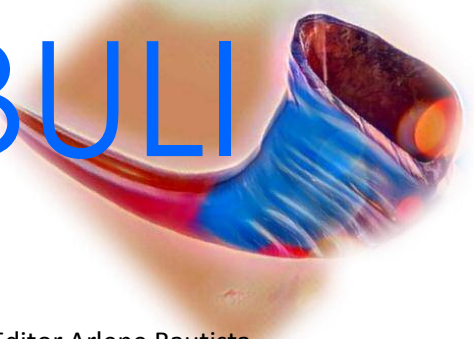


PNACF TAMBULI

ORLANDO

Editor-in-Chief Rose Apostol ▪ Managing Editor Alexis del Fonzo ▪ Senior Editor Arlene Bautista



My thoughts on the Fall Assembly

By Alicia Tullo, MSN, RN, CPC
President-elect, PNACF

On October 20, 2018, as I was driving on I-4 towards the southern part of town, when my mind started to wonder what I was doing on the road before the sun was up. My navigation tells me I have a 37-mile (45 minutes) drive to my destination at the Waterview Clubhouse where the PNACF is holding the annual fall assembly. At a small cost of \$25.00, the first half of the day will be continuing education programs. The afternoon will be a Leadership Retreat to discuss the election results for the next Officers and Board of Directors for 2019-2020, and listen to the incoming president's strategic plan for her tenure. My mind wandered as I tried to stay focused on my driving. What motivated me to get up at 5:30am on a Saturday morning to go to a business function when I could just very easily justify a reason not to go? How long have I been involved in the PNA? Do I really need to continue doing this? I don't even work as a nurse anymore. Why do I even need to keep my nursing license active?

My foot was not even on my gas pedal as I was on cruise control on the highway and started to envision the day's event. I thought about the topics and the speakers. The first topic is on workout Fatigue and Burnout by Alexis del Fonzo. The second topic is going to be Wholistic Care- Nursing Spiritual Assessment by Agapito Sta. Romana and the third topic is about Atrial Fibrillation, Stroke prevention and our role as a Nurse by Mary Janette Sendin. I noticed myself grinning because I was reminded of the many times I have given lectures on the topics of burn out and spirituality in my previous career as a nurse educator. I conducted one-day seminars on stress management and offered it to hospital and nursing staff year after year. I used to teach EKG courses, worked as a Telemetry nurse when those units first came about. I worked as a surgical ICU nurse for many years taking care of open-heart and thoracic surgery patients in the 1980's. I knew about atrial fibrillation, stroke and prevention. Is there anything at this point in my life as a nurse of 46 years I didn't know? I was in awe as I try to recall the speakers and wondered what else they can teach this old nurse. These speakers are young.

My reverie was interrupted when I approached the gate to the venue. Ahead of me in line was our current president, Manny Ramos who is a model of enthusiasm when it comes to leading an organization and mentoring young members. By the time we arrived and parked our cars, I realized I was hungry and ready to go back to bed. I was up early, on the road for 45 minutes and didn't have coffee because it was too early when I left my house. I soon realized that we will be getting a healthy breakfast to start the day. I could have my coffee and stay awake.

Alexis is a young member of the PNACF. A smart young lady, she was a recipient of our scholarship award





while in nursing school. She was organized, disciplined in her approach and had adequate resources to support her topic. There was active discussion following her presentation. Her topic is not new to me. However, I learned it is still relevant today as it was when I was her age talking about this same topic and figuring out how I could be of help to those who were experiencing burn out.

Unfortunately, I witnessed nurses leave the profession. How sad it is that there has not been a great improvement among employers on how to make nursing less stressful. When it boils down to it, staffing and workload remains on the list of stressors, and patients will continue to have high and oftentimes unrealistic expectations. Alexis may have not given me new information, but by listening to her I still learned that not much has changed to ease the causes of burnout. At least, many more studies and articles have been published on the topic. The questions remains, “what are we going to do about it?”

Aga made us work in groups which made the session on wholistic care which focused on attending to the spiritual needs of the patient, fun and competitive. He shared with us four techniques using acronyms on how to assess our patients’ spirituality so that we can participate and/or intervene when the need arises such as when the patient needs someone to pray with or pray for them. Spirituality is often confused with religion and as such, even caregivers such as nurses do not feel comfortable approaching the topic and therefore the patient’s spiritual needs are not often addressed. We brainstormed ideas, wrote on flipcharts, presented our topics and my group role – played CSI (Comfort, Spiritual, Influence). The activities kept us mentally stimulated, forced us to be creative and made us active participants as we tried to apply the techniques Aga shared with us. He also gave us a questionnaire to assess our compassion scale which tied-in with the first topic on burn out. The session was both informative and stimulating. I actually received a new tool I can use in my current position as Lead Instructor in the Allied Health Education arena. Everybody can benefit from the assessment tool.

