

Extra: Lives Outside the Hospital

Jump for Joy – Betsy Bohuslavsky Skates With Confidence

by Candace Pearson

Skating at full speed, about to lift off in a Lutz jump and rotate in the air, Betsy Bohuslavsky, RN, BSN (Rehabilitation), feels a sense of exhilaration and belonging. "I'm at home on the ice," she says. "It's one place I can be the most me."

Unlike many figure skaters who hit the ice early, Bohuslavsky didn't take up the sport as a child. She loved watching figure skating, so at 25 she went looking for a break from her new job as a bone marrow transplant nurse in Omaha, Nebraska. She found that figure skating gave her an avenue for creative self-expression. Within a year of starting lessons, she began competing.

A few years later, she put skating on hold to join a medical team of volunteers and local staff in Mali, West Africa, and to help open a hospital for women and children. In 2008, she moved to California and Children's Hospital Los Angeles, and skating re-entered her life.

She's made up for lost time. This spring, she won three medals at the U.S. Figure Skating Adult National Championships in Salt Lake City—a silver in freestyle and two bronze medals in ice dancing and light entertainment. "It's the best I've ever done, and a great way to close out my season," says Bohuslavsky.

A member of the Pasadena Figure Skating Club, she trains several times a week. "If I've had a hard day, it's something to look forward to, and a chance to recharge," she says.

Skating and nursing share some parallels, says Bohuslavsky. Both require concentration and continual learning of new skills: "Each supports the other." She enjoys inventing choreography and is known for her speed and flow. "I love jumps," she says, including that Lutz—a toe jump that takes off from the back outside edge of one skate and lands on the opposite foot.



Betsy Bohuslavsky at a competition in Salt Lake City, Utah

"As a nurse, you have to keep your composure under all sorts of conditions," notes Bohuslavsky. "Skating has given me so much joy, and helped me grow in confidence. I'm able to bring those things to work with me." ■

Nurses in Action

CTICU Bonding, Survivor-Style

by Elena Epstein



Valerie Kunzi, RN (left), with Kelli Kleyhauer, RN, at the Survivor Mud Run

In every unit at Children's Hospital Los Angeles, there are groups of nurses who choose to spend their free time together. They scrapbook, cook, discuss books and volunteer for various organizations. And then there are those who like to belly crawl through a mud pit.

A daring group of nurses and support staff in the Cardiothoracic Intensive Care Unit (CTICU)

recently decided to take bonding to another level by participating in a mud run, survivor-style. The group, which included Valerie Kunzi, RN; Kelli Kleyhauer, RN; Cassidy Aguirre-Kuehl, RCP; Melinda Moctezuma, UA; Jimmy Dorantes, UA; and Ricardo Saldana, UA, took on the challenge at the Survivor Mud Run at Lake Elsinore in September 2015. Their group name? "V-Tach" (short for ventricular tachycardia).

Coming together for this atypical 5K race known for its rough terrain and obstacles created an intense personal connection, which is exactly why they signed on.

As Kunzi explains, the most critical element in these types of adrenaline-pumping races is teamwork. They helped and cheered each other on as they jumped off a plank into a muddy pond, crawled on their hands and knees through mud-filled tunnels, and scaled wooden walls and nets. As the group worked its way through the 3.37 brutal miles to the finish line, Aguirre-Kuehl

had to deal with additional adversity when she lost her shoes in a mud pit early on. But with the support of her team, she made it through.

"At the end, we were slap-happy, like when you finish a really hard night shift at the hospital," says Kunzi. "We endured heat, mud and fire ants, but we powered through and we did it together. We now have a different perspective for one another."

The fact that these coworkers were willing to take on this challenge is a testament to their commitment to collaboration.

