NOTES ON

NURSING

Lahey Health

Welcome New Chief Nursing Officer Lisa Colombo

Lisa Colombo, DNP, MHA, RN, joined Lahey Hospital & Medical Center as senior vice president and chief nursing officer (CNO) on May 31, 2013. Dr. Colombo comes to us from UMass Memorial Health System, where she served as corporate vice president of clinical operations and CNO of Health Alliance Hospitals in Leominster. Dr. Colombo also served as faculty for the Graduate School of Nursing at UMass Medical School in Worcester. She has played key leadership roles at Milton Hospital, Beth Israel Deaconess Medical Center and New England Baptist Hospital. Her accomplishments include publications in professional books and journals and conference participation. In 2012, Dr. Colombo was the author of a chapter entitled *Outcomes Measurement* in the book *The DNP- Redesigning Advanced Practice Roles for the 21st Century: Education, Practice and Policy*. In August 2012, Dr. Colombo's work on the presentation *Interprofessional Learning Experiences on Healthcare Systems* was presented at the seventh International Nurse Practitioner/Advanced Practice Nursing Network Conference in London.

As Lahey Hospital & Medical Center and all healthcare organizations undergo significant and rapid changes, we look to Dr. Colombo's expertise in furthering the use of technology in patient care to lead and support our goal of patient-centered nursing excellence across the care continuum. Her extensive experience in quality management structures will be an asset to both the Nursing Department and the organization. We welcome Dr. Colombo to Lahey Hospital & Medical Center and look forward to her long and successful tenure with us.

Kim Perryman to Assume Role at Beverly and Addison Gilbert Hospitals

Kim Perryman, MMHC, RN, NE-BC, has been appointed chief nursing officer (CNO) of Beverly Hospital and Addison Gilbert Hospital after serving as interim chief nursing officer at Lahey Hospital & Medical Center.

Ms. Perryman stepped into the role of interim CNO in preparation for the retirement of longtime CNO Kathleen Jose, MSN, RN on December 31, 2012. Ms. Perryman contributed her experience in both community and academic teaching hospitals during her six months at Lahey Hospital & Medical Center, providing effective leadership and guidance. Her efforts to improve the patient experience, patient safety and quality outcomes cannot be overstated.

It is with great appreciation that we thank Ms. Perryman for her interim service and wish her the best in her new position as CNO for Beverly and Addison Gilbert Hospitals. We look forward to an ongoing working relationship with Ms. Perryman as Lahey Health continues to flourish.

Fall 2013

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Top: Lisa Colombo, DNP, MHA, RN Senior Vice President and Chief Nursing Officer Lahey Hospital & Medical Center. Right: Kim Perryman, MMHC, RN, NE-BC Chief Nursing Officer Beverly Hospital and Addison Gilbert Hospital

NATIONAL NURSES WEEK 2013

Nursing Research Day

— Ann M. Dylis, PhD, RN, Nurse Research Scientist

During Nursing Research Day—a focus of Nurses Week—Lahey Hospital & Medical Center recognizes and celebrates nursing research and evidence-based practice. The 10th Annual Nursing Research Day took place in Burlington on Tuesday, May 7. Kim Perryman, RN, MMHC, NE-BC, interim chief nursing officer (CNO) and senior vice president of Lahey Hospital & Medical Center (now CNO of Beverly and Addison Gilbert Hospitals), announced the 2013 Nursing Research Grant winners. Arlene Stoller, MS, RN, GCNS, NICHE program leader, 2008 Nursing research fellow, principal investigator, and Susan Bellofatto, BSN, RN-BC, geriatric resource nurse coordinator, 2011 Nursing research fellow, co-investigator, are the recipients for their study, *Move For Health*.

The aim of this study is to increase patient ambulation through a nurse-driven, multifaceted approach. The study provides Nursing staff education, changes the Nursing environment, addresses patient knowledge deficits, and enhances interdisciplinary collaboration, thereby decreasing functional decline in patients, a result of hospital-associated deconditioning.

Research Day activities included seven podium presentations, representing the work of a diverse group of nurses. Results from four Lahey Hospital & Medical Center Institutional Review Board (IRB)-approved studies were presented, including those of two prior Nursing Research Grant winners. There were also presentations on innovative initiatives that have changed direct-care nursing practice, addressed the need for recycling in clinical settings, and demonstrated initial outcomes related to our Medical Home Pilot Program. Sixteen research-based posters were also exhibited during Nurses Week. These posters not only represent the work of Nursing Research Fellows, but also showcase various studies, evidence-based practice initiatives, integrative literature reviews, and research-based projects completed by nurses in various practice settings.

Research Day took place at Lahey Medical Center, Peabody, on Friday, May 10, and included both podium and poster presentations.

This dissemination of nursing research related activities has continued far beyond the walls of Lahey Hospital & Medical Center. Most of these presentations have been accepted for peer-reviewed podium or poster presentations at national and regional conferences. Special acknowledgement was given to the *Greening of the Operating Room* project, which was accepted for presentation at the October 2013 National Magnet Conference in Orlando; the three Peer Review studies that were presented as a symposia at the Eastern Nursing Research Society (ENRS) Annual Scientific Sessions; and the Patient-Centered Medical Home Pilot project, which was also presented at the annual meeting of the American Academy of Ambulatory Care Nursing.

