

Extra: Lives Outside the Hospital

Forming Bonds as 'Health Care Heroes'

By Vicki Cho Estrada

Jessica Klaristenfeld, MSN, RN, NPD-BC, traveled to Israel twice before, but her third visit in November 2021 with two Children's Hospital Los Angeles colleagues and other "health care heroes" was life-changing.

Klaristenfeld, a Senior Nursing Professional Development Specialist in the Clinical Services Education and Research Department, joined Employee Assistance Program Manager Alana Epstein, LCSW, and Autologous Bone Marrow Transplant Nurse Coordinator Laura Vasquez, RN, CPON, on a "Healthcare Hero Trip to Israel."

Organized by Momentum Unlimited, a group aimed at empowering women to change the world through Jewish values, the eight-day trip was created for health care workers. It featured visits to two medical centers; introductions to Israeli nurses and caregivers, lessons on Jewish values as well

as tourist sites in Tel Aviv, a Shabbat stay in Jerusalem, and an excursion to Masada. "All the learnings had to do with Jewish values and how they connected to our lives as mothers, health care workers and Jewish women," Klaristenfeld says. "It really deepened my connection to others in health care."

Trip attendees also learned how Israel managed the COVID-19 pandemic. Traveling to Israel during the pandemic, the group of 80 to 100 health care workers needed to adhere to strict and frequent testing for the virus to remain safe and healthy.

While the CHLA colleagues knew of each other, they had never met or worked together before the trip. All three were nominated for the Momentum program by the mother of a former CHLA patient. Soon after submitting their applications, they were notified of their acceptance to the program.



L-R: Jessica Klaristenfeld, MSN, RN, NPD-BC; Alana Epstein, LCSW; and Laura Vasquez, RN, CPON, in Israel.

"We were the only ones from the same organization, so it was special," she says. "The trip brought us together and bonded us deeper than we imagined. It was enlightening and inspiring and we were so lucky to share this experience as CHLA colleagues and new friends." ■

Nurses in Action

Community Fair Plants the Seeds of Health

By Candace Pearson



L-R: Courtney Porter, MPH, CPHQ; Val Jimenez, BA; and Priya Meyer, DNP, RN, PCNS-BC, NPD-BC, at the Community Fair

What happens when three community leaders join forces to help families in South Los Angeles access health resources and education—mixed with a day of fun, food and music?

Answer: the Fall into Wellness Community Health Fair in October 2022, which planted the seeds for future collaborations by Children's Hospital Los Angeles, the Macedonia Baptist Church and Charles Drew University.

The Fair grew out of free COVID-19 vaccinations CHLA began providing to its surrounding community in 2020 and 2021. At the time, Shane B. Scott, DMin, pastor at Macedonia Baptist, suggested holding a community health fair to reach out to more families and address health disparities.

"We loved the idea of partnering together—this is our mission," says Jennifer Baird, PhD, MPH, MSW, RN, CPN, Director, Clinical Services Education and Research.

The first fair took place in August 2021. From that experience came the expanded Fall into Wellness Fair at the Watts-based church a year later, which involved CHLA nurses at every level—from initial planning to first-aid training, education and mentorship.

"It was a chance to remember what we're all about at CHLA, to come together and give back," says Priya Meyer, DNP, RN, PCNS-BC, NPD-BC, Nursing Professional Development (NPD) Manager, Clinical Services Education and Research.

Nurses from the Clinical Services Collaborative Partnering Team set to work, led by NPD Specialist Lynnette Ramos, MSN-Ed, RN, NPD-BC, CPN, PHN. Joining them was Courtney Porter, MPH, CPHQ, Manager, Center for Healthy Adolescent Transition.

They enlisted other groups within CHLA, including specialists from Literally Healing, Ameran Family Foundation Dog Therapy Program, Camp CHLA and Child Life. Meyer and Ramos precepted 14 master's nursing students from Charles Drew University, who screened for blood glucose and vital signs and provided vaccinations.

Among the community organizations that came aboard were Watts Rising, the Watts Neighborhood Council and L.A. South Chamber of Commerce.

