



**SIBLEY MEMORIAL
HOSPITAL**
JOHNS HOPKINS MEDICINE

Celebrate the Past, Embrace the Future!

Patient Care Services Newsletter

June—July 2016

TRANSFORMATIONAL LEADERSHIP

New Sibley Safety

Joanne Miller, DNP, RN, NEA-BC is the Chief Nurse and VP of Patient Care Services



Please accept a very special thank you to our Sibley staff who participated in our First Annual Family Fun Festival. The event was a huge success because of you—whether you volunteered or brought your families, you represented our new mission beautifully.

August and September promise to be busy as we focus on the move to our New Tower. According to the American Society for Healthcare Engineering (ASHE) and the American Institute of Architects (AIA) Academy of Architecture for Health, safety outcomes in hospitals are linked to interdisciplinary collaboration, standardization, physical environment, and technology. Our decentralized documentation areas support our patient and family centered care priority through: improved visualization of patients, increased direct care via rounds, medication administration and just in time charting, increased time and episodes of communication with the care team and increased promptness to calls for help.

All private rooms decrease intra-hospital transports, decrease medication errors (Hendrich et al., 2004), enhance family participation, facilitate restful healing, and decrease nosocomial infection rates (Ulrich et al., 2004). In addition to supporting patient and family centered care, the New Tower supports front line caregivers with features that decrease staff injuries. These include 40% ceiling lifts in patient rooms, ergonomically designed computers in patient rooms, safer over-the-bed trays, strategically placed “sharps” boxes near the point of service, and skid-proof flooring, particularly in the bathrooms. There are too many safety issues to list here! I am proud to say that many caregivers participated in decisions on a multitude of PFCC decisions for our New Tower. Your voice is critical to our success so please continue to voice your concerns and schedule your tours asap!

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We Are
SIBLEY

Our Mission is “To deliver excellence and compassionate care- every person, every time.”
Our Vision is that “Sibley will be the role model for innovation in healthcare and wellness, for all.”

Education Updates and Opportunities

CE Direct Login Update

As of 6/1/2016, all users will log in using your JHED ID. For first time users, "sibley" is your temporary or start up password. You must create your own password. If you have forgotten your password, click "Forgot Password" to create a new one. Please contact the Education, Training & Research Department for problems with signing on to the system. The phone number is 202-537-4058.

American Heart Association Course Changes

Beginning October 2016, live (or instructor-led) BLS and HeartSaver courses will be offered alternating months. Given the positive reviews of BLS Online, these will continue to be offered every month. Remember, it is your responsibility as a nurse to maintain your certifications. Those with expired cards are not permitted to practice, so please schedule your recertification courses in advance!

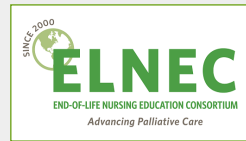


Formulary Changes

Please note that Tylenol #3 tablets and liquid (codeine with acetaminophen) and Percocet (Oxycodone with acetaminophen) are no longer available at Sibley. However, the individual ingredients will remain on the formulary. If you have any questions or comments, please contact the pharmacy department.

ELNEC Conference Opportunity

Sibley is excited to offer the End-of-Life Nursing Education Consortium (ELNEC) conference to 30 clinical staff regarding palliative care. The Sibley Foundation is supporting this education through a generous donation. Requirements: Complete an application by Wednesday, Aug. 31; attend two scheduled conference days on Thursday, Oct. 27 and Thursday, Nov. 3 for 12 contact hours; and provide the highest level of care when patients need it the most! Contact NICHE Department x5167 for more details.



What on earth is Proton Therapy?

As you know, construction for the proton therapy machine has impacted some employee parking. But what exactly is proton therapy anyway? Proton therapy is a subset of radiation therapy that instead of using x-rays to treat cancer, uses protons – which are positively charged particles. Just like x-rays, protons destroy cells. Proton therapy delivers radiation through the skin from a machine called a synchrotron or cyclotron. After the protons reach the desired place in the body, they deposit an identified radiation dose into the tumor. The fantastic benefit of proton therapy as compared to x-ray radiation is that with proton therapy, physicians can control where the bulk of the proton energy radiation is released. Limited radiation reaches healthy tissue beyond the tumor, which typically leads to damage and undesirable side effects for the patient. Sibley is very fortunate to have one of only 20 proton therapy centers currently operating in the country!



Future location of Sibley's Proton Center from Little Falls Road.

Kudos Corner: Recognizing Nurses

Sibley's Main OR is CNOR Strong!