Podium Presenters

PARTNERING WITH PATIENTS: USING THE TRIAD OF THE NURSE, THE PATIENT, AND THE TECHNOLOGY TO PREVENT MEDICATION ERRORS

Margie Hamilton Sipe, DNP, RN, NEA-BC
Nursing Performance Improvement Innovator

THE EYES HAVE IT: A "VISIONARY NURSING PERFORMANCE IMPROVEMENT"

Joyce Clarke, RN, CAPA, Cindy Ruddock, RN, CAPA
Lahey Medical Center, Peabody

NURSE CARE COORDINATOR PIONEERS: PATIENT CENTERED MEDICAL HOME PILOT PROGRAM

Betsy Bradford Boccuzzi RN, BSN, CH –GCN,
Lahey Primary Care, Peabody

Nursing research poster displays. Magnet, certification and Shared Governance Council information tables are prepared for visitors in the Southeast Lobby.

GREENING THE OPERATING ROOM

Patrice Osgood, MS, BSN, RN, CNOR, NE-BC, Nurse Manager, 2010 Nursing Research Fellow

Kim Wheeler, MSN, RN, CNOR, Clinical Educator 2008 Nursing Research Fellow

Virginia McGrail, BS, RN, CNOR, Staff Nurse

EXPLORING THE NURSING CULTURE OF A POST ANESTHESIA CARE UNIT

Amy L Dooley MS, RN, CPAN, Staff Nurse, 2008 Nursing Research Fellow

Kim Climo BSN, RN, CPAN, Tertiary Care Leader

DO ROBOTIC PATIENT CARE ROUNDS ON THE OFF SHIFT INFLUENCE NURSE PHYSICIAN COLLABORATION: A PROSPECTIVE RANDOMIZED STUDY

Michele Bettinelli, BS, RN, CCRN, Rapid Response Nurse

2008 Nursing Research Fellow

NURSING PERCEPTIONS OF TEAMWORK PRIOR TO IMPLEMENTATION OF THE NURSING PEER TO PEER REVIEW PROCESS

Ann M. Dylis, PhD, RN, Nurse Research Scientist

2013 Research Day Posters

NURSE CARE COORDINATOR PIONEERS: PATIENT CENTERED MEDICAL HOME (PCMH) PILOT PROGRAM

Betsy Bradford Boccuzzi , RN, BSN, CH-GCN, Nurse Care Coordinator, Primary Care, Lahey Medical Center, Peabody

Emily Gorman-Melo, MS, FNP, CH-GCN, Nurse Care Coordinator, Lahey Ipswich

Kathleen Sheehan, MS, BSN, RN-BC,CH-GCN, Nurse Care Coordinator, Primary Care, Lahey Hospital & Medical Center, Burlington

Patricia Grady, BSN, RN, CRNS, FABC, Associate Chief Nursing Officer, Executive Director, Ambulatory Practice and Clinical Practices

Naomi Mercier, MSN, RN-BC, Clinical Informatics Analyst

IMPROVING PATIENT OUTCOMES THROUGH HOURLY ROUNDING: THE BENEFITS OF IMPLEMENTATION

Kelly Collins, BSN, RN, Clinical Educator Resource Team, 2013 Nursing Research Fellow

MULTIPLE SCLEROSIS MEDICATION ADHERENCE: THE ROLE OF NURSING IN CREATING POSITIVE OUTCOMES

Caitlin Dionne, RN, BSN, MSCN, Lahey Multiple Sclerosis Center, 2013 Nursing Research Fellow

INNOVATIVE INTEGRATION OF AMBULATORY NURSING INTO THE SHARED GOVERNANCE STRUCTURE IN A MAGNET ORGANIZATION

Sheila Cunniff, BS, RN, Associate Chief, Ambulatory Clinical Practice

Patricia Small, BSN, MS, RN, Nurse Manager, Pulmonary and Critical Care Medicine/Otolaryngology/Head and Neck Surgery, 2013 Nursing Research Fellow

Paula Rock, MSN, RN, Clinical Educator, Ambulatory, 2010 Nursing Research Fellow

PREVENTION STARTS WITH A SURFACE: A COLLABORATIVE QUALITY INITIATIVE

Jennie-Ann Dango, MSN, RN, Nurse Manager, 7 Central, Hospital

Kathy McNamara, MS, RN, CCRN, Assistant Nurse Manager, MICU

Lynda Walsh, MSN, RN, CWCN, Associate Wound & Skin Innovator

EXPLORING THE NURSING CULTURE OF A POST ANESTHESIA CARE UNIT

Amy L Dooley, MS, RN, CPAN, Staff Nurse, PACU, 2008 Nursing Research Fellow

Kim Climo, BSN, RN, CPAN, Tertiary Care Leader, PACU

FALL RISK PREVENTION IN THE AMBULATORY CARE SETTING

Alicia Gallagher, RN, BSN, Site Manager, Lahey Beverly

Dale Rice, BSN, RN, Clinical Compliance Coordinator, 2013 Nursing Research Fellow

PNEUMOVAX23: ANSWERING THE CALL TO VACCINATE

Carol F. Mannone, MSN, RN, CH-GCN, Clinical Educator, Ambulatory Services, 2010 Nursing Research Fellow

Kathleen T. Sheehan, MS, BSN, RN-BC, CH-GCN, Nurse Care Coordinator, Patient-Centered Medical Home

PREVENTING CRITICAL ILLNESS POLYNEUROMYOPATHY

Meaghan E O'Leary RN, BSN, University of Massachusetts, Graduate School of Nursing, Staff Nurse, MICU

GREENING THE OPERATING ROOM: A PRACTICE IMPROVEMENT PROJECT

Patrice Osgood, MS, BSN, RN, CNOR, NE-BC, Nurse Manager, Operating Room, 2010 Research Fellow

Kim Wheeler, MSN, RN, CNOR, Clinical Educator, Operating Room, 2008 Research Fellow

Ellen Masotta, BSN, RN, CNOR, Assistant Clinical Educator, Operating Room

NURSES AS CARE MANAGERS: IMPACT ON GLYCEMIC CONTROL

Dale Rice, BS, BSN, RN, Compliance Coordinator, Community Group Practice, 2013 Nursing Research Fellow

E-CIGARETTES: WHAT ARE THE ISSUES?

