



**18<sup>th</sup> South Central Regional Conference 1<sup>st</sup> South Central Virtual Conference**  
**Hosted by Philippine Nurses Association of Metropolitan Houston**

## Conference Speakers

**Leadership Institute Day | FRIDAY, NOVEMBER 6, 2020**



### *"Leading and Adapting in Times of Uncertainty"*

**Nelson Tuazon, DNP, DBA, RN, NEA-BC, CENP, CPHQ, CPPS, FNAP, FACHE**  
**Vice President & Associate Chief Nursing Officer**  
**University Health System**  
**San Antonio, Texas**

Dr. Nelson Tuazon's significant contributions are in the areas of practice and service that focus on the promotion of healthcare system excellence and exemplary nursing practice. Utilizing the forces of Magnetism, he has promoted staff empowerment and healthy work environments. He was one among the early Magnet Appraisers / Team Leaders with the American Nurses Credentialing Center. Dr. Tuazon is the Editor of the Philippine Nurses Association of America: A Tapestry that synthesized evidence on acculturation, legislation and regulations affecting immigrants, and the integration of foreign-educated nurses into the US workforce. He served as the inaugural Editor of the Journal of the Philippine Nurses Association of America (JPNAA) in 2009. JPNAA evolved into the Journal of Nursing Practice Applications and Reviews of Research (JNPARR) in 2013. Dr. Tuazon is also a peer - reviewer for the Journal for Healthcare Quality and the Journal of Interprofessional Education and Practice. In 2019, Dr. Tuazon founded the San Antonio Nursing Consortium – an alliance of fourteen nursing associations. He is a board member of the Philippine American Chamber of Commerce, the Alamo Asian American Chamber of Commerce, and the Asian American Alliance of San Antonio. Most recently, he was the past-president of the South-Central Texas Organization for Nursing Leadership (SCTONL). He is currently a member of the Nominating Committee of the American Organization for Nursing Leadership (AONL). Dr. Tuazon has been accepted as a Fellow of the American Academy of Nursing and will be inducted in October 2020.



## *Engaging the Community to Impact Change: Building a Filipino Health Coalition*

**Noilyn Abesamis**  
**Founder and Owner of the Radiant U**  
**New York, New York**

Ms. Noilyn Mendoza is a certified transformation coach, leadership consultant, group facilitator, and energy practitioner trained in Reiki, Holographic Sound, and Pranic Healing. Prior to her current roles, she spent nearly two decades in the public sector field fighting for healthcare access for Asian Americans in NYC and nationally. Her most notable accomplishments included managing a \$1.1 million health program budget that distributed 30+ subcontracts with partner agencies to support their work on health advocacy, Affordable Care Act outreach and education, and enrollment assistance for health insurance marketplaces. Their efforts helped over 19,000 individuals. She also activated a multi-sector, multi-ethnic health access collaborative (Project CHARGE) comprising of 17-organizational members for eight years. In her capacity, she provided training and capacity building on the legislative and budget processes and motivate partners to participate in civic engagement and advocacy strategies. Additionally, Noilyn spearheaded the "Invisible No More" campaign that pushed for standards in the collection and reporting of demographic data of Asian American, Native Hawaiian, and Pacific Islanders by government agencies. The data law (New York City Intro 251-A) passed unanimously in the NYC City Council and was implemented in summer 2017. She also fostered and strengthened relationships with decision-makers, representing her organization's priorities on state- and city-wide coalitions. One of her proudest accomplishments was co-founding the Kalusugan Coalition, the first multidisciplinary Filipino health coalition in NYC. Since 2017, Noilyn provides transformative coaching, consulting, and services for women of color to realign with their life purpose, live and lead from their values, and manifest a dynamic vision for their lives. She also facilitates workshops and healing circles, guiding participants in meditation, visualization, breath work, and stress-relief techniques. With freedom, creativity, and connection as her guiding values, Noilyn's intention is to create spaces where people feel fully seen, heard, and deeply connected. Her interests include holistic life vision, burnout prevention, career transitions, leadership development, decolonizing wellness and leadership, and energy healing.

*Panel Discussion: Innovating, Collaborating, and Leading in the Midst of COVID – 19*



**Lilibeth Magan Tulang Cuevas, DNP, APRN, FNP-BC, CME**  
**Nurse Practitioner**  
**Care Spot Urgent Care**  
**Past President, PNA Northeast Florida**

Dr. Lilibeth Cuevas finished her Doctor of Nursing Practice from the University of North Florida last 2018. Her strong critical care foundation of 15 years helped her transition to a successful advanced nursing practice specializing in urgent care, occupational health, and family medicine for 12 years. One of her most notable contributions includes establishing a free clinic in collaboration with the Duval County Department of Health to serve people with no insurance as clinic coordinator of the Philippine Nurses Association of Northeast Florida (PNANEF) Volunteer Health Clinic from 2017 to present. Dr. Cuevas previously served as the Circle of President Region Representative in 2017-2018 and the current PNAA Archives Committee Chair.



