



The Official Newsletter of
**The Philippine Nurses Association
 of New York, Inc.**



Dual Citizenship: Getting the Best of Both Worlds

By Reuben S. Seguritan, Esq

In the past, natural-born Filipino citizens who had built new lives overseas eventually had to choose whether they wanted to retain their Philippine citizenship or naturalize in their new home country. This was particularly true of Filipinos who had immigrated to the United States.

If a Filipino chose to obtain American citizenship through naturalization he/she stood to lose his/her Filipino citizenship because one of the requirements for naturalizing as an American was express renunciation of allegiance to any country, including one's country of origin. Under Philippine laws, such express renunciation resulted in loss of Philippine citizenship. In other words, they could not have the best of both worlds. Filipinos who naturalized as Americans became citizens of the United States but they would no longer be citizens of the Philippines. They were not, therefore, dual citizens.

This is no longer the case. Former Filipino citizens who have naturalized as citizens of another country (such as the US) may become dual citizens when they comply with the requirements of Republic Act No. 9225, the Philippine Citizenship Retention and Re-acquisition Act.

Applying for Reacquisition of Filipino Citizenship

Applying for the reacquisition of Philippine citizenship is basically a two-step process, first, the filing of the petition for issuance of an Identification Certificate (IC), and second, the oath of allegiance.

The applicant must submit a copy of his/her Birth Certificate issued or duly-

authenticated by the National Statistics Office (NSO) in Manila, or other secondary documentary proof of being a natural-born Filipino. The applicant must also complete the form entitled "Petition for Dual Citizenship and Issuance of Identification Certificate," attach three 2" x 2" photos and pay a processing fee.

A former natural-born Filipino may apply for reacquisition of Philippine citizenship in the Philippines or abroad. S/he may either be registered with the Philippine Bureau of Immigration (BI-registered) or not. A BI-registered applicant may file a petition under oath to the Commissioner of Immigration seeking the cancellation of the Alien Certificate of Registration (ACR) and the issuance of an IC. If not BI-registered within 60 days from arrival in the Philippines, the applicant may file a petition under oath to the Commissioner of Immigration for issuance of an IC.

If the former natural-born Filipino is overseas and is BI-registered, s/he may file a petition under oath to the nearest Philippine Embassy or consulate. The Embassy or Consulate will evaluate the petition and endorse it to the Commissioner of Immigration for cancellation of the ACR and issuance of an IC. If not BI-registered, the applicant will also file a petition under oath to the nearest Embassy or consulate for the issuance of an IC, which will subsequently be endorsed to the Commissioner of Immigration.

If the petition is granted, the applicant may then take his/her oath of allegiance, which is the final act that confers Philippine

PNA-NY Joins 107th Philippine Independence Day Parade and Festival

By Vernie Bacolot, RN, BC,MA(C)



Once again, the Philippine Nurses Association of New York has shown its spirit of visibility as it joined the annual parade of the 107th Philippine Independence Day celebration on June 5, 2005. The PNA-NY officers and members proudly marched along Madison Avenue in their scrub outfit while the others wore their lab coats.

The PNA-NY has also continued the tradition of putting up a float depicting this year's theme of "Nursing: Yesterday, Today and Tomorrow" To represent Yesterday, Mrs. Felipa Diongson, RN mother of Davy Diongson in her full nurse's uniform complete with a cap she used to wear in her days of nursing, riding in a decorated open convertible. She was joined by Allyson Dia, daughter of Mary Joy Garcia-Dia, Nikki Bason, daughter of Alice Bason and Alfred Viste, son of Zita Conception -Viste wearing scrubs representing the future. The rest of the members marched behind the car on a beautiful June day. They were greeted enthusiastically with a heartwarming applause by friends and other people in the parade route.

After the parade, the PNA-NY marchers proceeded to the Street Fair to join the rest of the festivities.

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The Filipino Diaspora

By Clemencia Wong, MEd, RNC

In June of this year I went to the Philippines to attend two alumni reunions, one at the university and the other at the college of nursing. Part of the celebration was a symposium that dealt with the Filipino diaspora. For the first time in all the years of my homecoming, the issue of Filipinos leaving the Philippines for greener pastures in large numbers, felt ominous. For this reason, I am compelled to write about it and start a dialogue within ourselves and others.