Patricia Small, BSN, MS, RN, 2013 Nursing Research Fellow

Nurse Manager, Pulmonary and Critical Medicine/Otolaryngology/ Head and Neck Surgery

THE LINK BETWEEN HOME AND HOSPITALIZATION: ASSESSMENT & INTERVENTION

Arlene Stoller, MS, RN, GCNS, NICHE Program Leader, 2008 Nursing Research Fellow

Susan Bellofatto, BSN, RN–BC, Geriatric Resource Nurse Coordinator, 2011 Nursing Research Fellow

PATIENT-CENTERED MEDICAL HOME & PRIMARY CARE REDESIGN

Erin Taylor, MSN, RN, CNOR, Ambulatory Clinical Educator, 2011 Nursing Research Fellow

Carol Mannone, MSN, RN, CH-GCN, Ambulatory Clinical Educator, 2010 Nursing Research Fellow

Patricia Grady, BSN, RN, CRNS, FABC, Associate Chief Nursing Officer, Executive Director, Ambulatory Practice and Clinical Services

COMPASSION FATIGUE IN NURSES

Judith Vechmamontien, RN, BSN, Staff Nurse, Clinical Decision Unit, 2012 Nursing Research Fellow

REAL TIME ACUITY STAFFING TOOL FOR A HEMATOLOGY-ONCOLOGY CLINIC

Linda Voner RN, OCN, Assistant Nurse Manager, Sophia Gordon Cancer Center

NURSES WEEK CELEBRATIONS

Nursing Grand Rounds featured A Global Outreach Initiative from a Nursing Perspective, *based on a mission to Uruguay. Pictured above, speakers Meghan McManama, MSN, RN, ARNP; Kathryn McNamara, MS, RN, CCRN; Gilberto Gamba, BSN, RN*

Organizers of the May 9 all-day program, Compassion Identity: The Power Within, during Nurses Week. From left: Alison O'Brien, MSN, RN; Nellee Fine, RN, AOCN; Gilberto Gamba, BSN, RN; and Susan Bellofatto, BSN, RN.

Special thanks to Lauren Mosher, MS, manager of Nursing Services, and her team for organizing a very successful Nurses Week 2013.

Patient Care Technology, represented by Suzan Foy, MS, RN, and the Nursing Ethics Council, represented by Bonnie Brien, RN, shared an informational table in the Southeast Lobby during Nurses Week.

Judith Mooney, RN, BSN, mans the Magnet table in the Southeast Lobby.

Operating Room nurse Stella Bracke, RN, and friends wait for their treat at the 2013 Nurses Week Ice Cream Social in Burlington in May. Service happily provided by Jackie Bergeron, RN, associate chief nurse, Joan McCarthy, MS, RN, nurse manager and Lauren Mosher, MS, manager, Nursing Services.

A fundraiser for the Boston Marathon bombing victims was held on May 10 in the Southeast Lobby and featured T-shirts designed by Maggie Wittbold, Staff Nurse on 7 Southeast. One hundred percent of proceeds went to the One Fund Boston. Pictured left to right: Tamra Brennan, RN; Maggie Wittbold, RN; Mary Walsh, RN

Nursing Research Day at Lahey Medical Center, Peabody

Nurse Practitioners celebrate Nurses Week with a luncheon. Back row from left to right: Mary McNeice, NP, Hematology/Oncology; Linda Skandier-Sickorez, NP, Orthopaedic Surgery; Jil Kooyoomijian, NP, Gynecology; Front row: Tricia Payne, NP, Lahey Hamilton-Wenham; Jennifer Derkazarian, ANP-BC, MSN, RN, director of Advance Practice Nursing; Lynn Cody, NP, CDE, Endocrine

From left, Jacqueline Broms, CN, RN, BSN, nurse manager, Hematology/Oncology, Lahey Medical Center, Peabody; Bob Schneider, chief operating officer, Lahey Medical Center, Peabody; Patrice Baril, MSN, RN, nurse manager, Lahey Medical Center, Peabody

Deb Zarrella, RN, associate chief nurse, Surgical Services; Kim Wheeler, MSN, RN, CNOR, clinical educator, Operating Room; and Patrice Osgood, MS, BSN, RN, CNOR, NE-BC, nurse manager, Operating Room

Preparing for Nursing Research Day are poster presenter Erin Taylor, MSN, RN, CNOR, Lahey Medical Center, Peabody; associate chief nurse Patricia Grady, BSN, RN, CRNS, FABC, and Research Day presenters Emily Gorman-Melo, MS, FNP, C-GCN, Lahey Ipswich; Betsy Bradford Boccuzzi, BSN, RN, CH-GCN, Primary Care, Lahey Medical Center, Peabody, and Kathy Sheehan, MS, BSN, RN-BC, CH-GCN, Primary Care Station 6, Lahey Hospital & Medical Center, Burlington.