**Myrah Joy Degracia - Ubas, MSN, APRN, AGACNP-BC, CCRN**  
**Critical Care Nurse Practitioner**  
**Methodist Willowbrook Hospital**  
**President, PNA North Houston**

Ms. Myra Joy Degracia finished her Bachelor of Science in Nursing from the University of San Carlos College of Nursing in 1995 and received the Meritorious Awardee as the Editor-in-Chief of the College Newsletter "Pin and Caps." She graduated cum laude and later topped the Philippine Nurses' Board examination. She serves as the President of the University of San Carlos College of Nursing Alumni Association. Myra completed her Master of Science in Nursing in 2018 and Advance Practice in Nursing in Adult Gerontology from Walden University. She is a member of the Sigma Theta Tau Nursing Honor Society and a recipient of the Good Samaritan Award. Myra's spiritual conviction, "What I am is God's gift to me and what I become is my gift to God," is reflected in how she raises her family. She is married to Devie Ubas, who is also an ICU Registered Nurse at the VA Medical Center. Both are blessed with three wonderful children Drey (17), Drue (15), Mykah (10).



**Liwliwa R. Villagomez, PhD, RN**  
**Program Director**  
**Florida International University Biscayne Bay Campus**  
**President, PNA Tampa Bay**

Dr. Liwliwa "Liw" Villagomez received her Bachelor of Science in Nursing degree from St. Luke's College of Nursing, Trinity College of Nursing in 1980. She immigrated to the United States in 1982. She began graduate studies at the University of South Florida College of Nursing in 2003, where she obtained her Master of Science Degree with Academic Role Concentration in Nursing in 2005. She was the recipient of two scholarships: Campus RN–AACN and the Philippine Nurses Association of America. In 2009, Dr. Liw Villagomez was the Program Director at the Biscayne Bay Campus. She previously served as an adjunct clinical professor and instructor for the Tampa Bay cohort of students enrolled in Florida International University's award-winning Foreign-Educated Physician to Nursing program. Her scholarly work on the role of spirituality in cardiac patients and spiritual distress in cancer patients has been published in *Holistic Nursing Practice*.

## Concurrent Sessions and Workshops

### 1. Leading and Adapting (Chapter Presidents' Story)



**Roque Angelo Bosque II, BSN, RN, CNRN**  
**Past COPRR South Central Region**  
**Past President, PNA Tennessee**

Mr. Angelo Bosque obtained his Bachelor of Science Degree in Nursing from San Pedro College in Davao City, Philippines. He started his nursing career as a staff nurse in a Medical-Surgical Unit, where he eventually became the Officer-in-charge. Prior to migrating to the United States, Angelo had a short career stint as a clinical instructor in the Philippines.

Angelo's initial nursing experience in the United States started as a neuro-science staff nurse. He eventually assumed the roles of being a charge nurse and preceptor. Currently, he works at the Memphis Veterans Administration Medical Center in the Palliative and Hospice Care unit. Angelo is the Immediate Past President of PNA-Tennessee and served as the Circle of Presidents Regional Representative in 2018-2019.



**Janella Puyot, BSN, RN**  
**Critical Care Nurse**  
**Baypines Healthcare Systems VA Hospital – St. Petersburg Florida**  
**Past President, PNA Gulf Coast**

Ms. Janella Puyot graduated for her BSN from St. Luke's College of Nursing, Trinity College Quezon City. She is an expert clinician with over four decades of critical care experience. She has numerous quality performance contributions at her workplace ranging from CAUTI, Sepsis, and Early Mobilization in the ICU, to name a few. She is actively engaged in numerous evidence-based practices as a nurse planner and presenter (podium and posters) promoting patient safety and quality care. She received numerous recognitions, honors, and nominations and was named Employee of the Month twice (2013 and 2017).

For over twenty years, Janelle showed commitment actively serving in various capacities at her local PNA-Gulf Coast chapter: Recording Secretary (2002 – 2005), Corresponding Secretary (2006-2008), Executive Board Member (2009 – 2018), and President (2018 -2020). She consistently engaged with the community and has been actively involved for the past two decades as a volunteer in the Cancer Relay program, First Aid Booth, and PNAGF Community Outreach.