With high marks for the event, all agreed to hold it again—"and to connect across the year in other ways," says Baird. In just two short years, Meyer adds, "Fall into Wellness has turned into something that's here to stay." ■

Publications

Danielle Arbios (Ahmanson Foundation Pediatric Intensive Care Unit): co-author, "Cumulative Stress Debriefings to Combat Compassion Fatigue in a Pediatric Intensive Care Unit," *American Journal of Critical Care*, March 2022.

Jennifer Baird (Clinical Services Education and Research) and **Christine Uddin** (Clinical Services Education and Onboarding): "A Call to Action: Establishing an Evidence Base for Pediatric Extravasation Injury Management," *Journal of Hospital Medicine*, December 2022.

Paula Belson (Anesthesiology Critical Care Medicine): "Health-Related Quality of Life in Adolescent and Young Adult Retinoblastoma Survivors," *Journal of Pediatric Hematology/Oncology Nursing*, June 2022; book chapters: "Neuroblastoma Resection" and "Splenectomy" in *Pediatric Anesthesia: A Comprehensive Approach to Safe and Effective Care 1st Edition*, 2023; book chapter, "Pediatric Anesthesia" in *Nurse Anesthesia 7th Edition*, 2023.

Margeaux Chan (Clinical Services Education and Research): "Development of a Mannequin for Simulation-Based Trials Involving Respiratory Viral Spread During Respiratory Arrest and Cardio-pulmonary Arrest Scenarios," *Cureus Journal of Medical Science*, December 2021; "The Effect of a Plastic Barrier Drape on Resuscitation Performance and Provider Contamination: A Randomized Controlled Simulation-Based Pilot Trial," *Simulation in Healthcare*, online ahead of print, August 2022; "Nurse Manager Succession Planning: An Integrative Review," *Nursing Management*, October 2022.

Meaghan O'Meara (Anesthesiology): "Airway Management," chapter in *Pediatric Anesthesia: A Comprehensive Approach to Safe and Effective Care 1st Edition*, 2023.

Cole Pourciau (Anesthesiology): "Cystoscopy," chapter in *Pediatric Anesthesia: A Comprehensive Approach to Safe and Effective Care 1st Edition*, 2023.

Hui-wen Sato (PICU): "How to Support the Nurse in Your Life," "Loss from Nurse Attrition Goes Deeper Than Numbers" and "Primary Nursing of Medically Complex Children in the ICU Increases Parental Trust," September 2022, *American Journal of Nursing*, May-June 2022.

Presentations

Ashley Anderson (Clinical Services Education and Onboarding): "Fire in the OR," California State Assembly of Association of Surgical Technologists, Los Angeles, October 2022.

Jennifer Baldwin (Endocrinology, Diabetes and Metabolism): "The Rights of Students with Diabetes,"

Virtual National Back-to-School Workshop, hosted by American Diabetes Association, July 2022.

Debra Browne (Gastroenterology): "Comparing Imaging Modalities in the Assessment of Steatosis and Fibrosis in Non-alcoholic Liver Disease," poster, National Association of Pediatric Gastroenterology, Hepatology and Nutrition Annual Meeting, Orlando, FL, October 2022.

Elizabeth Daley (Heart Transplant): "Contemporary Strategies for Developing Nurse Leaders in Low- and Middle-income Countries," poster, American Public Health Association Annual Conference, Boston, November 2022.

Deborah Harris (Hematology/Oncology) and **Trish Peterson** (Hematology/Oncology): "Building a Sickle Cell Nurse Champions Program to Improve Patient Care," Association of Pediatric Hematology/Oncology Nurses 46th Annual Conference, West Palm Beach, FL, September 2022.

Tere Jones (Ambulatory Nursing Services): "Obstacles to Discharge and Integration with Families," American Academy of Pediatrics National Conference, Anaheim, CA, October 2022.

Ruth Lemus (Heart Institute): "Morbidity: Case Scenarios," podium presentation, Society of Thoracic Surgeons' Advances in Quality & Outcomes: A Data Managers Meeting, Providence, RI, October 2022.

Marvin Mangahis (Infectious Diseases): "COVID-19 Ambassadors: Empowering the Voices of Frontline Staff," virtual podium presentation, Association for Professionals in Infection Control and Epidemiology Annual Conference, Indianapolis, June 2022.