Origins of the Filipino Diaspora

The term diaspora comes from the Greek word meaning "to scatter and sow". It was first used to refer to the dispersion of the Jewish people throughout the world which began with the Babylonian captivity after the destruction of the temple in Jerusalem in 597 BCE. Since then, it has been used to describe the migration of people leaving their homeland and establishing a new life in another country. In addition to the Jews, the Indians, Chinese, Palestinians, Irish, Africans, Chechens, Afghans and Filipinos, to name a few, make the list of notable diasporas.

The origins of diaspora are varied. Some like the Indians were sent by the British to fight their wars in far away lands and then to rebuild the countries after. Others like the Africans were sold as slaves, the Irish left to escape the potato famine, the Afghans to escape long civil wars, and many others to escape persecution. Now it is mostly for economic and socio-political reasons.

Filipino migration started way back with the Spanish galleon trade when Filipinos were on board these ships as hired hands, then as workers for the Hawaiian sugar plantations and as pensionados (scholars) sent to the United States. Through the years, the demographics changed to seamen for the US navy, then as nurses and doctors and lately other professionals and skilled laborers too.

The Philippines is now the biggest exporter of "human capital" in the world making the Filipino overseas foreign worker (OFW) the

"world's largest migrant nation" There are 8.1 million Filipinos working in 194 countries. About one out of ten Filipinos are abroad and sending \$8.5 billion (2004) home, higher than foreign investments amounting to \$986 million and revenues from tourism at \$ 1.8 billion in 2003. This infusion of dollars has kept the country afloat. No wonder, Secretary of Foreign Affairs, Alberto G. Romulo, in his speech at the Heritage Foundation in Washington, DC in May 2005 declared, "The 8th reality of our foreign policy is that the Filipino overseas will continue to play a critical role in the country's economic and social stability".

Effects of the Exodus

It is not difficult to imagine that the exodus of more Filipino professionals mainly from the medical and health fields and others such as education, engineering, accounting, music, and art will eventually affect the fabric of Filipino life. Many Filipinos have almost given up hope of making a better life in the Philippines. They look at going abroad their best chance to improve their lives and their families. Right now, nursing, it seems is the ticket to that better life.

Dr. Jaime Galvez Tan, Executive Director, National Institutes of Health (Phil.) and Vice Chancellor for Research, University of the Philippines spoke on June 24, 2005 about "The Brain Drain Phenomenon and Its Implications to Health". It is based on a study "The Phenomenon of Nursing Medics: Why Filipino Doctors are Becoming Nurses?" This paper was presented at the International Conference on Medical Workforce in Washington, DC in October 2004. He reported that about 50,000 nurses had left the Philippines from 2000-2003, three thousand five hundred (3,500) of whom were doctors. Additional 1,500 passed the nursing boards in 2003 and 2004 and another 4,000 were enrolled in nursing schools. In fact, he invited his audience to go to Nicanor Reyes Hospital on June 27, 2005 to see 500 more doctors on their first day of nursing school.

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The 26th PNAA Annual National Convention

“Creating Partnership for a Preferred Future: Sharing Vision, Values and Leadership”

By Ian N. Saludaes, RN, BSN, CCRN



The 26th annual convention of the PNAA was held in the “show me state” of Kansas City, Missouri last July 13-17, 2005 and was hosted by the PNA Greater Kansas City Chapter.

The first day started with the annual Leadership Development Program (LDP) represented by two leaders (President and President-elect) from the different PNA chapters. The LDP was conducted by Reynaldo Rivera, MA, EdM, RN, CCRN,



Rey, Joy, Susan, Leonie, May, Stella, Clem, Ian

CNAA, ANP - PNAA Education Chairman. He was assisted by Perry Francisco, MSA, RN - PNAA Education Co-Chair. The interactive sessions provided participants with tools to identify three “wildly important goals” for their chapter

In the evening, the participants experienced a Kansas City night out with the musical *My Home Town* at the American Heartland Theater.

The next day, July 14, the executive board held their meeting at the Chicago Room of the Hyatt Regency Crown Center. Later, in the evening, participants from all the different chapters showcased their talents and dance moves for the welcome and reception night with the theme: “The Swinging Sixties”. Our very own PNA-NY

chapter dazzled the audience with their dance number inspired by the Tony award winner musical *Hairspray*.