**Gemma Rio DNSc, CPH, ARNP, GNP, BC, FCN**  
**Nurse Practitioner**  
**Ascension St. Vincent's Jacksonville**  
**Past President, PNA North Florida**

Dr. Germina Emily Risos Rio, fondly known as "Gemma," has been actively involved with the PNAA since 2006. She was one of the founding members of the PNA Northeast Florida chapter, established in 2004, and later served as their president 2010-2012 and 2018-2020. In the past fourteen years, she has served at the PNA National level in different capacities as an Executive Board Member in 2016-2018, Legislative Chair 2012-2014, and SCR representative rotating in committees, such as Education, Legislative, Research, and Advanced Practice.

Dr. Rio received her Bachelors in Nursing degree from the University of the Philippines, Diliman, Quezon City; Masters of Nursing with Nurse Practitioner degree from the University of Florida, a graduate Certificate in Public Health from the University of North Florida, and a Doctorate in Nursing Science from the Florida Atlantic University.

Her extensive work experience includes working in ALL specialties in nursing except obstetrics and pediatrics. For five years, she managed her own practice with Medical Care House Calls. She is currently employed as an acute care nurse practitioner with Northeast Florida Endocrine and Diabetes Associates. Dr. Rio was recognized as one of the top 75 most influential people in health care in Northeast Florida in 1996. She is a past Treasurer and Board Member for two terms for the Florida Nurses Association Foundation. She is in the leadership group for the Florida Action Coalition and Diversity Council. She is currently part of the Northeast Florida Population Health Consortium as an unbiased non-partisan Covid-19 workgroup for the community.

## 2. Creating a Personal and Professional Brand (My Journey as a PNAA Leader)



**Mayflor Chokshi, BSN, RN**  
**Occupational Health Nurse**  
**Georgia Power**  
**President, PNA Georgia**

Ms. Mayflor Chokshi completed her Bachelor of Science in Nursing with honors at San Juan De Dios College. She worked in the ICU at San Juan De Dios Hospital and continued her career in the United States as a medical-surgical nurse at Chicago Michael Reese Hospital and later as a telemetry nurse at St. Louis Jewish Hospital and Atlanta-Piedmont Hospital. She transitioned as a school nurse at Woodward Academy and eventually practiced occupational health nursing at Georgia Power. This motivated her to pursue a wellness coach certification from Emory University.

Mayflor is proud to be a wellness coach as part of the Wellness Program at Georgia Power. Being in the community to promote health empowers her. She developed a goal to incorporate this into her organic farm, which started from a love of gardening. She took courses and received certification from the Henry County Master Gardening Class and Georgia Organics.

She believes a nurse means being versatile as one can never know what life will bring. The years of difficulties cultivated her inner resilience. A mindful, healthy lifestyle helped her cope and has given her inner peace. Practicing yoga and meditation and observing mindful habits continue to inspire Mayflor for many years.



**Anecita Fadol, PhD, RN, FNP-BC, FAANP, FAAN**  
**Associate Professor in the Departments of Nursing and Cardiology**  
**University of Texas MD Anderson Cancer Center**

Dr. Anecita Fadol is a nursing pioneer in the evolving field of Cardio-Oncology. Her extensive and unique expertise in Cardio-Oncology is recognized nationally and internationally. She has written numerous book chapters, published in peer-reviewed journals, and is the editor of the "Cardiac Complications of Cancer Therapy" textbook, the first clinical reference book written for nurses and advanced practice providers that examines the complexity of cardiac problems in conjunction with a cancer diagnosis. She is a sought-after speaker on Cardio-Oncology topics for national and international conferences and is on the leadership council for the Cardio-Oncology section of the American College of Cardiology. She organized and chaired the inaugural Cardio-Oncology Multidisciplinary Practice 2020 conference held at MD Anderson in January 2020.

Dr. Fadol developed the critical-care nursing program in Istanbul, Turkey, which set a precedent for the development of other nursing specialties, and led to the development of nursing education and research center in Istanbul that paved the way for educational training and nursing research in Turkey. She has received numerous awards, including the Cyrus Scholar Award (2015), excellence in Patient Education Award (2015), and Excellence in Nursing Research (2008) by the American Association of Heart Failure Nurses, and the Research Fellowship Award from the Oncology Nursing Society Foundation (2008). Dr. Fadol was inducted as a Fellow of the American Association of Nurse Practitioners (2010) and the American Academy of Nursing (2019).



