



NURSING NEWS *Quarterly*



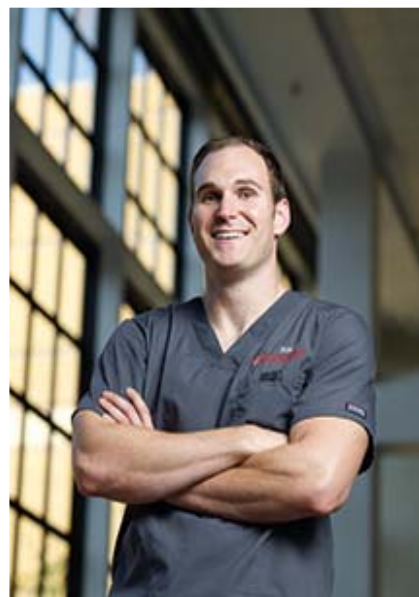
Left:
Courtney Davis, PMHNP, RN. H2
Captain, USAF Reserve
349th Aerospace Medicine Squadron
Travis Air Force Base, CA.

Below:
Jacob Robinson, BSN, RN, CCRN. D1
Corporal, US Marines

Stanford Serves. We dedicate this special edition newsletter to our nurses who have military service.

Nurses Courtney Davis (H2, above) and Jake Robinson (D1, right) are two of the many nurses at Stanford who are currently serving or have served in the military. Courtney is currently serving as a Captain, in the United States Air Force Reserves, assigned to the 349th Aerospace Medicine Squadron at Travis Air Force Base, CA. She began her military career in the USAFR, 18 years ago. She served 10 years as an enlisted medic, before graduating from San Jose State University school of Nursing, and becoming a commissioned officer.

Courtney saw active duty in 2003, 2004 and 2007 in Afghanistan and Iraq. Her unit supported the recovery of aeromedical evacuation missions, and provided medical care to over 2000 combat casualties with severe war injuries. After graduating from nursing school in June, 2006, Courtney began the nurse residency program, working on H2, inpatient Psychiatry. Through the use of the GI bill and transformational scholarship, from SHC, she completed her MSN and the Psychiatric Mental Health Nurse Practitioner program.



Jake Robinson was a Corporal in the reserves. He served 4 years as an Infantry Rifleman in the Marine Corps where he was a fire team leader and received specialized training in helicopter operations and mountain warfare. He went to boot camp in Parris Island,



South Carolina, School of Infantry in Jacksonville, North Carolina, and spent time in Japan. In his final assignment he was attached to a reserve unit in the bay area.

Thank you, Jake, Courtney, and all our nurses who have served.

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ACCOMPLISHMENTS

Graduates of the 2015 Charge Nurse Leadership Development Course

Congratulations and thank you to the charge nurses who completed the charge nurse leadership development workshop in 2015. For more information about the Stanford Charge Nurse Academy and Charge Nurse Advanced Leadership Certificate Program for experienced nurses, please contact Grissel Hernandez (irhernandez@stanfordhealthcare.org)

ASC

Bautista, Christopher
Mansperger, Martha C
Thai, Nha N
Ting, Eric

B1

Davis, Alyssa
Misitano, Rachael K

B2

Bettencourt, Melissa A
Chuck, Lauren M
Cuison, Ruby Ann C
Kabelac, Alicia J
Kambs, Christi
Monge, Ma. Iderlina O
Rosales, Ferdinand C
Yenner, Jillian B

B3 IICU

Bucol, Mary Jane F
Marzan, Mark Rene F
McCabe, Monica R

C1

Quitevis, Enrico

C3

Bottoms, Kera
Corpuz, Erwyn M
Dimaculangan, Ava
Hazama, Danielle K
Martinez, Jacqueline L
Rakholia, Avani

D1/CCU

Bailey, Mary R

D1/CSU

Hansel, Kelly H
Lucas, Catherine

D2/G2 IICU

Allen, Danielle C
Brown, Meagan E
Byrne, Susan C
Mills, Keryn E
Su Gustave, Wendy
Torrey, Ann