The topic on atrial fibrillation was a pleasant surprise. Perhaps it was serendipity that it was one of the topics presented. I was not involved in the education committee planning; therefore I did not know why this topic was selected. I thought I knew enough about atrial fibrillation and still admit that I do. But I listened not as a nurse needing to work with patients because I no longer work in the clinical setting, but as an instructor. I will be able to use the information she shared in my own classroom with my students as we discuss cardiovascular procedures and apply the CPT procedure codes for insurance claims processing. How fortunate it is that I learned new information about this cardiac dysrhythmia; and it is not simply a tracing we need to watch for and recognize on an EKG strip today because of the specialty of electrophysiology which evolved long after I left the ICU, is being addressed and being treated because it can cause a stroke to happen. I was fascinated with the medical and surgical interventions available today to treat atrial fibrillation and prevent stroke. Mary Janette was well-informed on the topic because she has dedicated her career to working in this specialty. She was eloquent and provided us with helpful scoring mechanisms to determine the level of interventions and video presentations on a Left atrial Appendage closure devices and techniques.

The morning sessions ended with a wide buffet lunch. The education committee delivered a great educational program which also allowed me to earn CEUs. The hospitality committee not only served a healthy breakfast but also a sumptuous lunch. There is team work, mutual trust and friendship among the members. The business forum in the afternoon was completed without a hitch. When all the food was gone and the kitchen was cleared away, the members pushed the tables to open the floor for dancing.

An intellectual gathering was followed with music and dancing. These are many of the reasons why I remain with the PNACF. This is what motivated me to get up and go before the sun was up on this Saturday morning. This is the PNACF family. I thank all members for being and continuing to be active participants of the PNACF. Together, we can accomplish a lot.

PNACF EB Meeting

By Noemi Reyes, BSN, RN, CNOR

The PNACF executive board members met for lunch and had a meeting on January 19th, 2019 at Hokkaido Japanese Buffet. It was well attended. Camaraderie and friendship were abundant and so were the various choices of delicious food.

The meeting was presided by yours truly, as the newly elected President of PNACF. Like all the other meetings, the Robert's Rule of order was emphasized to maintain an orderly assembly. Reports from different committees were presented. I spoke on behalf of Rose Apostol and mentioned about articles needed for the Tambuli newsletter. Members were encouraged to submit articles about personal and family achievements as well as chapter related news. Alexis, the website administrator talked about updating the website. The Education committee chaired by MJ and Krystal Zamora announced the upcoming Spring General Assembly on May 18, 2019. The venue will be at Shadow Bay Park and the speakers' names and their topics will be announced when finalized. Nita, the membership chair gave an update about membership status and the updated membership form. Ghie and Aga gave an update on the 501(c) (3) application and reported that PNACF meets all the requirements for approval, just needs to show proof of eligibility. Ghie also talked about the Consular Outreach on August 6 to 7. The venue to be determined but needs volunteers for those 2 days. The new treasurer Krystine Zamora gave the 4th Quarter Financial Report for 2018. The report showed chapter to be in the positive. Alice Tullo, the Community Outreach chair talked about reviving the feeding program support to the poor school children in Davao City, Philippines which commenced during the presidency of Rosie Antequino but went on the wayside afterwards. Manny and I mentioned about the PNA Gulf Coast Induction Ball asking the EB to attend and the chapter to advertise in their souvenir program. The meeting was highlighted by discussions and the proposed revisions to the bylaws. The decision for revision was tabled for the next meeting due to a need for further review. Meeting dates were also planned and venues to be determined.

The meeting was adjourned but the members stayed to take pictures at the entrance. Everyone enjoyed each other's company that it was hard to part ways. They stayed outside the restaurant for a little while to socialize.



