

Proceedings of the 47th Annual Education Conference
“Nurses: A Force Amidst Challenging Issues and
Emerging Trends in Health Care ”

University of the Philippines Nursing Alumni
Association International, Inc.
(UPNAAI)

Detroit Marriott at the Renaissance Center

400 Renaissance Drive, Detroit, MI, 48243
July 31, 2026

CEU Accreditation

This program is approved for 4.33 contact hours of continuing education by the California Board of Nursing (CA BON), provider number CEP 6961. This activity was planned in accordance with the CA BON Accreditation Standards and Policies.

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Every attendee must provide an email address upon registration. You will receive Instructions during the Education Conference on July 31, 2026 on how to complete your online podium and poster evaluations. For those who indicated CEU credits on their evaluation form, your certificates will be e-mailed to you. You have until August 31, 2026 to complete your evaluation and obtain the certificate.

Disclosure and Conflict of Interest Resolution Policy

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Overall Conference Objectives

- Discuss the complex inter-related healthcare challenges driving the adoption of emerging digital & clinical innovations (The Context)
- Describe the role of the evidence-based practice (EBP)-empowered RN in the safe, effective, ethical, and cost sensitive deployment of emerging trends within the healthcare ecosystem (The Catalyst)
- Gain knowledge and general understanding of health informatics (HI), Nursing Informatics (NI) and the Health Information Technology ecosystem
- Understand data types, sources, and data flow, including Learning Health Systems(LHS)
- Differentiate types of data analytics and its healthcare applications
- Explore Artificial Intelligence (AI) landscape and its impact on nursing and healthcare
- Identify published stories of nurses' involvement in their community
- Differentiate the healthy and unhealthy forms of the core cultural traits with their effects on Immigrant Filipino nurses affect their work and life satisfaction
- Cite examples of cognitive, affective, and behavioral strategies provided during the 21-day self-care program
- State the impact of a culturally sensitive self-care program on addressing burnout among Immigrant Filipino Nurses
- Describe the six pillars of Lifestyle Medicine (LM)
- Discuss lifestyle changes/health behaviors and their impact on an individual's and the community's health status and overall well-being
- Discuss the relationship between lifestyle/health behaviors and social determinants of health (SDOH)
- Examine current trends at the intersection of lifestyle medicine and culturally relevant care
- Highlight key studies demonstrating the impact of healthy lifestyle interventions on health outcomes
- Share practical strategies for incorporating lifestyle medicine tools into routine clinical care to prevent and manage common chronic conditions

Breakfast Education Conference
Friday, July 31, 2026

Rosemarie Gadioma, MSN, ANP, BSN'81, ACNP-BC
President, UPNAAI 2025-2027

Moderator: Marilyn Cines, MSN, BSN '79, RN
1st VP and Chair, UPNAAI Education and Research Committee 2025-2027

Celine Pico, RN, BSN, CAPA
Coordinator, Research Poster Presentation

7:00 AM Registration, Breakfast, Research Poster Presentations, Networking

7:45 AM Welcome Remarks
Rosemarie Gadioma, MSN, ANP, BSN'81, ACNP-BC
President, UPNAAI 2025-2027

7:50 AM Introduction: 2026 JV Sotejo Medallion of Honor Award
Sonia Laxamana Thompson, MSN, NP, BSN '87
Director and Chair, Awards and Citation Committee

8:00 AM Keynote Address
“Catalyst for Ecosystem Transformation. The Evidence-Based
Practice - Empowered RN”
2026 UPNAAI J. V. Sotejo Medallion of Honor Recipient
Dolora Sanares- Carreon, DNP, MPA, BSN, RN, GN

8:30 AM Introduction of Panel Speakers
Marilyn Cines, MSN, BSN '79, RN
1st VP and Chair, UPNAAI Education and Research Committee 2025-2027

8:45 AM “The Nursing Informatics Field and the AI Landscape”
Michelle Acosta Bochinski, DNP MHI BSN RN CNRM CNE CNOR

9:15 AM “Nurses in Media: Stories of Nurses’ Leadership and
Care in the Community”
Ryan Tejero, Education, BA Phil/PolSci

9:45 AM Break, Exhibits, Networking, Poster Presentations: Celine Pico,
BSN'80, RN, CAPA, Coordinator, Poster Presentations

