It has been over 150 years since our founder and mother of nursing, Florence Nightingale, helped to shape the fundamentals of nursing practice - infection prevention and control being one basic yet critical concept. She noted that "True nursing ignores infection, except to prevent it." With the recent news on Ebola, measles, tuberculosis, and pertussis outbreaks shining a spotlight on patient care, we are reminded of the important role nurses have in preventing the spread of infection as they care for patients in the frontlines each day. In this issue, read about basic infection prevention and control measures you can apply in your nursing practice to help prevent the spread of infection and promote patient safety. Read about your nursing role in easing parent and patient concerns about vaccination; how you can help spread Ebola facts and stop the outbreak; and about vaccines recommended for you, as health care personnel, to help protect yourself, your patients, and your family.

Check out GNA in Action and photo highlights of our Guam nurses participating in various ANA and GNA meetings, conferences, and assemblies throughout 2014. We welcome our newly elected GNA Officers and Directors-At-Large. We congratulate them along with other Nurses in the News for their achievements, commitment, and leadership in nursing. Read about the University of Guam School of Nursing and Health Sciences and SimMom, the first fully simulated birthing lab in Micronesia.

Coming soon in May, we celebrate Annual Nurses’ Month. ANA announced the National Nurses Week theme, “Ethical Practice. Quality Care.” Save the Dates listed in the cover of this issue and stay tuned for more details on local GNA sponsored events that you can participate in to help celebrate Nurses (YOU!) and our profession.

Suzanne L. Cabrera, MN, RN

It’s not how much we give but how much love we put into giving.
-Mother Teresa
Parents consider health care professionals one of the most trusted sources in answering questions and addressing concerns about their child’s health. A recent survey on parents’ attitudes, knowledge, and behaviors regarding vaccines for young children - including vaccine safety and trust - found that 74 percent of parents trust the vaccine advice of their pediatric health care professionals. With so many parents relying on the advice of health care professionals about vaccines, a nurse’s recommendation plays a key role in guiding parents’ vaccination decisions.

"Because nurses are often the ones administering vaccines, it makes their expertise, knowledge, and advice vital in creating a safe and trusted environment for discussing childhood immunizations," said Dr. Anne Schuchat, Assistant Surgeon General of the U.S. Public Health Service and CDC's Director of the National Center for Immunization and Respiratory Diseases. "How you communicate with parents during routine pediatric visits is critical for fostering parental confidence in the decision to vaccinate their children."

The survey also found that 72 percent of parents were confident or very confident in the safety of routine childhood immunizations, although parents’ most common question is which vaccine their children will receive during a doctor’s office visit. 22 percent are concerned that children get too many vaccines in one doctor’s visit and twenty percent of survey participants are concerned that vaccines may cause autism.

“Reinforcing vaccine safety messages can go a long way towards assuring parents that they are doing the best thing for their children,” says Patsy Stinchfield, a Pediatric Nurse Practitioner who represents the National Association of Pediatric Nurse Practitioners. “One of the best ways you can establish trust with parents is by asking open-ended questions to help identify and address concerns they may have about vaccines. Also, restate their questions and acknowledge concerns with empathy.”

Make sure to address questions or concerns by tailoring responses to the level of detail the parent is looking for. Some parents may be prepared for a fairly high level of detail about vaccines - how they work and the diseases they prevent - while others may be overwhelmed by too much science and may respond better to a personal example of a patient you’ve seen with a vaccine-preventable disease. A strong recommendation from you as a nurse can also make parents feel comfortable with their decision to vaccinate.

For all parents, it’s important to address the risks of the diseases that vaccines prevent. It’s also imperative to acknowledge the risks associated with vaccines. Parents are seeking balanced information. Never state that vaccines are risk-free and always discuss the known side effects caused by vaccines.

If a parent chooses not to vaccinate, keep the lines of communication open and revisit their decision at a future visit. Make sure parents are aware of the risks and responsibilities they need to take on, such as informing schools and child care facilities that their child is unimmunized, and being careful to stay aware of any disease outbreaks that occur in their communities. If you build a trusting relationship over time with parents, they may reconsider their vaccination decision.