**Mila Sprouse, MSN, RN, CCRN, EdD Candidate**  
**Director of Critical Care Services, Central Telemetry & Vascular Team**  
**Houston Methodist Willowbrook Hospital**  
**President-Elect, PNA North Houston**

Ms. Mila Sprouse has over 36 years of extensive critical care and cardiovascular experience at the bedside, education, leadership, and consultant. She is a past Director of the US clinical operations for a medical device organization where her standard work included designing, executing, and managing complex projects and programs. She was the American Association of Critical-Care Nurses (AACN) president - North Harris Montgomery County Chapter, a national AACN ambassador, a Beacon for Excellence reviewer, an AACN abstract reviewer, and a chapter advisor for Texas and Oklahoma. Additionally, Mila is a member of the Executive Board and the President-elect of the Philippine Nurses Association – North Houston. She successfully led the most recent 2019 American Heart Association, Heart Walk. In her spare time, Mila is writing her dissertation on the "relationship of inclusive leadership and employee work engagement in critical care" to complete her doctoral degree in organizational leadership and healthcare administration. Mila has received multiple awards, including Houston Chronicle's Top 150 nurses, outstanding leadership award, innovation in safety and quality awards, Good Samaritan award, most outstanding alumni, and many others.

### 3. Resilience and Self - Care (My Survival Tool)



**Ma. Jennilyn S. Lano, BSN, RN-BC**  
**Houston Methodist Willowbrook Hospital**  
**Past President, PNA North Houston**

Ms. Jennilyn Lano has been a Registered Nurse since 1993. She served as the 3rd president of the Philippine Nurses Association of North Houston and represented the South Central Region to the Philippine Nurses Association of America Legislative Committee. She is a person of integrity who is deeply committed to the promotion of a culture of safety, I CARE values, Evidence Base Practices, Innovation, and Professional Development.

She received numerous recognition and accolades. To name a few, 1 of the 100 Excellent Salute to Nurses of Houston, Good Samaritan Bronze Award, Stroke Nurse of the Year, I CARE Award, and Leadership Award. She earned the respect of the interprofessional team and colleagues as Chair of the Nursing Shared Governance during the organization's Pathway to Excellence journey, a Magnet Champion, and recently as Chair of the American Nurses Credentialing Center Medical-Surgical Nursing Certification Clinical Expert Panel.

Her dedication and volunteering her valuable time to the professional organization and with ANCC is commendable. She remains committed to making a difference in our nursing profession and the entire health care system.



**Daphny Peneza, MSN, RN, CNOR, CSSM, TNCC**  
**Education Resource Specialist, Surgical Services**  
**Memorial Hermann Hospital - Texas Medical Center**  
**President, Association of Perioperative Registered Nurses - Greater Houston**

Ms. Daphny Peneza completed her Bachelor and Master of Science Degrees in Nursing at Ateneo de Davao University, Philippines, where she was a nursing faculty member and a registered nurse - midwife before migrating to Canada and the USA. Daphny was honored in 2018 with a Promising Professional Achievement Award by AORN, Outstanding Filipino Nurse by the Philippine Nurses Association of Metropolitan Houston, Nurse Excellence Pillar Award (Nurse Innovator) by Memorial Hermann Hospital, and Outstanding Neurosurgery Clinician / Educator by AORN of Greater Houston. She received national awards this year for Excellence in Neuroscience Education from the American Association of Neuroscience Nurses and Year of the Nurse Spotlight by the Association of Perioperative Registered Nurses for Global Contributions to Perioperative Nursing. Recently, Daphny was named as one of the Top 150 Nurses of Houston for 2020.

Daphny also serves the Association of Perioperative Registered Nurses as a member of its Global Surgical Conference Education Advisory Committee, National Chair of its Clinical Nurse Educator Specialty Assembly, and President of Greater Houston Chapter. She is also active in the American Association of Neuroscience Nurses as its Leadership and Development Committee Member and Lead Author for the Perioperative Chapter for AANN Core Curriculum. She serves PNA as a member of its Communication and Marketing Committee and as Public Relations Officer of PNA Metropolitan Houston.



**Sinfrosa Talisayon, BSN, RN**  
**Charge Nurse Victoria Hospital**  
**President, PNA Miami and South East Florida**

Ms. Sinfrosa "Sehnie" Talisayon has been a nurse for over 40 years, beginning her career in Manila, Philippines. She worked as a staff nurse and in various leadership roles during the last four decades of her career, starting as a charge nurse at Refugio Hospital in Texas and as charge nurse of the Telemetry Unit in Victoria Hospital. Sehnie's nursing career has shifted to critical care and post-anesthesia care units in Miami, Florida. Her passion for leading continued at Kendall Regional Medical Center as the PACU unit manager until she retired in 2016.

Sehnie's passion as a nurse leader is apparent in her pursuit of professionalism, excellence, and service within the nursing profession through the Philippine Nurses' Association of America. She has been a PNA member for over 20 years and has been on the Executive Board for over ten years in the Miami and South East Florida Chapter. She loves gardening and hopes to resume her travels once the current pandemic is over. She dreams of continuing the spark of dedication, commitment, and empowerment among members and leaders of PNA and PNAMSEF.