Hui-wen Sato (PICU): "Minimizing Burnout and Compassion Fatigue in Death Care Workers," panelist, webinar produced by WPSU, Central Pennsylvania PBS/NPR affiliate, for the Speaking Grief Initiative, May 2022; "Navigating the Nuances of Professional Grief in Healthcare," keynote presentation, Huntington Hospital Nursing Research Conference, Pasadena, CA, May 2022; "Shared Burdens, Magnified Hope: An Interactive Session for Telling Our Stories," breakout session, International Association of Forensic Nurses Annual Conference, Dallas, September 2022; interviewed for *Silent Why* podcast, "Loss of Health and Life in Pediatric Patients," October 2022.

Laura Tice (5 East) and **Priya Meyer** (Clinical Services Education and Research): "Preceptor Development: Growing Talent to Impress Nurses to Choose and Stay at a West Coast Freestanding Academic Children's Hospital," ePoster winner, Emergency Nurses Association, Denver, September-October 2022.

Kathy Van Allen (Fetal and Neonatal Institute): "The Coffee Break: The RaDonda Vaught Decision," moderator, virtual group discussion, Society of Pediatric Nurses, August 2022.

Professional Achievements

Miguel Aventino (Post-Anesthesia Care Unit): Ambassador for the Association of peri-Operative Register Nurses, organized Los Angeles Chapter 0507's 70th Anniversary and Mini-Convention, Los Angeles, September 2022.

Jennifer Baird (Clinical Services Education and Research): Appointed Associate Editor, *Journal of Hospital Medicine*, May 2022; co-investigator, "Comparing Three Approaches to Communication with Hospitalized Children with Limited English Proficiency," research grant awarded by the Patient-Centered Outcomes Research Institute, lead site, Boston Children's Hospital, November 2022.

Trarina Jerome Harris (Neurological Institute): Appointed Adjunct Associate Professor-DNP Program, Charles Drew University of Medicine and Science, Los Angeles; participant, American Nurses Advocacy Institute, Washington, DC, October 2022.

Theresa Reyes (Float Team): Achieved membership in Sigma Theta International Honor Society, October 2021, and in the National Society of Leadership and Success, March 2022.

Kathy Van Allen (Fetal and Neonatal Institute): Appointed to the Board of Directors, Western Conservancy of Nursing History, July 2022.

DAISY Awards/Individual:

Melissa Acayan (Infusion Center): March 2022; **Irene Austria Ramos** (Ambulatory Clinic): April 2022; **Bridgette Robinson** (Infusion Center): May 2022; **Mayra Quijano** (6 East): June 2022; **Ariana Dugas** (5 East): July 2022; **Denise Weibel** (Steven & Alexandra Cohen Foundation Newborn and Infant Critical Care Unit): August 2022; **James Chris Peterka** (Thomas and Dorothy Leavey Foundation Cardiothoracic Intensive Care Unit and Helen and Max Rosenthal Cardiovascular Acute Care Unit): September 2022; **Shu-Yin Wang** (Vascular Access Team): October 2022; **Mary Beth Chatfield** (6 West): November 2022; **Susan Tatoy** (Infusion Center): December 2022.

Academic Achievements

BSN: **Ophelia Diaz** (Nephrology); **Jennifer Bertoldo** (5 West).

DNP: **Denise Henry** (Nursing Resources); **Cole Pourciau** (Anesthesiology); **Bianca Salvetti** (Adolescent Medicine).

MSN: **Teresa Reyes** (Float Team); **Stephanie Brady** (Clinical Services Education and Onboarding); **Joy Ericson** (Duque 5); **Amy Girguis** (Clinical Nutrition

and Lactation); **Brianna Jones-Estrada** (Float Pool); **Faye Ong** (Operating Room); **Jamie Orellana** (Maurice Marciano Family Foundation Emergency Department and Trauma Center); **Krystle Tran** (6 West).

MSN-Education: **Sarah Colaco** (CTICU); **Amy Girguis** (Clinical Nutrition); **Joan Pritchard** (Float Team).

Promotions

Care Manager: **Michelle Washington** (Gastroenterology).