On the third day, July 15, participants signed in as early as 7am to attend the whole day educational program. They were fortunate to meet and listen to the different distinguished faculty and speakers.

Betty Smith Williams, DrPhD, RN, FAAN - President of National Coalitions of Ethnic Minority Nurses Association started with her topic entitled “Building Partnership

with ethnic Minority Organizations: Impact on the future of Nursing and Healthcare.”

This was followed by the talk entitled “Forging New Frontiers: Technology & Education” by Judith Warren, PhD, RN, BC, FAAN, FACMI -

Associate professor, University of Kansas.

Nancy Dutton, PhD - Associate Professor from University of Kansas eloquently discussed her topic “Knowledge Management in Healthcare”.

One of PNAA’s popular speakers Ruben Seguritan, JD, ESQ discussed a very controversial and hot topic: “Foreign Trained Nurses: Issues, Challenges and Opportunities”.

After a sumptuous lunch the afternoon continued with another dynamic speaker Lilian Pardo, MD, MHSA with her topic

“Community Healthcare Partnership: Focusing on Women's Health Issues”. This was followed by “Breaking the Glass Ceiling: Reflection of Lessoned Learned” by Phoebe Daus Williams, PhD, RN, FAAN.

The last topic for the day “The Future: A World of Opportunity in Nursing” was discussed by Rita Clifford, PhD, RN - Associate Dean, University of Kansas & Josie Francisco Vilalnuova, MA, RN, BC, CAN - Veterans Health Care System, Long Beach, CA



Ian, Leonie, Susan, Pio, Perry, May, Stella, Mila, Clem, Rey

The day ended with a Midwestern Hoedown at the Benjamin Ranch where participants had the opportunity to ride a mechanical bull, have endless line dancing and steaks and even milk a mechanical cow.

On the fourth day, July 16, everyone still have tons of energy for the annual assembly meeting, where members had an open dialogue with the leaders of the association. In the evening more dancing followed for the Gala Night at the Chicago and San Francisco Ballrooms. The whole 5 day event culminated with a Sunday Mass and Farewell Party at the Filipino Cultural Center.

Hope to see you all in Boston for the 27th Annual National Convention where our very own May Rosario Mayor will be inducted as incoming President of PNAA. This is an event you can't afford to miss!

Dual Citizenship: Getting the Best of Both Worlds

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citizenship. The applicant is thereafter issued a notarized oath of allegiance and the Order of Approval (of the petition). At this point, therefore, the applicant acquires dual citizenship, being a naturalized American and as one who has reacquired her Philippine citizenship.

American Citizenship Not Lost

The reacquisition of Philippine citizenship does not affect the US citizenship of Filipino-Americans. Once acquired, US citizenship cannot easily be lost because it is a constitutionally-protected right. The US Congress cannot legislate that certain voluntary acts would automatically strip one of US citizenship.

In the past, certain voluntary acts such as becoming a naturalized citizen of another country, declaring allegiance to another country, voting in foreign elections or working for a foreign government constituted grounds for the loss of US citizenship or were considered "expatriating acts."

A US Supreme Court ruling, however, ruled that these acts are not enough to cause the loss of US citizenship. There must be separate proof that the US citizen is willing to relinquish his or her citizenship, such as by declaring before a US consular officer his or her intent to do so.

At present, the US Department of State has adopted the policy of presuming that a US citizen who performs certain expatriating acts does NOT intend to lose his or her citizenship. This added protection applies to naturalized Americans who apply for reacquisition of Philippine citizenship and even after such applicants have taken their oath of allegiance. At worst, reacquiring Philippine citizenship would be considered as potentially expatriating. It would result in loss of US citizenship only when the applicant expresses his or her intent to relinquish US citizenship before a US consular officer.

Rights and Obligations as a Filipino

A person who has reacquired his or her Filipino citizenship enjoys full civil and political rights as such.

The right to vote and be voted to public office, however, is subject to certain limitations under the Overseas Absentee Voting Act of 2003. The right to vote is subject to residency requirements and persons who are candidates for or are occupying any public office in a foreign country may not vote, be voted for or appointed to public office in the Philippines. Those who are elected or appointed to public office are required to swear an oath of allegiance to the Republic of the Philippines and to renounce their oath of allegiance to another country.

