Nursing Excellence 2013
# Table of Contents

- Magnet® Journey ..................................................... 4
- Transformational Leadership ................................. 8
- Structural Empowerment ....................................... 12
- Exemplary Professional Practice ............................. 34
- New Knowledge, Innovations & Improvements ........ 46

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**NURSING EXCELLENCE COMMITTEE**

Jennifer Bower (Education/CHS) • Ellen Fenger (Surgical and Trauma/SBCH)
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Dear Nursing Colleagues,

Welcome to the 7th edition of Nursing Excellence as we celebrate Nurses Week 2014. As I reflected on the year in review and looked at the accomplishments of 2013, I was struck by your professional accomplishments and personal work in the community. We continue to raise the bar and bring new levels of professionalism, quality and safety to our patients.

This year, I would like to recognize the amazing work of Dr. Ed Wroblewski, our Vice President for Medical Affairs and Chief Medical Officer. He has become a vital partner to me in working on medical staff and nursing issues regarding policy, practice and quality. As we work together as CMO/CNO, the relationships between the medical staff and nursing have come a long way. We have seen a dramatic drop in physician “code of conduct” issues in his 3 ½ years as CMO. Dr. Wroblewski is a big supporter of the Magnet Journey and sits on the “Transformational Leadership” Magnet Component Committee. Together we are members of multiple committees that relate to patient care. In 2013 CHS conducted a Physician Satisfaction Survey. The two highest rated questions were: 1.) Quality of the Nursing Staff and 2.) Staff cares about my patients. This is one of the greatest compliments that our staff can receive from the Medical Staff.

In August, we held our first annual Magnet Quality Celebration. Jen Bower, our Magnet Coordinator, did an amazing job of organizing and coordinating the event which was held over an 18 hour period. Unfortunately, our limitation to extending it longer was room availability. With 60 posters demonstrating Process Improvement, Evidence-Based Practice, Nursing-Led Research, and new ideas – more than 700 people came to the event to learn, share and enjoy the carnival-like environment with all the trimmings and lots of good food! The comments were most reflective of everyone’s reaction: “Wow, I had no idea that this was going on one floor above me or the next department over.” As we all get into our specialty-silos we lose the perspective that wonderful new and creative practice is all around us. A big thanks to Jen, the Magnet component committees, and the many departments that created and presented the posters. We look forward to showcasing new work at the 2014 Magnet Quality Celebration.

As we continue on our Magnet Journey, we have had numerous posters and podium presentations accepted at many conferences. We have lots to share on a national level about the tremendous work nursing is doing at Cottage Health System. One of the highlights of 2013 was the completion of the research by the Oncology staff on 6C which resulted in their research article getting published in the January 2014 edition of “Nursing Administration Quarterly” on “Nursing Care at the Time of Death, a Bathing and Honoring Ceremony.” This work has drawn national attention and is a new evidence-based best practice, all of which started at the bedside by our own staff nurses who wanted to improve the dying experience for patients’ families. We have much to be proud of!! Happy Nurses Week …

Herb Geary, MBA, BSN, RN, FACHE
Vice President, Patient Care Services
Chief Nursing Officer
Cottage Health System
Wow! What an exciting year!

It has been an honor to be in our profession and to work in an organization that values and supports nursing in a substantial way.

As the Nursing Magnet Program Coordinator, my role continues to evolve as we seek to incorporate the latest Magnet standards into the nursing culture here at CHS. I am delighted to see the growing level of professionalism and pride in nursing. This was evident at the Magnet Quality Celebration held in August. More than 60 professional nursing posters from across the system highlighted quality outcomes and evidence-based practices. The task of creating a professional poster was new to many nurses. It was clear that the challenge was accepted and the results were remarkable!

I am fortunate to be involved in the dedicated work of each of the four Magnet Component Committees. Commitment to the Magnet Journey and the enhancement of nursing outcomes is evident during each meeting. It is exciting to witness the various processes used by these committees to identify goals and to create meaningful change in our organization. The ongoing support of the Magnet Journey by Herb Geary and Nursing Leadership demonstrates an aligned vision and commitment to excellence.

Another significant achievement of the year included the nursing professional portfolios, completed by nearly
every nurse in the system. The portfolios clearly demonstrate our commitment to excellence with many nurses having returned to school to attain higher education; others have sought specialty certification, while others grow professionally through their involvement in a professional association.

Finally, it was exciting to return to work from my maternity leave and hear about advances in nursing research, including the publication of “Nursing Care at the Time of Death, a Bathing and Honoring Ceremony.” It is evident that we are continuing to strive for excellence in all that we do – we have the momentum and we continue to aim high.

If you have questions about the Magnet journey, I am here to assist!

Sincerely,

Jennifer Bower, MSN, RN
Nursing Magnet Program Coordinator
jbower@sbch.org, 805-448-5941 (cell), x54641
2013 Magnet Quality Celebration: A Vision of Success

The Magnet Quality Celebration held August 13 was a great success! The event celebrated 60 professional Nursing posters displaying quality outcomes, research and information. The carnival-themed event kicked off at 0700 and was well attended into the evening and night, concluding at 0100. Information, food, fun and a sense of pride were abundant!

Attendees were able to vote on the posters based on three criteria: Most Informative, Most Creative, and I Never Knew, “Wow!” The winners (below) presented their posters at the C3 Shared Governance event on October 17. They were also awarded a ribbon and special acknowledgment by Herb Geary.

Special thanks to Herb Geary, the Magnet Component Committees and Magnet Steering Committee for supporting the event.

Peds/PICU: Hugs Not Drugs: Using the Infant Immobilizer for MRI
Outpatient Surgery: A Journey Through Outpatient Surgery from a Patient’s Perspective
Birth Center: Implementing Skin-to-Skin in the Operating Room

L-R: Jennifer Bower, Herb Geary and Carol H. Nelson.
1 Oak Park: Leadership Mediation
1 Ridley-Tree: CNRN
3 Oak Park: Fall Prevention and Reduction
3 Ridley-Tree: Call Light Study
4S Ortho: Postoperative Ambulation
Improving the Mobility of Our Patients
5 East: Overview of Services
5 East: Patient Satisfaction
6C Oncology: Chemo TF
6C Oncology: Nursing Care at the Time of Death
CI: The Role of Nurses In Clinical Informatics
CRH: EBP
CRH: Enhanced Patient Care Through Improved Transdisciplinary Care
CRH: Nursing Shared Leadership
CRH: Transdisciplinary Inpatient Rehabilitation Process
Cath Lab & IR: Timing of Antibiotic Prophylaxis
Dialysis: CHF Re-Admission Rates
EBP Magnet Poster CHS
ED: Sepsis
ED: Zero Fury
EP: NDNQI
EP: PPM
Education: CRM (Simulation)