NP: **Mallory Ashdown** (Neurological Institute Developmental and Behavioral Health Center); **Allyson Gomez** (Gastroenterology).

RN III: **Caitlin Beale** (NICCU), **Sarah Bilby** (Vascular Access Team), **Rhymini Cadiz-Villareal** (CTICU), **Nona Caole** (4 East), **Kat Clark** (4 West), **Alexander Diaz** (NICCU), **Jennifer Fewsmith** (NICCU), **Anahit Galadjian** (NICCU), **Lorelie Ho** (Cardiovascular Acute), **Thien-Hoang Nguyen** (NICCU), **Cheryl Jaingue** (ECMO), **Katrina Lazo** (Float Team), **Jennifer Lee** (NICCU), **Joudan Leiro** (PACU), **Brooklyn Lyons** (5 East), **Stephanie Mai** (Cardiovascular Acute), **Katie Maruhnich** (Float Team), **Thien-Hoang Nguyen** (NICCU), **Lauren Orallo** (Infusion Center), **Jennifer Petrasanta** (NICCU), **Danica Ryan** (Infusion Center), **Kat Sirinan Srilanchanarak** (4 East), **Elizabeth Vanderpool** (Infusion Center).

RN IV: **Nina Nacpil** (CTICU).

RN Lead: **Raymond Barajas** (Ambulatory Nursing).

Certifications

CCRN: **Natalie Salazar** (D6 Rehab).

CMGT-BC: **Justice Narisma** (Clinical Care Coordination).

CNN: **Richelle Tabora- Sepulveda** (Nephrology).

CPEN: **Kayley Barron** (Emergency Department).

CRNA: **Cole Pourciau** (Anesthesiology).

EBP-C: **Sandy Hall** (Clinical Excellence).

HEC-C: **Brenda Barnum** (NICCU).

FNP: **Brianna Jones-Estrada** (Float Pool).

NEA-BC: **Jennifer Baird** (Clinical Services Education and Research).

NPD-BC: **Emily Dobrinska** (Clinical Services Education and Onboarding); **Lynnette Ramos** (Clinical Services Research and Partnerships).

Tropical Nursing, diploma: **Erika Cheung** (Quality Improvement and Patient Safety).

Personal Milestones

Babies

Louise Erdman (D6 Rehab), October 2022; **Nerilin Golman** (D6 Rehab), November 2022; **Allyson Gomez** (Gastroenterology), July 2022; **Yanira Haston** (Heart Institute), November 2021; **Joey Hong** (Cardiovascular Acute), November 2022; **Noelle Navarro** (NICCU), August 2022; **Tamara Sibala** (Gastroenterology), April 2022; **Christopher Singson** (5 East), November 2022; **Erin and Michael Trinidad** (CTICU), June 2022.

Marriages

Danielle Arbios (PICU), July 2022; **Irene Enerio** (NICCU), July 2022; **Nida Kan-Ari** (Float Team), October 2022; **Kaitlin O'Rourke** (4 East), September 2022; **Kelsey Stoddard** (6 West), May 2022; **Yesenia Seaborne** (D6 Rehab), November 2022.

Community

Yanira Haston (Heart Institute): inaugural Pacific Beach Half Marathon, San Diego, CA, October 2022; **Jenn Rojas** (Ambulatory Nursing Services): Alpha Win Palm Springs Triathlon, October 2022; **Krystle Tran** (6 West): trekked to top of Machu Picchu, Andes Mountains, Peru; **Jace Vargas-Weisser** (Cardiac Catheterization Lab and PACU): journeyed to Antarctica, November 2022.

Volunteering

Jennifer Baldwin (Endocrinology, Diabetes and Metabolism): co-captain for TEAM CHLA for the Step Out Walk: Walk to Stop Diabetes, sponsored by the American Diabetes Association, Griffith Park, Los Angeles, September 2022.

Rosanna Preall (Ambulatory Nursing Services): The Painted Turtle, a camp for children with serious medical conditions, Lake Hughes, CA, April, July, November, December 2022.

Erin Schmidt (Family Resource Center), **Ani Yeremian** (Cardiology) and **Sue Martinez** (5 East): Volunteering with Champions Network at CHLA, donated time to Project Angel Food, which delivers healthy meals to people impacted by serious illness, Los Angeles.