The right to acquire land and other properties and engage in certain business is open to those who have reacquired the Filipino citizenship as well. There are no limitations as to the size of the real property to be purchased under the name of the person who has reacquired his or her Filipino citizenship. Those who wish to practice their profession in the Philippines may do so upon compliance with the proper licensing or certification requirements.

S/he may also obtain a Philippine passport and need not apply for an entry visa to the Philippines. Like any other Filipino citizen, s/he may reside in the Philippines for as long as s/he wants. The foreign spouse or child of such person may also reside in the Philippines indefinitely by applying for naturalization as a Filipino or by applying for a permanent resident visa.

A person who has reacquired his or her Philippine citizenship and is residing and working abroad does not have to pay taxes earned abroad. Filipino citizens who derive income overseas may avail of the benefits of bilateral tax treaties that are intended to avoid double taxation. The US and the Philippines have such a tax treaty. S/he pays income taxes to the Philippines only on income earned in the Philippines.

Wherever they are, Filipinos keep strong ties with the Philippines. The reacquisition of Filipino citizenship is more than a formality. It is, on a personal level, for most overseas Filipinos, a homecoming.

Editor's Note: REUBEN S. SEGURITAN has been practicing law for over 30 years. He has been a columnist or contributor for

various Filipino newspapers and was formerly an editor of the Common Law Lawyer. He is author of "We Didn't Pass Through the Golden Door," a book on immigrant experiences. He frequently speaks on immigrant issues and for his advocacy efforts, he was the recipient of two presidential awards by President Ramos and an award by the Commission on Filipinos Overseas. For further information, you may call him at 212 695 5281 or log on to his website at www.seguritan.com.

Surviving The First 365 Days

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Review and act on legislation on public policies:

- Attended a meeting with Foreign Affairs secretary Alberto Romulo On Sept. 28, 2004, with PNAA NCLEX Task Force led by Filipinas Lowery and Davy Diongson, chairperson of the PNA-NY Human Rights and Legislative Committee.
- Attended the annual legislative workshop sponsored by NYSNA on March 6-7, 2005 at Albany, New York. PNA-NY represented by Mary Joy Garcia-Dia, Davy Diongson, and Fe Cayabyab and Lolita Compas. (NYSNA President)
- Approved a revised PNA-NY Bylaws during its board meeting on September 8, 2005. A general assembly meeting will be called on December 9, 2005 to ratify the revised by-laws.

Other

- Sponsored a Golf outing as a fund raiser On Oct. 16 in New Jersey to assist the medical mission of the Benguet, Baguio, Ifugao, Apayao, & Kalinga (BIBAK) organization in the Northern Provinces of Luzon, Philippines.
- Participated in the 8th Eastern PNAA Conference in Atlantic City, New Jersey on Oct. 21 -23, 2005.

Thank you! I look forward to seeing you on future activities of this organization.

Surviving The First 365 Days

By Pio G. Paunon, PhD, RN FCCP



It is my pleasure to report to you that this team has survived the first 365 days of its term! The PNA-NY keeps on growing as an organization geared toward promoting the ideals of the Filipino-American Nursing professionals in the state of New York, in line with the objectives of the PNAA and the PNA-NY. We have committed officers, who at this early part of the term demonstrated their abilities to handle projects and exceeded the expectations of this professional organization. In behalf of the board, I am happy to inform you of our accomplishments:

Unification of Filipino-American Nurses:

- The PNA-NY membership committee under Clemencia Wong launched an aggressive recruitment campaign inviting Filipino-American Nurses to join the PNA-NY from September 2004-March 2005.
- To increase visibility, PNA-NY has rotated holding meetings and events in different hospitals namely, Montefiore Medical Center, Beth Israel, Bellevue hospital, Veterans Hospital, Columbia Presbyterian and Cabrini Hospital.
- To celebrate the spirit of sharing and camaraderie, PNAY-NY held its annual Christmas party for its members at Veterans Affairs Medical Center, New York.
- Since the inception of the new PNA-NY board, our Editor-in-Chief, Clemencia Wong published (2) Newsletters
- As of February, 2005-the PNA-NY has improved the chapter's website named "pnanewyork.org," by keeping the website current on PNA-NY events and activities as well as keeping links available to related website such as the PNAA and the NYSNA. This project is under Joy Garcia-Dia, President-Elect and chairperson of the Informatics Committee.