Education: Process Improvement Ongoing Nurse Competency
Education: SBCH Med/Surg Update
Endo: EBUS TBNA CHS
Endo: The Effects of Hospital Admission Status on Bowel Prep Before Colonoscopy: A Pilot Study
Eye Center: Bone Marrow Biopsies
GVCH Subacute: Interdisciplinary Conference Team
MICU: Charge and Resource Nurse Council Supports Growth of Direct Care Nurses as Transformational Leaders
MICU: Pre-Hospital to Discharge Hypothermia Post-Cardiac Arrest
NICU: Bubble CPAP
NICU: Neonatal CIABSI Prevention
NK: PHCT Scanner
NK: Research Excellence In Nursing
NRU: SBCH Sedation RN: 5 Years and Still Evolving
OPS: Patient Perspective
OR: Efficiency Productivity Improvement Project Using Lean Principles
PACU: Recovery of the Phase I Post Operative Patient During On Call Hours
PPSU: Care Delivery System
Palliative Care: Improving Pain Management a Nurse Sensitive Quality Indicator

Parish Nursing: Outreach
PEDS/PICU: Development of Guidelines for Pediatric Lab Draws
PEDS/PICU: Hugs Not Drugs: Using the Infant Immobilizer for MRI
QI: Data Communication Through Statit
QI: Tracker Data Base Utilization
SE: Clinical Ladder
SE: Professional Nursing Certification
SE: Recognition
SICU: Electronic Charge Nurse Audit: a Tool for Change
SICU: Staff Self-Scheduling
SPD: The "Hole" Story
SWOT: The Effects of the Tortoise Positioning System on Patient Comfort
TL: Nursing Excellence: The Power of Nurses In Print
TL: Preventable Injuries and Safe Patient Handling
Trauma Services: mTBI Clinic
Women’s Services: ACLS in the Perinatal Patient
Women’s Services: MIC Implementation of Critical Congenital Heart Disease Screening in the Newborn Nursery
Women’s Services: Implementing Skin-to-Skin in the Operating Room

For those who missed the event or would like to review the posters at their leisure, visit the Employee Portal under Care Giver Tools → Magnet Quality Celebration 2013.
The Advisory Board Nurse Executive Center

In April, Service Directors attended the Advisory Board’s Nurse Executive Conference, “Transforming Healthcare through Nursing,” in Dana Point, Calif. Based on the information presented, an on-site presentation was selected by the leadership team focusing on best practice for achieving top-of-license nursing practice. The topic was presented by Joan Meadows, of the Advisory Board, to more than 60 CHS Clinical Managers, Clinical Nurse Coordinators and Educators. Her talk focused on “Elevating the Impact of the Frontline Nurse.”

Fit Stop

The Fit Stop program provides information, education and assessments relevant to the increased risk of falling as we age. Aging baby boomers remain very active and a community-based fall assessment program such as Fit Stop meets with the active senior in the community and tailors education to their life situations. Personalized one-on-one education and take-home literature is provided by a trauma nurse practitioner, cardiac rehab nurses and volunteers from several schools of nursing. Fit Stop empowers active seniors with information and encourages fitness and safety.
Enhanced Tetraplegia Care

Herb Geary, our CNO, led a team representing the Emergency Department, Critical Care, Med-Surg, Rehabilitation, Respiratory Care and Hospitality, to address the special needs of patients entering SBCH who have a pre-existing diagnosis of tetraplegia. Responding to concerns expressed to him by a long-term post spinal cord injury patient, Herb guided the team to develop protocols including an automatic consult for a physiatrist, regardless of the point of entry into the system. The physical medicine consult addresses needs related to autonomic dysreflexia, therapy, and adaptive equipment such as a soft touch call light or the need for a specialty bed. A nurse-to-nurse consult with the rehabilitation nurses at Cottage Rehabilitation Hospital and the acute care nurse was also implemented to further address nursing needs unique to the tetraplegic patient. The full protocols are on the Employee Portal in the Caregiver Tools section.

Taking the Longview: The Evolving Role of Nurse Leaders from the Bedside to the Boardroom

This national conference includes state workforce entities that focus on addressing the nursing shortage within each state and contributes to the national effort to assure an adequate supply of qualified nurses to meet the health needs of the US population. Advancement of new and existing nurse workforce initiatives and best practices based on nursing workforce research, workforce planning, workforce development and formulation of workforce policy, are presented.
Step-by-Step

Georgia Rutherford introduced the Step-by-Step weight loss program to Cottage Health System at Shared Governance C3.

A challenge to lose 2,013 pounds systemwide over 12 weeks was issued and approximately 850 employees responded, forming more than 60 teams across all campuses.

Thanks to Georgia’s leadership and enthusiastic passion for the program, CHS employees exceeded that number by losing a total of 3,350 pounds.

Georgia continues to challenge us to participate in the Step-by-Step weight management process and provides ongoing support to those who reach out to her. She can be contacted at grutherf@sbch.org.

Local Hero

Darcy Keep was among 19 awardees honored by The Santa Barbara Independent’s 28th annual Local Heroes program.

Darcy received this honor for her years of dedicated work organizing and financially supporting the Annual Mental Health Arts Festival. The event is held annually during National Mental Illness Awareness Week in an effort to raise awareness and celebrate the achievements of those living with mental illness.

Darcy serves on the Board of Directors of the Mental Wellness Center whose vision is to be a community force for education, advocacy, and practical supportive services which empower those affected by mental illness to live the fullest, most productive life possible.

Holiday Healing at the Table

Meal times in psychiatric settings provide special opportunities. Sitting around a table for meals often encourages a more casual sharing than that of a group session.

Last Christmas, Sarah Logsdon coordinated with Roman Tovar and Ivan Zuniga in Nutrition to come up with a delicious holiday buffet to be served to 5 East patients and their families.

The first patients to arrive into the room were stunned and very thankful. Soon, the room was buzzing with conversation and good cheer.

Sabine Keller, the charge nurse, encouraged and facilitated staff to join the patients in the dining room, which added to the therapeutic environment.
Nursing Excellence Publication: The Power of Nurses in Print

Hoch Gasey MBA, BSN, RN, FACNE and Jennifer Bozler MSN, RN

Background

The Nursing Excellence (NE) publication began in 2009 with the 2007 accomplishments. The original idea was presented by Mark Gasey (Cottage Health System’s (CHS) Chief Nursing Officer) in 2006. The idea was to receive national recognition for the hard work of the nurses and the power of nurses in print. The publication garnered continuing support from the administration and the nurses. In 2011, the NE publication was affirmed as a unique opportunity to recognize the accomplishments of the nurses and the power and impact of nurses.

Purpose

The NE publication underscores continued evaluation and achievement of the nursing staff while focusing on both organizational and nursing goals. The publication currently provides a venue to demonstrate and celebrate nursing excellence at Cottage Health System (CHS). The past two editions reinforced the American Nurses Credentialing Center (ANCC) Magnet recognition framework, which is grounded in evidence-based practice. Woven throughout the publication is the theme of the Magnet program, including: Transformation Leadership (TLL), Structure of Empowerment (SOE), Exemplary Professional Practice (EPP), and New Knowledge, Innovations, and Partnerships (NIKP).

Role of the Committee

The NE committee meets throughout the year to create the format and overall theme of the publication. Historically, the team reviews prior issues to maintain consistency and provide ideas for potential stories. The committee also enhances the publication by creating new content, including articles, case studies, and interviews. Without the dedicated efforts of the committee, the publication would not be possible. The 2012 NE publication highlights the power of nurses, the excellence they possess, and the recognition they receive. The committee members are integral to the success of the publication.