*"Infusing Spark Amidst Covid-19 and Year of the Nurse 2020"*

**Joyce Fitzpatrick, PhD, MBA, RN, FAAN, FNAP**  
**Elizabeth Brooks Professor**  
**Case Western Reserve University FPB School of Nursing**  
**Cleveland, Ohio**

Dr. Joyce J. Fitzpatrick is the Inaugural Director of the Marian K. Shaughnessy Nurse Leadership Academy and the Elizabeth Brooks Ford Professor of Nursing at the Frances Payne Bolton School of Nursing, Case Western Reserve University in Cleveland, Ohio. She holds a Bachelor of Science in Nursing degree from Georgetown University, Master of Business Administration from Case Western University, Master of Science in Psychiatric-Mental Health from The Ohio State University, and Doctor of Philosophy from New York University.

She currently serves as vice-chair of the American Nurses Foundation, having previously served four years as Chair. She has provided consultation to several schools of nursing and health care organizations globally. Dr. Fitzpatrick is widely published in nursing and health care literature, with over 300 publications, including 80 books. She has recently published two books: *Nursing Leadership: from the Outside In*, perspectives on nursing leadership from health care leaders from related disciplines and *Advancing Professional Nursing Practice: Relationship-Based Care and the American Nurses Association Standards of Professional Nursing Practice*.

Dr. Fitzpatrick is a Living Legend of the American Academy of Nursing and received the President's Award from the National League for Nursing this 2020.



*"Fiscal Well-Being and Implications to Healthcare and Nursing"*

**Garry Brydges PhD, DNP, MBA, ACNP-BC, CRNA, FAAN**  
**Chief Nurse Anesthetist**  
**MD Anderson Cancer Center**  
**Houston, Texas**

Dr. Garry Brydges is the chief nurse anesthetist at MD Anderson Cancer Center in Houston, Texas - overseeing a group of over 110 CRNAs. He is an adjunct faculty at the University of Texas and Baylor College of Medicine Nurse Anesthesia Programs. He continues his passion for teaching and preceptoring students in focused areas of neuro-oncology anesthesia, such as craniotomies, skull base surgery, spine surgery, pituitary tumor surgery, and his acute care nurse practitioner expertise in cardiovascular surgery and provided at least 100 presentations locally and nationally every year. He has been performing opioid-sparing and non-inhalation anesthesia for nearly a decade in his current practice.

Dr. Garry Brydges has been a CRNA since 2002, graduated from the University of Texas Nurse Anesthesia Program, and a recipient of the Agatha Hodgins Outstanding Graduate Award. He has an extensive academic background as an Acute Care Nurse Practitioner before nurse anesthesia training. As a lifelong learner, he is both DNP and PhD prepared advanced practice provider with a Master in Business Administration. Dr. Brydges is currently pursuing his 4th master's in health care administration, focusing on Business Analytics. He is well-published in textbook chapters and journals and a Fellow of the American Academy of Nursing. Dr. Brydges is a recipient of several awards for his leadership, clinical practice, and education.

He was the 83rd President of the American Association of Nurse Anesthetists in 2019 and a Texas chapter president in 2012-2013. He is involved extensively in committee work such as the AANA Foundation, AANA BOD Liaison to the NBCRNA, AANA Practice Committee, Texas Department of Insurance - authorization of prescription drug benefits committee, The Joint Commission - PTAC Committee, Oklahoma Foundation of Medical Quality - SCIP Committee, and ANA's Congress of Nursing Practice and Economics. Currently, he is on the 2020-2023 Board of Director of the National Board of CRNA.



## *Endnote Address*

**Madelyn Yu, MSN, RN**  
**PNAA President 2018 – 2020**  
**Livingston, New Jersey**

Ms. Madelyn Yu graduated from the University of the Philippines School of Nursing, where she started her career in nursing. She worked as a critical care nurse at Newark Beth Israel Medical Center's open-heart unit, where she rose from the ranks and earned numerous awards for excellence in her 34 years of service. She recently retired as Nursing Director from Saint Barnabas Medical Center in Livingston, New Jersey.

Madelyn completed her Masters in Nursing Administration at Seton Hall University in South Orange, New Jersey, earning the highest award for Leadership, the Sarah Errickson Award. She was also inducted into the Sigma Theta Tau International Honor Society of Nursing.

She joined PNAA in 2002 as the founding President of the Essex County Subchapter. She became the President of PNA New Jersey in 2008-2010 and PNAA Board Member in 2012-2014. She chaired several committees: Communications and Marketing, Editor-in-Chief Inside PNAA Newsletter. She served as Regional Vice President of the Eastern Region in 2014-2016, elected as President-elect in 2016, and inducted as the 20<sup>th</sup> PNAA President in 2018-2020 with the theme "Make a Difference – Advocate."