"Not many people would give up their weekend to do this, but CHLA nurses are really unique when it comes to teamwork," says Kunzi. "When faced with challenges at work, everybody is willing to jump in and help. And that drive to support each other continues beyond the walls of our hospital." ■

Sharing Knowledge, Touching Lives Around the World

by Vicki Cho Estrada



Rosin Atashian, RN (left), with Anahit Petrosyan, RN, BSN, and Mickie Wang, RN, BSN

When Debbie Reid, MSN, RN-BC, CPON, became a nurse, she never dreamed she'd be giving a 90-minute talk on the future of pediatric nursing to more than 200 Chinese nurses in Beijing. Yet, there she was this past October, sharing insights on Children's Hospital Los Angeles' nursing practices and approaches to patient care, with the audience hanging on every word with the aid of a translator.

"It was the experience of a lifetime," says Reid, manager of Patient Care Services Staff Development, adding that the group gave her a standing ovation. "They were extremely eager to learn and begging us to come back. They really look up to the American way of nursing and like the idea of collaboration and having more independence."

Reid is one of many nurses who have imparted their knowledge and insights to advance the health of children across the globe through Children's Hospital's Center for Global Health. While the hospital has long shared its expertise with health care organizations in other countries, the Center was created in 2013 to centralize and expand these efforts.

"We are working to expand our outreach globally to meet the increasing demand for our pediatric expertise and enhance and develop pediatric programs in other countries," says the Center's Administrative Director Mae-Fay Koenig, MPH. "If we're going to help organizations

abroad transform or elevate medicine, we have to include nursing—it's a core component."

A counterpart to our collaborating with hospitals in Asia, the Middle East, Latin America and Europe, five nurses from China and Thailand have come to CHLA to observe nursing practices in such areas as Patient Care Services, Pulmonology, and the Newborn and Infant Critical Care Unit (NICCU). "The U.S. is seen as the benchmark for Western medicine, and there's great interest in our nursing best practices and models," Koenig adds.

Lori Marshall, PhD, MSN, RN, administrator for Patient and Family Resources, saw this firsthand

last September when she gave presentations on family-centered care and patient and family education at two hospitals in China. "They want this information to apply it within their community," she says. "We have knowledge that they don't have and they want to learn from us."

Marshall also met with nurses and observed patient care at Chinese hospitals in Changsha and Shenzhen. "Part of creating a relationship is understanding their environment and giving them examples of what they could do to enhance patient care. Every country has their constraints and culture around health care. While we have certain approaches that work for us, it doesn't always translate well with other countries. My message was to find the things they can do within their system."

For CHLA, the international trips provide an opportunity to get a different view of how nursing is done in other countries. Among the things Marshall and others learned in China was the stark difference in patient-to-staff ratios.

During a visit to a 1,000-bed hospital, there was one nurse for 20 patients, compared to a 1-to-5 ratio for a comparable unit at CHLA. "This doesn't leave them time to provide the family-centered care we pioneered," Koenig says, "but they hear about what our staff does and they're inspired to make changes."

Just as organizations abroad seek Children's Hospital's expertise, so do international parents of children with complex health conditions. Through the Center for Global Health, the hospital treats 100-plus international patients annually, with about half from Middle Eastern countries and an increasing number from China.

The Center has a team that supports these patients from the initial inquiry to finding information on the hospital's services, programs and physicians. Anahit Petrosyan, RN, BSN, the Center's nurse care manager, serves as the primary contact for families and coordinates the care for these patients, who have exhausted care options in their own countries by the time they arrive in Los Angeles.

"We see patients with really complex health issues, mostly congenital, where multiple specialties are involved," says Petrosyan, who worked in the NICCU before joining the Center in 2014. Collaborating with clinical care coordinators and nurse care managers throughout the hospital, she performs such duties as coordinating hospital appointments, clinical requests and interpreters;



Debbie Reid, MSN, RN-BC, CPON, (right), in China with Lotus, a pediatric cardiology nurse, at Beijing Children's Hospital



Lori Marshall, PhD, MSN, RN (right), visiting the Neonatal Intensive Care Unit of Peking University Hospital Shenzhen

sharing information on temporary housing; communicating with embassies and more.

Cultural and language barriers are among the challenges faced by international patients, so when possible, they are paired with bedside nurses who are fluent in their language and share similar ethnic backgrounds.