10:00 AM “Impact of a Culturally Sensitive Self-Care Program for Immigrant
Filipino Nurses in Addressing Burnout”
Elizabeth de Leon-Gamboa, MSN Ed., RN, CPHQ, CCM, CMCN

10:30 AM “Whole-Person Care in Nursing: Bringing Lifestyle Medicine, Self-Care, and Culture into Practice ”
Geraldine Kidary, MS, APRN, FNP-BC, GS-C

11:00 AM Panel Discussion and Audience Q&A

11:30 AM Summative Remarks
2026 JVSMOH AWARDEE
Dolora Sanares- Carreon, DNP, MPA, BSN, RN, GN

11:45 AM Evaluation and Closing Remarks
Marilyn Cines, MSN, BSN '79, RN
1st Vice President & Chair, ERC, Sapphire Jubilarian

11:46 AM UP Naming Mahal Anthem

11:47- 1:00 PM Presentation of the certificates of appreciation (Rosemarie Gadioma, MSN, ANP, BSN'81, ACNP-BC and Marilyn Cines, MSN, BSN '79, RN) to the speakers and poster presenters and photo- taking occurs thereafter.

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Catalyst for Ecosystem Transformation.The Evidence-Based
Practice - Empowered RN

Dolora Sanares- Carreon, DNP, MPA, BSN, RN, GN
2026 UPNAAI J. V. Sotejo Medallion of Honor Recipient & Keynote
Speaker

ABSTRACT

Background

The U.S. healthcare ecosystem stands at a critical inflection point---driven by the convergence of systemic strain, technological disruption, and escalating patient needs. While these interconnected challenges create significant operational complexity, they also offer unprecedented opportunities. Central to navigating this landscape are Evidence-Based Practice (EBP)-Empowered RNs, who are catalysts in translating cutting-edge innovations into real-world care delivery.

Objectives

1. Discuss the complex inter-related healthcare challenges driving the adoption of

emerging clinical and digital innovations

2. Describe the role of EBP-empowered RNs in the safe, effective, ethical, and cost-sensitive deployment of emerging innovations

Methods/Approach

This presentation advances EBP not merely as a framework for clinical decisions, but as the primary engine of systemic transformation. EBP functions as the operating system of a learning healthcare ecosystem—the vital mechanism ensuring accountable and sustainable deployment of novel technologies and innovative care models. Specifically, this session unpacks the challenging healthcare issues and emerging trends through the lens of the EBP-empowered RNs acting as catalysts within a complex adaptive system. The presentation delivers a clear call to action: highlighting how bedside expertise ascertains clinical relevance, how leadership establishes strategic infrastructure for adoption, and how academia validates advancements through rigorous inquiry.

Conclusion

To navigate the complexities of modern healthcare, nursing must transcend a reactive 'survival mode' and adopt a forward-leaning, strategic posture. By leveraging disciplined inquiry, technological fluency, and operational agility---EBP-empowered RNs serve as vital catalysts spearheading a healthcare future that is both human-centric and evidence-based.

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The Nursing Informatics Field and the AI Landscape

Michelle Acosta Bochinski, DNP MHI BSN RN CNRM CNE CNOR

ABSTRACT

The nursing informatics field has expanded in its breadth and the landscape integration of data science into healthcare is transforming clinical practice, operational efficiency, and patient outcomes.

This presentation explores the foundational concepts and applications of healthcare analytics, including **descriptive analytics** for understanding historical trends, **predictive analytics** for forecasting patient risks and resource needs, and **prescriptive analytics** for guiding optimal interventions. Attendees will gain insight into the nurse's role along with organizational and ethical considerations essential for responsible data use, such as privacy, bias mitigation, and transparency. Additionally, the session provides a comparative overview of advanced technologies—**artificial intelligence (AI)**, **machine learning (ML)**, **deep learning (DL)**, and **generative AI**—highlighting their unique roles and potential impact on nursing and population health. By bridging clinical expertise with data-driven strategies, nurses can lead innovation and improve patient-centered outcomes in an increasingly digital healthcare ecosystem.