Erin Taylor, MSN, RN, CNOR, nurse manager; Pattie Goodwin, BSN, RN, nurse manager; and Jacqueline Broms, RN, BSN, OCN, nurse manager

NURSES WEEK

Thoughts on the Art of Caring

— Jen Derkazarian, NP

I recently read *F.N. — The Lady With the Lamp* (Consultant. 2013;53(12)7-8), an essay about Florence Nightingale written by Dr. Richard Colgan from the University of Maryland. I felt it was poignant because it was written by a physician colleague. As the director of Advanced Practice Nursing at Lahey Hospital & Medical Center, and as a nurse practitioner who sees patients in the clinical setting, my role extends across the disciplines of medicine and nursing. I strive to bridge the gaps between medical practice and nursing practice, which has caused me to articulate two questions that face nurses today: what exactly is nursing practice, and how does it influence the care I give to my patients?

In all honesty, this introspection has honed my nursing practice in a way I would not have imagined and has strengthened my understanding of the foundational values of nursing. I was inspired and enlightened by the simplicity of Dr. Colgan's description of Florence Nightingale's message to the world. Nightingale highlighted very simple points around the Art of Caring:

- **Observe the sick.**
- **Never let a patient be waked out of his sleep.**
- **Avoid unnecessary noise: Whisper outside the room.**
- **View and sunlight are matters of first importance to the sick.**
- **Leading questions are useless or misleading.**
- **Obtain accurate information.**
- **Be confidential.**

Nightingale's tenets have a profound connection to the contemporary issues nurses face each day. I wanted to take a moment to reflect on these foundations of our practice in relation to the reduction of readmissions, a priority of healthcare providers.

As part of the Patient Protection and Affordable Care Act implemented in 2010, the Center for Medicare Services (CMS) Hospital Readmissions Reduction Program initiated financial penalties for excess readmissions. This legislation puts increased pressure on all of us to be efficient and meet certain quality metric targets with each patient, every time. Programs aimed at reducing readmission have emerged, and silos of care are being dismantled as we look at disease, population-based health strategies and team-based care across specialties. So, how do nurses participate in the effort to reduce readmissions, and how does this effort relate to Nightingale's tenets?

We care for patients when they are at home, in a hospital, skilled-nursing facility, Emergency Department and beyond. We are bolstering our approach to patient-centered care for the chronically ill. When managing acute illnesses, we need to look at the overall health of the patient. This includes their cultural and ethical values, as well as their medical literacy and home environment. We are learning that patients are often readmitted with a diagnosis that is entirely different from the reason for their index admission. If we do not take a careful look at the holism of the patient, we are at risk of missing something. Once more, we are mindful of Nightingale's instruction to "observe the sick [and] obtain accurate information."

Lahey Hospital & Medical Center staff members are working hard to prevent readmissions. We are booking follow-up appointments sooner and more deliberately. We are implementing electronic aids such as the Discharge Assistant to ensure our communication with each other and with our patients is smooth and accurate. We are also asking everyone

to be conscious of each patient encounter as it relates to discharge, with special attention paid to the needs of the patient or the possibility of an emerging concern, physical or emotional, which needs to be addressed.

As I think about nursing's contribution to the reduction of readmissions, I realize that nurses are the glue that holds the patient experience together. We organize and craft the patient experience. Our respect for human life and quest for healing promote dignity and offer a therapeutic space for healing. As we transition the care of the patient from the hospital to home or post-acute settings, we have the opportunity to ensure that our patients understand the plan and their role in their own recoveries.

Looking back on the simple tenets of Florence Nightingale, we understand that today's nurse offers organization, wisdom, caring, and guidance, with intent to keep our patients healthy and at home. At home, where they are able to enjoy peace and quiet, sunlight and fresh air, and nursing visits can extend to the environment in which the patient is most comfortable.

Florence Nightingale changed the culture of caring with some very simple ideas about the patient experience. Each of us can likewise contribute to the experience of our patients. Whether an advanced practice nurse or a direct care nurse, every nurse can share some fundamental truths about the art of caring with the organization.

As we care and heal, we will continue to digitize our discharge orders and reconcile our medications. We will educate our patients and families, and facilitate follow up appointments. We will over-communicate with the interdisciplinary teams of care. We will also remember how to put the patient at the center of the experience, and remind one another that the art of caring is not a new concept. Though we may have days when we struggle, we should feel empowered. Like Florence Nightingale, nurses own the patient experience. Like her, we make a difference!

NURSING NEWS

Nursing Colleagues Create Informative Webinar

Lahey Hospital & Medical Center colleagues played pivotal roles in a national webinar entitled, *Patient-Centered Medical Home Development in a Suburban Health System*, on July 17, 2013, for the American Academy of Ambulatory Care Nursing (AAACN). Kathleen T. Sheehan, MS, BSN, RN-BC, CH-GCN, director of Ambulatory & Transitional Case Management for Lahey Hospital & Medical Center, Burlington, moderated the webinar. Speakers included: Naomi Mercier, MSN, RN-BC, director of Nursing Primary Care, Community Group Practices, and J. Betsy Bradford-Boccuzzi, BSN, RN, CH-GCN, Ambulatory & Transitional case manager, Lahey Medical Center, Peabody.

Nursing Colleague Appointed to Massachusetts Health Information Technology Council

Margie Sipe, DNP, Nursing Performance Improvement coordinator, was nominated by the Massachusetts Association of Registered Nurses for a seat on the Massachusetts Health Information Technology Council. Dr. Sipe's appointment was announced by the Governor's office. She will serve as the nurse representative to this state council.

Nursing Colleague Nominated as UMass Lowell Preceptor of the Year

Francesa Eramo, BSN, RN, 6/7 Southeast, was nominated as a Preceptor of the Year for the UMASS Lowell nursing program by her student, Dashka Durand, who completed her senior internship on Southeast. Eramo received an Honorable Mention certificate from UMass Lowell.