Mickie Wang, RN, BSN, who is fluent in Mandarin Chinese, recently cared for a 4-year-old brain cancer patient from China in CHLA's Pediatric Intensive Care Unit (PICU). The girl, whose cancer spread to her lung and spine, went through two rounds of chemotherapy treatment, with Wang offering support to the family.

"I was able to make a unique connection—they were excited when I was on the floor and accessible to them," says Wang. "While the PICU staff works very hard to understand each culture, I felt like I could better advocate for the family and ease their anxiety because I could speak their language."

This past year, Rosin Atashian, RN, who works in the NICCU and speaks Arabic, had a patient from Saudi Arabia with a number of congenital malformations, including a single lung, an under-sized chest cavity, one leg and severe scoliosis. The 7-month-old girl underwent tracheostomy, gastrostomy and ventriculoatrial shunt procedures during her nine-month stay at the hospital.

"My knowledge of the culture, language and religion was one less thing for the family to adjust to when they were so far away from their loved ones, support system and country," says Atashian, who also credits Jennifer Leong, MSN, RNC-NIC, the patient's primary nurse in the NICCU at night, for putting the family at ease. "I felt honored to be one of the many staff members who collectively made the hospitalization for this very special international patient and the family a memorable and unique experience."

Whether treating patients at the hospital or sharing their knowledge and expertise, the nurses at CHLA are held in high regard by nursing professionals, patients and families around the world.

"The feedback I always get is how much they love our nurses and how amazing they are," says Koenig. ■



Debbie Reid (bottom row, center, in white) at the China International Forum of Pediatric Development

Paul Viviano's Commitment to Nursing Research

by Elena F. Epstein



Paul Viviano visits with nursing staff

As CHLA's new president and CEO, Paul Viviano says he is "excited and so proud" to be a part of a hospital with a strong commitment to groundbreaking nursing and patient care research through the Institute for Nursing and Interprofessional Research (INIR).

"Our nurses and clinical experts are absolutely amazing," he says. "Their unique skill sets, combined with their devotion to our precious patients and focus on research, are at the core of our hospital's culture."

The INIR's goal is to explore novel questions and conduct studies with interprofessional patient care teams. Nurses work in collaboration with experts in multiple areas throughout the hospital, including Child Life, Spiritual Care, Social Work, Pharmacy, Nutrition, Patient Education and Resources, and Physical, Occupational and Speech Therapy.

A strong focus on research is one part of a "long list of attributes" that Viviano says drew him to CHLA. The culture of learning, innovation, and patient and family focus, he adds, is at the heart of what sets CHLA apart: "The focus here is always on the whole child, not just a disease process."

It is through using research and evidence-based practice to harness the expertise and resources within every department, Viviano says, that CHLA will continue to ensure that every child receives the best care possible.

The INIR is seeking \$10 million in philanthropic support to aid nurses and clinical experts in carrying out research and publishing findings. "The Institute for Nursing and Interprofessional Research is a key priority for us," says Viviano. "I would like to see the Institute grow in prominence and stature and be widely supported." ■

Professional Milestones

Publications

Catherine Goodhue, RN (Pediatric Surgery): "Should All Severely Injured Pediatric Patients Be Treated at Pediatric Level I Trauma Centers? A National Trauma Data Bank (NTDB) Study," *The American Surgeon*, October 2015; "Admission Hematocrit Predicts the Need for Intervention Secondary to Hemorrhage in Pediatric Blunt Trauma Patients," *Journal of Trauma and Acute Care Surgery*, October 2015; "Mixed Methods Pilot Study: Disaster Preparedness of Families With Children Followed in an Intestinal Rehabilitation Clinic," *Nutrition in Clinical Practice*, October 2015.

Monica Horn, RN (Heart Institute): "It's Child's Play," *Child Life Therapy for Pediatric Heart Transplant/VAD Patients*, "ISHLT Links (International Society of Heart and Lung Transplant Newsletter), September 2015.

