Barbara’s Blog

We have been experiencing incredible patient volumes over the past several months, and I want to acknowledge and recognize the fact that everyone has been working so extremely hard to keep our doors open and our patients moving throughout the system. Despite this challenge, so many wonderful things are happening here at Suburban Hospital. I’m so excited about the recent launch of our new interactive My Get Well Kit. This kit will change the way we educate our patients and families. Our Nursing Annual Report was also distributed in January. This year’s report highlights the wonderful accomplishments we’ve made over the past year and a half, and features many beautiful photos of our nursing staff. 23,000 copies were sent to members of our community, colleagues, staff and nurses in the area. And with the help of our Patient and Family Advisory Council (PFAC) members, bedside shift report continues to be refined, and we are more inclusive than ever before with bringing patients and their loved ones into our patient care team. Take a moment to watch the video of our staff from 4400 giving bedside shift report. Notice the difference in how saying “you” instead of “he/she” welcomes the patient into the report. You may even recognize a few of our star performers! Click here to watch.

A Winter Daisy!

Congratulations to Zandro Tejada, RN, MPH, CCRN, Resource Nurse on winning the Winter Daisy Award! Zandro was nominated by a grateful patient who had this to say: “His smile and energy wakes up my spirit. His interpersonal skills are exemplary. His relationship to his patients and other members of the health team is extraordinary.” The Daisy Award is an annual award whose recipient is chosen by nursing’s Professional Development Council.

Click here to read Zandro’s full nomination.

Over 100 days!

In an accomplishment that has never been achieved on an inpatient nursing unit at Suburban Hospital - over 100 days (and counting) without a patient fall – our congratulations go out to the Oncology Unit (6300) for their commitment to patient safety!
Suburban Nurses Climb the Ladder

We are thrilled to announce the most recent promotions and staff maintaining their clinical ladder status. The clinical ladder program incorporates aggressive standards focused on quality improvement, professional development, community service, and leadership.

Congratulations to the following nurses on their promotions:

- Archana Awosika, ICU - Clin 3
- Carmen Vogt, PEDS - Clin 3
- Kaitlyn Aversa, ICU - Clin 3
- Judith Donnelly, OR - Clin 3
- Cyril French, 7300 - Clin 3
- Heyu (Jade) Cheng, ICU - Clin 3
- Karima Ovins, ICU - Clin 3
- Kristen Hosick, ICU - Clin 3
- Virginia Schad, ER - Clin 5

Congratulations to the following nurses for maintaining their promotions:

- Kathy Koehler, PACU - Clin 3
- Carolyn Dzimiela, Peds - Clin 3
- Margaret Boratenski, PACU - Clin 3
- Lynna Gaskins, PACU - Clin 3
- Miranda Cogswell, PACU - Clin 3
- Michelle Tanner, ICU - Clin 3
- Kemah Zinnah, ICU - Clin 3
- Steve Yarnia, ER - Clin 3
- Pam Guarin, PACU - Clin 4
- Elaine Rochon, Pre-Op Holding - Clin 4
- Violeta Lorete, OR Minor - Clin 3
- Sue Barrett, Pre-Testing - Clin 3
- Sharon Ferguson, PACU - Clin 3
- Janet Squeo, PACU - Clin 3

Don’t miss your chance to climb the ladder! Intent to apply forms are due April 1st. Manager approval is required. Forms are available on the nursing ship page or click here.

Noteworthy Nurses

- Congratulations Certified Nurses! Samuel Ilesanmi (Nursing supervisor) is a board certified nurse executive (BC-NEA). Lorraine Bilek and Penny Duffy (Behavioral Health) are certified in Psych-Mental Health Nursing. Zhen Yuan (ICU) is certified in critical care nursing (CCRN).

- Advancing Degrees - Congratulations to Humu (Cecilia) Hassan (Orthopedics) for completing her BSN.

Get Well ~ Be Well

Use of the new, interactive My Get Well Kit began January 21st. The kit is a folder containing the interactive My Health Care Notebook, a new Patient Handbook, a My Health and Medication Record wallet card, and a pen. The Get Well Kit will help inpatients and their care partners become more active participants in their care by providing a place for our patients to record important information during their hospital stay. The kit is aimed at helping patients become better prepared for their discharge. The back pocket of the folder is designed to hold the After Visit Summary (AVS) AND any educational materials given to the patient during their stay. Particularly helpful is the Discharge Preparation Checklist for the patient/family to use to help ensure the patient has all necessary information at the time of their discharge. Staff should explain to the patient (and their loved ones) how the kit can be beneficial, and encourage patients to use the kit prior to the patient’s discharge. Examples on how to do that could include a reference to the Kit during Bedside Shift Report and by providing an explanation of the kit on admission. Patients should be encouraged to write in their book when given any new information, and educational handouts should be placed in the folder for quick access (and prevention of loss of these important materials). Education is underway to all disciplines and departments using the kit. There is also a Healthstream education module to complete. The Kit will be stored in a recyclable Be Well Bag on a hook near the bedside. All units have a stock of kits and more kits are available in the Volunteer Office. An ambulatory
version of the Kit is also in the works. A big thank you to PFAC, the Professional Development Council (PDC) and the entire Patient & Family Education Committee for their hard work creating this valuable kit!

Recognizing our Nurse Practitioners

Nurse Practitioners (usually referred to as “NPs”) are nursing professionals working in a number of different areas who have obtained specialized training and have been credentialed to provide expanded practice. Their work often overlaps with that of physicians, nurses and other medical staff; NPs can provide diagnoses, order and perform Evaluations and diagnostic tests, and provide treatments. Because nurse practitioners have such a wide range of expertise, they are able to work across the hospital, bridge gaps between care providers, and fill multiple roles to give patients quick and effective care. NPs are also excellent educators and teachers to our nursing staff. 31 NPs work in a number of clinical settings across Suburban Hospital. We thank them for their service to our patients!

Educate When You Medicate

Educating our patients on new medications is critical for patient safety. Understanding side effects can help patients alert us if there is a potential adverse reaction. It also decreases patients’ anxiety if they know what to expect when taking new medications. Medication education cards were made through a collaborative effort between the nursing quality council, pharmacy, and PFAC. These cards target the most frequently administered medications. The cards explain the indication for the medication, and the potential side effects, in a clear, concise manner that helps nurses to educate patients and their families in a consistent manner. Educating is the heart of nursing – please help by using these new cards and place them in the Get Well kit.

Certified Nurses ~ Save the date!

The Professional Development Council is planning the annual Nursing Certification Breakfast for Tuesday, March 17, 2015 from 7:30-9 am in CR 6, 7, 8. Over the past year, 20 nurses (newly hired or newly certified) were added to our prestigious list of certified nurses. If you are certified and have not yet had your picture taken for the Certified Nurses’ Wall, a photographer will be on site during the breakfast. We are proud to honor our certified nurses…approximately 197 to date and growing every day!

Know before you go…

The Joint Commission requires all hospitals to insure that staff in a hurry don’t spend time choosing between full, partial and empty Oxygen cylinders. Full, partial and empty cylinders must be physically separated and clearly labeled. At Suburban Hospital we will use GREEN HOLDERS for FULL TANKS and RED HOLDERS for PARTIAL or EMPTY TANKS.

Please note: Once a cylinder valve is opened, it is considered NOT FULL, even if gas remains in the cylinder. For storage purposes, any opened cylinders must be physically separated from full (unopened) cylinders.