KAPIT-KAPITPUSO: BUNGA NG AWA TUNGO SA HABAG AT KAWANGGAWA

(Neighbor Bonding in love: Fruit of mercy through compassion and charity)

By: Aga Sta Romana, BSN, RN

Chairman: PNACF CANCER NETWORK INITIATIVE

Since the launching of Cancer Network Program of the Philippine Nurses Association of Central Florida in 2015, members of PNACF regarded this project as the driving and sustaining force of the organization. From its early inception, member nurses and the whole community embraced wholeheartedly this mission of making a difference to our *kababayan* facing the disease of cancer. This year's slogan *Kapitbahay - Kapitpuso : Bunga ng Awa tungo sa Habag at Kawanggawa* (Neighbor - Bonding in love: Fruit of mercy through compassion and charity) aims to ignite with intense fervor the fire of love burning and sustaining PNACF to a deeper and more engaging thrust to make a significant and relevant impact to the Filipino Community of Central Florida. PNACF through Cancer Network Program fulfills its goal of creating a "Network with professional organizations and agencies to develop and implement educational programs in nursing leadership, practice, education and research relevant to professional growth of its members and health care needs of the community." For a start, PNACF Cancer Network Program further defines that real focus to the person - Filipino - more than the disease of cancer. Beyond the intention of sounding politically correct in stating Filipinos with cancer instead of cancer patient, the shift to the person from the disease is intentional and emphasized. By putting the person before the disease, respect and honor are attributed to the person more than this dreadful disease. By subtly shifting this focus to the person, the program honors and respects the inner feelings, sufferings and fears of any individual facing the disease of cancer. Then, an invitation is now sent to everyone to embody an attitude of respect to Filipinos with cancer. This

personal stance or attitude of respect and honor allows a person to not only honor Filipino's with Cancer (FWC) privacy to disclose his or her disease but in the absolute reverence to the journey a FWC navigates. It then behooves all of us to lend a compassionate ear to listen not only to what FWC says but more to what is left unsaid. Let the



new thrust and slogan of the project of Cancer Network guide PNACF in realizing its calling and mission to the community. Watch out for forthcoming Filipino Cancer Network activities and continue to pray and honor our *kababayan's kabayanihan*.

FCNA – PNACF Cancer Initiative

A Program of the Community Outreach Committee

Target Population

Filipino Americans in Central Florida with current diagnosis or history of Cancer of all sites, their families and their caregivers.

Our Mission

We firmly believe in the philosophy of providing compassionate care, comfort, and support to cancer patients, their families and caregivers in order to maintain and/or promote quality of life through education, networking, and efficient utilization of community resources.

Our Vision

The Filipino Cancer Network of America PNACF in collaboration with other organizations is a well-established and thriving community - based organization recognized for its firm commitment and dedication to cancer prevention and support for Filipino-Americans affected by cancer.

Goals

- ✓ To establish a registry which identify and determine the approximate number of Filipino-Americans with a cancer diagnosis in Central Florida.
- ✓ To train our group facilitators on current trends and management of physical and psychosocial symptoms of cancer and cancer related treatments.
- ✓ To help improve patients, treatment outcomes and prognosis through cancer prevention and early detection education.
- ✓ To assist patients with suspected cancers in their referral to appropriate cancer institutions and/or cancer affiliated specialists in obtaining the right diagnosis, appropriate cancer treatment and management.
- ✓ To influence a change in behaviors and attitudes of Filipino-American cancer patients, their families and caregivers regarding cancer, treatment and care and the use of available community resources.
- ✓ To provide and enhance cancer support and care among the Filipino and American community through FCNA-PNACF.

Services

- ✓ Provide group support for the newly diagnosed, actively treated and survivors including families and caregivers.
- ✓ Provide Cancer Prevention education workshops and materials
- ✓ Provide important links to cancer agencies and organizations
- ✓ Provide a valuable library of cancer reference materials, books, and literature
- ✓ Provide networking for cancer patients and families through established support groups
- ✓ Assist in referrals to community resources (Home Health agencies, Hospice Care, DME, durable medical Equipment, IV Infusion companies, etc.
- ✓ Provide continuing education to facilitators among the Filipino-American community,

Outreach Nutrition Program

By Alicia Tullo, MSN, RN, CPC
PNACF President-Elect

At the PNACF Executive Board Meeting the proposal to fund this project was approved unanimously, on March 16, 2019 held at 324 Grand Valley Drive, Lake Mary, Florida.