D3 IICU

Demedal, Elizabeth A
Pannell, Erin R
Rho, Karin
Tofanelli, Christopher J

DGR

Legette, Stephanie M
Lofft, Jennifer C

DIALYSIS

Frasco Jr, Diosdado E
Najera, Gabrielle
Tieu, Judy N
Zapanta, Jasper P

E1/CHU

Avery, Colleen E
Baron, Carmela N
Caneda, Joy T

Drake, Eleanore R

Reid, Richelle E

Simms, Soledad Marcia

Sumook, Minerva D

Villanueva, Vanessa F

E2/ICU

Borgueta, Elizabeth M
Young, Alicia M

E29 - ICU

Fox, Lori
Kowlessar, Raina
McCreedy, Bonnie J

Pulley, Heather

Reed, Kimberley R

Searles, Heather A

Stanley, Robert

E3

Butler, Maristela M

Oshea, Alyce A

Sumagang, Junrel B

Villanueva, Ria L

Wallingford, Kristie

ENDOSCOPY

McGarry, Margaret
O'Brien, Julianne R

F3

Wallace, Susan
Corpuz, Marilou B

FGR

Medina, Albert A
Nora, Ma Eleanor

Parker, Amy E

Terebkov, Konstantin Y

G1

Lee, Christine M

H1

Drown, Jacob R

Rainville, Sarah

Reyes, Ann M

Talsma, Tobiah C

Tsui, Kevin

Valentine, Fainaliza A

H2

Abelido, Raymond

ITA

Antipolo, Melissa Christine

Dote, Stephanie M

Owens, Brianne E

OUTPT. SURG

Fernandez, Rojmar Joseph S

OR

Konopka, Sara

VASCULAR

Huang, Xiaoping

CNO Notes

Nancy J. Lee MSN, RN, NEA-BC



Whatever the setting in our Healthcare system; you'll find Stanford nurses delivering the highest quality of care with compassion. As the nursing profession continues to grow and expand, so too have Stanford nurses become a vital presence in every aspect of our care delivery, from the bedside to the operating room, diagnostic center, administrative office or classroom.

I would like to acknowledge your leadership and congratulate 9 Units in their patient satisfaction achievements. Recognizing our teams for their hard work, dedication, and compassion for our patients and their families, we held an awarding Likelihood to Recommend (LTR) Celebration. Thanks to everyone's focus on patient- and family-centered care, our nurses play a central role in understanding and respecting each patient's culture, values and family situation. We are there for each patient when life begins and ends, and at every critical moment in between. I am so proud to know that our nurses are here to offer compassion and expert clinical care during your routine visits, emergencies or extended hospital stays.

Team	Likelihood to Recommend Achievement
E1 Patient Care Unit	99th percentile
C2 Patient Care Unit	90th percentile
D1 Patient Care Unit	90th percentile
D2 Patient Care Unit	90th percentile
D3 Patient Care Unit	90th percentile
DGr Patient Care Unit	90th percentile
G2S Patient Care Unit	90th percentile
FGR Patient Care Unit	90th percentile
B2 Patient Care Unit	Great Improvement

Additional information about the LTR Celebration Program can be found on the SHC Intranet: <http://portal.stanfordmed.org/depts/cicare/Pages/LTR-Celebration.aspx>

Again, I congratulate you and your teams for this great achievement, and look forward to working with you to recognize your deserving staff with their awards!

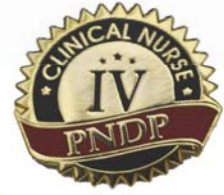
SPOTLIGHT PNDP



GISSO OREO MSN, RN, CMSRN
NURSING PROFESSIONAL DEVELOPMENT SPECIALIST

email: pndp@stanfordhealthcare.org

intranet: Nursing> PNDP



“ I have been a nurse at Stanford Health Care for 23 years and have worked the spectrum of nursing during that time; from new graduate, to charge nurse to unit educator to Assistant Patient Care Manager (APCM), and most recently Interim Patient Care Manager.

I have been involved in the Charge Nurse Leadership Development workshop that we have now been conducting quarterly since 2014. This program has trained over 200 new charge nurses, and we have presented our work at national and international nursing conferences.

In this process, I realized that I have a passion for leadership development for all nurses. This passion for developing and mentoring Stanford nurses has led me to my current role as one of the new Nursing Professional Development Specialists.

I look forward to supporting, mentoring and guiding our nurses in their own professional development journey. My area of focus will be the Professional Nurse Development Program (PNDP) as well as continuing my role with the Charge Nurse Workshops. I hope to support nurses at SHC in their journey in addition to supporting nurse managers through the process. ”

PNDP LOUNGE DATES

All sessions in E3 Conference RM.

Exemplar Lounges

April 13, 07:30 - 0900

April 19, 15:30 - 17:30

May 11, 07:30 - 0900

May 18, 15:30 - 17:30

May 25, 15:30 - 17:30

June 1st - PORTFOLIOS DUE!