Focus on Outcomes

- Patient Safety
- Nursing
- Organizations
- Community

Committee Members

- Anne Breslow (Clinical/ED)
- Jennifer Breslow (Nursing Magnet Program Coordinator/CHS)
- Mary Fleishman (Nurse Educator and Trainer/CHS)
- Carol Breslow (Cottage Hospital/CHS)
- Mark Gasey (Cottage Health System)
- Shae Bridges (Cottage Health System/CHS)
- Tracy Byrd (Cottage Hospital/CHS)
- Lisa Thompson (Cottage Health System/CHS)
- Kathryn Von Eilen (PNL/CHS)
- Arla Faler (Paletta Affiliates)
- Glenn Daubert (Widok Semiotics)
- Transformational Leadership at GCH, GVCH, and SYDCH

Cottage Health System

Transformational Leadership
Mayrose Snyder Excellence in Occupational Health Nursing Award

Angeli Mancuso received the 2013 Mayrose Snyder Excellence in Occupational Health Nursing Award. This award is presented annually to the nurse who receives the highest score for the year on the Certified Occupational Health Nurse-Specialist (COHN-S) certification examination.

The award was presented at the American Association of Occupational Health Nurses (AAOHN) 2013 National Conference.

Be the Match

When Kristi Alderson’s daughter was born, she donated the umbilical cord blood, which saved a life two months later. This year, she volunteered to run a “Be The Match” bone marrow registry drive at Savoy Café & Deli in Santa Barbara. The quick, noninvasive cheek swabs taken at the event resulted in 18 potential matches – that’s 18 lives potentially saved!

Education Vision 2014

Educators, CNS representatives and department educators met to collaboratively envision 2014 education needs. The team meets annually to collaborate, build skills, and set short- and long-term goals that align with the organization and Nursing Strategic Plan.
Welcome to Christy Block, MSN, RN, CNRN, Critical Care Clinical Educator

Christy joins us from the University of Cincinnati Neuroscience Institute, University Hospital/UC Health, a teaching institution that serves the indigent community as well as the insured. She brings 21 years of nursing experience caring for neurology and neurosurgical patients. Her last four years she was clinical educator overseeing Med-Surg and Neuroscience ICU.

Christy Block

Project Healthy Neighbors

Parish Nurses Jan Fadden and Jan Ingram helped to organize this year’s Project Healthy Neighbors; they collected more than 500 pairs of socks and other personal care supplies to give to the homeless. This community outreach event was held in November at Casa Esperanza homeless shelter, where TB testing, flu and pneumonia vaccines, and other health services were offered free of charge.

Above, Jan Ingram packages socks. At right, she and community volunteer Chantal Evrard hand out shoes to the homeless at Casa Esperanza.

“The conditions under which care is provided, including material resources, human resources and organizational characteristics, that allows nurses the capacity to mobilize people and resources to get things done.”
Community Events

CHS nurses extend their expertise and passion for helping others, out into the community. Aligning with our Professional Practice Model nurses are committed to wellness and prevention in the community.

Wellness, Community and Prevention: Flu Clinic

CHS nurses, including Parish Nurses, helped to make the community flu clinics a great success, by providing nearly 3,000 low-cost flu vaccinations at local venues including: churches, food banks, homeless shelters, senior centers, Catholic Charities, Senior Expo, Santa Barbara and Goleta Farmers Markets, the Avocado Festival, Earl Warren Swap Meet and the YMCA.

Health Academy Outreach

The Endoscopy Department reached out to the San Marcos High School Health Academy students to enhance their awareness of gastrointestinal health while explaining the unique role of the Endoscopy nurse.

This type of outreach supports the Magnet initiative as well as the CHS professional practice model for nursing by addressing both the recognition of nursing and commitment to community involvement.
Trauma Services
Community Education

Liz Taylor-Linzey took a leadership role in coordinating multiple community educational opportunities to promote the Distracted Driving Awareness Campaign, Child Passenger Safety (heat-stroke, car seat inspections), and Spot the Tot Campaign (forward/backward rollovers).

2013 was the inaugural event of Santa Barbara Open Streets (SBOS), which is a nationally-organized event and was hosted by the Coalition for Sustainable Transportation (COAST). Erika Szell and Liz Taylor-Linzey helped Cottage Health System showcase the newly verified SBCH Level II Pediatric Trauma Center and shared important safety information with more than 200 participants.

Trauma Services partnered with the California Highway Patrol (CHP) enabling them to pool their resources while assisting with their community car seat inspections, which were hosted at Goleta Valley Cottage Hospital. Liz’s leadership during the planning and implementation of this project was supported by Gina Randall, Jaynie Wood and Aubrey Primason from Children’s Services.

The AVANCE Parent-Child Education Program teaches participants the importance of their role in a child’s development. Trauma Services partners with the school district to provide the injury prevention and safety portion of the AVANCE curriculum.
Cancer Center Walk/Run
On October 13, “Team 6C” participated in the Cancer Center Walk/Run. Teammates included: Anna Bissell, Diane Maahs, Sarah Awad, Julius Manlulu, Linda Ohrtman, Hangama Abassi, Beth Calmes, Candra Davis, Kristi Alderson, Miriam Martinez, Rhonda Bernstein, Jennifer Nelson and friends; they completed either 5K or 10K to raise funds and awareness for the Cancer Center of Santa Barbara.

EWGA Bobbie Kline Memorial Golf Tournament
GVCH nurses participated in the annual Executive Women’s Golf Association (EWGA) memorial golf tournament honoring Bobbie Kline, past Vice President of SYVCH.

The event raises money for breast cancer research with more than half of the proceeds going to the Breast Care Center at GVCH.

CERT
The Community Emergency Response Team (CERT) program is all-risk, all-hazard training. The program is designed to help protect communities and neighborhoods in an emergency situation.

Rose Bray prepares the disaster simulation scenarios for the students of this valuable community program. Her involvement included three CERT and dog rescue drills this year, with more than 40 community participants.

Rose Bray
Tour de Cure

The second annual American Diabetes Association Tour de Cure drew more than 200 riders and raised more than $100,000 for diabetes research, education and advocacy. Tracey Lord worked with other nurses in the Clinic on Wheels (COW) to provide basic first aid and blood glucose monitoring as needed, and Liz Taylor-Linzy worked with the local nursing schools, CHS nurses and EMTs to assist at the six first aid stations along the 67-mile route, which took place over two days.

Medical Reserve Corps

Parish and ED nurse Cathy Mollkoy worked as a volunteer for the Medical Reserve Corps during Fiesta celebrations in August. Cathy provided emergency First Aid as needed; in addition, she taught hands-only CPR to interested community members.

Nike Women’s Half Marathon

Leslie Houston and Karen Carroll participated in the Nike Women’s Half Marathon (NWM), an event that benefits the Leukemia and Lymphoma Society (LLS). The two were part of Team in Training, a nonprofit organization that trains people for athletic events to benefit the LLS, and this year raised close to $200,000 for blood cancer research.
Annual Retired Nurse and Knapp Alumnae Tea

The fourth annual Knapp Nursing Tea provided an opportunity to greet retired Cottage nurses as well as Knapp College of Nursing alumnae, by providing them with an educational briefing on CHS’s new clinical and education initiatives, building projects, and philanthropic initiatives throughout the system. Held at the Biltmore in Santa Barbara, Cottage leaders shared ways the organization cares for its patients, the community, and its employees – past, present and future.

