



E-NEWS

December 2014

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Is a Nap in Your Future?

**Diane Youmans, RNC, MSN
Savannah, GA**

In September 2014, the American Nurses Association (ANA) published a revision to their previous position statement related to patient safety and nursing work hours. Shift work, 12 hour shifts, long commutes, short sleep schedules and the demands of managing family and home all contribute to fatigue which can impact decision making. ANA takes the position that nurses and their employers must collaborate to reduce the risks of nurse fatigue and sleepiness, to promote the health, safety and wellness of nurses and to ensure optimal patient outcomes.

So how do we reconcile the demands of work, home, family while keeping ourselves healthy and rested? Some may be laughing right now! It is hard and much easier to discuss than to actually implement. The ANA has some great suggestions for us. The one I like best is to use naps, caffeine, or both as appropriate in order to be alert enough to drive after that long shift! The caffeine is not new, that is how most of us survive, so perhaps we should build in a 15 minute nap break in our shift. That sounds appealing doesn't it?

To read the ANA position paper, click [here](#).

Have You Had Your PPE Training Yet?

**Diane Youmans, RNC, MSN
Savannah, GA**

We haven't heard as much about Ebola lately. The media has moved on to other tragedies and America is getting ready for the holidays. The flu is closing schools, the football season is wrapping up and America is getting ready for the holidays!!

Although most of America has forgotten about Ebola, those of us that work in healthcare are still preparing. This preparatory work will make it safer for all of us at risk for exposure to any pathogen. So don't forget to close out the year by completing your PPE training. The life you save could be your own.

To stay current on what's happening with Ebola, click [here](#) to Georgia Public Health for the most current and credible information for Georgia.

Changes in RSV Prophylaxis

Diane Youmans, RNC, MSN
Savannah, GA

If you work in a Neonatal or Pediatric unit, you probably already know that the American Academy of Pediatrics has updated recommendations for RSV prophylaxis. This may have sent chills up your spine as you reflect on all of the horror stories you have heard (or remember) about RSV. However, this is not the first update since Palivizumab prophylaxis became available way back in 1988.

The latest recommendations are based on new information about the seasonality of RSV as well as bronchiolitis hospitalization rates and many other factors such as improvements in neonatal care. Based on these new recommendations, infants born before 29 weeks, 0 day's gestation who are less than 12 months at the start of the RSV season will qualify for monthly prophylaxis through the season. This translates to about 3-5 injections for most infants who meet these qualifications. Other infants who qualify include those who develop chronic lung disease or have certain congenital heart defects.

RSV prophylaxis is not recommended in the second year of life on the basis of prematurity alone, but some infants with comorbidities may qualify to receive the monthly injection.

Pediatrics Vol. 134 No. 2 August 1, 2014
pp. 415 -420
(doi: 10.1542/peds.2014-1665)

Save the Dates!

The 29th Annual GPA Conference
September 23-25, 2014

Plan to join us at the King and Prince Resort next year for GPA's 29th Annual Conference, September 23-25, 2015. Your GPA board members are already working hard on preparations, so please contact them if you have comments or suggestions for topics and/or speakers. Set within a beautiful seaside landscape, the Annual Conference is a wonderful opportunity for learning, networking, food, and fun-and we hope to see you there next year!

Renew Today!

Renew your membership or forward this to someone who should become a new member now for only \$50. Your membership will be valid through December 31, 2015.

Click [HERE](#) to print a membership form and return it to the Executive Office along with your dues payment.

Make checks payable to GPA and send to:

**GPA Executive Office
2711 Irvin Way, Suite 111**

Decatur, GA 30030

Click [HERE](#) to join or renew online.

Questions? Contact us!
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Farewell Letter from the Retiring GPA President

I truly am humbled to have had the opportunity to be GPA President for the past two years. It has been a huge pleasure to interact with a dynamic board and to be a part of such a special group of professionals.

I am so proud of the achievements that that have been accomplished both for the association and its members. We have launched a new website, provided online newsletters, grown our membership base, redesigned tools and processes, and hosted very successful conferences both of years of my presidency. The activity behind the scenes has been phenomenal!

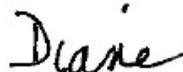
I have so many people to thank for their support and dedication during this period of rapid growth and change for GPA that it is just impossible to do that in person. To the current board, the efforts and contributions from everyone have been outstanding. Thank you so much for your considerable work and for being so forgiving of my shortcomings. I have truly enjoyed the experience and the camaraderie and will always have fond memories of time together.

To the executive staff at JLH, I am so grateful for the opportunity to learn from each of you. Without your expertise and guidance, we would not have gotten this incredible amount of work completed. Thank you!!

To GPA members, old and new, thank you!! Without your support GPA would not exist. Please remain involved and interested. Please stay informed and continue to advocate for mothers and babies in Georgia. Let your voices be heard in the legislature, wear you work, shop and worship.

I leave with great confidence knowing that our association is capable of overcoming any hurdle, jumping any gap and more importantly, doing it collaboratively. This provides me with a sense of pride and gratitude that is indescribable. I also leave with great relief knowing that my greatest fear was not realized in that I did not leave an incredible mess for someone else to clean up!

Have a safe and Happy New Year,



Diane Youmans

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