## *Panel Discussion: Building Organizational Resiliency in Healthcare and Nursing*



**Sigrid Ladores, PhD, RN**  
**Associate Professor**  
**University of Alabama at Birmingham**  
**Chair, PNAA Research Committee**  
**President-Elect, PNA Alabama**

Dr. Sigrid Ladores is a PhD-prepared pediatric nurse practitioner, clinical nurse specialist, certified nurse educator, and currently an Associate Professor of Nursing at the University of Alabama at Birmingham. She is a Fellow of the American Academy of Nursing and has received several awards for her teaching, research, and mentorship. She is the Chair of the PNAA Research Committee from 2018 to present and President-Elect of PNA-Alabama. Her research has been funded by Federal, Foundation, and intramural grants and focuses on reproductive health, fertility, and palliative care in cystic fibrosis.



**Riza V. Mauricio, PhD, APRN, FCCM, CPNP-PC/AC, CCRN**  
**Director of Advanced Practice Providers, Pediatric Critical Care Medicine**  
**Assistant Professor, Department of Pediatrics**  
**University of Texas Health and Science Center Mc Govern Medical School**  
**Chair, PNAA Advanced Practice Committee**

Dr. Riza Mauricio Director is an accomplished clinician and leader. She obtained her Bachelor of Science in Nursing from the University of San Carlos, Cebu City Philippines graduating cum laude. She pursued her Masters of Science in Nursing from Texas Woman's University, where she was a Visiting Nurse Association Scholar and later obtained her PhD receiving the John Winston Carter Awards of Excellence. She was inducted as a Fellow of the American College of Critical Care Medicine in 2015. She is also an experienced speaker/presenter in local, regional, national, and international conferences and conventions for the SCCM, AACN, NAPNAP, Sigma Theta-Tau, PNAA. Recently she was inducted as a Fellow of the American Academy of Critical Care and a recipient of the Texas Nurses Association Outstanding Nurse Award.

She actively involved professionally serving in various capacities: Chair of Quality & Safety Committee, Society of Critical Care Medicine (SCCM); Board of Director American Association of Critical Care Nurses; Chair of Practice Committee, Philippine Nurses Association of America (PNAA); and Board of Trustee, Philippine Nurses Association of Metro Houston Foundation Inc. (PNAMH-FI). She recently received the Filipino-American Knights of Rizal Excellence Award.



**Manny Ramos, MSN, RN**  
**Professor of Nursing**  
**Valencia College - Orlando Florida**  
**Board Member, PNAA**  
**Past President, PNA Central Florida**

Mr. Manny Ramos is a Professor of Nursing for over 15 years at Valencia College in Orlando, Florida. He is a faculty lead for the Assessment Leadership Team for their School of Nursing and chairs the committee tasked with revising their nursing curriculum. Manny earned his BSN from the University of the Philippines in 1991 and his MSN from the University of Phoenix in 2002. Manny serves as a Board Member of the Philippine Nurses Association of America. He co-leads the PNAA Leadership Development Program, which has produced 74 graduates in the last three years. Manny was awarded the PNAA President's Appreciation Award in 2018 and the PNAA Outstanding Leadership Award in 2017.

## Concurrent Sessions and Workshops

### 1. Leading and Adapting from the Lens of Clinical Practice: Critical Care, Quality, and Remote Care



**Melissa Cunanan, BSN, RN, CCRN**  
**Neuro ICU Charge Nurse UT Southwestern Medical Center**  
**Assistant Treasurer, PNAA**  
**Past President, PNA North Texas**

Ms. Melissa Cunanan served the executive board of PNA North Texas (Dallas) as Treasurer (2012-2016), President-Elect (2016-2018), and President (2018-2020). Nationally, she was the Circle of Presidents Regional Representative for South Central Region 2019-2020. The chapter increased its membership to 70% during Melissa's first year as PNANT President. As a result, the chapter placed third and was the recipient of the PNAA Membership Award.

Melissa's exemplary performance is highly recognized. She received the Philippine Nurses Association of America's Certificate of Recognition for Exemplary Service and Leadership (May 2019) and won the 1st Prize on her Poster/Abstract Presentation: American Association of Neuroscience Nurses' International Neuroscience Nurses Research Symposium (August 2019). In 2020, Melissa is the recipient of D Magazine's Excellence in Nursing Award-Direct Care as well as one of Dallas-Fort Worth's Great 100 Nurses.