After a welcome by CEO Ron Werft, Herb Geary reflected on nursing highlights. He reviewed nursing research (i.e., bathing and honoring ritual); new technology (i.e., new laryngoscope with tiny camera for viewing vocal cords); Nurse Professional Portfolio reflecting many nurses choosing to strive for advanced degrees; and a recent $1.5 million grant for the new Gary M. Hock Family Patient Care Simulation Center, complete with a new “fleet” of mannequins (including a birthing mom) – this brought an exchange of knowing smiles that this was real improvement compared to nurses’ history of practicing on one another to gain experience and competence.

A Special Celebration

Debra Launius, Pam Rodriguez, Cyndi Gilbert, Natalie Jackel, Georgina Gill, Gail Plowman, Talin Yepremian and many other pediatric inpatient and outpatient nurses generously donated their time to the annual Pediatric Hematology/Oncology Christmas Party.

More than 275 patients and their families were entertained, served food and given presents from Santa with the help of the Pediatric team.
On-Site Classes

CHS nurses are committed to professional development as demonstrated by exceptional participation in on-site classes. We collaborate to enhance the patient care experience while elevating our knowledge and confidence.

CHS Heart Training: Learning with High-Fidelity Simulation

A combined effort from the Education Department’s simulation team, Critical Care Clinical Educator and CNS produced a high-fidelity simulation for SICU nurses training to care for patients recovering from open heart surgery. Nine staff members spent a day completing a didactic learning session followed by two simulated open heart surgery scenarios with all the “bells and whistles,” tubes and drains.

ECC Training Center

As an American Heart Association Emergency Cardiac Care (ECC) Training Center, CHS consistently provides Basic and Advanced Cardiac Life Support classes for CHS staff and the community. These cardiac life support classes provide both a didactic and psychomotor skill component ensuring that participants leave with a “hands-on” working knowledge of how to handle a cardiac or respiratory arrest emergency situation.
ACLS for the Pregnant Patient

With the changing demographics of the obstetrical patient, more emphasis has been placed on the at-risk pregnant patient.

The ACLS-OB course, a subcomponent of ACLS, is taught twice annually for the Birth Center Staff and is open to anyone requiring ACLS certification. The modifications in pregnancy are emphasized and practiced.

The Power of One

In June, The Power of One Critical Care Conference, sponsored by CHS, welcomed back presenter Kathleen Vollman, MSN, RN, CCNS, FCCM, FAAN, to share innovations in nursing. The focus of the conference was implementation of evidence-based research into bedside practice. The comprehensive presentation provided solutions to empower staff to improve patient outcomes.
Evidence-Based Practice

In March, the Education Department partnered with Critical Care to host 70 Critical Care nurses from Santa Barbara and the surrounding community for an evidence-based practice conference. Talented speakers from Santa Barbara Cottage Hospital presented noteworthy topics including: Managing dysrhythmias and QT intervals, ventilator modes and enteral feeding to name a few.

Fright Night: An Innovative Learning Experience

Critical Care had a frightful scene this October. With Halloween as a backdrop, the Critical Care Skills Lab was transformed with cobwebs, skeletons and dozens of “scary” nursing practices. More than 40 clinical nurses investigated the scene to find the 20 scary practices not evidence-based. The education team organized the event as a way to engage the staff in a fun rewarding way, while highlighting practices that are discouraged, bringing quality practice to the forefront.

SWOT Ostomy Training

SWOT nurses facilitated “hands on” ostomy training. Nurses were able to practice practical application in a positive, fun atmosphere. The SWOT nurses were available to provide support and expertise during the training session.
Health Fairs

CHS nurses contribute to the health of the community by organizing, participating in, and promoting local health fairs. These events fill identified health and health education gaps for our community. The services provided are often free of charge and provide opportunity for lasting impact.

Supporting National Diabetes Awareness Month

Elly Walters-Bible hosted a Hispanic Diabetic Education Program at Our Lady of Guadalupe in November for National Diabetes Awareness Month. A multidisciplinary approach was used to increase participants’ knowledge. Topics included managing diabetic complication and disease prevention.

Cancer Prevention Fair

On May 4, Cottage Health System, Parish Nurses, Cancer Center of Santa Barbara with Sansum Clinic and Santa Barbara Neighborhood Clinics, hosted the Cancer Prevention Fair. Designed for those without access to medical services, the event offered cancer prevention education and cancer screenings. The fair attracted more than 125 attendees, and volunteer clinicians provided over 170 screenings. Participants had the opportunity to receive visual oral cancer screenings, clinical breast exams, colon cancer at-home screening (FIT) kits, and skin cancer screenings.

Santa Barbara Heart Health Fair

With a focus on prevention, the Cardiac Liaison Nurses and nurse colleagues assisted at the Heart Health Fair nursing consultation table. The annual fair is a service for community members who have no insurance or inadequate access to medical care. Nearly 500 participants enjoyed the fair and obtained valuable information about cardiovascular disease treatment and prevention.
Colon Cancer Screening

The Endoscopy Lab was an active participant in this year’s annual community colon cancer screening. Physicians, nurses and techs attended several community sites and clinics to encourage the public to be screened. This effort aligns with the Magnet framework and CHS’s support of nurse participation in community healthcare outreach.

Mental Health Fair

In May, the fourth annual Mental Health Fair was held in Burtness Auditorium. This event is a collaborative project between the Shared Governance Council on Psychiatric Services and various community agencies. The event featured more than 20 different community agencies that provide services to those living with mental illness.

Inaugural Goleta Heart Health Fair

For the first time, CHS held a Heart Health Fair in Goleta. An impressive 300 participants benefited from cardiac and diabetes screening and education.

L–R: Margaret Wahlborg and Anneke Van Bastelaar.


L–R: Sara Voigtitter, Debbie Anderson, Jan Ingram and Lauren Nevins.
Off-Site Presentations

CHS nurses share their knowledge and contribute to the advancement of the nursing profession through formal presentations at state and national off-site events. We are proud to disseminate our work and seek the shared experience of others. Many posters created for the Magnet Quality Celebration have been showcased during conference poster presentation sessions further demonstrating our professional engagement.

AWHONN National Conference

Dodi Gauthier, Birth Center Educator and California Section Chair of the Association of Women’s Health, Obstetric and Neonatal Nurses (AWHONN), presented “Pregnant Annie, Are You Okay?” at the AWHONN National Conference in Nashville. Dodi’s presentation exemplifies the mission of AWHONN “to promote the health of women and newborns” and is an example of how her contributions have an impact at SBCH and across the nation.
ASPMN Conference

Jane Cook and Susan E. White presented at the American Society for Pain Management Nurses (ASPMN) conference: “Pain Management Nursing Grand Rounds: Case Studies by Nurses, for Nurses.”

About 100 people were in the audience with standing room only! Comments from attendees: “powerful presentation,” “we would like to do this at our hospital,” and “congratulations” to Jane on her advocacy.

Note: Jennifer Granger was scheduled to present as well but was unable to attend.