Participate actively in professional and cultural activities with other professional organizations:

- Collaborated with other non-for-profit organizations such as the "Damayan" in New York City by providing a Health Fair for Filipino Laborers and indigent minorities.
- Collaborated with other sister organizations such the PNA-New Jersey by participating in their events.
- Participated and collaborated with community activities sponsored by the Philippine Consulate Office such as: Simbang Gabi, Philippine Independence Day Parade (PIDC) activities supported cultural shows such as the Leyte Dance Theater Group and offered community CPR for the consulate staff (led by Lolita Compas).
- Donated money to the Tsunami Relief fund and to the Katrina Relief Fund in September 2005 through the Red Cross spearheaded by Vernie Bacolot, Chairperson, Ways and Means committee
- Supported the Aguirre twins by contributing money and developing a support group at Montefiore Hospital for the twins and their mother.
- PNA-NY officers attended the Silliman University Alumni Association Induction of officers and dinner Dance Celebration on March 12, 2005, honoring Fele Magdamo a former President of PNA-New York who was awarded the Lifetime Achievement Award. PNA-NY honored her with a luncheon retirement party attended by friends and family.
- Attended NOLF conference in Albany - April 13, 2005 discussing issues pertaining to nursing throughout the state of New York. PNA-NY reported its activities along with the different New York State Nurses Association districts and other organizations in New York.
- Participated in the 5th Annual Gabi ng Parangal sponsored by the Filipino Heritage Foundation - May 7, 2005, honoring one of the 2005 Outstanding

Filipino Americans - Lolita Compas in the field of Health Care(Nursing) and Potri Ranka Mansis in Performing Arts.

- Participated in the Filipino Heritage Celebration-a celebration promoting Filipino values and culture-May 22, 2005.
- Marched in the 107th Philippine Independence Day Parade-June 5, 2005, with more than 100 other Filipino Organizations
- Attended the 26th Annual PNAA Convention, Kansas City, Missouri.

Facilitate professional and cultural adjustments of Filipino-American Nurses in the US:

- On Feb. 28 and September 26, 2005-PNA-NY President, Pio Paunon was invited at the Long Island University to have an open dialogue with Filipino nursing graduate students who are scholars of Global Scholarship Alliance (GSA). A follow-up discussion with the Global Scholarship Alliance representatives, Sr. Remy from St. Paul's college of Nursing, Philippines, Long-Island University Faculty staff and PNA-NY Board were held at Cabrini Medical Center last June, 2005.

Develop, implement and evaluate programs in nursing leadership, practice, education and research:

Leonila Mariazeta, Chairperson, Education Committee with PNA-NY Board successfully implemented quality educational programs to its constituents as well as to potential members, namely:

- "Cardiac Imaging: State of the Art."- February 11, 2005, Cabrini Medical Center
- "7 Habits of Highly Effective People"- March 19, 2005, Bellevue Hospital.
- Sponsored "Cardiac Resynchronization for Heart Failure"-June 10, 2005, Montefiore Medical Center, Bronx, NY.

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Welcome New Members

Juliet Abero
Omar Abiera
Tita Aguilar-Niere
Sonia Alquiros
Maria Amancio
Cecilia Arellano
Leticia Balasbas
Millie Ann Bediones
Karen Hazel R. Brillantes
Elizabeth Carbonel-Angeles
Eliseo Cerrada
Ofelia Concepcion
Pamela Dealca
Emerson Ea
Eva Egasan
Flocerfida Evangelista
Cynthia Gaerlan
Jay Ronan Gesulga
Teresita Hernando
Yolanda Magistrado
Madona Mariano
Araceli Mendoza
Arlex Matulac
Orlando Pacifico
Flor Reyes
Phyllis Tamburri
Angeles Uytiepo
Bien Van Velsen

All communications sent to the following members have been returned. Please email your new address to miswah65@yahoo.com or info@pnanewyork.org

Katherine Affinidad
Leonora Catayong
Jacqueline De Castro
Fidelino Lim
Jesusa Gamit
Feliza Gregorio
Bessie Juntareal
Mary Jane Mantilla
Alex D. Pascual
Puanilita Tan
Bien Ven Velsen

Current membership rates:

1 year – \$30
2 years – \$55
Retired – \$20/year
10 years – \$250

Kindly email miswah65@yahoo.com for any corrections or oversight.