**Ira L. Martin, DNP, RN, CPHQ, LSSGB**  
**DNP Chair Faculty, DNP Program - Grand Canyon University**  
**Manager, Quality Programs - Harris Health System President**  
**Past President, PNA North Houston**

Dr. Ira Martin is a nurse leader with over 20 years of strong clinical nursing expertise and patient care standards experience. Her record of accomplishment demonstrated for setting and leading complex and multidisciplinary performance improvement initiatives and quality improvement projects. As the Manager of the Quality Programs in Harris Health System, Dr. Martin provides leadership and program direction, oversees the development, plan, and coordination of performance and quality improvement initiatives and projects. As a dedicated mentor and life-long learner, Dr. Martin serves as an adjunct faculty DNP Chair of Grand Canyon University (GCU) and teaches the doctorate students the Leadership of Advanced Practice Nurse and the DPI courses.

An advocate of excellence in the nursing profession, she is the immediate past president and an advisory council of the Philippine Nurses Association of North Houston (PNANH), a faculty in the Leadership Development Program of PNAA, a Co-Chair of the Legislative Committee, and a Scholarship Committee member of PNAA. She was inducted to the Sigma Theta Tau National Honor Society in 2017. Additionally, she has participated in CMS, DNV, CLIA accreditation, and survey and has actively engaged in shared governance and Magnet journey. She has received numerous awards and accolades; the most recent was the Outstanding Presidential Award in 2020 and the Good Samaritan Award in 2020. Dr. Martin is also active in the community and serves as an extraordinary minister of St. Ignatius of Loyola Catholic Church in Spring, TX.

Dr. Martin has published in peer-reviewed journals, including the American Medical Association (JAMA) on Head and Neck Oncologic QI. She has presented internationally and nationally, including in the American College of Surgeons National Surgical Quality Improvement Program (ACS NSQIP).



**Gabriel Sapalaran Jr., BSN, RN**  
**Board Member, Alabama Board of Nursing**  
**COPRR South, Central Region**  
**President, PNA Alabama**

Mr. Gabriel J. Sapalaran, Jr. received his BSN (1988) from the University of the City of Manila (Pamantasan ng Lungsod ng Maynila) College of Nursing, Manila, Philippines. He is currently pursuing his Doctor of Nursing Practice at Samford University Ida Moffett School of Nursing. Mr. Gabriel Sapalaran holds the current position as Clinical Nurse III – Home Telehealth for the Birmingham VA Home Telehealth Services. His current interests are Geriatrics, Chronic Care, Home Telehealth, Telehealth, Telemedicine, Telenursing, Informatics, and Analytics. He has a combined 30 years of Nursing practice experience in the Philippines and the United States. From 2002 -2006, Gabriel served as a member of the Credential and Professional Standards for Nursing committee of the Commission on Graduates of Foreign Nursing Schools. Gabriel currently serves on the Birmingham VA Medical Center's Nurse Professional Standards Board, the first Filipino-American citizen to serve on the Board.

## 2. Creating a Personal and Professional Brand (My Elevator Speech as a PNAA Leader)



**Golda Manalili, MSN, RN**  
**Executive Director**  
**University Health System**  
**President, PNA San Antonio**

Ms. Golda Manalili graduated from Central Luzon Doctors Hospital for her Bachelor of Science in Nursing. She completed a Bachelor of Science Degree in Nutrition and Dietetics as well as a Master of Arts in Public Administration from the University of Santo Tomas. She studied Nursing Administration at Norwich University in 2017. She is currently pursuing her Doctorate in Nursing Practice at Grand Canyon University. Ms. Manalili is a member of the SIGMA Kappa Tau Chapter and received numerous leadership, community, nurse excellence, and Daisy Award awards. Ms. Manalili has a rich experience as a telemetry nurse and a senior instructor/reviewer for Philippine Nursing Board and NCLEX-RN Examination prior to assuming nursing administration and leadership roles. She was acknowledged by SCTONE for her work, Promoting the Image of Nursing through Membership in professional organizations. She is a member of the Texas Nurses Association, American Association of Neuroscience Nurses, San Antonio Indian Nurses Association, and a Board Member of the Asian American Alliance of San Antonio. She is this year's University Health System Weezie's Angels Winner.



**Arlita Pang, BSN, RN**  
**Administrator and Director**  
**ACP Health Care Resources**  
**President, PNA Metropolitan Houston**

Ms. Arlita C. Pang is a highly accomplished, respected, and exceptional leader in her professional nursing career as a Nurse Entrepreneur and owner of ACP Health Care Resources, Inc. As the Administrator and Director of Nursing, she led the efforts in a Joint Commission accreditation, the recognition as the top 100 home health agency in the country by the Home Care Elite. She was one of the Panelists in Recruitment and Retention featured in Home Health Nurse Journal, and today, she takes pride in her retention skills, employing staff since 2003.