Florida Imperial Perez, RN (Cardiothoracic Intensive Care Unit); **Melanie Guerrero, RN** (Cardiovascular Acute); **Liz Daley, RN**; **Nida Oriza, RN**; and **Victoria Winter, RN** (Cardiothoracic Intensive Care Unit): guidelines, *Society of Pediatric Cardiovascular Nursing*, published online March 2015.

Lori Marshall, PhD, RN (Patient Care Services); **Gloria Verret, RN, (6 West)**; **David Davis, RN** (Quality Improvement and Patient Safety); **Samar Mroue, RN (6 East)**; **Tere Jones, RN (5 West)**; and **Marifel Pagkalinawan, RN** (Hematology/Oncology): "Mastering Patient and Family Education: A Handbook for Success," *Sigma Theta Tau*, September 2015.

Sue Matich, RN (Interventional Radiology): "The Value of the Radiology Nurse and a Pre-education Questionnaire," *Journal of Radiology Nursing*, September 2015.

Gloria Verret, RN, and **Vicky Lin, RN (6 West)**: "An Innovative Triad Mentorship Program for New Graduate Nurses," *People's Choice Poster Award Winner*, *Journal of Pediatric Nursing*, September/October 2015.

Presentations

Sharee Anzaldo, RN (Surgical Admitting), and **Marvin Mangahis, RN** (Post Anesthesia Care Unit): "Addressing Barriers in Handoff Communication in the Pediatric Perioperative Setting," poster presentation, *Society of Pediatric Nurses 25th Annual Conference*, April 2015.

Sharee Anzaldo, RN (Surgical Admitting): "Parenting a Child With Autism: Filipino American Beliefs and Perceptions," *Western Institute of Nursing Conference*, April 2015; "Poop, Pee, and Peditale: The Ins and Outs of Gastrointestinal, Genitourinary and Renal Disorders," lecture, *UCLA School of Nursing*, July 2015; "School of Nursing Course Management and Learning Programs: An Overview for Teaching Apprentices," lecture, *UCLA School of Nursing*, September 2015; "Pediatric Health in the United States: A Nursing Perspective," *Mie Prefectural College of Nursing*, Tsu, Mie, Japan; and "The Art and Science of Pediatric Nursing: Chronic Illness and Families," lecture, *Kitasato University College of Nursing*, Sagami-hara, Japan, September 2015.

Susan Carson, RN, and **Anne Nord, RN** (Hematology/Oncology): "A Case Report of Patients Affected by Dominant Beta Thalassemia Mutation," poster presentation, *10th Cooley's Anemia Symposium*, October 2015.

Allan Cresencia, RN (Anesthesiology Critical Care Medicine): "Pediatric P.O.I.N.T.S. to Ponder," *International Conference for PeriAnesthesia Nurses*, Copenhagen, Denmark, September 2015.

Catherine Goodhue, RN (Pediatric Surgery): "Pediatric Sneezers and Wheezers and the PNP," lecture for pediatric nurse practitioner students, *Azuza Pacific University*, September 2015; "Should All Severely Injured Pediatric Patients Be Treated at Pediatric Level I Trauma Centers? An NTDB Study," abstract, *American College of Surgeons*, October 2015; "CT Chest In the Evaluation of Pediatric Thoracic Trauma," abstract, *Pediatric Trauma Society*; "Development of an Intestinal Rehabilitation Disaster Survival Toolkit for Families With Special Health Care Needs," *Advance Practice Nurse Day*, *Children's Hospital Los Angeles*; "Pediatric Abdominal Trauma," lecture, *Southwest National Association of Pediatric Nurse Practitioners Regional Conference*, November 2015; and, with **Elizabeth Cleek, RN** (Trauma Services); **Inge Morton, RN** (Emergency Department); and **Linda Young, RN** (Pediatric Intensive Care Unit): "Impact of Simulation-Based Training on Perceived Provider Confidence in Acute Multidisciplinary Pediatric

Trauma Resuscitation," abstract, *Pediatric Trauma Society*, November 2015.