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Nurses in Media: Stories of Nurses' Leadership and Care in the Community

Ryan Tejero, BA Phil/PolSci

ABSTRACT

Objectives

Identify published stories of nurses' involvement in their communities.

WHY:

The unquestionable strengths among nurses in leadership and care make them an important pillar across workplaces and in their communities. Stories about their out-in-the-community heroism, touching lives of ordinary and extraordinary people, and partnering with other community organizations create a huge picture of their relevance and impact in present-day society. The many stories of nurses' organizations in their community involvement do not need to be kept within the bounds of their group or among their members.

With powerful media on their side, every nurse's story of leadership and care must be immortalized in print. The positivity and inspiration of these stories overlay the foundation of more innovative and creative ways to impact humanity.

This presentation unveils published stories of nurses' organizations across the country. It will be a pioneering effort to inspire and encourage other nurses to heighten impact, engagement and celebration in their communities.

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Impact of a Culturally Sensitive Self-Care Program for Immigrant Filipino Nurses in Addressing Burnout

Elizabeth de Leon-Gamboa, MSN Ed., RN, CPHQ, CCM, CMCN

ABSTRACT

Objectives

Participants will be able to:

1. Differentiate the healthy and unhealthy forms of the core cultural traits with their effects on Immigrant Filipino nurses affect their work and life satisfaction
2. Cite examples of cognitive, affective, and behavioral strategies provided during the 21-day self-care program
3. State the impact of a culturally sensitive self-care program on addressing burnout among immigrant Filipino Nurses

Filipino nurses have made significant contributions to the U.S. healthcare system, demonstrating strength, empathy, and dedication despite facing emotional and psychological challenges such as isolation, discrimination, and homesickness. While their migration has benefited the Philippine economy through remittances, it has also exposed them to elevated levels of workplace stress and mental health concerns, particularly during the COVID-19 pandemic. Deeply rooted cultural values such as **bahala na**, **hiya**, **pakikisama**, **colonial mentality**, and **spirituality** shape how they cope with adversity and seek help. To address these challenges, a self-care program was created to enhance self-awareness, resilience, and stress management among immigrant Filipino nurses. Survey findings revealed that these cultural traits often serve as protective strengths, underscoring the importance of culturally informed mental health interventions. The pandemic further magnified the need for emotional balance and holistic well-being.

A culturally sensitive self-care manual was therefore developed to promote resilience through cognitive, affective, and behavioral strategies. By helping nurses recognize stressors, reframe negative thoughts, and practice mindfulness, the program encourages empowerment rooted in respect, perseverance, and compassion. It aims to reduce stress, anxiety, and depression while improving overall mental health, emotional stability, and life satisfaction among immigrant Filipino nurses in the United States.

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Whole-Person Care in Nursing: Bringing Lifestyle Medicine, Self-Care, and Culture into Practice

Geraldine Kidary, MS, APRN, FNP-BC, GS-C

ABSTRACT

Lifestyle Medicine is an evidence-based approach to preventing, treating, and reversing chronic conditions, e.g., diabetes, cancer, and cardiovascular diseases.

A comprehensive approach to patient care includes health care providers' ability to assess and address social determinants of health (SDOH) to improve health outcomes and health equity.

Objectives

Describe the principles of lifestyle medicine as a foundation for whole-person care

Recognize the role of self-care in personal and family well-being

Discuss the influence of culture on health behaviors and choices

Apply whole-person, culturally relevant approaches to support health in everyday life and interactions

Build nurses' understanding of the technical foundations on the three types of analytics, advanced technologies (AI/ML/DL/generative AI), and their practical applications. This objective prepares attendees to recognize and leverage these tools in their practice.

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POSTER PRESENTATIONS

Poster 1

Artificial Intelligence- Shaping the Future for Telehealth for Veterans

Judy Santilices, BSN, RN

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ABSTRACT

Background

The number of chronic diseases has increased over the last years. In the US alone, chronic illnesses, like heart disease, cancer, respiratory disorders, & diabetes, account for nearly 75% of deaths worldwide each year. Many of these early deaths are preventable, with preventive care and lifestyle medicine playing a central role in reducing this burden.