Santa Barbara Cottage Hospital’s Trauma/Critical Care Symposium

“The entire day was an incredible learning experience” said one Cottage nurse of the annual Cottage Trauma/Critical Care Symposium. Attendees included 107 CHS nurses along with 149 other healthcare professionals from across California. Three trauma nurse specialists were among the speakers, including Jenn Wobig. The theme was “best practices in trauma and critical care to achieve better patient outcomes.”
Conferences

CHS nurses engage in professional development in a variety of ways including attending local, national, and international conferences. The knowledge acquired during these events is then brought back to CHS and translated into practice.

LAS VEGAS, NV

Rose Bray attended the 2013 AACN Nurse Manager Priorities conference.

AACN
American Association of Critical-Care Nurses

Rose Bray

NASHVILLE, TN

3RT nurses attending the Academy of Medical-Surgical Nurses (AMSN) conference were impressed by Army’s Patient Caring Touch System presentation. Take-home points included organizing patient care to improve accountability and communication. As a result of this conference, 3RT is currently surveying staff and looking into ways to utilize this system to improve patient care outcomes.

L-R: Chelsea Nawai, Jeni McClure, Jamie Roberts, Laura Mozako and Marijo Schleis.

AMSN
Academy of Medical-Surgical Nurses

Karen Bradbury

SBCH Magnet Quality Celebration

Showcasing Evidence-Based Practice, this poster on “Pre-Hospital to Discharge: Hypothermia Post-Cardiac Arrest” (in the background) has been accepted at the 2014 AACN National Teaching Institute in Denver.

L-R: Annie Dempsey, Paula Gallucci and Diane Barkas.
Representatives from each of the Magnet component committees (MCC) were at ANCC’s National Magnet Conference “Experience the Excitement,” including Mary Gensler (EP), Rhonda Bernstein (SE), Sabine Keller (TL), Jennifer Dunn (EP), and Patti Wicklund (NK). The team proudly represented CHS and brought back valuable insights and knowledge gained from attending the lectures and breakout sessions that will be incorporated into the MCC goals for 2014.
Service Abroad

CHS nurses give back to our community through volunteering both locally and globally. Offering their time, their knowledge and getting to know our local and global communities speaks to the core values of CHS excellence, integrity and compassion. Commitment to community is also recognized as an essential component of Magnet standards.

Dominican Republic
Debra Launius (Peds Oncology Clinic staff) uses her knowledge and compassion to care for others in the Dominican Republic. With a focus on wellness, community and prevention while placing the patient and their family at the center of care she exemplifies the CHS Professional Practice Model for Nursing.

Mexico
Angeli Mancuso traveled with Aeromedicos, a Santa Barbara based group of medical professionals who travel several times a year to Cadeje, in Baja Mexico. Angeli’s team provided dental services that ranged from preventive education, teeth cleaning and fillings, to extractions and root canals. The medical clinic treats a variety of medical issues including chronic health maintenance for diabetes and hypertension, acute illnesses, infections and minor surgical procedures.

Nigeria
Cyndi Gilbert (CRN of Pediatrics) volunteered in Banizumbu, Nigeria. This particular village had never received medical care before and the villagers were intrigued by Cyndi’s white skin and red hair! It was “an awesome and rewarding experience,” said Cyndi.
**Mexico**

Elizabeth Link travels twice a year to assist ophthalmologists in Ensenada, Mexico, at a free cataract clinic for the indigent population of that community.

Elizabeth and her daughters, Julia and Dana, assisted in the establishment of this clinic 12 years ago in affiliation with Surgical Eye Expeditions (SEE) International, the Santa Barbara based nonprofit organization which offers free eye surgery in underserved communities around the world.

Over the past twelve years several Cottage staff members and local ophthalmologists have accompanied Elizabeth on these trips.

**Haiti**

Vanessa Gonzalez traveled with a medical team to Port-au-Prince in Haiti for a week to provide medical care to the locals.

Although Vanessa funded her own trip, Direct Relief sent medical supplies with the team, so they could offer treatment for illnesses such as diabetes, hypertension, chronic pain and dehydration.

For many of the people, this is the only time that they are able to see a doctor – either at the clinic set up by the team, or on one of the house calls provided to the “tent cities.”

**Global Trek**

Jane Carey, Pediatrics, has been giving back to our global medical community, sharing in countries that do not routinely receive medical and surgical care. For Jane, this was her ninth global trek. She has provided nursing care in Central America, South America, India, Northern Africa and Africa.
Advanced Degrees

LVN to RN
Leidy Alvarez Lopez
(Center for Wound Management)

Bachelors of Science in Nursing (BSN)
Marisa Almanza (3RT)
Marla Dan-Rambaran (GVCH M/S)
Lori-Ann Freedman (SYVCH M/S)
Karen Koppes (3RT)
Danilyn McLaughlin (3RT)
Annie Mendoza (3RT)
Cheryl Mingee (MICU)
Marisol Ruiz (3RT)
Amy Shimada (PICU)
Nancy Sparkman (3RT)
Patti Stetson (3RT)

Master of Science in Nursing (MSN)
Judy Corliss (Endo)
Lesley Gardia (MICU)
Christie Pimentel (SYVCH ED)

New Certifications

Certified Diabetes Educator (CDE)
Trish St. Oegger (Pediatric Endocrinology Outpatient Clinic)

Certified Infection Preventionist
Barbara Addy (Infection Prevention and Control)

Certified Medical Surgical Registered Nurse (CMSRN)
Leslie Beauchamp (NRU)
Maria Cooper (PPSU)
Michael Crampton (GVCH M/S)
Christina Dugre (NRU)
Jasminda Estrada (1RT)
Mark Garcia (1OP)
Carissa Hampton (NRU)
Marissa Hernandez (3OP)
Sara Kida (NRU)
May Ann Labitan (4S)
Teresinha Landry (1OP)

Certified Neuroscience Registered Nurse (CNRN)
Laura Canfield (SICU)
Lauren Fink (1RT)
Alicia Ketola (SICU)

Certified Pediatric Emergency Nurse (CPEN)
Melissa Grunt (PICU)

Certified Perianesthesia Nursing
Krista Arce (PACU)
Maria Peterson (PACU)

Certified Rehabilitation Nurse
LeAnn De Luna (CRH)

Critical Care Registered Nurse (CCCRN)
Sarah Albrecht (SICU)
Karen Ansberry (SICU)
Lorin Blaver (SICU)
Mitch Brand (SICU)
Jennifer Castle (MICU)
Brooke Colligan (MICU)
Michael Forster (MICU)
Jessica Freeman (MICU)
Jill Haltenhoff (SICU)
Catherine Haub (SICU)
Sami Hepburn (MICU)
Mary Paula Jones (CRH)
Amy Lee (MICU)
Teresa Lurie (SICU)
Taylor Mendenhall (MICU)
Erin Morrissey (SICU)
Daniel Pollack (SICU)
Stephanie Remick (MICU)
Janet Sheppard (MICU)
Monica Steck (MICU)
Laine Swartz (GVCH ICU)
Lori Tatick (MICU)

Inpatient Obstetric Nurse (RNC-OB)
Sloan Nagao (Birth Center)

Maternal Newborn Nursing (RNC-MNN)
Vicki McPhail (Education)

Orthopedic Nursing Certification (ONC)
Ashley Marba (4S)

Ostomy Management Specialist (OMS)
Stephanie Lang (3OP)

Stroke Certified Registered Nurse (SCRN)
Emily Roden (Neuroscience)

Promotions
Clinical Resource Nurse (CRN)
Erica Ashley (SICU)
Angelica Benavides (4S)
Lorin Blaver (SICU)
Sarah Bordon (1OP)
Kimberly Bronдум (NRU)
Brooke Bulaclac (MICU)

Clinical Nurse Coordinator (CNC)
Lindy Chavez (4S)
Martha Marquez (1OP)

Nursing Care Coordinator
Leann DeLuna (CRH)

Quality Dept.
Ian McLelland (Stroke)
Alison McCeney graduated from Santa Barbara Health Academy (SBCC).