Sandra Mintz, RN (Rheumatology): "Question and Answer Time with a Nurse and Social Workers," "Stop and Listen to the Music: a Pediatric Doctor and Nurse Answer Your Questions," and "Looking Through the Weeds: Social Media and the Web," speaker and co-program developer, *Scleroderma Foundation Annual Patient and Family Conference*, July 2015.

Trish Peterson, RN (Hematology/Oncology): "Pediatric Sickle Cell Disease—An Overview," lecture, *8th Annual Sickle Cell Disease Educational Seminar*, *Charles Drew University of Medicine and Science*, September 2015.

Salvador Tafoya, CRNA (Operating Room): "Anesthesia and Congenital Heart Disease," lecture, *California Association of Nurse Anesthetists biannual conference*, October 2015.

Association of Pediatric Hematology/Oncology Nurses, Annual Conference, September 2015—**Imelissa Blancas, RN**; **Mary Baron Nelson, RN**; **Kasey Rangan, RN**; **Laura Vasquez, RN**; **Barbara Britt, RN**; and **Anna Evans, RN** (Hematology/Oncology): "Establishing a Neuro-oncology Nursing Research Program," poster; **Laura Vasquez, RN**; **Mary Baron Nelson, RN**; and **Anna Evans, RN** (Hematology/Oncology): "Nutritional Status of Children with Brain Tumors During Auto Transplant," poster; and **Anna Evans, RN**, and **Jessica Shipp, RN** (Hematology/Oncology): "The Implications of Genomics in Pediatric Oncology Nursing Care," presentation.

Professional Achievements

Susan Carson, RN (Hematology/Oncology): *Advanced Practice Nursing Research Award*, "A Case Report of Patients Affected by Dominant Beta Thalassemia Mutation," September 2015.

Debbie Harris, RN, and **Trish Peterson, RN** (Hematology/Oncology): Co-chairs, "Putting Evidence Into Practice," *4th Annual West Coast Sickle Cell Nursing Conference*, *Children's Hospital Los Angeles*, September 2015.

Nida Oriza, RN, BSN; **Grace Magaling, RN**; and **Beth Zemetra, RN** (Cardiothoracic Intensive Care Unit): Organized the *Heart Institute's* two-day symposium, "Excellence in Care of Pediatric Congenital Heart Disease," *Children's Hospital Los Angeles*, September 2015.

Ashley Vieira, RN, and **Sheila Kun, RN** (Pulmonology): "Safety of Commercial Strollers for Home Mechanical Ventilation Children," \$5,000 Patient Care Services research grant, June 2015.

International medical collaboration to separate two conjoined twins, first such operation in Haiti, May 2015: **Jodi Brown, RN** (Pediatric Intensive Care Unit); **Jennifer DeVera, RN**, **Melinda Dizon, RN**, and **Caitlin Fitzgibbons, RN** (Operating Room); **Maxine Ogbaa, RN** (Newborn and Infant Critical Care Unit); **Nhu Tran, RN** (Cardiothoracic Surgery).

National Youth Leadership Forum, with high school students from around the country, hosted by *Las Madras Pediatric Simulation Laboratory*, *CHLA Simulation Center*, July 2015: **Norma Dansak, RN**, **Denise Esparza, RN**, **Ruth Lemus, RN** (Cardiothoracic Intensive Care Unit); **Cathy Shijo, RN** (Emergency Department); **Nida Kan-Ari, RN**, and **Kelsey Wong, RN** (Float Pool); **Kim Kyle, RN** (Newborn and Infant Critical Care Unit); **Amy Conlan, RN**, **Judy Koempel, CRNA**, and **Salvador Tafoya, CRNA** (Operating Room); **Marcella Berstein, RN**, and **Fran Blayney, RN** (Patient Care Services); **Emily Fu, RN**, **Nancy Lavoie, RN**, **Teresa Mahgerefteh, RN**, **Janet Waugh, RN**, and **Colleene Young, RN** (Pediatric Intensive Care Unit); **Caulette Young, RN** (Simulation Center); **Geri Gregorczyk, RN**, (Transport Team).