Nursing Colleague Selected for ANA Advisory Committee

Judith Vechmamontien, BSN, RN, BC, has been selected by the American Nurses Association (ANA), to serve on the Advisory Committee for the Nurse Fatigue Professional Issues Panel. There were more than 365 applicants received for this panel. The Advisory Committee will provide information, feedback and advice to the 15-member Steering Committee over the next seven to eight months.

The following advanced practice nurses were approved for appointment, re-appointment or additional privileges:

ALLERGY & IMMUNOLOGY/ INTERNAL MEDICINE

Julie L. Jones, NP

ANESTHESIOLOGY/ HOSPITAL-BASED MEDICINE

Anthony D. Bona, CRNA
Carolyn R. Chungu, NP
Juli M. Lohnes, CRNA
Jeremy R. Loyd, CRNA
Katherine Morse, CRNA
Erin O'Brien, CRNA
Julie A. Ouellette, CRNA
Diane Soem, CRNA
Dennis R. Valade, CRNA

CARDIOVASCULAR MEDICINE/MEDICINE

Christine M. Ackroyd, NP
Elizabeth A. Ciardelli, NP
Joan Doody, NP
Robert T. Eliason, CRNA
Kristina M. Green, NP
Cynthia L. Johnson, NP
Cathi A. Mabon, NP
Lori A. Petersen, NP
Ann M. Pianka, NP

DERMATOLOGY/MEDICINE

Susan E. Busch, NP
Dorothy A. Sullivan, NP
Emergency Medicine/Surgery
Dawn M. O'Toole, NP

ENDOCRINOLOGY/MEDICINE

Lynn R. Cody, NP
Jeanne M. Jacoby, NP

FAMILY PRACTICE/ PRIMARY CARE

Patricia C. Payne, NP
Charlene M. Sylvestre, NP

GASTROENTEROLOGY/ INTERNAL MEDICINE

Carole P. Davis, NP

GENERAL INTERNAL MEDICINE/PRIMARY CARE

Julie E. Crowley, NP
Monica S. Dube, NP
Victoria H. Gantz, NP
Mary F. Higgins, NP
Frances R. Lloyd, NP
Mary S. Lucca, NP
Diane M. Pomeroy, NP
Jaime L. Sennott, NP
Arevig Setian, NP
Lisa S. Zaeder, NP
Sarah A. Zappala, NP

GENERAL SURGERY/SURGERY

Pamela J. O'Brien, NP
Rachel M. Richards, NP
Sara J. Tortorici, NP
Geriatrics/Primary Care
Kathleen H. Mahoney, NP

GYNECOLOGY/SURGERY

Lisa M. Krikorian, NP
Dana Lefkowitz, NP
Diane M. McNamara, NP

HEMATOLOGY/INTERNAL MEDICINE

Jane F. Kennedy, NP
Colleen S. Summers, NP

HOSPITAL MEDICINE/MEDICINE

Michaela Essam-Agbesi, NP
Melissa A. Gauthier, NP

INFECTIOUS DISEASE/ INTERNAL MEDICINE

Mary Beth Martella, NP

NEUROLOGY/MEDICINE

Kristie A. Chin, NP
Joanne B. Giugno, NP

NEUROSURGERY/SURGERY

Tracy L. Cagnina, NP
Gina C. Kolak, NP

ONCOLOGY/MEDICINE

Mary Katherine McNeice, NP

ORTHOPAEDIC SURGERY/ SURGERY

Kristin J. Benting, NP
Lenore M. DelGrosso, NP
Carrie A. Dodge, NP
Colleen P. Ergin, NP
Dan J. Morgan, NP

PLASTIC & RECONSTRUCTIVE SURGERY/SURGERY

Jennifer E. Deane, PA

PULMONARY CRITICAL CARE/INTERNAL MEDICINE

Kathleen G. O'Leary, NP

PSYCHIATRY AND BEHAVIORAL MEDICINE/MEDICINE

Sandra G. Benson, CNS
Sheila M. Levenseler, CNS
Patricia A. Student, CNS

RHEUMATOLOGY/MEDICINE

Diana H. Cabral, NP
Marcia G. Chwalek, NP
Shirley A. Gove-Vlahos, NP

UROLOGY/SURGERY

Marybeth A. Singh, NP

Honors and Awards

BOSTON GLOBE SALUTE TO NURSES NOMINEES FOR 2013

The *Boston Globe* runs a section each year called Salute to Nurses in honor of exceptional nursing practice. Nurses are nominated to be included in the section by patients, family members or colleagues. Congratulations to the following nurses, who were nominated in 2013:

Nancy Ewart, ASN, RN, 6/7 Southeast
Nominated by Nancy Harkins
Sandra Pagliarulo, RN, BSN, OCN
Nominated by Francis Quinn
Brittany Collins, RN
Nominated by Kathy Savage
All of the Nurses on 6 East
Nominated by Gerald E. Eisenhaur, Jr.

Nursing Excellence Award 2013

Patricia Grady, BSN, RN, CRNS, FABC, associate chief nursing officer, executive director, Ambulatory Practice and Clinical Services, was a regional finalist in the "Home, Community and Ambulatory Care" category for the 2013 New England Nurse.com Nursing Excellence Award. This prestigious award honors superior nurses in regions across the country. Candidates are nominated by other nurses, making this truly an award for and by nurses.

The names of the 2013 honorees for the Wall of Honor were added to the wall during Nurses Week.