Global Scholarship Alliance

By Mary Joy Garcia-Dia, MA, RN



In July 2005, the Global Scholarship Alliance (GSA), the Philippine Nurses Association- NY, and representatives from Long Island University met at Cabrini Medical Center to discuss the vision, mission, and goals of the GSA Program. Sr. Remy Junio, SPC, Chancellor, St. Paul University System and GSA representative explained how the program came about in response to the global nursing shortage.

GSA is a cultural exchange program facilitator and scholarship sponsor for foreign nurses. The cultural exchange program is offered to qualified English-speaking foreign nurses who are given fully-funded scholarships to attend American universities, multi-year employment and academic training at US hospitals

Vision, Mission and Goals

GSA envisions a world in which the supply of qualified healthcare providers meets the global demand for healthcare services, where the international migration of healthcare providers is sustainable and where the standards of quality for healthcare professionals are consistent across nations. Its mission is to increase the global supply of qualified nurses, nurse leaders, and educators and to ensure their equitable distribution throughout the world. This is achieved by producing international education and professional development programs involving scholarships, training and cultural exchange. Its goals include the development of 50 or more University-Hospital alliances over the next five years; bring 1,000 or more nurse-scholars to the US by 2010 and graduate 1,000 or more American-educated international nurses by 2015.

Benefits of the Program

The program as conceived and implemented is a win-win situation for the student, the home country, the hospital and the university. The student is offered a chance to earn a US based education, US wage rates and benefits (health insurance, living allowance, etc) with a multi-year employment in a US hospital. She/he also

receives a leadership position and stipend upon return to the home country.

The home country benefits by stopping the one-way brain drain of skilled workers from developing countries because nurses return with advanced US nursing education making them potential future nurse leaders, policy makers and educators.

The hospital, on the other hand, expands its labor pool to fill vacant positions with qualified foreign nurses who are committed to tough shifts for 4 1/2 years. It has an increase number of BSN educated nurses pursuing advance education in its staff.

Lastly, for the university there is increase enrollment of fully funded students,

GSA envisions a world in which the supply of qualified healthcare providers meets the global demand for healthcare services

provision of competitive advantage to nursing programs and increase of the school's faculty's international presence.

Current Progress

GSA has partnerships throughout the United States in seven hospitals including Ohio, Texas, New York, and Indiana. There are 65 active nurse-scholars in the US, and 70 or more nurse scholars are scheduled to arrive and begin school in six months. Eight nurse scholars have achieved membership in nursing honorary society and will graduate with MSN degrees in December 2005. Over \$4 million in scholarship monies have been awarded, to date. Presently, GSA is in active discussions with another 20 prospective University-Hospital Alliances representing 200 additional nurse-scholars.

The program is still at its infancy, and only time can tell if GSA will achieve its vision, mission, and lofty goal of creating a balance between supply and demand for skilled professional nurses globally.

Calendar of Events

- Oct. 8
Saturday** One day Program
8:00 - 4:00 PM
Habits for Healthcare
- ICU Conference Room
Bellevue Hospital, NYC
Contact: Leonie Mariazeta
(732) 382-6284
- Oct. 16
Sunday** Golf Tournament
10:00 AM
- The Apple Mountsin Golf
Course & Country Club
- Belvedere, New Jersey
Host: BIBAK-PNA-NY
Contact: Dr. Pio Paunon
(201) 926-0475;
piemanz@aol.com
Nick Lamsis
(908) 499-2027
- Oct. 21-22
Friday -
Sunday** 8th Regional Conference
Atlantic City
Convention Center
Host: PNA - New Jersey
Contact: Darlene Borromeo
(937) 827-1555
- Dec. 4
Saturday** Damayan Project
9:00 - 5:00PM
406 West 40th St., NYC
Contact: Linda Abad
- Dec. 9
Friday** Christmas Party
and General Assembly
5:00 - 10:30 PM
Venue: VA Hospital
Contact: Stella Reiss
(914) 406-5097
- Jan. 25-27
Wed. -
Friday** 4th International Conference
Venue: Sheraton, Honolulu
Host: PNA - Hawaii
Contact: Tina Salvador
(808) 839-7527

Note:

PNA-NY Meetings are held every 2nd Friday of the Month at 6:30PM. Venue to be determined based on space availability. For up-to-date information, contact info@pnanewyork.org.