She received numerous awards: MD Anderson's Outstanding Employee of the month and the department's Outstanding Nurse; PNAMH's "Researcher of the Year" & Entrepreneur of the Year awardee in 1997 and 2008, respectively; and PNAA Entrepreneur Awardee in 2011. Her strong experience in oncology, management, and her outstanding interpersonal skills, paved her way as a Sales Specialist with Bristol Myers in 1998 and Eli Lilly in 2000, where she received "Best Performer" and "District Achievement" awards, respectively.

Professionally, Arlita is an active Board Member of PNA-Metro Houston since 2010 and has chaired the "Nurses on the Runway," a fundraising event; Chair of the Awards and Induction Gala 2014 until 2018, where she was elected president-elect. In May 2020, Arlita started her role as PNAMH president. Arlita served as a member of the Board of Trustee of PNAMH Foundation and PNA of America Foundation and as chair of Fellowship Award for three years. She was also a member of the PNAA Membership Committee and a member of the Awards Committee for the 2<sup>nd</sup> term.



**Jayson Valerio, DNP, RN**  
**Dean for Nursing and Allied Health**  
**South Texas College of Nursing**  
**Past President, PNA South Texas Rio Grande**

Dr. Jayson Valerio is a well-accomplished clinician and scholar who finished his Doctor of Nursing Practice Major in Educational Leadership from American Sentinel University last 2016. A recipient of multiple awards, including 2019 Top Outstanding Professionals in Texas given by the Philippine American Chamber of Commerce; 2018 National Institute for Staff and Organization Development (NISOD) International Excellence Award.

Since 2007, Dr. Valerio has provided outstanding service to the Philippine Nurses Association of South Texas Rio Grande as an executive board member and adviser. Currently, Jayson serves as a member of Texas Nursing Team Coalition Designing the Future of Nursing in Texas 2020-2030, Texas Association of Deans and Directors of Professional, Texas Organization for Associate Degree Nursing Programs, and International Nursing Association for Clinical Simulation and Learning.

### 3. Resilience and Self-Care (Lessons Learned from the Frontline)



**Princesita Rueda-Garces, MAN, RN, CCRN, CNRN**  
**Adjunct Faculty**  
**Del Mar College**  
**President, PNA Corpus Cristi**

Ms. Princesita Garces is a practicing health care professional in the clinical field as a primary care nurse. She has assumed various roles as a Registered Nurse in clinical practice, such as being a fulfilled charge nurse, preceptor, interim unit manager, unit-based council chair, and resource person. She is an adjunct nursing clinical instructor for a community college. She is currently pursuing her Philosophy Degree in Policy and Public Administration with Health Services specialization at Walden University. She completed her Bachelor of Science in Nursing from the University of Santo Tomas and her Master of Arts in Nursing major in Maternal and Child Health Nursing from Golden Gate Colleges, Batangas, Philippines. Ms. Garces has a global view of nursing with her work experience in the United Kingdom at Queen Elizabeth Hospital and now here in the United States, working previously in a neuro-progressive unit. She founded the 53<sup>rd</sup> Chapter of PNAA, PNA Corpus Christi, and was officially inducted as President in February 2020.



**Erlinda Miller, BSN, RN**  
**Staff Nurse**  
**Advent Health Hospital**  
**President, PNA Central Texas**

Ms. Erlinda Miller started her US journey in New Jersey as a Certified Nurse Assistant from 1980 – 1981 in Passaic General Hospital, New Jersey. She transitioned to a Licensed Vocational Nurse from 1981 to 1982 in St. Joseph Hospital, Patterson, New Jersey. Later she practiced nursing in the following institutions: Metroplex Advent Hospital in Killeen, Texas; St. Francis Hospital in San Francisco, California; and Advent Health Hospital in Killeen, Texas.

She served PNA-Central Texas as a Board member for a few years and currently serves as its Chapter President. Her devotion to her family motivates her to grow continuously. She takes pride in raising her kids as respectful and productive citizens.



**Ma. Siony Tamon, MAN, RN**  
**Perianesthesia Staff Nurse**  
**Vanderbilt University Medical Center**  
**President, PNA Nashville**

Ms. Siony Tamon is a Perianesthesia nurse clinician from Vanderbilt University Medical Center and is actively involved as a member of the Research Committee. She completed her Bachelor of Science in Nursing degree from West Visayas State University. She received her Master's Degree in Adult Health Nursing from the University of the Philippines Open University. Prior to migrating to the United States, Ms. Tamon worked as a part-time lecturer teaching Fundamentals of Nursing, Medical-Surgical Nursing, including NCLEX & Philippine Nurse Licensure Examination. She also worked as a part-time nursing faculty in several Nursing schools in the Philippines. Ms. Tamon is the founding President of PNA-Nashville, Tennessee, and is currently serving as a PNAA Research Committee member.