In 1971, a small group of Filipino nurses under the leadership of Tess Sanchez Cauterrucci, organized the Philippine Nurses Association. The concept of organizing stemmed from the need to assist Filipino nurses for the state Board Examination. During that time, the regulatory and licensure commission were closely enforcing the Nurse Practice Act. The new mandate from the State Board of Nursing required all nurses including foreign graduates to be duly licensed to be able to practice in their respective states.

The organization was registered in the District of Columbia. Tess Sanchez Cauterrucci served as the first president until 1973. She and her officers developed a board review curriculum and hired credentialed reviewers in preparation for the state board examinations. The nursing Boards of different states including the District of Columbia, Maryland, Florida and Virginia approved the curriculum.

Crescencia Quintos was elected president in 1973; Alice Namata Andam succeeded her in 1974 when she was not able to finish her term due to an unfortunate serious accident. The association continued to offer review classes to all foreign graduate nurses in preparation for the state boards for a minimum fee of $5.00 per subject.

Mamerta Benzon served as the president from 1976 to 1987. During her presidency the association became involved with the Asian Voters Coalition and the Philippine Heritage Federation.

Naty Labrador led the years between 1987 and 1989. She also initiated the assistance to newly arrived nurses in their job placements. She initiated the health-screening program serving the community.

Zenaida Marcelo was elected president in 1989 and served until 1991. She continued to give assistance to the newly arrived nurses. She extended the health-screening program to more communities.

Teresita Bantug led the organization in 1991 - 1993. In spite of an unprecedented turmoil in the organization, Tess worked hard to continue the goals and mission of the organization.

In 1993 and 1995, Naty Labrador again rose to the occasion and took leadership of the organization. Through her leadership she guided the organization steadily during the tumultuous years by upholding the constitution and by-laws of the association.

Emma dela Rosa served as president from 1995 to 1997. She worked hard and collaborated with the PNAA in seeking legislation in the extension of H-1A visas to foreign educated nurses. As a result of this concerted lobbying efforts, a bill was passed averting the mass layoff of nurses mostly employed in long-term care facilities. Under her leadership, the organization became a member of the Philippine Nurses Association of America.

Diana Comiso was president from 1997 to 2001. She worked hard to obtain the 501-C3 non-profit status for the organization. Diana was also instrumental in the elimination of the CGFNS examination for licensed practicing Filipino nurses from other states seeking endorsement to practice in the District of Columbia.

Alice Namata Andam was elected President in 2001, re-elected in 2003, 2005, 2007 and 2009 for her fifth term. She had accomplished fourteen (14) medical missions to the Philippines as the Medical Mission Organizer/Coordinator, nine (9) of which happened during her incumbency as PNAMDC President that provided free healthcare services and medication to over 58,253 indigent patients in the underserved areas in Luzon, Visayas and Mindanao, Philippines. PNAMDC became the first chapter in the Eastern Region of the PNAA and the second PNAA chapter to promote medical missions. Locally, she expanded provision of free health screening and flu shot vaccinations to low income seniors as well as first aid services in the Washington, DC Metropolitan area. Under her leadership a comprehensive orientation program on the integration and transitioning to the American way of life was offered to newly arrived nurses and teachers from the Philippines.

Through her leadership, PNAMDC won the Global Geny Lopez Jr. 2009 Bayaning Pilipino Award. After her term of office, she accepted to continue her role as the PNAMDC, Inc.'s Medical Mission Organizer and Coordinator which is the legacy of the association’s humanitarian services to the underprivileged areas in the Philippines.

Marissa Banagan Usman was the President of PNAMDC for the year 2011 – 2013. She completed two medical missions in Maasin Leyte, Cebu City and Narvacan, Ilocos Sur. She continued to provide first aid services, free Influenza vaccinations, and health fair in partnership with other organizations. She conducted three Nursing Educational Seminars to improve the nurses’ skills and professional excellence. She and her fellow officers and members participated in leadership conferences. PNAMDC has now its Facebook account and Website in addition to the Newsletter issued bi-annually. PNAMDC together with PNAA support US Medicare Portability to the Philippines. Her leadership was at the forefront when she sought apology from DC Council Member Marion Barry for his insensitive, disrespectful and divisive remarks against the Filipino Nurses working in Washington DC. On May 24, 2012, after a dialogue with Mr. Marion Barry, a press conference was held where he apologized to PNAMDC, to President Marissa Usman and to the Filipino nurses.

Leonora P. Mendoza was the President from 2013 to 2015. She launched the Wellness Initiative, which includes dance exercise and a 3K fun Walk/Run. PNAMDC is the first PNAA Chapter to incorporate Dance Therapy as part of their Educational Program. She embarked on the new global Educational Outreach program in collaboration with Liceo de Cagayan University, Cagayan De Oro City, for the academic development and clinical practice of their nursing students. She completed two Educational Conferences in Virginia with prominent health educators and speakers. She conducted two Medical Missions in Iba, Zambales and in Cagayan De Oro City, two satellite missions in Bantayan, Cebu and Tacloban City; and delivered relief funds in Daan Bantayan, Cebu for the victims of Typhoon Haiyan. Under her leadership, four orphans, who became orphan because of Typhoon Haiyan, were adopted with the goal of supporting and monitoring their education and safety. PNAMDC received a grant from the Philippine Humanitarian Coalition Supporting Orphans for the Prevention of Human Trafficking for this purpose. Through her leadership, PNAMDC received the Transformation Award, reflecting the theme of the 2014-2016 PNAA President Letty Hermosa, “Lead, Empower and Transform”. She created the Trinidad Padama Memorial Scholarship Fund in memory of the late PNAMDC PRO, Trinidad Padama. She maintained at high and stable numbers through recruitment and retention of members. She continued with the free flu vaccinations, health screenings and first aid services. She increased the collaboration with the Philippine Embassy and other charitable and ethnic organizations. She was instrumental in the design and construction of the PNAMDC Website and Facebook page. She created the Financial Committee, Annual Budget for income and expenses, Budget for Business Liability Insurance and Budget for Certified Public Accountant service. She ensured that the budget was balanced throughout the two years and 501(C) 3 status was in proper standing. She promoted the PNAMDC Reference Manual.