History:

Under the presidency of Rose Antequino, we joined partnership with the Rotary Club of Pikesville, Maryland and the SPH Class 1972 Alumni Association to adopt an elementary school in Barangay Bioa Guianga in Davao Province, Mindanao identified by the San Pedro College Community Engagement and Extension Service (SPH-CEES). They called it *Malusog na Bata, In-School Feeding Program*. This Nutrition Program was managed and monitored by SPH-CEES. The contribution from PNACF was secured from individual donations by the members of the executive board of \$50.00 per year for three years. Our combined efforts pledged support for a Nutrition Program for a total of three years. The dispersion of funds and monitoring of students were carried out during the presidency of Lorelei Perez. That pledge was fulfilled in 2016 leaving a balance of P 171,382.60.

During the medical mission trip in 2016, a meeting was called to determine what to do with the remaining funds. We could continue to support Bioa Guianga with the remaining amount. Or, we could use it for a new project. I represented PNACF at the table to discuss the future of the Nutrition Program with Reynaldo Garote, SPH-CEES Director and his staff, and Aleli Reyes, PNA–Maryland representing the SPH Class 1972.

Mr. Garote presented a PowerPoint presentation of the current state of Barangay Andap. While assistance was provided by various organizations to re-build the buried town; and a school house was built by volunteers, he feels that the pupils could benefit from a nutrition program. It was decided at this meeting that the remaining funds be directed to Mediatrix Academy, Brgy. Andap, New Bataan, Compostela Valley; which is 88 kilometers (55 miles) from Davao City.

It was recommended and decided at this meeting to terminate our support to Bioa Guianga Elementary School as there is another barangay school needing immediate help.



Compostela Valley was not regularly frequented by typhoons. This was cited by survivors as the reason why evacuation was not implemented in most areas. Despite warnings and preparations by communities against the typhoon, a total of 612 people died in Compostela Valley due to Typhoon Pablo (international name, Botha), mostly in Barangay Andap, in the municipality of New Bataan. New Bataan is a small agricultural town of mostly farmers on banana plantations, with a size of 553.15 km² and a population of 47,470 people. After Typhoon Pablo's onslaught, Barangay Andap in New Bataan was buried under a pile of rocks and boulders. Barangay Andap is situated on an alluvial fan at the mouth of a mountain drainage network at the base of steep slopes—a location favorable for a debris flow.

Heavy rains brought by the typhoon caused flooding on December 4, which carried eroded gravel, boulders, and other debris from the mountains down to the community. Barangay Andap was buried under 5 meters of debris. Roads to the town were impassable due to landslides. Several survivor accounts also stated individuals being swept away by the flashfloods and debris. Unfortunately, more than 500 refugees were sheltered in an evacuation center in Barangay Andap. All of the evacuees perished from the debris flows.”

Source: <https://center.noah.up.edu.ph/pablo-landslide-barangay-andap-new-bataan/>

Current Need:

The funds we donated will run out this year. They are again asking for support starting school year June 2019 to March 2020. Based on the report submitted by the Executive Director, the school has been utilizing an average of approximately P 4000.00/month (approximately \$ 85.00/month); a total of \$ 850.00 annually. This need is ongoing as the school will continue to exist in Brgy. Andap with the support of the local Catholic Church. An Outcome Report from the previous year is available upon request.



PNACF Issue:

In the process to obtaining status as a 501(c) (3) corporation, we can use this project as one of our charitable endeavors. There are specific requirements by the IRS a 501(c) (3) corporation needs to put in place before we can issue funds to the recipient.

Proposals:

1. To obtain from the recipient an affidavit “equivalency determination of status of foreign charity” or “an opinion of counsel”.
2. To name this project: Mary Mediatrix Academy Feeding Program
3. To contribute \$1000.00 per year for a minimum of three school years: June 2019-March 2020; June 2020-March 2021; June 2021 – March 2022 based on the monthly/annual financial needs; and after three years re-evaluate going forward.
4. To deliver the first check of \$1000.00 before school year start of June 2019, upon approval by the PNACF Executive Board.
5. To accept additional donations from fund raising events and solicitations carried out by PNACF for this purpose for the remaining two years.



Approval of Amendments in the PNACF Bylaws

Alicia Tullo, MSN, RN, CPC
President-elect

Please be informed that the amendments to the PNACF bylaws were approved during the Executive Board Meeting held on March 16, 2019, at 324 Grand Valley Drive, Lake Mary, Florida.

Why have Bylaws?

Organizations such as the PNACF have bylaws to establish consistency in the running of the business of the organization. They use the bylaws to communicate organizational rules so internal disputes and conflict can be avoided. Bylaws are also used to educate incoming officers, and current officers refer to their bylaws to ensure that meetings and elections run smoothly.