Left to Right: Susan Bellofatto, BSN, RN-BC, Kim Perryman, MMHC, RN, NE-BC, and Arlene Stoller, MS, RN, GCNS

2013 Nursing Research Grant Winners

PRINCIPAL INVESTIGATOR:

Arlene Stoller MS, RN, GCNS, NICHE Program Leader, 2008 Nursing Research Fellow

CO-INVESTIGATOR:

Susan Bellofatto BSN, RN-BC, Geriatric Resource Nurse Coordinator, 2011 Nursing Research Fellow

TITLE:
Move for Health

AIM OF STUDY:

The aim of the study is to increase hallway ambulation through a nurse-driven multifaceted approach. This would involve:

- Educating Nursing staff,
- Changing the Nursing environment,
- Addressing patient knowledge deficits, and
- Enhancing interdisciplinary collaboration, thereby decreasing functional decline.

Congratulations to newly certified nurses whose names have been added to the Wall of Honor:

Amy Arcand, RN, CAPA
Ambulatory Perianesthesia Nursing

Jennifer Atkisson, RN, CCRN
Critical Care Nursing

Anne Aumueller, RN-BC
Medical Surgical Nursing

Michele Barber, RN, AOCNP
Advanced Oncology Nurse Practitioner

Robert Berman, RN-BC
Ambulatory Care Nursing

Denise Borrelli, RN, OCN
Oncology Nursing

Jessica Brodbeck, RN OCN, AOCN
Oncology & Advanced
Oncology Nursing

Christina Buettner, RN, CCRN
Critical Care Nursing

Colleen Callahan, RN, CEN, CPEN
Emergency & Pediatric Emergency
Nursing

Dale Caron, RN, OCN
Oncology Nursing

Tina Chu, RN-BC
Medical Surgical Nursing

Carmelina Ciccarello, RN-BC
Medical Surgical Nursing

Maryellen Cincotta, RN, OCN
Oncology Nursing

Cindy Climer, RN, OCN
Oncology Nursing

Lynn Cody, RN, CDE
Diabetic Educator

Tammy Cooper, RN, CRRN
Rehabilitation Nursing

Robert Doughty, RN, OCN
Oncology Nursing

Claire Drummond, RN, OCN
Oncology Nursing

Colleen Ergin, RN, ONP-C
Orthopedics Nurse Practitioner

Julianne Filicchia, RN, CCRN
Critical Care Nursing

Ashley Francis, RN, CCRN
Critical Care Nursing

Catherine Griffin, RN, CCRN
Critical Care Nursing

Virginia Griffin, RN, CPAN
Post Anesthesia Nursing

Richard Guillaume, RN, CCRN
Critical Care Nursing

April Hartshorn, RN, OCN
Oncology Nursing

Jeanne Jacoby, RN, CDE
Diabetic Educator

Cynthia Johnson, RN-BC
Vascular Nursing

Mary Larson, RN-BC
Medical Surgical Nursing

Carol Mannone, RN, CH-GCN
Guided Care Nursing

Mary McNeice RN, AOCNP
Advanced Oncology Nurse Practitioner

Naomi Mercier, RN-BC
Nursing Informatics

Denise Morin, RN, CCTC
Clinical Transplant Coordinator

Joan O'Connell, RN, CAPA, CPAN
Ambulatory Perianesthesia &
Post Anesthesia Nursing

Deirdre O'Connor, RN, OCN
Oncology Nursing

Juliette Perkins, RN, VA-BC
Vascular Access Nursing

Kimberly Perryman, RN, NE-BC
Nurse Executive

Nancy Persing, RN, CAPA
Ambulatory Perianesthesia Nursing

Laura Poulos, RN-BC
Medical Surgical Nursing

Jodi Reid, RN, VA-BC
Vascular Access Nursing

Diane Roberto, RN, CEN
Emergency Nursing

Rajni Sahore, RN, VA-BC
Vascular Access Nursing

Judith Scanlon, RN, CEN
Emergency Nursing

Kathleen Sheehan, RN, CH-GCN
Guided Care Nursing

Caitlin Shepard, RN, CWOCN
Wound, Ostomy, Continence Nurse

Joanne Sliney, RN, CPAN
Post Anesthesia Nursing

Maureen Smith, RN, CPAN
Post Anesthesia Nursing

Mary Volpe, RN, VA-BC
Vascular Access Nursing

Brendan Walsh, RN, CAPA
Ambulatory Perianesthesia Nursing

Betsy Bradford Boccuzzi
RN, CH-GCN, Guided Care Nursing

Bonnie Brien, RN, CCM
Case Management Nursing

Judith Vechmamontien
RN-BC, Cardiac Vascular Nursing

Krystl Snow, RN-BC
Cardiac Vascular Nursing

Jean M. Ryle, RN, OCN
"Forever in our Hearts"

ALSO, CONGRATULATIONS TO THE FOLLOWING FOUR COLLEAGUES WHO EARNED CERTIFICATIONS AFTER NURSES WEEK AND WILL APPEAR ON THE WALL OF HONOR NEXT MAY:

Emmalie Norrman, RN, CCRN
Critical Care Nursing

Brenda W. Reed, RN, MSN, CCTC
Transplant

Lynn Kimball RN, BSN-BC
Pain Management Nursing

Margo Mantini Flavin, RN-BC
Cardiac/Vascular Nurse

Since Nurses' Week 2012, we have added five new types of specialty certifications:

- AOCNP – Advanced Oncology Nurse Practitioner
- CPEN – Pediatric Emergency Nursing
- ONP-C — Certified Orthopedics Nurse Practitioner
- RN-BC — Informatics
- CH-GCN — Guided Care Nursing

The total number of specialty certifications represented on the Wall of Honor is 41.