Recognition

Daisy Award: **George Cruso, RN** (Float Team), June 2015; **Deborah Robertson, RN** (Post Anesthesia Care Unit), July 2015; **Rachel Aquino, RN** (Bone Marrow Transplant Unit), August 2015; **Pamela Thomas, RN** (House Supervisor), September 2015; **Brian Cook, RN** (Blood Donor Center), October 2015; **Marla Sabicer, RN** (5 West), November 2015.

Certifications

CCRN: **Tabitha Bell, RN** (Rehabilitation); **Jennifer Hermann, RN** (Pediatric Intensive Care Unit); **Hai Ly, RN** (Cardiothoracic Intensive Care Unit); **Michelle**

Sather, RN (Rehabilitation); **Cindy Varela, RN** (Rehabilitation); **Samantha Wilson, RN** (Pediatric Intensive Care Unit).

CLEC: **Ani Simonoff, RN** (5 East), also CPN.

CPN: **Joel Celi, RN** (Emergency Department); **Emily Clark, RN** (5 East); **Jessica Damasco, RN** (5 East); **Lorraine Devine-Cruz, RN** (6 East); **Hoo Lynn Everson, RN** (5 East); **Matthew Fountain, RN** (5 West); **Ruth Jacobson, RN** (Float Team); **Erin Kelly, RN** (6 East); **Jennifer Meyers, RN** (Post Anesthesia Care Unit); **Diana Montano, RN** (6 West); **Dolores Rangel, RN** (Center for Endocrinology, Diabetes and Metabolism); **Ria Krissan Sanchez, RN** (5 East); **Lindsay Schaeffer, RN** (6 East); **Stephanie Serna, RN** (Post Anesthesia Care Unit); **Michelle-Ann Ventura, RN** (5 West); **Ashley Vieira, RN** (Cardiovascular Acute); **Lauren Windham, RN** (Float Team).

HDI-SCA: **Teri Reeves, RN** (Clinical Service Desk).

NP/Primary Care: **Laura Balkian, RN** (Surgical Admitting).

NP II: **Kamala Gipson-McElroy, RN** (Plastic and Maxillofacial Surgery).

NP III: **Pamela Costa, RN** (Newborn and Infant Critical Care Unit); **Sue Matich, RN** (Interventional Radiology).

RN-BC: **Maria Gannon, RN**; **Bill Kenny, RN** and **Florence Orpilla, RN** (Clinical Information Services), nursing informatics; **Lisa Costantino, RN** (Ambulatory Surgery Clinics), nursing professional development; **Heidi Haskins, RN** (Pain Service), pain management nursing; **Janet Hoa, RN** (Bone Marrow Transplant Unit), pediatric nursing.

RN III: **Lesley Abcede, RN** (5 West); **Sarah Schneider, RN** (Bone Marrow Transplant Unit); **Sophia Padilla, RN** (Bone Marrow Transplant Unit).

RNC-NIC: **Karin Kessler, RN** (Newborn and Infant Critical Care Unit).

Life Celebrations

Marriages

Jessica (Agtarap) Applegeet, RN (Cardiothoracic Intensive Care Unit); **Monica Coles, RN** (6 East); **David Davis, RN** (Quality Improvement and Patient Safety); **Zoraya Fonseca, RN** (Liver and Intestinal Transplant); **Lauren O'Neal, RN** (Pulmonary); **Brittany Warren, RN** (Cardiovascular Acute).

Births

Boys: **Joey An, RN** (Cardiovascular Acute); **Danielle Eramia, RN** (Bone Marrow Transplant Unit); **Sandra Lee, RN** (Float Team); **Soon Perez, RN** (6 East); **Jessica Pina, RN** (Emergency Department); **Audrey Santos, RN** (Rehabilitation).