Cardiac Resynchronization for Heart Failure



By
Leonie Mariazeta MA, EdM,
RN, CCRN, BC

On June 10, 2005, PNA-NY held its spring evening educational program, "Cardiac Resynchronization for Heart Failure" at Montefiore Medical Center in the Bronx. Dr. Angelo Reyes, a well-known thoracic and cardiovascular surgeon in New York City gave an overview of the current trend in treatment of heart failure which now includes Cardiac Resynchronization Therapy (CRT).

Congestive heart failure is a condition in which the heart does not pump effectively and can lead to an accumulation of fluid in tissue and the lungs but in general is a treatable condition. It is a progressive condition that compounds the risks of other disorders and affects up to 10% of people over 65. Its symptoms are shortness of breath, swelling of the feet, chronic lack of energy, difficulty of sleeping at night due to breathing problems, cough with frothy sputum, swollen or tender abdomen, with loss of appetite, increased urination at night, and confusion or impaired memory.

He identified the standard treatment of heart failure which is lifestyle changes, rest, exercise, medications, like diuretics, ACE inhibitors or ARBS (angiotensin receptor blockers) Digitalis, and beta blockers. For patients with moderate to severe heart failure with ventricular dysynchrony, a condition when the two lower chambers of the heart do not beat at the same time, CRT is an option.

CRT, also referred to as biventricular pacing involves placement of a pacemaker device into the patient's chest with leads or wires that attach to certain areas of the heart. An extra lead is attached to a vein near the left ventricle area so that both the right and left ventricles can be stimulated at the same time. This is done because heart failure can cause the lower chambers of the heart to stop working in synchronization, which in turn adversely affects the cardiac output.

The goal of CRT is to send out small electrical signals from the pacemaker through the leads to certain parts of the heart so that the newly synchronized heartbeat will improve the heart's pumping efficiency and relieve symptoms caused by heart failure.

Dr. Reyes' experience is supported by the new findings from the CARE-HF (Cardiac Resynchronization in Heart Failure) study reported to the European Society of Cardiology Congress 2005 held in Stockholm on September 7, 2005. CRT showed a "40% reduction in all cause mortality, was associated with a measurable improvement in quality of life and reduced hospitalization by 52%".

According to Dr. Reyes, there are criteria that need to be met for medical coverage of the above procedure and device. Patient must be diagnosed with moderate to severe heart failure (NYHA Class III or IV); has left ventricular ejection fraction less than 35%, and QRS greater than 130 msec. In addition, patients who have tried conservative treatment (i.e. medications, diet control, and lifestyle changes), but still have symptomatic problems will be considered for coverage of this therapy.

Dr. Reyes' patients who underwent Cardiac Resynchronization Therapy experienced the following benefits; improved quality of life, reduced heart failure symptoms, increased ability to exercise and perform other physical activities. All had closed follow-up care as defined by practice guidelines.

After the program, the attendees and some Montefiore employees delighted on the sumptuous dinner provided by PNA-NY. Dr. Reyes received a warm homecoming from the nurses he used to work with while doing his surgical residency training in the hospital. Everyone enjoyed great camaraderie, networking opportunities, and free 1.5 educational contact hours.

The overall feedback from over fifty participants was very positive.

For future topic please contact Leonie Mariazeta at (732) 382-6284 or e-mail info@pnanewyork.org. PNA-NY is committed to provide educational programs geared to improve nursing practice, theory, and research.

The Filipino Diaspora

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The effect of this exodus is far reaching and starting to be felt all over the country, from Luzon to Mindanao. A country that supplies the world with nurses is itself experiencing a severe shortage. It is reported that three hospitals in Mindanao and nine hospitals in Isabela (2005) have no more nurses. Even the well known hospital like the Philippine General Hospital (PGH), no longer has the services of its top graduates because they have left or are leaving for abroad. Needless to say, nursing education has also deteriorated. Moreover, the Philippines wants a share of medical tourism, but has to settle to "pick the low lying fruit" (lasik eye surgery vs. open heart, orthopedic surgery) partly because of the shortage of experienced nurses. In most hospitals, the most experienced nurse is 2 years post graduation.