Ian McLelland, newly appointed Stroke Coordinator, works with nurses and physicians to ensure compliance with stroke guidelines. He notifies nurses and physicians of patient care as well as documentation needs via concurrent review. Ian performs data abstraction and reporting to support patient outcomes and quality measures.

Maggie Pak-Greeley received her diabetic wound care certification through the Wound Care Education Institute (WCEI).

Sharon Partee (Pediatrics) giving a speech to the HPI graduating class.

Nurses Alison McCeney, Celina Ornelas, Joanne Ronaldson, Kate Arrietta, Martha Marquez, Patricia Lobenburg, Sabine Eden and Sharon Partee were among the HPI graduates this year.

2013 Health Professionals Institute (HPI) Graduates

Cottage Health System and Santa Barbara City College offer the Health Professionals Institute to provide more training and professional development opportunities to Cottage employees. Participants who are accepted into the program are then expected to take 15 classes in the HPI curriculum within a two-year period (classes range from Business Writing to Emotional Intelligence to Crucial Conversations).
Welcome New Graduate Nurses!

The New Graduate Nurse Training Program assists new nurses with their transition to practice. The foundation of the program consists of clinical preceptorship, simulation and task training, reflection and debriefing. In alignment with our commitment to nursing excellence, the New Graduate Nurse Training Program provides the structure and process that supports role development of the new nurse, and reinforces lifelong learning.

Academy of Medical Surgical Nurses Certification Review Course and Exam

Aligning with our commitment to nursing excellence, the Academy of Medical Surgical Nurses Certification Review Course and Exam was hosted at CHS.

According to the American Nurses Association, certification is the process by which a nongovernmental agency or association certifies that an individual licensed to practice a profession has met certain predetermined standards specified by that profession for specialty practice. The purpose of certification is to ensure that an individual has mastered a body of knowledge and acquired skills in a particular specialty.

After attending the course, at least 20 CHS nurses completed and passed the exam. This increased the number of our Medical-Surgical certified nurses by approximately one-third.

Our support of professional certification exemplifies how CHS promotes the highest levels of clinical excellence and professional practice.

The Magnet Structural Empowerment Committee has been working diligently to promote and celebrate specialty nursing certification. March 19 is Certified Nurse Day; the committee would like to congratulate those who have attained specialty certifications!
Diabetes Liaison Committee

The diabetes liaison committee is a group of nurses, dietitians and POCT staff, which meets monthly to promote best practices for diabetes care at CHS. Last year they participated in activities related to insulin pen training, POCT quality control, review of policies and procedures, providing input regarding documentation of diabetes education, helping with the professional and community diabetes events, completing diabetes education survey, and giving feedback regarding improving quality of care to our patients with diabetes.

Senior Fall Prevention Program

Liz Taylor-Linzey, Injury Prevention Outreach Coordinator, presented the Trauma Services Senior Fall Prevention Program to the Statewide Regional Trauma Coordinating Committee. The program was introduced to the community as a service which provides Trauma Department education and assessment about falls and fall risks. Her presentation was well received, influenced future focus of this group, elicited much discussion and from this, Liz has been asked to speak on the subject to other related groups.
Pain Management Grand Rounds

Pain Management Nursing Grand Rounds (PMNGR) provides an educational forum for bedside nurses to present “real life” and complex pain management cases. With this process, more nurses become better patient advocates and provide more effective care to patients with pain. This, in turn, improves patient outcomes while encouraging peer discussion.

This year’s presenters were:

April 8: Debra Rodgers, Cara Caul, and Susan E. White

August 19: May Ann Labitan, Lisa Kiefer, Clay Napier (Palliative Care Chaplain) and Susan E. White.

November 11: Jane Cook, Susan E. White and Jennifer Granger.

An additional highlight was that Susan E. White, Jennifer Granger and Jane Cook were invited by the American Society for Pain Management Nursing to present their topic, “Pain Management Nursing Grand Rounds: Case Studies by Nurses, for Nurses.” This was at the ASPMN’s 23rd annual conference in Indianapolis, Indiana.
California Association of Clinical Nurse Specialists, Spotlight

Diane Barkas is an Affiliate Liaison for California Association of Clinical Nurse Specialists (CACNS). In her liaison role she represents all CHS CNSs and communicates: issues to fellow CNSs, staff members, and administrators; future educational offerings; and shares the opinions of your organization and its CNS to the CACNS on important issues of the profession.

In the October CACNS newsletter Diane’s story of her exemplary career was highlighted in the “Spotlight” section. In addition to her liaison role she contributes to the newsletter as the author of the recognition section.

Trauma/Critical Care Symposium

Jenn Wobig presented “Massive Blood Transfusion” at the 2013 Trauma/Critical Care Symposium at The Fess Parker a Doubletree by Hilton Resort. Jenn was a featured RN presenter at the day-long regional conference.

Operation Zero Fury

Operation Zero Fury is a campaign designed to decrease lateral violence in nursing within the ED and between the ED and patient floors. Research has shown that kinder, more professional behavior results in more complete patient hand-offs and increased job satisfaction among nurses. The ED established a network of representatives from the floors and the ED to facilitate communication and conflict resolution, presented scenarios at ED staff meetings to highlight conflict resolution skills and used frequent email reminders to encourage practice. The goals of the program include increased patient safety by helping nurses better work together during patient hand-offs and increase nursing satisfaction.
The NICU expanded its Central Line Associated Bloodstream Infection Prevention Team to offer a Peripherally Inserted Central Catheter (PICC) Workshop. This is an eight-hour program that trains the clinician how to insert and care for an extended dwell peripheral catheter which overall decreases the risk for infection and improves outcomes. This also promotes professional development and top-of-license nursing practice by allowing the nurse to use clinical judgment and advocate for the patient.

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<th>NICU</th>
<th>Breast Milk at Discharge</th>
<th>CPQCC 2011</th>
<th>Weight: 401-1500g or 22w-29w</th>
<th>56.1%</th>
<th>83.3%</th>
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<td>Weight: over 1,500</td>
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GVCH Subacute
Thoughtful, Diligent and Intelligent

The patients on the subacute unit are a medically fragile group with compromised immune systems. Over the course of five years, GVCH Subacute worked thoughtfully, diligently and intelligently to address the causes of the high infection rate. Through a combination of hard work and teamwork, they reduced the Subacute infection rate from a baseline of 10.9 in the 1st quarter of 2007 to 1.5 in the 4th quarter 2013.