Irina Tarasova (Gastroenterology), **Conny Quezada** (Gastroenterology) and **Natalie Goldman** (Gastroenterology): Holiday with Hope Event, Los Angeles, December 2022. ■

A huge thanks to Doris Lymbertos, Senior Administrative Assistant, for helping our team put together Chronicles in each issue.

A Conversation With ...

Sue Martinez, MSN, RN, CPN,
CS Manager, 5East



Sue Martinez, MSN, RN, CPN, with her husband and two children

Best #hashtag to describe you:
#dedicatedanddetermined

Favorite day-off spot: Crystal Cove in Laguna

Who influenced you to become a nurse? An elderly neighbor who was like a grandfather to me. He suffered from a stroke and severe weakness. After school each day, I would spend time with him, helping him eat, sit up, dressing and bathing him, and helping him take small steps. He told me, "You would be a great nurse." It was a pivotal moment for me as a young child.

What makes working at CHLA special? A true sense of belonging. I have been here 30 years and I still love it.

If you weren't a nurse, what would you be? A food, wine and travel journalist.

Advice for nurses just starting out? Give yourself grace and always remain curious. Never pretend to know something. Always ask!

Best life advice? Don't take yourself too seriously.

Your personal motto? Start each day with a positive thought and a grateful heart.

The best worst decision of your life? Moving to California on my way to a job in Switzerland. I was en route to a hotel management job in St. Moritz after my first degree and stopped to see my brother, who was opening a restaurant. I met my soon-to-be husband shortly after and he encouraged me to go back to school for nursing.

Tell us something that would surprise your coworkers? I played the accordion, have a record album, played with the 5th Dimension and the Boston Pops and was on "The Lawrence Welk Show."

What would you tell your high school self? That senior year Class Clown title isn't going to get you anywhere, except through some of the difficult times in life, so don't ever lose your humor. You will end up where you need to be, so be kind to yourself along the way.

Advocating and Caring for Sickle Cell Patients

By Vicki Cho Estrada



Nurse champions from the 2nd cohort with Sickle Cell Team members and Nancy Lee, MSN, RN.

The idea to create a program to improve care for sickle cell disease (SCD) patients and better support staff to deliver high-quality and culturally sensitive treatment had been percolating for years at Children's Hospital Los Angeles' Cancer and Blood Diseases Institute.

Then came 2020 – the year George Floyd was murdered along with other events during the COVID-19 pandemic that raised international awareness about the inequities people of color face throughout their lives. “That was the tipping point—we knew we had to act now to advocate for SCD patients and families,” says Debbie Harris, MN, RN, CPNP, CNS, CPHON, a nurse practitioner at the institute.

SCD, a rare blood disorder most commonly afflicting people of color, has long been a neglected and misunderstood disease. The genetic condition causes red blood cells to be misshapen and can block blood flow, leading to excruciating pain, organ damage, chronic anemia, leg ulcers, recurring infections and strokes, and frequent hospitalizations.

SCD patients typically face decreased access to primary and specialty care, and because it's so rare—affecting 100,000 Americans—many doctors and nurses are not familiar with the disease. There's also a stigma that patients seeking medication for pain are drug addicts, leading to mistrust, racism and poor patient outcomes.

With CHLA treating 350 SCD patients, “we knew there were things we could improve upon to help

these patients,” says Harris. “This patient population is marginalized and vulnerable. There are numerous studies that show individuals with SCD face health care disparities and experience racial bias in the community and health care setting. We wanted to make CHLA a haven where they feel free of judgment and receive expert care.”

The Sickle Cell Initiative Team—a multidisciplinary group comprised of nurse practitioners, social workers, physicians and hospital administrators—was formed in 2020 to create the Sickle Cell Nurse Champions program. The program was designed to foster more leaders on their respective units, with an emphasis on cultural awareness, humility and clinical competency.

Funded by the Anne Wilson Endowment, the six-month program launched in September 2021 with four nurses in the first cohort. The curriculum provides education and engagement in the areas of clinical care, health promotion, advocacy and staff empowerment, with nurses participating in monthly educational didactic sessions, outpatient clinical care, debriefing sessions and quality improvement activities.

