



Phelps Hospital Nursing News October 2019



Celebrations:

Congratulations to Alexandra Reale, RN III of 3 North and Alec Aronstam on their wedding 9/22/19.
Brenda Rodriguez RN of PACU successfully passed the CPAN certification.
Shijin Jose RN of 5 South leveled up to RN 4 on the Career Ladder.
Anyely Cancu-Guzman RN of the ASU passed the CAPA certification exam.

Mariel Consagra, RN of 5South went on a medical mission to the Dominican Republic. More information coming next month regarding her community service for the Dr. Almanzar Foundation.

Educational Opportunities:

Northwell Conferences: To register: Northwell.edu/NursingEvents. Times and contact hours are listed on the registration site.

- 10th Annual Diabetes Conference- November 6th at Leonard's Palazzo.
- Perioperative Nursing Conference- November 9th at The Inn at New Hyde Park.
- Nursing Education Conference- December 3rd at Leonard's Palazzo.

Emergency Neurological Life Support: 11/16, 9a-5pm at Lenox Hill Hospital. Cost is \$75. To register: go to iLearn and search for Emergency Neurological Life Support 2019. Lunch will be provided. **If you work in the ICU, ED, PACU, Interventional Radiology, 5 South and/or are part of the Rapid Response Team, please consider attending.**

CNOR Review Class: St. Luke's Cornwall Hospital, December 14 & 15th. \$275 for 16 contact hours. To register: www.Periop-ed.com.

Stroke Education:

- Westchester Neurovascular Symposium: Advances in Stroke Care. November 15, 7a-4:30pm at Westchester Medical Center. For more info.and to register: WestchesterMedicalCenter.com/cme.
- White Plains Hospital Stroke Symposium: October 29, 2019, 8a-4p. \$125 for 6.8 contact hours. To register: www.eeds.com/live/831307,
- 8th Annual Acute Stroke Assessment Symposium. November 21st, 5-8:30pm at Mt. Kisco Country Club. Cost is \$15 for 3 contact hours. To register: Northwell.edu/cme.

Managing Oncologic Emergencies: November 8th at New York Presbyterian, cost is \$225 for 7.5 contact hours. To register: www.nyp.org/nursing/news/cme.

Diabetes 2019 Update and Exhibit: November 2nd, 8a-1:30pm at Phelps Hospital/Northwell Health. 4 Contact Hours , cost is \$85.To register: <https://www.myaadenetwork.org/e/in/eid=1380>.

Organizational Development Department Classes:

“Understanding and Appraising Levels of Evidence”- another class of the RN Residency program. To be held on October 25th, 1-3pm in the C level Classroom. 2 contact hours.

Everyday Bias: November 18th, 10a-12pm. Register in Healthstream.

Preceptor Workshop: November 21st, 8:30-4:30pm. Register in Healthstream.

Conflict & Delegation: December 17th, 8:30-4:30. Register in Healthstream.

“How to Understand the Findings of a Research Article Using Statistical Knowledge and Application”- another class of the RN Residency program. To be held on November 22nd, 1-3pm in the C level Classroom. 2 contact hours.

Phelps Nursing Department Website: the website can now be accessed from a mobile device.

The link: <https://1065226.site123.me/>. The password is: magnet2020 (all lower case).

See attached flyer for the new additions to the Nursing Website.

OR News: Phelps welcomes the latest class of peri-op fellows to the Operating Room: Lourdes Mendez, Katrina Uy, and Belen Baigorria.

Safe Patient Handling:

On September 25th, some members of the Safe Patient Handling committee and Transfer Mobility Coaches (TMCs) attended the 1st Annual Northwell SPH Conference in Long Island. Phelps presented 2 posters: Transfer Mobility Coaches: Keeping our Patients and Employees Safe and Education Assessment to Address SPH Learning Needs. We are so excited to share with you that the **TMC poster won the 2nd place.**

Attending the conference were: Ula Best, Laura Matthew-Reid, Marilyn Maniscalco, Cherry Lyn Fuentes, Maria Chaux, Carrie Klemens, Rosemary Chin, and Victoria Adebayo.