To help communicate about vaccine-preventable diseases, vaccines, and vaccine safety, the Centers for Disease Control and Prevention (CDC), the American Academy of Family Physicians (AAFP), and the American Academy of Pediatrics (AAP) have partnered to develop Provider Resources for Vaccine Conversations with Parents. These materials include vaccine safety information, fact sheets on vaccines and vaccine-preventable diseases, and strategies for successful vaccine conversations with parents. They are free and available online at http://www.cdc.gov/vaccines/hcp/patient-ed/conversations/index.html.

Source: http://www.cdc.gov/vaccines/events/niiw/promotional/media/downloads/matte-nurses.pdf
Help spread the facts about Ebola

The Ebola virus has been in the news lately and it’s natural to be concerned. The most important action you can take right now is to learn the facts about Ebola:

- The general public’s risk of getting an Ebola infection in this country is extremely low.
- There are no confirmed cases of Ebola in Guam.

**Ebola is spread through direct contact with:**

- Body fluids of a person who is sick with or who has died from Ebola (blood, vomit, urine, feces, sweat, semen, spit or other fluids).
- Objects contaminated with the virus (needles, medical equipment).
- Infected animals (by contact with blood or fluids or infected meat).

**Ebola is NOT spread through:**

- Casual contact.
- Water.
- Food grown in the United States.
- There is no strong evidence Ebola is transmitted through the air.

Remember:
Someone who has Ebola must have symptoms before they can spread the disease to others.

What can you do?
People who have not been in an Ebola affected area of West Africa during the last 21 days or who haven’t had close contact with a sick Ebola patient (such as household members of healthcare workers caring for Ebola patients) are likely not at risk for Ebola. Please remember that not everyone from West Africa has Ebola. The best thing you can do is to stay informed with the facts about Ebola. Visit the Centers for Disease Control and Prevention website at: [http://www.cdc.gov/vhf/ebola/](http://www.cdc.gov/vhf/ebola/).
On October 23, 2014, Dr. Margaret Hattori-Uchima, Dean of the UOG School of Nursing and Health Sciences presented at the 40th annual Transcultural Nursing Society Conference held in South Carolina. The Transcultural Nursing Society was founded by Dr. Madeleine Leininger with the mission of enhancing the quality of culturally congruent, competent, and equitable care that results in improved health and well being for people worldwide. Dr. Hattori presented her research with Chuukese migrant women in Guam and the perceived barriers to health seeking. The Guam flag was included in the Parade of Flags and Dr. Hattori was proud to represent Guam amongst this multinational gathering of transcultural nurses!

Kudos to the GNA Membership Recruitment Drive’s Top 3 Recruiters (February to May 2014): Kristine Nae Pedrajas - 1st place, Mercedita Macalino - 2nd place, and Glynis Almonte - 3rd place.

Congratulations to Rose Grino, BSN, RN, on her new position as the Chief Operating Officer at American Medical Clinic (AMC). She is responsible for the overall clinic operations including the new AMC facility, which is scheduled to open in May 2015.

Congratulations to Dr. Kathy Wood for presenting her dissertation, “Facilitators and Barriers to Successful Breastfeeding Among Chuukese Mothers Who Have Migrated to Guam.”


Congratulations to Suzanne L. Cabrera, MN, RN, for being awarded as U.S. Naval Hospital Guam’s Senior Civilian of the Year for Fiscal Year 2014, by Commanding Officer, CAPT Jeannie Comlish. Cabrera is the Occupational Health Nurse Supervisor and Program Manager at the Occupational Medicine Department, Directorate of Public Health.

63rd Annual Awards & Recognition Banquet

Congratulations to the following awardees and nominees:

Distinguished Membership:
- Laurent SF Duenas, RN, BSN, MPH, Adjunct Faculty UOG

Honorary Nursing Practice in Out-Patient:
- Rebecca Pama, RN, BSN, Nephrology Nurse, Tumon Kidney Center

Honorary Nursing Practice in In-Patient:
- Josie Paunte, RN, BSN, Staff Nurse II, Surgical Unit, GMHA

Honorary Nursing Practice in Community Health:
- Kristine Nae Pedrajas, RN, BSN Home Health Nurse, Guam Nursing Services

Nominee: Ma. Christina Dela Cruz, RN, BSN Home Health Nurse, FHP Home Care

Honorary Nursing Practice in Nursing/Allied Health Education:
- Barbara Mafnas, RN, BSN, LCCE, CLC, IBCLC, HB Sagua Managu Allied Health Instructor, GCC