The Infection Control Success Story On Subacute:
How we reduced our infection rate from our baseline of 10.9 in the 1st quarter of 2007 to 1.5 in the 4th quarter 2013.

PRODUCT CHANGES: 2008
• Added germicidal bathing practices stored in warming unit
• Provided Cavacide wipes located at every satellite nurse station convenient to use on all equipment after every use
• Installed waterless gel dispensers in every room

PRACTICE CHANGES: 2008
• Germicidal baths once/day for all patients
• ↑ attention to hydration and suctioning: to keep secretions thin and clear
• ↑ attention to stoma care: to decrease germ build up at sites

INFECTION CONTROL EDUCATION: 2008 and ongoing
• CNA: focused attention on effective peri care
• CNA: proper handwashing with use of “fluorescent germs” as a reminder
• VISITORS: letter to home requesting cooperation with infection control guidelines
• VISITORS: proper handwashing with use of “fluorescent germs”
• VISITORS: proper use and practice with PPE

STAFFING RATIO CHANGE: 2009
• Nurse to patient ratio improved from 1:8 to 1:6

PRACTICE and MONITORING: 2010 and forward
• ↑ supervision of CNA care partners by LVNs
• Ongoing collaboration with Infection Control Nurse
• Everyday excellence in nursing care
RN-MD Luncheon

Fifty nurses and physicians attended the 22nd annual Nurse-Physician Collaborative Practice luncheon hosted by the SB Chapter of American Association of Critical-Care Nurses (AACN).

Nurses at SBCH identify a positive sense of work satisfaction in the RN:MD interactions as evidenced by the National Database of Nursing Quality Indicators (NDNQI) survey. The results show that RNs at SBCH have higher satisfaction in this area than at comparable teaching and Magnet designated facilities.

L–R: Rhonda Alvarado, Zoe Schultz, Erika Szell, Sharon Morley, Rose Bray, Dr. Stephen Kaminski (Director of Surgical Trauma Services and keynote speaker), R.J. Denbow, Janet O’Connor, Karen Carroll and Vicky McClain.
Patients First

Building on the CHS core values of Excellence, Integrity and Compassion: We strive to be leaders in patient satisfaction by empowering every employee to make a positive impact on the patient experience.

The Patients First steering committee recognizes the effect each individual has on the patient experience. Quarterly, the committee formally acknowledges the departments and services that have met the set goals for overall patient satisfaction results, most improved overall patient satisfaction ranking, and service with overall quality ranking 90% or above. This award is presented to the department with the understanding that it is a team effort and the honor is shared amongst the team. Congratulations to this year’s winners.

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<tr>
<td>Overall Patient Satisfaction</td>
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<td>3 Junipero - Women's Services</td>
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<td>4 South - Orthopedics</td>
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Nursing Excellence 2013
HCAHPS: Consistent Care for Improved Patient Experience

The intent of the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) initiative is to establish a standardized survey and data collection methodology to assist healthcare facilities to gather information and improve the patient experience. CHS utilizes the HCAHPS survey to complement the data collected from the traditional Press Ganey survey. Based on the results of these data collection tools, organization and unit level goals are created, along with initiatives to improve the patient care experience.
Nursing Back to School Day

The Nursing Back to School Day drew approximately 90 nurses, as well as a few eager people interested in starting a career in nursing. The event took place April 18 and featured undergraduate and graduate schools. Human Resource representatives were available to discuss tuition reimbursement and student loan programs. As per the Professional Nursing Portfolios, we have the following number of people interested in going back to school: BSN 138, Advanced Practice Nursing 30, Masters in Nursing 86, and PhD in Nursing 7.

Press Ganey National Conference

Tammy McDevitt, Caroline Rosen and Denise McDonald were the RNs among the team attending the Press Ganey National Conference representing CHS. The conference theme “A Voice for Every Patient” focused on the importance of allowing each patient, nurse, physician and technician the chance to share their perspective and ideas, to achieve sustainable transformation in patient care delivery.

Their participation and ability to network with other top performing facilities empowered them to motivate their peers and make progress toward enhanced quality, safety and cost of care at our facility through new clinical tools.
2013 National Database of Nursing Quality Indicators (NDNQI) Survey

SBCH is a member of the National Database of Nursing Quality Indicators (NDNQI), which collects data at the hospital/unit level on a variety of quality indicators including participation in the RN survey about professional practice as a registered nurse. The survey allows SBCH to compare its nurse/job satisfaction to other Magnet hospitals.

The Job Enjoyment Scale T-Score graph shows the degree to which people enjoy their work and compares SBCH results to both Magnet and teaching facilities. Our score has increased by two percentage points from 2011! We can be proud knowing that our nurses on average are extremely satisfied, scoring higher rates of satisfaction in nearly all areas as compared to Magnet facilities.
Retirements

Many thanks to our valued retirees for their dedicated service to Cottage. They will be greatly missed around the halls of CHS and we wish them the very best!

Maxine Avila (21 years) retired in December from the Anesthesia Department. She worked in the pain clinic part time as well. Maxine always provided kind, gentle support to patients under her care. Maxine is looking forward to painting and spending time working in her garden.

Anna Bissell (34 years) retired in July as Clinical Manager of Adult Oncology. Among her many accomplishments, she is recognized as being one of three founding nurses who wrote the proposal for The Little Cottages (for families in crisis and need), and she oversaw the opening of the Transfusion Suite in April 2004 and the current 6C research project, “Nursing Care at the Time of Death.”

Rose Gomez (31 years) retired from the Mother-Infant unit. She cared for multiple generations of new mothers and their babies, always with a bright smile and great attitude. Described as a “team player,” she was known for her flexibility with assignments and stepping in to mentor new staff. Rose is looking forward to spending more time with her family – a trip to Hawaii with her entire family was all it took for Rose to retire!

Carol Leidner (40 years) retired from the SICU. She is a BSN graduate, is CCRN certified and is an ACLS instructor. She anchored the night shift at SBCH with a clinical expertise that cannot be matched. She was respected by physicians, staff and departments throughout the hospital. (Not pictured.)

Jane Lopez-Fogg (19 years) retired in September as Pediatric CNC from the Pediatric surgical team at SBCH. She achieved national Association of Operating Room certification for her CNOR in 1987, is a past president of Association of PeriOperative Registered Nurses (AORN) Santa Barbara-Ventura Chapter, and co-authored the article, “Shoulder Arthroscopy,” with Ismael Silva, MD, in AORN Journal. Jane held previous positions at the Eye Center, Outpatient Surgery (as a CRN and as Clinical Manager of Surgery from 2002 to 2004), participated in various Shared Governance committees and received the 2009 Director’s Award from Surgical Services Director, Mary Meola.

Claire Scott (30 years) retired from the NICU. She had a very positive impact on not only her patients and their families, but on her coworkers as well. Two of the many attributes Claire brought to the NICU were her calmness and passion in caring for others.
Karen Sells (28 years) retired from the Newborn Nursery and Mother-Infant unit. Highly respected and well-liked by the pediatricians and nursing staff, Karen was responsible for educating many staff members in neonatal resuscitation over the years. She also developed the Newborn Hypoglycemia Algorithm to both prevent and treat hypoglycemia.

