



# BALITA



PNAMH North Chapter

Newsletter November/December 2012

Volume 1, Issue 5

## PNAMH North Christmas Party



PNAMH North Chapter celebrated its 2nd annual Christmas Party and reflected upon all the hard work of the officers and members, all who volunteers their time unselfishly to make a difference to the healthcare community. It was a night of family fun at Emily Linang of MD Anderson Cancer Center who graciously opened her home for PNAMH North family.

It was the highlight of the year attended by members and officers and their families. The festive mood was culminated by singing some Christmas Carols led by Carl Silva.

## President's Year End Message



The year is almost behind us and how time flies, EB's term is almost coming to an end.

As the year draws to a close, it is traditional to reflect everything we have done this year and I am so amazed and proud on how we have accomplished so many things as a group. I am truly thankful for your commitment and engagement in realizing many of our activities. These accomplishments would not have been possible without the **commitment and intentional engagement** of all of you. My heartfelt thank you to each and every one.

The year 2012 brought activities such as: free ceu's almost monthly; brought our Executive Board Meetings to 3 different hospitals within the area, increase visibility and recognition of our organization, community services such as Operation Ziplock Bag, feeding the homeless, Cardiovascular Seminar and Leadership Retreat. We are making progress in recruiting and sustaining membership and continue to have a vibrant group of nurses of different backgrounds committed to our ideals, promote excellence and bring passion to our profession. I look forward to a stellar 2013 year and many years to come for PNAMH North.

## Serving and Leading:



"If I could give you information of my life it would be to show how a woman of very

ordinary ability has been led by God in strange and unaccustomed paths to do in His service what He has done in her. And if I could tell you all, you would see how God has done all, and I nothing. I have worked hard, very hard, that is all; and I have never refused God anything."

— Florence Nightingale

Leading and serving are 2 values embedded in being a Nurse.

These are two basic values that cannot function without the other. Florence Nightingale lighted the path in caring by serving and leading.

PNAMH North is committed in making a difference our great

leaders set our path on. I invite you to step up and serve in the Executive Board of PNAMH North. Nominations can be submitted through email until Jan 24, 2013. Election on all Executive Board positions will be on April 27, 2013. Be a part of an emerging organization for Nurses.

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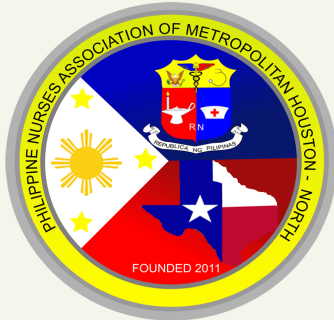
### Other PNAMH Stories:

- Jan 24, 2013 PNAMH North Executive Board Nominations Deadline
- February 28 –OFN/ Scholarship Nomination Deadline. Please download application online at [www.pnanorthhouse.com](http://www.pnanorthhouse.com)
- April 27, 2013 PNAMH North EB Election.

Philippine Nurses Association of  
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*Join us every First  
Tuesday of the month.*

*1 hour educational opportunities,  
network, inspiration, fun.....*

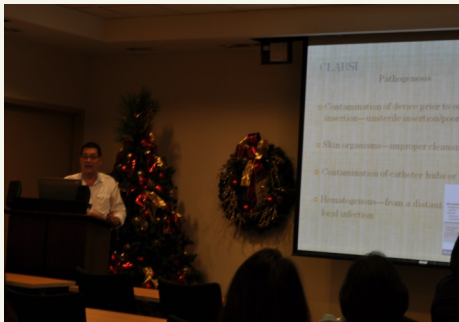
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We're on the Web!  
[WWW.PNANORTHHOUSTON.COM](http://WWW.PNANORTHHOUSTON.COM)

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**Happy Holidays to everyone!!!**



**Education continues to be our priority**

Education remains a top priority of PNAMEH North Chapter. Two exciting and relevant education opportunities were offered to members and healthcare affiliates on November and December with free Ceu's. November was a repeat offering of Balancing Sedation in ICU with Laura Padron, RN. This relevant 1 hour education was in partnership with Hospira. Members and officers in attendance were treated with fine dining at Kirby's Steakhouse in The Woodlands. Members in other nursing organization such as AACN North Houston Chapter were in attendance to listen and connect with PNAMEH North members.

December 4, 2012 was CLABSI prevention by Jaime Puspos, RN, BSN, CVRN. Our very own advisor provided this 1 hr free ceu to

members at Methodist Willowbrook Hospital. Central Line Associated Bloodstream Infection (CLABSI) is one of the deadliest and most expensive Hospital acquired infections (HAI). The need to have a coordinated collaboration among all health care workers through education is now more important than ever to squash this unnecessary hospital menace that increases length of stay of patients, increases mortality and increases hospital expenses. There is no one more qualified to speak about this topic than Jaime Puspos who has been an IV Nurse expert at Methodist Willowbrook for many years.

