with the closing of the Exhibition Hall and everyone scurrying to pack their suitcases and return home to share the information they learned and re-live the memories created.

Judi Robinson, RN
SFVAACN Treasurer

From the Education Corner...... upcoming events.......  

CCRN Review class will be presented by Allegro Reviews on November 28 and 29, 2012, 8:00 AM - 4:30 PM. It is sponsored by SFVAACN and hosted by Valley Presbyterian Hospital. Online course registration is being accepted at www.allegroreviews.com ABSOLUTELY NO ON SITE REGISTRATION!!!

You can also contact the directly at 800-800-2015. Hope to see you there for the certification made easy.

This past October 10th, we held our annual Fall Symposium at the Odyssey Restaurant. As usual it was a very successful event and well attended by students and RNs. Our topic of the day was all about neurology: “Different Strokes for Different Folks and yes, we will talk about Willis!” Rachel Malloy RN, MSN, CNRN was our guest speaker and sponsored by Integra Lifesciences. Rachel is Integra’s Clinical Educator and we were fortunate to hear on the very latest advances in treatment of strokes and cerebral monitoring.

At this time I want to thank all the chapter members who were so involved in this Fall Symposium. The venue was especially beautiful as a new sitting plan integrated students and RNs in one large ballroom. Our vendor room was full and all involved were engaged in their products. Lunch was taken closer to the restaurant and the view didn’t disappoint anyone. To those behind the scenes with registration and other many details, “I Thank You”.

Sue Boryk, CCRN
SFVAACN Vice President
### Executive Board Members

**PRESIDENT:** Sherri Greif, RN, MSN, NP-C, CCRN  
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**VICE PRESIDENT** Sue Boryk, RN, BSN, CCRN  
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**SECRETARY:** Kim Thompson, RN, BSN, CCRN  
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- Kathy Cadden, RN, MSN, CNS, CCRN  
- Caroline Corralejo, RN, BSN  
- Anna Dermenchyan, RN, BSN, CCRN-CSC  
- Barbara Keogh, RN, BSN, CCRN  
- Marilou McQueen, RN, CCRN  

**Chapter Advisor**  
Joanna Entrekin-Callahan, RN, MA, CCRN-CSC-CMC, PCCN  
[region19@aacn.org](mailto:region19@aacn.org)

### Hospital Liaisons

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<th>Cindy Renick</th>
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<td>Children's Hospital, LA</td>
<td>Nancy Blake</td>
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<td>Eisenhower Medical Center</td>
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<td>Henry Mayo, Newhall</td>
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<td>Kaiser, Panorama City</td>
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<td>Providence Holy Cross</td>
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<td>Los Robles Hospital</td>
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<td>Pacifica Hospital</td>
<td>Kathleen Walker</td>
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<td>Pleasant Valley Hospital, Camarillo</td>
<td>Sherri Greif</td>
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<td>Simi Valley Hospital</td>
<td>Caroline Corralejo</td>
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<td>St. Joseph Medical Center</td>
<td>Lisa Thomas- Barile</td>
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<td>St John’s Hospital, Oxnard</td>
<td>Sherri Greif</td>
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<td>Providence Tarzana Hospital</td>
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<td>UCLA Medical Center</td>
<td>Anna Dermenchyan</td>
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<td>Keck Medical Center at USC</td>
<td>Lynne Capretto</td>
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<td>VA, Sepulveda</td>
<td>Gloria Bitner-Burley</td>
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<td>Valley Presbyterian</td>
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<td>West Hills Hospital</td>
<td>Joy Veloso</td>
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<td>West LA Veterans</td>
<td>James Webb Geraldine Taguba</td>
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### Committee Members

**Linda Davison, RN**  
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**Liza Abcede, RN, BSN, MBA, CCRN**  
Nominations and Elections Chairperson  
**Sherri Greif, RN, MSN, NP-C CCRN**  
• Website 
• Symposium AV Equipment

### Holiday Party

**December 13, 2012 at 6:30 PM**  
**Café Firenze**  
653 Los Angeles Ave  
Moorpark  
805 532-0048  
**Dinner Cost $35 per person**  
**Drinks extra**

Please bring an unwrapped gift for donation to:  
Haven Hills Women's Shelter in the West SF Valley  
Gift can be for mom, child or teenager  
Suggest: toiletries, accessories, toys, games, gift cards.  
If you wish to participate in a group gift exchange, please bring a $10-$15 wrapped gift.

RSVP to: Sandy Wisler at  
wislerrn@roadrunner.com by Dec. 11