Our next steps:

- Vocera group- We have set up Vocera group named “ Mobility Coach”. Employees can call the group for questions or concerns regarding patient handling. The call will go to the Transfer Mobility Coaches (TMC) working that day.
- We will also conduct a TMC class on November 22nd to train new TMCs on. Previously trained TMCs who need refresher are also welcome to this class. Please email Cherry at chfuentes2@northwell.edu for your availability to assist during the competency and if you need the refresher.
- **Last chance** to complete SPH competency for this year will be on November 25 and 26. Please register in HealthStream.

11/25/19	8:00 am – 9:00 am 9:30 am – 10:30 am 10:30 am – 11:30 am 12:30 pm – 1:30 pm	1:45 pm – 2:45 pm 3:00 pm – 4:00 pm 4:00 pm – 5:00 pm 5:30 pm – 6:30 pm
11/26/19	8:00 am – 9:00 am 9:30 am – 10:30 am	1:45 pm – 2:45 pm 3:00 pm – 4:00 pm

10:30 am – 11:30 am
12:30 pm – 1:30 pm

4:00 pm – 5:00 pm
6:00 pm – 7:00 pm



Pain Corner:

We delivered Pain education materials to the units recently. The following were distributed

- Letter on pain and the reverse side is the “Patient Education Fact Sheet”
- “Managing Pain at Home”
- “Upper extremity Block”
- “Lower extremity Block”

Education on blocks will be started in the PACU and should be reinforced in ASU or on the inpatient units. You will probably find this in the patient’s chart when the patient is received from the PACU area. Continue to educate them on the blocks given by anesthesia. Review of the Safety Issues are especially important.

The other two education sheets are relevant for any patient. I do recommend using the fact sheet for inpatient education. Upon discharge if a patient has any pain issues use “Managing Pain at Home”. There is also Pain Education in the Patient Admission Handbook.

As always please document you patient education on the Meditech Multidisciplinary Teaching Record intervention.

You do excellent work with your education of patients take credit for it. Any questions reach out to your Pain Management Committee Member.

I sincerely want to thank all the staff for their excellent work and with patients on Pain. As I understand we had no fallouts in the Joint Commission. That is a fantastic achievement. Each of you give great care to your patients and it shows.

Thank you again.

Margaret Cotter Santos RN

CO-Chair Pain Management Committee.

Please read the Pain Corner attachments that are included.

Emergency Department News: The Emergency Department is celebrating an increase in blood culture volume, surpassing our goal of 8 ml and reaching 9 ml. Sean Ryan is credited with 51 specimens with an average volume of 9.9 ml and standard deviation of 2.8. Sidhant Sehrawat is credited with 49 draws with an average of 10.9 ml and standard deviation of 3.1. Thank you ED staff for your hard work and persistence, it has definitely paid off!

Clinical Ladder: Looking for endorsed, Community Based Activity for your Clinical Ladder?

Farmacy is calling for employees and staff who want to make a difference to patients in need through gardening!

The Phelps Farmacy Teaching Garden is located behind the Employee Health building near the Emergency Department.

The Farmacy benefits our patients who are in need of nutritional support.

You do not need experience to volunteer. The Framcy needs some help in weeding, pruning and harvesting the produce.

Please email Michelle Lehmer Chiafulio @ MCHIAFULIO@northwell.edu to be involved in the garden.



Patient Education News:

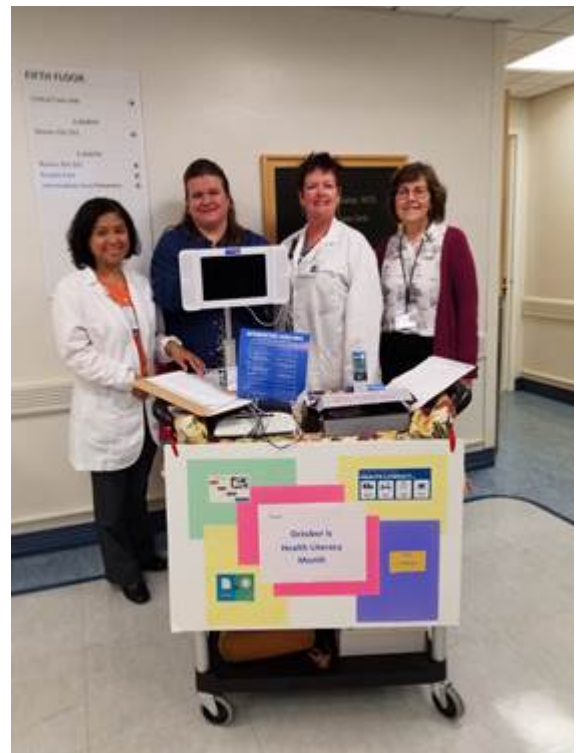
October is Health Literacy Month!