Since then, there have been three cohorts with nearly 20 nurses participating throughout the hospital, including inpatient and outpatient units.

Samantha Wood, BSN, RN, Float Team, says, “The program has made me a better nurse because it's changed the way I see SCD patients and patients in general. Working in the clinic gave me a new perspective on the difficulties that patients face

day to day when they're not in the hospital. I've also learned strategies to implement to promote adherence with routine health maintenance, and I've learned how to better identify complications with SCD.”

“Working with patients who have SCD has been both humbling and inspiring,” adds Brooklyn Madrid, MSN, RN, 4 East. “This program has fostered a strong appreciation for what these patients go through and the amazing work that the Red Cell Team does to provide them with quality care in the management of this complex, chronic illness. They are an incredibly resilient population. I hope to keep advocating for these patients and urging other nurses within my network and the CHLA family to participate in education such as this. Too many know too little about this disease.”

For Harris, developing a program to create nursing leaders in the care of patients and their families with SCD is a dream come true. “My first SCD patient over 30 years ago inspired me to better understand and reflect upon the cultural and clinical implications of this disease.” ■



Sarah Voyer, LCSW, Lead Social Worker

By Elena Epstein



Sarah Voyer, LCSW

Please describe your role in connection with the nursing staff.

I am a resource to nursing staff in helping to create a therapeutic and safe environment for patients with behavioral health needs. I help coordinate and facilitate Code BERT (Behavioral Emergency Response Team), providing emergency de-escalation, crisis behavioral assessments and management interventions. As a therapist, I enjoy and value the opportunity to collaborate with nursing in direct patient care. In my experience no one has more knowledge or insight into our patients' emotional support needs than our nurses do. I am grateful to work with so many highly skilled, compassionate and dedicated nurses at CHLA. I also provide clinical education related to nonviolent crisis prevention and behavioral health specific treatment.

What does a typical day look like for you?

There are very few typical days. I am part of the Consultation Liaison Psychiatry Services. The team provides urgent psychiatric safety assessment for patients with acute care needs in the emergency room and on the floors. I help facilitate the transfer of patients in 5585/5150 Psychiatric Holds to Inpatient Psychiatric. I also provide brief individual and family therapy for patients admitted to CHLA for medical care who have co-occurring psychiatric treatment needs. As a lead social worker, I provide clinical and administrative supervision for hospital social workers in the ambulatory and inpatient setting. I am in the process of transitioning to a supervisor position of the Behavioral Health Social Workers. I am hoping that this new initiative will increase patient access to much-needed mental health services at CHLA.

Can you share a memorable CHLA story?

Last year I was invited to a dance party for a patient in the Bone Marrow Transplant Unit that I will never forget. I was overwhelmed with gratitude. There were several members of her multidisciplinary team wearing festive face shields and being super silly. It is moments like these that remind us all of the value that therapeutic relationships have in healing. Our humanity is essential to the care we provide.

Meet Moxi! The Time-Saving Helper Robot

By Candace Pearson



L-R: Carol Taketomo, PharmD; Gayle Luker, MSN, RN, CPN, NEA-BC; Grace Magaling, MSN, RN, NPD-BC, PHN; and Melanie Guerrero, DNP, RN, CPN, NE-BC, CLSSGB, with Moxi

One of the newest team members at Children's Hospital Los Angeles may have a hard exterior and limited conversational skills (beyond "meeps," beeps and whistles). But bright, heart-shaped eyes, tech smarts and an eagerness to please can offset such shortcomings.

Moxi—dubbed "the socially intelligent robot"—is currently in a pilot phase at CHLA to test how it can help nurses forego routine medication pickups and have more time for the important work of patient care.

CHLA is the first pediatric hospital nationwide to give Moxi, developed by Diligent Robotics, a trial run. "We looked for the best technology available that was user-friendly and had been tried in adult facilities," says Gayle Luker, MSN, RN, CPN, NEA-BC, Director of Clinical Services over 5 East, 5 West and Duque 5.