As of Nurses Week 2013, the names of 262 nurses are currently displayed on the Wall of Honor.

Congratulations to the following colleagues who earned academic degrees since Nurses Week in 2012:

Hannah Ayers, ASN
Jacqueline Bergeron, DNP
Michelle Capozzi, ASN
Judi Catalano, BSN
Lynne Coppinger, BSN
Laura Daggett, BSN
Jamie DiClemente, MSN, AGNP
Gilberto Gamba, BSN
Melissa Glidden, BSN
Barbara Moloney, DNP
Meaghan O'Leary, MSN
Kristen Rosenlund, MSN, AGNP
Margie Sipe, DNP
Arlene Stoller, MS
Deanna Walsh, BSN
Regina Whitnell, MS
Laurie Young, MSN, AGNP

Daisy Award Winners May 2012 to April 2013

Nadine Burke, ASN, RN, 6/7 Southeast
Nancy Ewart, ASN, RN, SICU
Sue Corcoran, ASN, RN, 7 Central
Tony Bona, MS, RN, CRNA, Anesthesiology
Tricia Blake, BSN, RN, 6/7 Southeast
Melissa Monterio, BSN, RN, 7 West
Lorry Trippett, ASN, RN, Emergency Department
Linda Egan, BSN, RN, 7 Central
Joanne Romanelli, BSN, RN, Allergy
Debra Marks, BSN, RN, OCN, Radiation/Oncology

ASK THE EXPERTS

Staff members answer questions about caring for older adults

Arlene Stoller, MS, RN, GCNS, Nurses Improving Care for Healthsystem Elders (NICHE) program leader, and Susan Bellofatto, BSN, RN-BC, GRN coordinator, provide a wealth of knowledge about the unique needs of older adults.

QUESTION:

My 86-year-old patient, who had surgery on her fractured hip two days ago, became increasingly confused and agitated. She kept trying to get out of bed, and her daughter was very concerned about the situation. After assessing the patient, the doctor diagnosed her with delirium. As a nurse, is there anything I can do besides medicating her with antipsychotics to control the behavior? Is there anything I could have done post-op to help prevent her from becoming delirious?

ANSWER:

Thank you for asking such a great question. Nurses are instrumental in the prevention, early detection and treatment of delirium because they are constantly assessing and re-evaluating their patient's status, and can detect subtle changes, often before anyone else. Remember, for any change in mental status, perform the FAST (Face, Arms, Speech and Time). If the patient appears to have drooping of the face, loss of mobility in the arm, slurred speech, note the time the first symptom was recorded. These could be signs of a stroke. If your patient has these symptoms, please institute the brain attack protocol.

There are many potential causes of delirium, and it is often multifactorial. **The Delirium Prevention and Management *Plan of Care*** utilizes the ***DELIRIUMS*** mnemonic as a guide and helps to provide nurses with potential causes and nursing interventions when a patient is experiencing delirium.

D: Drugs (Poly-pharmacy, Withdrawal), Delirium/Dementia History

- Review medications, especially new medications, for drugs that may potentially cause delirium. Consult pharmacy as needed.
- Compare home medication list to admission orders for possible omissions.

E: Elimination: (Constipation/Retention, Urinary Catheters)

- Assessing for constipation and urinary retention will help decrease delirium.
- Frequent toileting, following patients' home routines, and avoiding diapers and Foley catheters will decrease the risk of delirium.

Arlene Stoller, MS, RN, GCNS, and Susan Bellofatto, BSN, RN-BC

Nursing plays an important role in the prevention, assessment and treatment of delirium. Consideration of and interventions to address these potential factors can make all the difference for your patient.

L: Low O2 States (MI, ARDS, PE, CHF, and COPD)

- Respiratory compromise can result in delirium. Assessment of the respiratory system and O2 saturation should be a priority.

I: Infection, Impaired Kidney, Liver and/or Cardiac Function

- Infection is a common cause of delirium. Monitor for signs and symptoms through vital signs, lab and radiology results.
- All patients, especially the elderly, are at a higher risk for delirium if they are experiencing organ system compromise.

R: Recent Surgery, Restraints

- Surgery places all patients at a higher risk for delirium.
- Avoid restraints if possible, which can exacerbate the agitation. Instead try to:
  - Reorient and redirect the patient, promote sleep, and don't under or overstimulate.
  - Move the patient closer to the nursing station and encourage family presence.
  - Ask family to bring in familiar objects from home, and utilize the Things I'd Like You to Know About Me poster for cognitively-impaired patients.

I: Immobility

- Ambulation can decrease agitation and restlessness
- Frequent ambulation is important for all patients, especially patients experiencing delirium.

U: Uncontrolled Pain, Underhydration/ Nutrition

- Dehydration and malnutrition, along with uncontrolled pain, can lead to delirium.
- Remember to "start low and go slow" with all medications for the elderly patient as too high a dose of opioids can cause confusion.
- Assist patients to eat and drink frequently. Encourage family to visit at mealtimes.

M: Metabolic, Hypo/Hyperglycemia, Lytes (Ca, Na, K), Hct

- Abnormal lab values can be a risk for delirium. Review lab values for abnormalities.

S: Subdural, Sleep Deprivation, Sensory (Visual, Hearing)

- Sleep deprivation is a major contributor to delirium. Mimic bedtime routines, provide backrubs and music, noise control, pain control, and avoid unnecessary interruptions by bundling care.
- Provide glasses and hearing aids if applicable.