Girls: **Michelle Beato, RN** (Cardiovascular Acute); **Julie Bernard, RN** (Newborn and Infant Critical Care Unit); **Edwin Paras, RN** (6 East); **Stephanie Proia, RN** (Surgical Admitting); **Michelle Sather, RN** (Rehabilitation).

Community

Volunteering: **Mikaila Becker, RN** (Bone Marrow Transplant Unit): Dream Street camp for kids with life-threatening diseases; **Amy Girguis, RN** (5 East): seminar on hand hygiene for parents of children in Momentum India school, Kolkata, India, and lecture, "Health Care in the USA," at medical college in Khulna, Bangladesh, July 2015; **Anna Kitabjian, RN** (6 East): Orthopedic Surgical Medical Mission, Honduras, also The Painted Turtle camp.

Athletics: **Beatrice Chun, RN** (Surgical Admitting): her fifth L.A. Marathon, March 2015; **Katherine Grace Leonard, RN** (5 East): AIDS/LifeCycle Bike Ride, San Francisco to Los Angeles, May 2015; **Mayra Martinez, RN**, **Jessica Reyes, RN**, and **Charv Albano, RN** (Operating Room), Santa Monica 10K, July 2015; **Alvin Rocha, RN** (Cardiovascular Acute): Rock 'n' Roll Half Marathon, San Francisco, March 2015, and Bike Tour of Long Beach, May 2015; **Kristin Tayo, RN** (Cardiovascular Acute): Surf City Half Marathon Huntington Beach, February 2015, and Surf City Half Marathon Orange County, May 2015. **Lauren Windham, RN** (Float Team), Disneyland Half Marathon, September 2015.



by Mary Dee Hacker, MBA, RN, NEA-BC, FAAN, vice president of Patient Care Services and chief nursing officer

I love the holidays—the music, the food, the celebrations and, most of all, time with family and friends. What I find most comforting and rewarding are our holiday traditions, with their consistency, their familiarity, and the pure joy they bring. The beauty in tradition is that there is no set formula. It's up to you to create these yearly rituals, which will lead to wonderful shared memories.

Oftentimes the most treasured and memorable moments are the simplest, but these moments are what connect us. These moments are what make us happy deep in our soul. Every Christmas Eve, my son, my daughter and I head to Bristol Farms for our dinner preparation. We started going together when my kids were toddlers and it's still a family event, even though my son is in his late 20s and my daughter in her early 30s. We look forward to sharing the lamb chops, wild rice casserole, green beans and almonds all year. After our shopping, we always have brunch at Green Street Restaurant in Pasadena, and head home to prepare and eat our Christmas Eve dinner, followed by church service.

A very special part of my Christmas Day is coming to the hospital and seeing the wonderful traditions that our staff have created for each other and for their patients. There are potlucks and nurses in flannel Christmas PJs, toys for kids, and most of all there is an unwavering feeling of hope and joy in every unit.

I urge all of you to cherish and continue your most fun, most beloved traditions. Our workdays are long and demanding, but holiday traditions give us the opportunity to slow down and express our gratitude for the things that anchor us—family, friends and our CHLA community. I wish you all a very happy, healthy New Year. ■

6 West Doubles the Mentoring

by Candace Pearson



Victoria Briones, RN, BSN (left), Gloria Verret, RN, BSN, CPN, Vicky Lin, RN, BSN, CPN, PHN, and Rachel Roxbury, RN, BSN, with training booklet and survival kit

When Rachel Roxbury, RN, BSN (6 West), graduated from the Versant™ RN Residency at Children's Hospital Los Angeles in August 2013, she felt confident and prepared—and grateful that the support, guidance and mentoring weren't ending.

Roxbury was one of the first participants in the innovative Triad Mentorship Program created by and for 6 West nurses, which gives grads an additional six months of mentoring. The twist: Each new nurse is supported by two mentors—a peer mentor who is a recent (five years or less) Versant RN Residency graduate and a veteran mentor.

"I immediately had several doors wide open to me, with mentors to guide and help me at any time," says Roxbury. "They had my back."