Dr. Galvez Tan predicts that a severe health care crisis is bound to happen if the current conditions continue. The Alliance of Health Workers (AHW) made a disturbing prediction on September 16, 2005 that the Philippine Health Care System will collapse in the next two to three years.

You and I are part of this diasporic existence. We have contributed to the brain drain phenomenon. That said, we have nothing to be ashamed of, no excuses for why we are here, and no guilt feelings either. Just feelings of sadness, on the failed expectations of greatness of an English-speaking, freedom-loving, rich in resources (both human and natural) country, the envy of its neighbors after WW II. Feelings of disappointment that the conditions back home has deteriorated economically, socially and politically that even those who chose to stay are in the end also leaving.

What now?

We have done well as a group. We've built homes for our parents, sent our brothers, sisters and other relatives to school, paid for hospital bills, and funerals too. Many of us have been going back on medical missions, established scholarships, and building homes for the poor. We've responded to disasters in money and in kind. We do all these because that is the way we are. Nurses are ordinary people doing extraordinary things.

Yes, the brain drain phenomenon affects us all here in many ways. The image of caring with its heart, hand and intellect that the Filipino nurse has cultivated may change. As a result of deteriorating quality of nursing education, the number of nurses passing the nursing boards has decreased. Nurses who do not pass the licensing examination here are open to exploitation working as nurse's aides, companions, baby sitters or maids. Even if they pass and work as RNs, many will endure difficult working conditions under the threat of being sent home.

For those of us who have come before them, we as individual nurses and as an organization have an obligation to help. Individually, we can help the new nurses adjust specially at work. We can mentor them but most of all empower them to fight for their rights and if necessary, fight for them. As a group, we can lobby the Philippine government to protect nurses from unscrupulous recruiters, perhaps lobby and petition to close more nursing schools who do not meet the education standards. The PNA-NY and the other PNAs in the US stand ready to do just that.

The next issue of the newsletter will focus on nursing education in the Philippines. Please send your questions, comments and suggestions to miswah65@yahoo.com or info@pnanewyork.org.

Compas, Manis honored by the Filipino Heritage Foundation

Clemencia S. Wong, RNC, MEd.

Lolita Compas, MA, RN, CEN and Potri Ranka Mansis, RN were honored by the Filipino Heritage Foundation on May 7, 2005 at its 5th Annual "Gabi Ng Parangal" and Coronation Night, held at the Sheraton Meadowland Hotel in East Rutherford, NJ. They were awarded outstanding Filipino-American in Health Care and Performing Arts respectively. In the same evening, Camille Jamie Paunon, daughter of Dr. Pio Paunon, PNA-NY president, was crowned Miss Filipino Heritage.

This was not the first time that the two PNA-NY nurses were recognized together. Both were chosen by the Women Consuls General of New York for their "outstanding professional achievements and contributions to community empowerment" in Mach this year during the celebration of International Women's Day.



Lolita B. Compas, RN, Jessica Hagedorn, Potri Rankamanis, RN, Hazel Sanchez

Lolita Compas earned numerous prestigious awards, including this one because of her lifelong dedication to her profession and the community. As the former president of the PNA-NY (1992-1996), PNA (1998-2000), and NYSNA (2003-2005), she has become the face of the Filipino nurse in this country and in the process of all Filipino health care professionals. Moreover, she is a member of the Board of Trustees of the Filipino Apostolate of the Archdiocese of NY, Board of Directors of the Philippine Independence Day Council and as President of Food for Children.

The other awardee was Potri Ranka Manis, known to friends as May. She is a poet-playwright, storyteller, dancer, choreographer, teacher mother and future first Muslim woman chaplain. She is the Founder/ Artistic Director and Tradition-Bearer of Kinding Sindaw, a resident artist group in La MaMa E.T.C. and PANATA, an artist group that advocates for the indigenous people's right to self determination.

Her creations and performances include Rajah Magandiri (2000), Parang Sabil (2003), and Lemlunay (2003), and Oratoyo-Bells of Balanngiga. Her other projects include The Muse Project, Peacemaker's Journey of the Iroquois Nation (2004), Tender and DisOriEnTeD. Her sojourn in Saudi Arabia produced a collection of poems , Sandstorms in Jeddah.

To Lolita and May, the pride of the Filipinos, but specially that of the PNA-NY, we offer our heartfelt CONGRATULATIONS!