Five of this year's Preceptors of Distinction at the May 8 recognition presentation. Left to right: Meghan McInerney, RN, 7 East; Lauren McGrath, RN, 7 East; Claire Drummond, BSN, 7 West; Cathleen Wilcock, BSN, 7 West; I-Ling Vu, RN, 6 West PCU

Preceptors of Distinction Recognized

Preceptors are charged with creating a safe environment in which trust and wisdom can be discovered by both the preceptor and preceptee. A preceptor encourages a journey of growth and discovery, models excellence in patient and family care, and helps to create a positive learning environment for new nurses who choose to practice at Lahey Hospital & Medical Center. To honor those who go above and beyond to excel in this role, colleagues may nominate preceptors for the Preceptor of Distinction Award. Each winner receives $500 toward one nursing-related professional education course or seminar of his or her choice. Winners were recognized during Nurses Week 2013. This year's Preceptors of Distinction were:

Jen Atkisson, RN
Michael Charbonnier, RN
Jenna Colarusso, RN
Claire Drummond, BSN, RN
Jennifer Kulins, RN
Wendy Levine, RN
Liz Ferreira, RN
Danielle Lyons, RN
Susan McCusker-Short, RN
Lauren McGrath, RN
Meghan McInerney, RN
Erna Spencer, RN
Raina Virgilio, RN
I-Ling Vu, RN
Catie Wilcock, RN

We extend a warm welcome to the following nurses who recently joined our team.

Lahey Hospital & Medical Center

ADMINISTRATION

Lisa M. Colombo, DNP, MHA, RN, Senior Vice President and Chief Nursing Officer Lahey Hospital & Medical Center, Burlington

NURSING ADMINISTRATION

Kimberly Barry, BSN, MS, RN, Director, Inpatient Case Management

Lisa Kingsley-Rocker, BSN, MM, RN, Nurse Manager, ED and CDU, Burlington

Russell Sigrist, BSN, RN, Nurse Manager, SICU

ACCOUNTABLE CARE UNIT

Susan Lyons, RN, CCM

ALLERGY CLINIC

Ednaide Alves, BSN, RN

AMBULATORY CASE MANAGEMENT

Valerie Signorello, RN

Brenda Voye-Reardon, RN

Alice White, RN

CANCER CLINIC

Carolyn Krisko, BA, RN

CATH LAB

Wendy Dion, RN

Deborah Lucier, RN

Paula Mandel, BSN, RN, CCRN

CCU

Emmalie Norrman, BSN, RN

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Michelle Falzano, ASN, RN

DERMATOLOGY

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Gail St. Cyr, RN

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PSYCHIATRY

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RHEUMATOLOGY

Mike Barthe, LPN

SICU

Ashley Francis, BSN, RN
Russell Sigrist, BSN, RN, Nurse Manager
Maggie Theriault, BSN, RN

TRANSPLANT

Colleen Carroll, MSN, RN

5 CENTRAL, HOSPITAL

Alyssa Tenaglia, BSN, RN

5 WEST

Emily Maio, BSN, RN

5 WEST, HOSPITAL

Claire Anthony, BSN, RN
Julie Hamel, BSN, RN
Nicole Higden, ASN, RN
Jennifer Laffey, ASN, RN
Kimberly Lopresti, BSN, RN
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Christopher Reilly, ASN, RN
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Ryan Messier, BSN, RN
Katie Nolan, RN
Molly Vespa, BSN, RN

6 EAST

Jenna Lin, BSN, RN

6 EAST, HOSPITAL

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Amanda Kenn, BSN, RN
Matthew LeBlanc, BSN, RN
James McKenna, ASN, RN
Stephanie Midgley, BSN, RN
Beatrice Mitchell, BSN, RN-BC
Polyanna Neumann, BSN, RN
Stephanie O'Malley, BSN, RN
Erin Sullivan, BSN, RN

6 WEST

Shannon Bednarczyk, ADN, RN
Patricia Murphy, RN
Maritza Saavedra Jimenez, BSN, RN

6 WEST, HOSPITAL

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Kara Evans, BSN, RN
Rebecca McCarthy, BSN, RN
Angela Miles-Marshall, ASN, RN
Tara Morgan, BSN, RN
Jaclyn O'Halloran, BSN, RN
Alyse Sullivan, BSN, RN

6/7 SOUTHEAST HOSPITAL

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Laura Enos, BSN, RN
Melissa Ospina, BSN, RN
Lauren Parise, RN
Kristen Taylor, BSN, RN
Mary Walsh, BSN, RN

7 CENTRAL, HOSPITAL

Kerriann Goodwin, RN
Alyssa Gray, BSN, RN
Jennifer Kiley, ASN, RN
Kristen Mahoney, ASN, RN
Claire Snow, BSN, RN
Krystal Spiegel, BSN, RN

7 EAST, HOSPITAL

Maria Corazon Deperalta, BSN, RN
Rachel Fritschy, BSN, RN
Stephanie Jabouin, BSN, RN
Barbara King, ASN, RN
Nina Kiredjian, BSN, RN
Emily Lyons, BSN, RN
Hayley Oman, BSN, RN
Kamasha Richardson, RN
Carlee Yeadon, BSN, RN

7 WEST, HOSPITAL

Jacqueline Apicerni, ADRN
Paula Bearden, ASN, RN
Jennifer Beers, ASN, RN
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Notes on Nursing is produced by Lahey Hospital & Medical Center nurses, in conjunction with the Institutional Advancement Office. Our goal is to communicate important information. We invite all Nursing colleagues to share stories about their professional practice, unit successes and performance improvement projects. Send an email to NotesonNursing@Lahey.org, or write to us care of Notes on Nursing, Nursing Administration, Lahey Hospital & Medical Center, 41 Mall Road, Burlington, MA 01805.