Who is responsible for creating and maintaining the Bylaws?

The Bylaws Committee is responsible for gathering all the information necessary to draft the bylaws. The PNACF Committee members include Lorelie Perez and Rose Antiqueno. Existing bylaws are not permanent; they require periodic assessment to ensure they are pertinent to the current status and needs of the organization. Our Bylaws Committee reviewed the current bylaws and presented the amendments for discussion to and approval by the Executive Board. Several sections in several articles of our current bylaws needed amendments; therefore following several hours of discussions, the amendments were unanimously approved. One must experience in the review and discussions to appreciate the talents, professionalism and commitment of the members in maintaining a credible association such as the PNACF. Everyone at the meeting is commendable. A revised copy of the PNACF Bylaws will be made available to all members for review. If you have any interest in getting involved with this committee, you can contact Lorelie Perez or any of the Executive Board members.

The final amendment

To be in compliant with our effort to obtain a 501(c) (3) status for the PNACF, the mission statement will require another amendment. The IRS refers to 501(c) (3) commonly as a charitable organization which we are, and our mission statement needs to state that. The Bylaws Committee will present the revised mission statement at the next Executive Board Meeting.

Congratulations

Alicia Tullo, MSN, RN, CPC, has been elected to the position of Vice President of the Orlando Chapter of the American Academy for Professional Coders (AAPC). Her term of office commences with the newly-elected officers on January 1, 2019.



Alicia Tullo, MSN, RN, CPC

AAPC is the world's largest training and credentialing organization for the business of healthcare, with more than 175,000 members worldwide who work in medical coding, medical billing, clinical documentation improvement, medical auditing, healthcare compliance, revenue cycle management, and practice management. The Orlando Chapter has 1200+ members.

Ms. Tullo is a Certified Professional Coder and has been a member of AAPC since 2010. She is currently an instructor at American College for Medical Careers in the Health Information Technology Program and Medical Billing Certificate Program.

She completed a master's degree in Nursing Administration and Education. She has many years of experience in physician practice management, medical insurance billing & coding, training and education. She has owned and operated her own medical billing company, served as a consultant in revenue cycle and conducted medical audits. She is sought after as a subject matter expert in these areas. She will be an asset to the organization.

The Orlando Florida's local chapter of the AAPC has prided itself on offering quality education and networking opportunities for their members and those in the Central Florida area. With 1,200+ members, they offer connections with meetings workshops CPC Review classes, certification exams, continuing education programs and the annual national conference. Ms. Tullo and the new leadership will continue to provide an educational forum for AAPC members as well as promote and advance the mission of AAPC.

Upcoming Event Upcoming Event



**Philippine Nurses Association
Of Central Florida, Inc.**

MARDI GRAS DINNER SPRING DANCE

"A FUNDRAISING FOR OUTREACH PROJECTS"

**SATURDAY, APRIL 27, 2019
5:00 PM TO 10:00 PM**



**LAKERIDGE CLUBHOUSE
10630 LARISSA ST.
ORLANDO, FL 32821**




**DONATION: \$30.00
PAYMENT DUE BY APRIL 17, 2019**

"Come in your best Mardi Gras Costume & Win a Prize"

TICKET NO. _____

Upcoming Event



**Philippine Nurses Association
Of Central Florida Inc.**
A Local Chapter of the Philippine Nurses Association
Of America Inc.

**GENERAL MEMBERSHIP ASSEMBLY
MEETING AND PICNIC**

AGENDA: PNACF PROJECTS, EDUCATION, EVENTS, ACTIVITIES

Date: May 18, 2019 Saturday
Place: Shadow Bay Park
5100 Turkey Lake Road
Orlando, FL 32819
Tel # (407) 254-9175

Time: 10:00 AM to 5:00 PM

Potluck: Bring your favorite dish, dessert, soda, water to share!

Games for Everyone with Prize
Line Dancing, Singing (Karaoke) & More Dancing

Invite your friends and fellow Nurses
LET'S HAVE FUN!!!

For Inquiries:
Noemi Reyes – President : (321) 217-4622
Ghie Alagano – Executive Director : (407) 733-6288
Cornelia Macapagal – Event Committee : (407) 460-9522
Mila Zamora - Board of Dir. : (407) 226-0269
Nita Ababon - Corresponding Sec. : (407) 234-4977