Objective

To discuss the effect of AI transformation on remote healthcare, aiming on patients' engagement and connectivity (Chaturvedi et al.,2024)

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Poster 2

Understanding Missed RN Meal Breaks: A Baseline Assessment to Support Nurse Well-Being

Maria Bentain-Melanson, DNP, CCRN

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ABSTRACT

1. Describe the prevalence of missed meal breaks among nursing staff across clinical departments
- 2 Identify departments and clinical areas with the highest frequency of missed meal breaks using baseline organizational data
3. Examine patterns and potential contributors to missed meal breaks to inform future staff wellness initiatives and targeted interventions

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Poster 3

Enhancing Emergency Response: Launching a STAT RN Program for Rapid Clinical Support

Maria Bertain-Melanson, DNP, CCRN

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ABSTRACT

Learning Objectives:

Participants will be able to:

1. Describe the rationale for implementing a STAT RN role to support hospital-wide emergency response and clinical deterioration
2. Identify operational challenges in existing Code Team structures, including impacts on ICU staffing and hospital growth
3. Outline the key components of the STAT RN program, including role definition, staffing model, and mock code training
4. Discuss metrics used to evaluate the effectiveness of the STAT RN program in improving response times, outcomes, and staff support
5. Apply lessons learned to consider how similar rapid response enhancements could be adapted in other healthcare settings

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Poster 4

Impact of a Culturally Sensitive Self-Care Program for Immigrant Filipino Nurses in Addressing Burnout

Elizabeth de Leon-Gamboa, MSN Ed., RN, CPHQ, CCM, CMCN

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ABSTRACT

Objectives

Participants will be able to:

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Poster 5

Mutually Engaging Encounter with the Use of Technology Between (MEET) Grandparent and
Grandchild: A Critical Incidents Study

Armel Gonzalez, PhD:Nursing. MHA, BSN
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ABSTRACT

The COVID-19 pandemic underscored the evident role of technology in bridging generational gaps within families, facilitating meaningful connections despite physical distance. This study explores the concept of Mutually Engaging Encounter with the Use of Technology (MEET), which involves side-by-side interactions between grandparents and grandchildren through the use of gadgets. It examines how MEET fosters bonding despite the constraints of physical distancing and limited face-to-face contact during the pandemic. Through qualitative data collection using the Critical Incidents Technique (CIT), five purposively selected grandparent-grandchild dyads were asked to self report the behaviors, interactions, and emotions involved with their experience of MEET through a series of online interviews and interactions. Inductive content analysis was utilized which revealed the following themes: adapting to situational changes, improving technological competence, enhancing family relations, and nurturing personal bonds with grandparents/grandchild. Hence, encouraging MEET can strengthen family ties and improve relationships, enhancing overall family dynamics.

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Poster 6

The Role of AI-driven Analytics in the Early Identification of Health and Safety Risks Among Older Adults

Lorelei H. Dwyer, MS, AGPCNP-BC
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ABSTRACT

Older adults represent a growing vulnerable population at heightened risk for adverse health and safety outcomes amid persistent healthcare workforce shortages and inequities in access to care. This literature review examines recent evidence (2019–2025) on the use of artificial intelligence (AI)–driven predictive analytics to identify health and safety risks among older adults, compared with traditional clinical assessment methods. Findings suggest that AI-based models leveraging electronic health records, remote monitoring data, and wearable technologies demonstrate

improved accuracy in predicting outcomes such as falls, hospitalization, functional decline, and mortality. These tools offer potential to enhance early risk identification, support proactive nursing interventions, and optimize care delivery in resource-limited settings. AI-driven predictors may play a critical role in promoting equitable, efficient healthcare delivery for older adults by augmenting clinical decision-making and extending the reach of nursing care. Implications for nursing practice, health equity, and future research are discussed.

Objective

To conduct a literature review of current evidence demonstrating the value of using AI-driven predictive analytics compared to traditional clinical assessment methods alone in identifying health and safety risks over time among older adults

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Poster 7

Artificial intelligence literacy among experienced nurses

Lily Gurung, BSN, RN
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ABSTRACT

Background: The use of artificial intelligence (AI) in nursing practice is rapidly evolving. The use of AI has impact on nursing workload. However, adoption of AI among nurses can be closed related to factors including knowledge, literacy, acceptance, and attitudes.