Charleen Strebel (43 years) retired from Education. She blazed a trail of excellence with leadership roles including: Head Nurse in Critical Care, Critical Care Educator, and Director of Education. Cardiac and Neuroscience were Charleen’s passions. She authored two books and founded the first local chapter of AACN. She led the way for advanced cardiac life support education. Charleen demonstrated excellence at promoting new knowledge into practice through her teaching.

Deb Tice (34 years) retired from the ICU at GVCH. During her tenure, Deb’s consistent dedication to patients included working as the diabetic liaison for the ICU and inpatient education. Her kindness is pervasive, especially as a patient advocate.

Jim Whipple (29 years) retired in January from the Information Systems Department. He started in 1984 as a Neuro nurse, then worked as a Nursing Educator with the Education Department. In 1995 he moved over to ISD and became a critical resource for both IT and Nursing, as he understood both worlds and could bridge the gap. Jim worked tirelessly in IT and helped CHS make many moves towards computerized charting and order entry for both physicians and nurses.

Diane Wisby (21 years) retired in August as Vice President of GVCH. Diane was always and foremost a strong patient advocate whose BWATP motto sits on our desks as a reminder of “But What About The Patient?” Her tenure is highlighted by many achievements, including leading the hospital to Center of Excellence awards and Center of Distinction awards for Wound Management and The Joint Commission certification for Total Hip and Total Knee replacement. Diane was always a visible presence in the hospital. Rivaling her overriding awareness of keeping “Patients First” was her dedication to the staff she served. Her “open door” policy was equaled by her open heart.
The “Wright” Way

The Critical Care Education Council utilized the Donna Wright competency model to develop the upcoming year’s competencies at their annual retreat. SBCH and GVCH Critical Care collaboration led to an effective education plan developed for 2014.

Saving the Brain

Emily Rorden, Neuroscience Nurse Practitioner presented a lecture at our annual Saving the Brain symposium “Neuro Critical Care – Some Interesting Case Studies.” Emily presented three case studies of critically ill neurologic patients and the high-quality care they received in the SICU.
“Blending research, evidence-based practice and innovation, to improve outcomes.”

NAQ Published Research

Beth Calmes and Debra Rodgers in collaboration with Jonathan Grotts Research Analyst and consultant Kathy Malloch submitted an article for the January 2014 issue of Nursing Administration Quarterly (NAO). The research article was accepted and showcases the process of bringing the Bathing and Honoring Practice from an innovation in care by bedside nurses to a new standard of care for RNs after the passing of their patient.
Endoscopy Research

“Bowel Preparation Comparison Study – Looking at the difference between our inpatient and outpatient bowel preps at SBCH” was presented at the Society for Gastrointestinal Nurses and Associates (SGNA) conference in Austin in May. The Endoscopy staff participated by rating 100 bowel preps and identifying areas for improvement in inpatient bowel preps, consistent with the literature. This was a platform to launch the second phase to this project.

GVCH Skills Lab

GVCH has updated its ICU skills lab to provide ongoing competency training for all departments. The skills lab enables staff to demonstrate appropriate techniques for conducting and documenting patient care via various scenarios. The practice empowers the learners and enhances patient care.

GVCH Tortoise Research Presentation

GVCH Subacute Tortoise Trial research project was presented at the annual symposium on Advances in Wound Care with over 1,000 participants in Las Vegas. The research demonstrated effective patient positioning to decrease pain and provides safe ergonomics for clinical staff.
2013 Nursing Projects

Nurses at CHS participate and lead a variety of projects including evidence-based practice (EBP), quality improvement (QI) and research.

- **EBP**: Using evidence to solve a clinical practice problem (change practice)
- **QI**: To improve current problems/processes (improve patient care)
- **Research**: A systematic investigation to fill a gap in knowledge (generate new knowledge)

Below is the list of this year’s EBP, QI, and research projects:

- **Barkas, Diane**
  - Evaluation of Prone Therapy in Patients with Acute Respiratory Distress Syndrome
- **Barkas, Diane**
  - Pre-hospital to Discharge: A CNS Led Multidisciplinary Team for Improving Clinical Outcomes for Out of Hospital Cardiac Arrest Patients
- **Barkas, Diane**
  - Quality Improvement Registry for Acute Respiratory Distress Syndrome
- **Corliss, Judy**
  - The Effect of Low Volume Colonoscopy Preparation on Bowel Preparation Before Colonoscopy
- **Geary, Herb**
  - Enhanced Tetraplegia Care
- **Granger, Jennifer**
  - Nurse Engagement in the Competency Process
- **Taylor-Linzey, Elizabeth**
  - Distracted Driving Campaign
- **Taylor-Linzey, Elizabeth**
  - FallSTOP: Confidence, Strength, Stability
- **Voigtritter, Sara**
  - Compassion Doesn’t End When the Heart Stops

**Ongoing Nursing Projects in 2013**

- **Barkas, Diane**
  - Quattro Catheter Data Collection
- **Barkas, Diane**
  - Therapeutic Hypothermia After Cardiac Arrest Registry
- **Barkas, Diane**
  - Underscrub T-Shirt Study
- **Collins, Tina**
  - The Effect of a Nurse Intern Program on Transition to Professional Nursing Practice
- **Daley, Lesley**
  - Master in Nursing Science (MSN) Degree in Education Testing Analysis Project
- **Kelleher, Eileen**
  - Sports Related mTBI
- **Kurzejewski, Kelly**
  - Does Participation in a Seven Week Certified Neuroscience Registered Nurse (CNRN) Review Course Increase Clinical Knowledge and Confidence of Neuro Step Down RN?
- **Lekas, Vicki**
  - Use of the PICCO Monitor in the PICU
- **Lopez, Jennifer**
  - NICU QI Infection Prevention Collaborative
- **Riddell, Stella**
  - CCS HAI Collaborative: Prevalence Study - Skin Puncture and PIV Practices
- **Riddell, Stella**
  - Neonatal Bubble CPAP
- **Rodgers, Debra**
  - Nursing Care at the Time of Death
- **Wilkes, Debbie**
  - Improve Clinician Collaboration and Patient Care Outcomes Through Interpersonal Training in High-Fidelity Simulation
- **Wobig, Jennifer**
  - Pathway to Early Adoption of Evidence Based Practice: Addition of Tranexamic Acid within a Massive Transfusion Protocol (MTP) for Trauma Patients with Significant Hemorrhage
- **Wobig, Jennifer**
  - The Impact on Outcome of the Implementation of Tranexamic Acid (TXA) in a Massive Transfusion Protocol in a Community Hospital

Cottage Health System
Nursing is an art: and if it is to be made an art, it requires an exclusive devotion, as hard a preparation as any painter’s or sculptor’s work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God’s spirit? It is one of the Fine Arts: I had almost said the finest of Fine Arts.

– Florence Nightingale
Nursing: is a blend of art and science

Our foundation is based on core values: excellence, integrity and compassion

We stand on: collaboration, teamwork, quality and safety

At the heart of our model is: the patient and family

We embrace: compassion and caring

We reach: for evidence-based practice, research and professional practice

We lead: with vision and the collective knowledge of others

Which drives: our professional practice

And benefits: our community through wellness and prevention