Health Literacy Month is a time for organizations and individuals to promote the importance of easy to understand health information.

According to the US Department of Health and Human Services National Assessment of Adult Literacy, only 12% of adults are proficient in health literacy. This means nearly nine out of ten adults may lack the skills needed to understand and manage their health and prevent disease.

To support our efforts to enhance health literacy, members of the Patient Education committee made rounds on the patients units on October 1st. They reviewed and demonstrated the multiple resources available at Phelps to help us effectively educate our patients such as:

- Patient Instructions
- CareNotes
- Lexicomp
- Nutrition Manual
- Allen TV videos
- Cyracom/Video Remote Interpretation - used for those with Limited English Proficiency
- Hearing amplifier -for hearing impaired patients
- Digital Recorder- for discharge instructions of visually impaired patient



The team members also reinforced strategies to most effectively use Teach Back and Plain Language.

The rounding program was well-received with over one hundred staff attending the presentations. All attendees expressed appreciation for the opportunity to learn more about the health literacy resources available at Phelps and acknowledged that the tools are valuable to helping patients better understand information presented to them.

If you are interested in joining the Patient Education Committee or have any questions, please contact the committee co-chairs, Lena Lulaj, 2 Center, and Patricia Foug, Food and Nutrition Department.



Infection Control: it is important to wash your hands in front of the patients and families.

Mindfulness Break: Are you feeling overwhelmed & stressed, don't know what to do next? Take a 30 second Mindfulness Break on your Vocera. This is a 30 second guided mindfulness/meditation. Just say into Vocera "Mindfulness Break" and listen. This comes highly recommended from Candice Johnson, RN of 5North.

Nursing Promise Program: **Nursing Promise** is a donor-funded program providing incentive and financial assistance for Phelps Hospital Northwell Health employees beginning or advancing a career in nursing.

Employees accepted into Nursing Promise receive an annual grant from Phelps to assist with expenses.

Nursing Promise supports two paths to a BS in Nursing. Employees may earn a Bachelor's in Nursing, or if already an RN one may pursue an RN to BS in Nursing program.

Nursing Promise Scholars

- Must be accepted and enrolled in an accredited program to earn a BS degree in nursing.
 - Must complete their degrees within four semesters in two consecutive years. No award is given for less than two semesters.
- Complete "*Work Promise*" after graduation as defined in the policy in lieu of repayment of cash stipend.

If you will be starting class for the Spring 2020 semester the application for Nursing Promise is due by December 1st.

If you are interested in applying please contact Alicia Mulvena of Organizational Development for an application, contact info is: amulvena@northwell.edu. Or 914-366-3165.

Magnet Moments:

Here's a recap of the shared governance council meetings held on Wed 10/16/19: A big thank you to every nurse who participated. We rely on you to "spread the word" and share the information discussed during shared governance day at your unit-based council meetings. There are several units that are not represented at the shared governance council meetings. It is not too late to become a member (you don't have to wait for 2020) and we would love to have you! Please let Judy Dillwort know if you might be interested to hear more about what is involved. Our clinical nurses are always energized, inspired, willing to help and mentor every nurse who chooses to join a unit-based council or the nursing division's shared governance council (and meet requirements for the career ladder).

Recruitment Retention and Recognition (RRR) Council (meets 3rd Wed. from 8am-9am)

If you don't have a unit representative, now is the time to join this very important and active council. Marisol Antunez (talent acquisition) shared that within the past two months, there were 25 offers made for RN positions. Marisol uses social media, advertisements on Facebook, Instagram, LinkedIn and Indeed to recruit nurses to Phelps. Deb Lafaro (HR) will bring data next month regarding "reasons why nurses leave Phelps". As a reminder to all, every unit should have a designated location for peers, patients and families to recognize nurses "In the Moment". Please discuss with your nurse manager if a recognition location is still needed on your unit. Our goal is to provide venues for nurse recognition and retention. There was further discussion regarding the DAISY recognition program. We obtained a special QR code to facilitate DAISY nominations, using your iPhone. Margaret Plofchan (marketing) was invited for feedback regarding ways to inform the public about DAISY. Suggestions included having a table during the Trends conference (we have since decided to have a table in the cafeteria at a later date), include flyers in the admission packet, post the DAISY program on Facebook, and "Northwell life". Announcement of our first recipient will be in the 1st quarter of 2020.