Purpose: To explore literacy of AI among experienced nurses

Methods: A descriptive and cross-sectional survey design. The sample includes experienced nurses (with ≥ 10 years of clinical experience) who are not enrolled in nursing school or teaching in academia. Survey is distributed using REDCap. The 12-item on a 7-point Likert-type scale Artificial Intelligence Literacy Scale (AILS) by Wang et al. is used. The instrument measure four constructs - awareness, usage,

evaluation, and ethics. Data will be analyzed using SPSS version 29. Descriptive statistics will be used for data analysis.

Results: Findings will be presented at the conference. Results may provide an initial data on possible need for further education among experienced nurses.

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Poster 8

Seeing Beneath the Surface: Purposeful Wound Differentiation of Pressure Injuries Using Thermal Imaging

Elissa Perssaud, MSN, APRN, ACCNS-AG, CCRN-CSC,
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ABSTRACT

Objective: Pressure injuries are difficult to accurately identify early using standard visual assessment alone, leading to delayed diagnosis and poor patients' outcomes. The quality improvement project aimed to enhance early treatment of pressure injuries in high-risk patients admitted to the intensive care unit by integrating an FDA-approved infrared thermography device.

Aim: The goal was to determine whether infrared thermography improved the identification of wound etiology and supported more timely, appropriate interventions.

Methods: The project was implemented over a 6-week period at an academic medical center in which the thermography device was used as an adjunct tool for nursing skin assessments. The thermography images were captured on patients who developed maroon or purple skin discoloration that did not blanch.

Results: A total of 82 areas of concern were included in the analysis. Of the wounds that demonstrated thermal anomalies, 97.2% were diagnosed as pressure injuries. There was a significant association between thermal anomaly and pressure injury development, $\chi^2 (1, N=82) = 18.91$ and $p < .001$, and this relationship is unlikely to be due to chance. **Conclusion:** Infrared thermography is a feasible and effective adjunct tool to traditional skin assessments. This technology integration improved wound etiology accuracy and in turn, reduced hospital-acquired pressure injury incidence.

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Poster 9

VOLUNTEERING: NURSES IMPACTING LIVES ONE COMMUNITY AT A TIME

Aida Imperio, BSN, RN
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ABSTRACT

BEHAVIORAL OBJECTIVE:

1. Describe the importance of volunteering, reasons why nurses volunteer, and types of volunteer opportunities

METHODS:

Philippine Nurses Association of Metro DC Inc. (PNAMDC) identifies volunteer opportunities and recruits volunteers from membership and community partners through email, messaging, and social media announcements. PNAMDC Community Outreach Committee with dedicated volunteers is mobilized for local and/or medical-dental outreach in the Philippines. Volunteer services are tailored to the needs of the community partners: health screening, education, wellness promotion, and First Aid Stations.

RESULTS:

As of 2026, PNAMDC nurses and auxiliary members have continuously volunteered with community partners for more than 40 years and provide services through local community outreach, 20 medical missions in the Philippines, and received multiple awards for its volunteer services.

CONCLUSION:

Nurses volunteer to gain personal fulfillment, refine skills, and improve emotional well-being and networking opportunities while providing vital services that positively impact communities locally and abroad.

REFERENCES:

Enos, B. (2024, June 13). The role of volunteering in professional development. *South Carolina Nurses Association*.

<https://www.myamericannurse.com/the-role-of-volunteering-in-professional-development>
<https://www.pnamdc.com>

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Poster 10

Scaling Up Nurse Leadership Through Community-Led Innovation: The PNAA iLDP Model

Manny Ramos, DNP, RN

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ABSTRACT

The Philippine Nurses Association of America developed the Innovative Leadership Development Program to strengthen chapter governance and build a culturally grounded leadership pipeline for Filipino nurses in the United States and the diaspora. This mixed-methods evaluation assessed the 2025 cohort using standardized postcourse surveys and thematic analysis of open-ended participant responses. Forty of 42 participants completed the program and evaluation, representing multiple nursing roles and all four PNAA U.S. regions. Findings showed strong program fidelity, high satisfaction, and meaningful self-reported gains in leadership perspective, communication, project management, and financial stewardship. Participants identified the Project Management Plan, SOAR analysis, mentorship, peer networks, and culturally relevant content as especially valuable. Barriers included time constraints and the need for more synchronous coaching and staged capstone feedback. The findings

support iLDP as a scalable, community-led model for developing nurse leaders and strengthening the capacity of professional association chapters.