July 29, 07:30 - 0900

August 10, 07:30 - 0900

August 10, 15:30 - 17:30

Manager Drop in Lounges

May 18, 13:30 - 15:30

AREAS Occupational Health

Many of you know Occupational Health as the place to get your annual TB and N95 fit testing test done but we do much more. Occupational Health Nursing is a specialty practice that provides and delivers health and safety programs at SHC.

There are nine Occupational Health Nurses in OHS serving our over 10,000 employees as well as House staff, volunteers, faculty members and many contractors. The focus of this specialty is on employee advocacy, health promotion, illness and injury prevention, and the protection of individuals from occupational and environmental hazards. The practice includes the sciences of nursing, medicine, public health (e.g., epidemiology and environmental health) and occupational health (e.g., toxicology, safety, industrial hygiene and ergonomics).

There are several academic centers which offer graduate degrees in Occupational and Environmental Nursing in the United States, the closest being the University of California San Francisco. There is also a rigorous professional certification available for Occupational Health Nurses, administered by the American Board of Occupational Health Nurses (ABOHN).

Being a patient advocate is a very important part of the OHS job. Being injured on the job can have a huge impact on a nurse given that care providers must be 100% to stay in patient care. What happens when an injury takes place? Occupational Health fosters a clinical practice which focuses



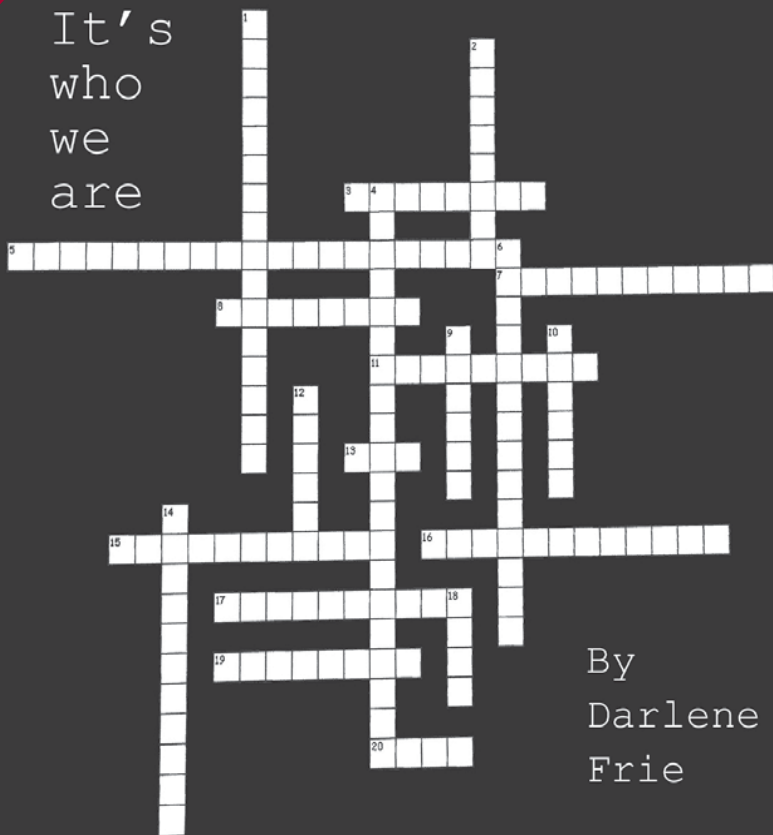
on early diagnosis and treatment and early return to work - similar to the sports medicine model. Our clinical staff has an understanding of the demands of the work environment and can work directly with your management to either adjust the work environment or place you in an alternative environment during the recovery period. Our goal is to place all injured workers in a transitional return to work program (TRTW) to ensure salary continuation and a sense of well-being following an injury. The good news is nurses are always in demand and can assist in needed areas throughout our organization while recovering from their injury. During 2015, 30 Registered Nurses participated in the Transitional

Return to Work Program (TRTW) for combined total of 1039 days of doing TRTW work. During this process, nurses in the Transitional Return to Work program (TRTW) are able to utilize their clinical expertise to help in other areas of the hospital. Some nurses have even found new permanent positions within the institution, including in Occupational

Health!

What does this mean for the nurses at Stanford? It means that there is dedicated staff to advocate for your health and well-being. From completing your new hire exam, to post exposure evaluations, injury/illness care and return to work, our staff works on your behalf to keep you healthy. OHS recently brought in SHC physical therapy who can tailor the treatment plan for our employees. We welcome your input and suggestions.