Nominee: Rhodora Cruz, MSN, RN, CEN Assistant Administrator, Nursing Services, GMHA

Nominee: Rose Grino, RN, BSN, Senior Manager, Ancillary Services & Home Health, FHP Health Center
The University of Guam School of Nursing and Health Sciences established the first fully simulated birthing lab in Micronesia. The lab includes a state-of-the-art pregnant mother mannequin, computer software to simulate real-life birth scenarios and numerous pieces of supporting equipment. Setup of the laboratory was completed in Fall 2014. Faculty and staff in the nursing program have been training to use the lab. Nurses from GMHA also participated in the training, as UOG collaborates with GMHA to train nursing students.

“We try to apply whatever topic the students are learning about in the classroom, to a hands on experience with the mannequin,” said UOG Instructor and Learning Resource Center coordinator, Veronica Alave. “We will be able to provide training in different kinds of birthing situations for students in Guam and from Micronesia.”

The fully simulated pregnant mother mannequin can be programmed to have a pulse, go into convulsions, make vocal noises, hemorrhage and even have a C-section delivery. UOG’s mannequin is also one of the first models with the ability to have a programmed, automatic delivery. Faculty can set the length of delivery, length of contractions and complications by computer programming. The lab also includes fully-functioning hospital beds and hospital-like wall mounts.

The SimMom was funded in part by the Area Health Education Center grant and with funding from Take Care Inc. The lab is part of the Learning Resource Center housed at the School of Nursing and Health Sciences on the UOG campus.

Healthcare Personnel (HCP) Vaccination Recommendations

HCP are at risk for exposure to serious, and sometimes deadly diseases. If you are a HCP, working directly with patients or handle material that could spread infection, get vaccinated to reduce the chance that you will get or spread vaccine preventable diseases. Protect yourself, your patients, and your family members. Here are vaccines and recommendations in brief:

**Hepatitis B** – If previously unvaccinated, 3-dose series (dose #1 now, #2 in 1 month, #3 approximately 5 months after #2). Given intramuscularly (IM). For HCP who perform tasks that may involve exposure to blood or body fluids, anti-HBs serologic testing should be done 1–2 months after dose #3.

**Influenza** – 1 dose of influenza vaccine annually. Inactivated injectable vaccine is given IM, except when using the intradermal influenza vaccine. Live attenuated influenza vaccine (LAIV) is given intranasally.

**MMR** – For HCP born in 1957 or later without serologic evidence of immunity or prior vaccination, given 2 doses of MMR, 4 weeks apart. For HCP born prior to 1957, see the MMR ACIP Vaccine Recommendations. Given subcutaneously (SC).

**Varicella (chickenpox)** – For HCP who have no serologic proof of immunity, prior vaccination, or diagnosis or verification of a history of varicella or herpes zoster (shingles) by a healthcare provider, given 2 doses of varicella vaccine, 4 weeks apart. Given SC.

**Tetanus, diphtheria, pertussis** – 1 dose of Tdap as soon as feasible to all HCP who have not received Tdap previously and to pregnant HCP with each pregnancy. Td boosters are given every 10 years thereafter. Given IM.

**Meningococcal** – 1 dose to microbiologists who are routinely exposed to isolates of Neisseria meningitidis and boost every 5 years if risk continues. Given MCV4 IM; If necessary to use MPSV4, given SC.

Hepatitis A, typhoid, and polio vaccines are not routinely recommended for HCP who may have on-the-job exposure to fecal material.

08.30.2014
GENERAL MEMBERSHIP MEETING
AND CE:
“Renal Dialysis Care”
Speakers:
Dr. Sherif Philips
Angela T. Bordallo,
RN, MSN

11.09.2014
GAAPRN ANNUAL CONFERENCE
“Unique Challenges in Treating Patients on the Island of Guam”
Speakers:
Dr. Erika Alford
Dr. Luis Cruz
Dr. Kevin Hitosis
LCDR Genie Reed
LCDR Carmen Brosinski
CDR Pat Fitzpatrick

11.16.2014
ANNUAL DIABETES CONFERENCE
“Diabetes - Education and Prevention for Optimum Health”
Speakers / Panel:
Dr. Neal Palafox
Dr. Monica Cabral
Dr. Justin Hale
Dr. Marian Holland
Dr. Joel Marc Rubio
Betty Jo Wresh, RN, BSN
GNA Officers and Board Members Carla Haddock (President), Glynis Almonte (Executive Director), and Rose Grino (Director at Large) attend the 2nd Membership Assembly, "Nurses: Leading the Way," held in Washington, DC, on June 13-14, 2014.