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Poster 11

Care, Culture, and Leadership: The Camp Aruga Model for Filipino American Nurses

Rosie Antequino

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ABSTRACT

Camp Aruga, a Philippine Nurses Association of America leadership bootcamp, offers a culturally responsive model for strengthening professional identity, resilience, and leadership capacity among Filipino American nurses. Grounded in Filipino values such as Aruga and Bayanihan, the program integrates culturally anchored mentorship, ritualized communal practices, nature-based wellness, governance workshops, and peer networking. Using participant comments, facilitator debriefs, feedback forms, and narrative interviews, the article describes key facilitators, barriers, and implementation lessons. Findings suggest that Camp Aruga promotes self-care as a leadership competency, affirms cultural identity, supports interchapter collaboration, and builds practical governance skills. Challenges included remote-site logistics, accessibility concerns, inconsistent follow-up, and limited longitudinal evaluation resources. The

program provides a replicable framework for culturally grounded nurse leadership development.

Background / Significance

Filipino American nurses face persistent structural and psychosocial challenges, including credentialing barriers, workplace marginalization, acculturative stress, limited leadership opportunities, and burnout risk. Camp Aruga was developed by the Philippine Nurses Association of America as a culturally responsive leadership and wellness bootcamp grounded in Filipino values such as Aruga—care and nurture—and Bayanihan—communal solidarity. The program addresses the need for culturally anchored mentorship, professional identity formation, resilience-building, and leadership development among Filipino American nurses.

Purpose

The purpose of Camp Aruga is to strengthen professional identity, resilience, self-care, interchapter collaboration, and leadership capacity among Filipino American nurses through a culturally grounded leadership development model.

Program Description

Camp Aruga is a leadership bootcamp that integrates formal learning, informal community-building, mentorship, cultural reflection, nature-based wellness, and practical governance training. The program creates a restorative environment where participants engage in reflective activities, leadership workshops, peer networking, and culturally meaningful rituals that support both personal renewal and professional growth.

OBJECTIVE:

By the end of this presentation, participants will be able to describe the Camp Aruga leadership model and identify at least one strategy to apply its principles in their own professional or community organizations.

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Poster 12

From Implant to Improvement?: Tracking outcomes after Cardiac Contractility

Modulation device implantation

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ABSTRACT

Patients with Heart Failure with Reduced Ejection Fraction (HFrEF) may qualify for an adjunctive therapy through Cardiac Contractility Modulation (CCM) device implantation. This device delivers electrical signals to the right ventricular septum and can improve exercise tolerance, improve quality of life, and reduce heart failure hospitalizations (Abraham et al., 2018). Nine patients underwent CCM implant 6/2024 – 1/2026 at Michigan Medicine. Symptomatic improvement was frequently reported early on and was sustained in several patients. LV EF follow-up data was only available for five patients; most demonstrated stable or minimal change in LV EF. Five had one-class improvement in NYHA. One had initial two-class improvement in NYHA but had disease progression, requiring advanced therapies. One had progression to NYHA IV. One

passed six days after CCM implant, not due to procedural/post-procedural complications. One followed locally with no records available. In our small sample, CCM has some potential for certain patients with HF_rEF.

Objective

Those who review this poster will have a better understanding of the function, outcomes, and patient selection regarding Cardiac Contractility Modulation device therapy

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Poster 13

Improving care for those with PTSD associated ICD shock therapy

Andrea Douglas DNP, AGACNP-BC
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ABSTRACT

Implantable cardioverter-defibrillators (ICD) treat life threatening ventricular arrhythmia which might cause anticipatory fear, anxiety, and post-traumatic stress disorder from repeated shocks. A lack of psychological response from health care providers to assess and treat post-traumatic stress disorder (PTSD) post ICD shock therapy was noted in clinic settings. This psychological response requires a personalized plan of care, counseling, nursing evaluation and support focus on patient's distress. Identifying and improving care to patients experiencing PTSD post ICD shock by providing appropriate resources and an individualized plan for each patient for the emotional and psychological response to ICD shocks.