It's
who
we
are



By
Darlene
Frie

Across

3. Honesty, Excellence, Advocacy, Respect, & ____
5. Stanford Children's Hospital Atrium - 4th Tuesday Q Month
7. "Go ask someone else!" CI CARE Nurse Ratched failed
8. "Best of the Bunch"
11. Rhythm of heartbeat and pulse with Atrial Fibrillation
13. International Nurses Day
15. Who are you going to call? Hint: 244
16. Did you get your \$500.00 for health?
17. Nurse program supports all new hires for up to two years
19. In the U.S., where three out of five nurses work
20. Only Adaptable Acuity Unit (AAU) at SHC so far (spelled out)

Down

1. Nurses and Administrators collaborating
2. "To Care, To Educate, & To Discover"
4. E-BP: Part of the Nursing Professional Practice Model
6. Model of the Five O's
9. Unit excellence!
10. Hospital Excellence!
12. Help! My patient's continuous bladder irrigation (CBI) is problematic. Consult this unit for troubleshooting (spelled out)
14. Nurses have one (Hint: And Doctors too)
18. Recognition and reward of nurse achievements

Coffee card prize for the first 50 correct submissions!
send to nursing_publications@stanfordhealthcare.org

PROGRAMS CUDDLES FOR CAREGIVERS

As a devoted animal lover, I recognize the value in the bond pets have with their people. There have been many occasions on E2 when we have encouraged and allowed family pets to be present with their failing loved ones. In the Intensive Care environment of alarms, equipment, lines, and tubes, sometimes the most basic needs of touch and compassion can be overlooked for the sake of saving lives. Whenever possible, many



Author Nicole Cromwell (far right) and happy nurses, at the first Cuddles for Caregivers session last December



WILLOW

ICU nurses recognize and encourage visits from our pet therapy dogs.

I've noticed over the years that not only the patients benefit from the pet therapy. When the PAWS program dogs pass through the ICU, many nurses stop what they're doing, come out of their rooms, and take a moment for themselves to connect with



the dogs. In an often times busy and intense environment, this simple opportunity allows the staff to be present and appreciate a moment of compassion for themselves.

I was talking with Carole Kulik one day in the hospital atrium and she asked me what I thought Stanford could do to support nurses emotionally during their busy shifts. I asked if there was any way the dogs could be available to staff members and Carole loved the idea! I got an email the very same day stating that she was working on it and

it might just work out. Just a month later on December 2nd, 2015, we had the first Cuddles for Caregivers event! More than 70 nurses came and played with Max (Labradoodle), Willow (Golden Retriever), and Velvet (Poodle).

Cuddles for Caregivers is held on the 1st and 3rd Wednesday of each month, on the ground floor of the main hospital outside Occupational Health.

SCHEDULE

April 6, 20
May 4, 18
June 1, 15
July 6, 20
Aug 3, 17
Sept 7, 21
Oct 5, 19
Nov 2, 16
Dec 7, 21





BIG SUCCESS!
Colleen Watters reports on the first Patient Centered Care Essentials for CNAs & MA's

In February, I was honored to facilitate a Nursing Assistant (NA) and Medical Assistant (MA) class – the first in a year-long series. The class content was thoughtfully developed with sessions led by Psychiatry, Nursing Education, and Safe Patient Handling.

We recieved many positive comments from staff who attended - here are a few quotations.

“I really enjoyed the day and the review. Everything was very organized and covered important topics” – Edna De Clara

“I liked the way that all the nursing assistants attended in one class. It showed our unity to have more knowledge to take care of patients” - Marela

“We learned a lot of new things for the job we do and refreshed our skills to make us more confident” - Pov

Stanford Nursing deeply values the role of Nursing and Medical Assistants in caring for our patients and on our nursing teams.

Colleen Watters MS, RN, CNS, ACCNS-AG is the Adult Clinical Nurse Specialist on B3 ICU & C3 Medicine

NEXT CLASSES

Patient Centered Care Essentials for Nursing Assistants and Medical Assisting Roles

DATES: WEDNESDAY, APRIL 13, June 22, August 10, October 19, December 7, 2016

TIME: 8:00 AM – 4:00 PM

FE: \$159.00 (LUNCH INCLUDED)

LOCATION: 1850 EMBARCADERO ROAD, PALO ALTO, CA 94303

CREDITS: CERTIFICATE OF COMPLETION (CE HOURS NOT OFFERED)

FOR MORE INFORMATION AND TO REGISTER: WWW.CECENTER.STANFORDHOSPITAL.COM

AWARDS

Mary Lough honored as the 2015 CNS of the Year



On March 4th, 2016 The National Association of Clinical Nurse Specialists (NACNS) presented its prestigious Clinical Nurse Specialist (CNS) of the Year Award to Mary E. Lough, PhD, RN, CNS, CCRN, CCNS, Clinical Nurse Specialist in Critical Care at Stanford Health Care.