GNA wants to see you in the news!
Have you or one of your colleagues been recognized for an accomplishment, elected to office, won an award, received a grant or scholarship, launched a new venture? Tell us about it! Send name, address, phone number, and accomplishment.

Volunteer!
Are you passionate about the issues facing nurses today? Do you like to stay up-to-date? Do you enjoy communications? If your answer is yes, or this describes someone you know, consider volunteering! The GNA Quarterly Newsletter Committee is seeking GNA members to provide ideas, sources, and feedback for the newsletter representing GNA’s membership.

Contact Suzanne Cabrera at suelobaton@gmail.com

Cover Your Cough
Stop the spread of germs that can make you and others sick!

Influenza (flu) and other serious respiratory illnesses like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by cough, sneezing, or unclean hands.

To help stop the spread of germs:
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in the waste basket.
- If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- You may be asked to put on a facemask to protect others.
- Wash your hands often with soap and warm water for 20 seconds.
- If soap and water are not available, use an alcohol-based hand rub.

Source: http://www.cdc.gov/flu/protect/covercough.htm

Cover Your Cough Flyer
(For Healthcare Settings)
The Guam Nurses Association (GNA) was incorporated in 1951 and has been a constituent member of the American Nurses’ Association since 1968. The general purpose of the association is to work for the improvement of health standards and the availability of health care services for all people, to foster high standards of nursing care, and to stimulate and promote the professional development and economic and general welfare of nurses.

GNA provides various opportunities for personal and professional development to its members. GNA members are able to volunteer their services at community outreach activities. GNA provides scholarships for nursing students, health screenings at health fairs, presentations on health topics, donations to health related causes, mini-grants for nursing research, and assistance during disasters or adverse events. Continuing education contact hours are provided at all general membership meetings. In conjunction with the national recognition of nurses in May, GNA awards Guam nurses who have been nominated and selected for their nursing contributions.

To become a GNA member, contact the Membership Committee Chairperson, Glynis S. Almonte at:

Phone: (671) 787-4148
E-mail: yogad99@yahoo.com

Guam Nurses Association
PO Box CG
Hagåtña, Guam 96932
Phone: (671) 787-4148
Email: guamnursesassociation@yahoo.com

### 2015 GNA Member Dues

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<th>Membership Type</th>
<th>Description</th>
<th>Monthly Payment</th>
<th>Annual Payment</th>
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<tr>
<td>Full</td>
<td>Employed full or part time working RNs</td>
<td>$19.25</td>
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<tr>
<td>Reduced</td>
<td>Newly licensed graduates, RNs not employed, RNs who are full-time students, or age 62+ years</td>
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<td>Special</td>
<td>RNs 62+ years of age and not employed, or totally disabled</td>
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<td>$56.25</td>
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GUAM NURSES ASSOCIATION

**VISION:** The Guam Nurses Association is to be the one strong voice for Guam nurses.

**MISSION:** The mission of GNA is to promote, protect and enhance registered professional nursing practice through advocacy, education, collaboration and partnership.

**PURPOSE:** GNA shall act and speak for the nursing profession and promote and enhance the accountability and control of nursing practice by the nursing profession.

Meet your new GNA Officers and Board of Directors!

Newly elected officers and directors-at-large were sworn in by Senator Dennis Rodriguez, Jr., at the GNA Induction Ceremony, which took place during the December 16, 2014, GNA Board Meeting held at La Cascata Restaurant, Sheraton Laguna Resort Guam.

**Vice-President:** Dr. Ana Joy Mendez

**Secretary:** Suzanne Cabrera

**Treasurer:** Judith Perales

**EXECUTIVE DIRECTOR:** Glynis Almonte

**DIRECTORS-AT-LARGE:**
- Vicky Ballares
- Teo Cruz
- Rose Grino
- Lynn Manibusan
- Kristine Pedrajas

**Nominations Committee:** Bernadette Santos (Chairperson), Margaretta Gay, Terri Voss, Kathleen Ho, and Josie Paunte

**ANA Assembly Alternate Representatives:** Bernadette Santos and Teo Cruz