Sibley Memorial Hospital's Main Operating Room is pleased to announce it has recently earned the CNOR® Strong designation from the Competency & Credentialing Institute (CCI). The CNOR Strong designation is given to facilities having at least 50% of its OR nursing staff CNOR certified, and provides programs that reward and recognize its certified nurses. This is the first year CCI has awarded this elite status to facilities nationwide.



The CNOR® certification program is for perioperative nurses interested in improving and validating their knowledge and skills, and providing the highest quality care to their patients. Certification also recognizes a nurse's commitment to professional development. It is an objective, measurable way of acknowledging the achievement of specialty knowledge beyond basic nursing preparation and RN licensure.

Research shows that nurses who earn the CNOR credential have greater confidence in their clinical practice. Thus, a team of certified nurses who have mastered the standards of perioperative practice provides even more empowerment, further advancing a culture of professionalism and promoting improved patient outcomes. This strength in numbers is why CCI launched the CNOR Strong program; to recognize those facilities committed to making a difference for its patients both inside and outside of the OR.

Patient safety and positive surgical outcomes are of the utmost importance to a facility. Supporting nurses as they exceed expectations to achieve their perioperative nursing certification shows Sibley Hospital's commitment to its core values.

Way to go Sibley Main OR!

Congratulations are in order for...



Jessica Machado-Potts, Critical Care, for receiving her CCRN certification!

Erin Bagshaw, NP (pictured left) who opened the first Nurse Practitioner Primary Care and Travel Medicine practice in Washington, DC, has been invited to join the International Women's Forum, a global organization that advances leadership across careers and cultures, as the first in her profession. The International Women's Forum is the only organization of its kind in the world today representing women leaders in diverse fields whose mission is to further dynamic leadership, leverage global access to and maximize opportunities for women in 33 countries on six continents.



Stroke Dream Team

Kim Mcleod, RN, Karen Going, NP, and Dr. Martin (pictured right) were awarded brand new stroke team jackets for administering t-PA to a stroke patient in 46 minutes from the time the patient arrived. The gold Standard is 60 minutes or less. Great job, team!



Kudos Corner Continued: Recognizing Nurses



Sibley is pleased to announce our latest DAISY winner, **Cathy Lamb of PSTC**. As a DAISY winner, Cathy receives recognition on the DAISY Award website, reduced tuition at Chamberlain College of Nursing, reduced cost on ANCC certification or renewal, and recognition through various forms of social media. To read all of our DAISY Winners' nominations, please visit <http://www.hopkinsmedicine.org/sibley-memorial-hospital/patient-care/team/nursing/awards.html>

Our next DAISY winner will be announced in October!

Special thank you to the foundation for their support of this wonderful accolade!



Cathy Lamb, RN: Sibley's fifth recipient of the DAISY Award. The DAISY Award is an internationally recognized program to honor nursing excellence.

Patient Letter of Gratitude

My Dear Ms. Miller,

July 2016

I was admitted to Sibley Memorial for removal of my bladder. Then due to a minor complication was readmitted once again on June 6th and released on July 6th. So as you can see there was quite some time spent under the care of many of your nursing staff who I found to be the most professional and dedicated to a patient's care that have ever encountered in my stays at other Hospitals.

Therefore, I would appreciate you expressing my profound gratitude to the following Nurses and Clinical Assistant's that made my two very long stays at Sibley a very pleasant and memorable experience.

As a Fighter Pilot who flew 100 missions in Korea and a Pan Am Captain for 30 years, one sets the standard for those he or she commands and indeed you have accomplished that goal.

My appreciation and sincere love to all these great Nurses and if forgot any one please forgive me.

RN Dorothy Shi CA Tammy RN Hong Dao RN An Tran RN David Lam CN Vivian Gibson CA Juliana
 CA Grace Massey RN Azeb RN Kyuong RN Silvia Chavez CA Tinisha RN Lisa Clark
 Trudy Thompson RN Clare RN Zenaida LLmos RN Ellen CA Briana RN Myrna Almos

With all My Love to all you girls!

Advanced Practice Providers– DNP v. PhD

Dr. Catherine Bishop, DNP, oncology NP (pictured right) works in collaboration with Dr. Bruce Kressel at the Sidney Kimmel Cancer Center at Sibley Memorial Hospital.



Lifelong learning is a commitment most nurses make once they graduate from their initial programs. Earning an advanced degree in nursing is a goal for many. This generally means a Master degree in either Nursing or another related master’s in Health Care Administration or Public Health. For many the desire and thirst is there to earn a terminal degree such as a Doctor of Nursing Practice (DNP) or a Doctor of Philosophy (PhD). The table below highlights some key differences between the two doctoral degrees. Which one is right for you?