The Award recognizes an NACNS member for outstanding professional achievement in all aspects of CNS practice. It is presented each year to a nurse who demonstrates CNS competencies and exemplary practice in patient care, nursing and health care delivery systems.

“It is our great honor to present the CNS of the Year Award to Dr. Lough,” said NACNS 2016 President Sharon Horner, PhD, RN, MC-CNS, FAAN. “Her commitment to improving patient care, ensuring family involvement in care, and educating and mentoring nurses are without parallel. She is deeply involved in a range of activities that not only are advancing and improving patient care, but ensuring that other health care providers understand, participate and benefit from those advancements.”

Congratulations Mary! Thank you for all you do for staff, patients and the nursing profession.

At some point in our life each of us will encounter a nurse, whether it be as a patient or as a loved one. And that one encounter can mean the difference between suffering and peace; between chaos and order. **Nurses matter. The American Nurse Project**

PICK UP YOUR RN CALENDAR!

Got your 2016 Nursing Calendar? Don't miss out on all the new programs for 2016! Cuddles for Caregivers - Zen Zone & RN Self Care Days! Shared Leadership Council Days, Nursing Grand Rounds, CNO updates, Fairs and Nurse Week events are all here! Get yours: In the break room, manager's office, Nursing Administration.



NURSING GRAND ROUNDS 2016



Don't forget NGR!

Fourth Tuesday of every month!

Refreshments at 3:00pm.

Presentation 3:30pm - 4:30pm.

Complimentary admission,
CA BRN 1 CE hour.

Held in LPCH Auditorium

January 26, February 23, March 22

April 26, May 24, June 28, July 26

August 23, September 27, October 25

We Bring the Zen to You!

- Music
- Massage
- Aromatherapy
- Healthy Snacks

The Zen Zone is dedicated to supporting nurses daily self-care and meet their overall health goals physically, mentally, and spiritually through a peer driven Self-care & stress reducing plan.


Coming to your unit soon
- check in with your unit
Wellness Champion!



ZenZone

Glance in Advance

Summer Courses at the CE Center

- May 4** Evolution of a Stem Cell: Immune System Concepts for Experienced Health Care Providers
- May 5** Defusing Disruptions in the Healthcare Workplace  **NEW COURSE**
- May 17** 2016 Stanford Health Care Nurses' Legislative Day in Sacramento
- May 18** Essentials of Caring for BMT Recipients from Transplant through Recovery
- May 19** Understanding and Applying Benner's Domains through Exemplar Writing
- May 24** Adult Critical Care Series: Cardiac Dysfunction
- May 25** Essentials in ECG Rhythms
- June 7** Teaching Strategies & Methods from the Bedside to the Podium
- June 8** Chemistry, Coags, & Cultures: Completing the Patient Assessment Puzzle
- June 9** Physical Assessment: Beyond the Basics
- June 15** Adult Critical Care Series: Metabolic Dysfunction
- June 17** Leveraging Talent across Diversity: Best Practices for Engagement
- June 22** Patient Centered Care Essentials for Nursing Assistants and Medical Assisting Roles
- June 30** Leading With Heart: Caritas Leadership, Caring and Leading Self & Others
- July 7** CCRN Certification Review Day 1 of 2
- July 8** CCRN Certification Review – Day 2 of 2
- July 13** PICC/VAD Nursing Management
- July 14** Nurse Mentorship Workshop
- July 15** Having Hard Conversations
- Aug 2** Making the Most of Your Community Service: Foundations for Community Engagement
- Aug 10** Patient Centered Care Essentials for Nursing Assistants and Medical Assisting Roles
- Aug 12** Nurse Excellence Boot Camp
- Aug 18** Defusing Disruptions in the Healthcare Workplace


Register at www.cecenter@stanfordhospital.com

Contributors

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Stanford Nursing News Quarterly® is a publication of the Center for Education and Professional Development. 1850 Embacadero Way, Suite A, Palo Alto California 94303.
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Stanford Health Care is a provider approved by the California Board of Registered Nursing Provider Number CEP12165

Stanford Health Care CEPD is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.