Before Moxi rolled off the delivery truck at CHLA in October, followed by Moxi 2 shortly after, Carol Taketomo, PharmD, Director of Pharmacy and Clinical Nutrition, asked Nursing leadership to identify the most remote inpatient and ambulatory units for the probationary period. The decision: the Infusion Center and Duque 5.

"We can't use pneumatic tubes for chemotherapy drugs in the Infusion Center, so we always have to do hand deliveries," says Taketomo. "When we get busier, having Moxi to assist us will help keep deliveries consistent, especially at night."

Nurses from a variety of units have assisted in mapping Moxi's potential paths through the hospital. "Both robots are now babies who have to be trained," Taketomo says of her new tech crew. Moxi carries its cargo in a locked storage compartment and can navigate doors and push elevator buttons. If it encounters a human (or another impediment) in a hallway, it will pause or go around.

Melanie Guerrero, DNP, RN, CPN, NE-BC, CLSSGB, Manager, Nursing Professional Development (NPD), and Grace Magaling, MSN, RN, NPD-BC, PHN, Senior NPD Specialist, are coordinating the training for nurses who interact with the techie colleague. "We asked Diligent Robotics to produce more nursing-specific videos and infographics," says Magaling. "Everyone involved shares a goal of improving patient care."

"With our belief in innovation at CHLA," adds Guerrero, "being part of a new technology like this in a pediatric setting is amazing in itself."

In Moxi's early trips through CHLA, it has met children. A few shyly retreat to the doorways of their rooms. But one girl declared, "This is my new best friend!"

If Moxi inspires more reactions like that—and manages to free up nursing time and improve medication deliveries—Luker says, "it might just get hired on." ■

FloSheet

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Bedside's Best

Helping Families Find Answers

The Inpatient Epilepsy Monitoring Unit tracks seizures 24/7 to pinpoint a diagnosis and guide treatment decisions

By Candace Pearson



L-R: Jeanna Yo, BSN, RN, CPN, Lou Ellen Fraser, MSN, RN, CRRN and Giovanni Marquez, neurophysiologist monitoring technician

Seizures are scary events for families, but in the Inpatient Epilepsy Monitoring Unit (EMU) at Children's Hospital Los Angeles, nurses have created a safe haven for children who experience them. Moreover, it's a place built to record, monitor and learn from them.

"The difference is that kids come here to have seizures. We have to flip our nurse brains and focus on making sure this is a safe place to have one," says Jeanna Yo, BSN, RN, CPN, part of

a team of specially trained nurse practitioners and RNs.

Within the EMU, cutting-edge digital electroencephalogram (EEG) technology records brain-wave activity 24/7. High-definition cameras enable neurologists specializing in epilepsy to observe patients remotely at any time—making CHLA one of the only pediatric hospitals nationwide with this advanced level of monitoring.

"In some cases, our EMU team is trying to determine if a child may be eligible for brain surgery, which could potentially stop their seizures," says Lou Ellen Fraser, MSN, RN, CRRN, Clinical Services Manager for Duque 5, where the EMU is located. "Or the goal may be to identify seizure triggers."

The EMU is notable for "the education and passion of the nurses, and the teamwork at every level," she adds.

Nurses specially trained to describe seizures in detail to neurologists work in partnership with 21 registered EEG technicians. "This is a close collaboration, a fine dance between professionals," says Trarina Jerome (TJ) Harris, DNP, RN, NE-BC,

CPHQ, PHN, Manager, Clinical Services, in CHLA's Neurological Institute.

In recognition of the expertise required, nurses in the unit now have the opportunity to earn a Seizure and Epilepsy Healthcare Professional Certificate.

Fraser recently revealed to colleagues that she has had epilepsy since the age of 12, something her mother instilled in her not to tell others. "I shouldn't have to speak about the stigma associated with epilepsy, but unfortunately it remains among some people," says Fraser. She advises nurses on counseling families about bullying, epilepsy resources and sharing a diagnosis.

Parents are required to be present at bedside, so they can learn when and how their child experiences seizures. The young patients aren't always bedbound. They can move freely in the only Bluetooth-enabled playroom in Southern California while connected wirelessly to monitoring equipment.

"Children and parents are here because they want to be," says Yo. "They want answers." ■