DNP	PhD
Prepare nurse leaders at highest level of nursing practice to improve outcomes and translate research into practice	Prepare nurses at highest level of nursing science to conduct research to advance the science of nursing
Students make commitment to practice career. Oriented toward improving outcomes of patient care and population health	Commitment to research career. Oriented toward developing new nursing knowledge and scientific inquiry
Adapted from American Association of Colleges of Nursing (aach.nche.edu)	

EMPERICAL OUTCOMES

The Impact of NICHE

Geriatric Pearls

In June the NICHE department sponsored a lunch and learn focusing on issues pertaining to the older adult. The four areas of focus included: mobility, dementia versus delirium, calming the agitated patient, age-related sensory changes, and potentially inappropriate medications for the older adult.

Lisa Ronayne from physical therapy led the mobility lecture and included a new algorithm of how frontline staff can assess the patient’s ability to walk without needing a PT consult. **Shahnaz Milani**, a Sibley pharmacist that specializes in geriatrics, gave an informative lecture regarding specific medication that maybe harmful older adults.

Matt Brown, the geriatric nurse navigator discussed the need to connect with the patient’s long term memory not only to help reorient them during acute delirium, but also to improve providing patient centered care. All of these topics are important in the prevention of falls and best practice in the care of older adults. One hundred and fifteen people attended the event. Thanks to everyone for their participation!



Significant Results for GIAP Survey

Developed by NICHE for use by its designated sites, the Geriatric Institutional Assessment Profile (GIAP) enables hospitals to quantify staff knowledge, attitudes and perceptions in the care of geriatric patients. Sibley’s 2016 survey found statistically different results compared to our 2014 survey! Specifically, Aging Sensitive Care Delivery increased by **41.2%**, Capacity for Collaboration increased **15.1%**, and Geriatric Care Environment increased **19.2%**. Great job NICHE team!

Avenue to Always: Our Patient Experience Journey

Renaissance Journal Club

A Journal Club is an educational meeting in which a group of individuals discuss current evidenced based articles, providing a forum for a collective effort and to discuss the article's relevance with the current practice. Journal Clubs promote awareness of current research findings, encourage staff engagement and potential utilization of newly found best practices.



In June, the nurses on the night shift on the Sibley Renaissance initiated their own monthly journal club, called **The Research Café** as an expansion of the original day shift journal club. From 0200-0300 the team convene (after completing their purposeful rounding) to discuss a research article focused on prevention of patient falls. Two co-facilitators lead the discussion, which they describe as an energizing and fun opportunity, that includes RN, LPN, CA and CNA staff, enabling them to discuss openly and honestly how we have opportunities to work together as a team to prevent patient falls on the night shift. One member stated, “We felt like a professional family pulling together to fully focus on the patient. We are looking forward to our next research café!”



Ren Research Café featured above. The club uses the Day Room so they can still hear and see call lights.

The Power of Service: Practicing Presence

Take a Moment

Before you enter a patient's room, mentally prepare yourself to focus on this patient and consciously clear all distraction from your mind. You may remember to do this as you wash your hands or when you first touch the door handle of the room.

“Mindfulness means paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally.”
— Jon Kabat-Zinn

“The secret to health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live the present moment wisely and earnestly.” — Gautama Buddha

“The greatest weapon against stress is our ability to choose one thought over another.” — William James

Avenue to Always: Our Patient Experience Journey

Sibley Hosts LGBT Community Event

On June 7th Sibley hosted a LGBT community event to gather ideas around the statement, “How can Sibley better serve the LGBT community?” Twenty participants and LGBT committee members attended a “World Café” style event where there were discussion questions at five separate tables. After people circulated to each table and wrote comments, a graphic facilitator captured the ideas generated at each table. Some questions included: “What does welcoming look like?”, and “What change would make the most impact?” The LGBT committee has started to work on several of the recommendations including education, inclusive forms, staff pins, community partnerships, and welcoming signage. In November we will be hosting a lunch and learn with a speaker on Transgender 101. Sibley currently is ranked by the Human Rights Campaign as a LGBT Leader based on their Healthcare Equality Index.

If you are interested in joining the LGBT committee, please contact Suzanne Dutton or Matt Brown.



New Sibley Safety References:

Hendrich, A. et al. (2004). Effects of acuity-adaptable rooms on flow of patients and delivery of care. *American Journal of Critical Care* 13(1): 35-45.
 Ulrich, R.S. & Xeumei Zhu (2007). Medical Complications of Intro-Hospital Patient Transports: Implications for Architectural Design & Research, *HERD Journal*, 1(1), 31-43.

Contact Us

If you have a story you'd like featured, please let us know!
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