Gloria Verret, RN, BSN, CPN, and Vicky Lin, RN, BSN, CPN, PHN, are co-facilitators of 6 West's program, which has between 6 and 15 participants in every six-month cycle, and is growing to embrace transition nurses and care partners.

Together, Verret and Lin presented the program at the 2014 National Magnet Conference, the 2015 Society of Pediatric Nurses Conference and the 2015 National Mentoring Institute Conference, among other venues.

The program got its start in 2012 when a nurse came to Verret with a request—that the support she felt during residency continue. "It takes a while to become an independent nurse," notes Verret, a 19-year veteran. "We decided to expand each new nurse's network."

There's been no shortage of volunteers. "We fill up all available mentoring slots any time we put out a call," says Lin, a 2012 Versant RN Residency graduate who runs a Facebook group for the Triad Mentorship. For Lin, "being involved in this program has made me realize I'm capable of doing more as a nurse."

The program supports mentors, too, with training resources, including advice on what makes a good mentor. Each trio is expected to meet regularly, at least once or twice a month, though many do so more often, and all participants join in monthly social/educational events.

Victoria Briones, RN, BSN, signed on after John Mangrobang, RN, asked her to mentor him. He comes to her when he has questions about complex clinical procedures. Before nights when they're both scheduled to work, Briones calls the charge nurse to ask if she and Magrobang can be posted near each other to provide continuous support during the shift. "Everyone started off as a new nurse," says Briones. "I understand how scary that can be." During her first nursing experience—not at Children's Hospital—she had resources but "not that one person to turn to."

Verret says mentors appreciate the chance to enhance their teaching skills and competencies. "Everyone improves by being in the program."

Roxbury has now become a mentor herself. So many people have invested in her, she says, she's thrilled to pass on that investment to someone else. ■

FloSheet

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Bedside's Best

Schedule Mastermind Arlene Deseo Keeps MDA Neuromuscular Clinic Running Smoothly

by Candace Pearson



Arlene Deseo, RN, with her master schedule

Twice a month, as the day dawns for the Muscular Dystrophy Association (MDA) Neuromuscular Clinic, Nurse Care Manager Arlene Deseo, RN (Neurology), is a bit like the Wizard of Oz, moving levers behind the scenes to make sure everything and everyone runs like clockwork.

It's no simple juggling act. Deseo coordinates seven-plus families and up to 10 specialties—

including neurology, cardiology, pulmonology, physical/occupational therapy, rehabilitation, social work, nutrition and more—during each six-hour-long clinic day at Children's Hospital Los Angeles.

The multidisciplinary model is crucial for these patients, diagnosed with Duchenne muscular dystrophy, spinal muscular atrophy, Charcot-Marie-Tooth disease and other neuromuscular diseases. Nearly all have or will have mobility issues, and many are in wheelchairs. Navigating the hospital's many byways to reach multiple providers can be difficult. "So all the specialists come here," says Deseo.

"We try to make the day as special as possible," she adds. That includes ensuring families have access to toys, games, books and videos while there.

Armed with her meticulous timetable, color-coded by specialty, Deseo keeps each provider's visit with a family on track. Any pulmonary function tests and echocardiograms take place the same

day. At the end of clinic, all providers meet to discuss each case. Deseo crafts a summary of the visit and next steps for each family.

Deseo works her scheduling magic for weeks ahead, contacting each family four or five times. (The result is nearly 100 percent attendance.) The task appeals to her sense of order. "I have to be organized or I couldn't function," says Deseo, who admits her systematic notes were in demand in nursing school.

"Arlene makes the clinic flow and calms everyone down," says Leigh Maria Ramos-Platt, MD, the clinic's director and assistant professor of Clinical Neurology at the Keck School of Medicine of the University of Southern California. "I don't think we could do this model without her."

Deseo is excited that the clinic is growing, with plans to add a third monthly clinic day in 2016. Her biggest satisfaction comes from working with the families. "The kids and parents are just so great," she says. "We do all we can to provide our patients with the best possible quality of life." ■