New Knowledge and Innovation Council (meets 3rd Wed. from 9a-11a)

Nancy Fox, RN answered questions regarding the career ladder. If you are a CN III aspiring to be a CN IV, you need to inform your new knowledge and innovation council representative and nurse manager of your intent and schedule a time at this council with Judy Kennedy to have your PICO question peer reviewed. Our principle investigators (PIs) provided updates on the research studies we have to date. Our other clinical research scholars shared updates regarding their unit evidence-based projects. Doreen Wall, RN shared how she and Maura Meier, RN presented their research at the American Psychological Nurses Association (APNA) conference. Cherry Fuentes, RN is seeking volunteers to participate in the Community garden.

Professional Practice and Development Council (meets 3rd Wed. from 11a-1p)

Donisha Sledge, RN shared that last week was Emergency nurse's week. Donisha and three other nurses attended the Emergency Nurses Association (ENA) national conference. Donisha added that Maryanne Portoro, RN is the President of the state ENA. Donisha is a delegate and participated in the General assembly and voted on nurse-generated resolutions during the ENA conference. She shared how nurses identify solutions and improve programs. Candice Johnson, RN said that the meetings and networking opportunities at the Magnet conference reinforced that nurses across the country have similar experiences. Judy Dillworth, RN described the difference between a staff meeting (receive information from your manager regarding hospital issues) and a shared governance council meeting (shared decision-making regarding EBP, quality and safety, professional practice). Judy presented important components of "chairing a meeting", which include having a charter, well planned meeting agenda with time allotment, and meeting minutes (include action plan or next steps and accountability) with an attached attendance sheet. Contact Judy (x3509) for more information.

Quality and Safety Council (meets 3rd Wed. from 1p-3p)

Clinical nurses discussed the September HAPI incidence data presented by Debi Reynolds, RN and to pay special attention to medical devices (G-tube, BiPAP). Carol Daley, RN facilitated discussion and offered to share the nurse phone call interruption data, provided by Kathy Calabro, at the next HUC meeting (chaired by herself and Cherry Fuentes, RN) for feedback. Kim Lidke-Ahlberg, RN shared how much she learned at the Magnet conference. Candace Huggins, RN shared the "First 10 minutes" video, created by the ED clinical nurses, and played during emergency nurse's week. Kerry Kelly, RN led a discussion regarding the Phelps 30-day readmission data, the process for discharge phone calls at various locations and how to improve communication with patients. Kerry suggested incorporating questions from the social determinants of health in the admission assessment.

CNO Advisory Council (meets 3rd Wed. from 3p-5p)

Mary McDermott, RN, our CNO, thanked all nurses for their participation in a very successful Joint Commission (JC) survey. The nurse surveyor commented that she was "very impressed", following a luncheon with our clinical nurses. Helen presented how Phelps was rated on the JC SAFER matrix, a new scoring methodology used during this recent site visit. SAFER is a nine-box matrix which identifies the likelihood of an issue to cause harm to patients, staff or visitors (low, moderate, high) and how widespread the problem is (e.g. limited, pattern or widespread). Congratulations to all members of the Phelps family. Mary brought Candice Johnson, RN (5N), Jaelyn Wylie, RN (2C), Gaurav Malik, RN (ED), Kim Lidke-Ahlberg, RN, Annemarie Wangenstein, RN (MCH) and Judy Dillworth, RN to the Magnet conference in Orlando this year. Highlights from the conference were shared, including a follow-up visit with the Barnes family, who celebrated the DAISY foundations 20 year anniversary. Mary engaged discussion with the clinical nurses regarding their unit activities. Helen then presented an update on the telesitter monitoring program and its benefits in identifying over 250 stat alerts and helping to reduce falls. Thanks to all nurses for making the telesitter program a success from the very start.

This is just a brief synopsis of the many conversations during shared governance council meeting day. Please be sure to reach out to your nurse representatives to learn more!

Nursing News is compiled, edited, and distributed by: Alicia Mulvena (Organizational Development). If you would like to submit information for publication please contact: Alicia Mulvena, amulvena@northwell.edu, or ext. 3165