

## Extra: Lives Outside the Hospital

# Adventurer Dives Deep to Escape

By Vicki Cho Estrada

Mary McCulley, MS, RN, CPNP-AC, Division of Pain Management, goes to great depths when she wants to escape and relax—like 130 feet deep.

An avid scuba diver, McCulley has logged more than 1,000 dives at such exotic places as the Caribbean, Mexico, Hawaii, Fiji, Micronesia, Indonesia, Costa Rica and Honduras. She was immediately hooked after taking an introductory scuba diving course 25 years ago while vacationing in Martinique.

"I loved that it was part of a different world. It was very quiet and peaceful—It was exciting to be surrounded by things I'd never seen before," says McCulley, who soon became National Association of Underwater Instructors (NAUI) Open Water-certified in underwater diving.

Over the years, she obtained certifications in Advanced, Rescue, Divemaster and, ultimately,

Open Water instructor from the Professional Association of Diving Instructors (PADI), allowing her to dive deeper, perform rescues and provide instruction to other divers. McCulley also acquired diving equipment including a collection of wet and dry suits, air tanks, fins, regulators, masks and snorkels.

Along with seeing colorful corals, exotic fish and an array of sea life, she has encountered hammerhead and bull sharks during her dives, but never feels nervous or threatened by them, noting, "They're more interested in looking for food on the surface than scuba divers."

One of her tensest moments occurred during a dive in La Jolla off the San Diego coast, where her high-pressure hose blew out and she rapidly started to lose air. Fortunately, McCulley's scuba partner handed her a backup regulator and she made it safely to the water's surface.



Mary McCulley, MS, RN, CPNP-AC

Photo Credit: Linda Sue Dingel

"You can't panic—that's what scuba training is for," she explains, drawing similarities between nursing and scuba diving. "You have to be knowledgeable to handle any situation."

Diving offers a great workout and a stress release from her job, where she cares for patients with acute pain. "Diving has been a perfect escape—it puts you in a relaxed state of mind. When you're underwater, you can't think of much else. You're very present and in the moment." ■

## Nurses in Action

# Cereal Drive Collects 81,000 Servings for Local Kids

By Elena Epstein



Stephanie Sanborn, MS, RD, CSP, (left) Jackie Gayer, BSN, RNC, Lindsey Webb, MSN, RNC and Christine Wu, RN, BSN, OCN

Jackie Gayer, BSN, RNC-NIC, of the Steven & Alexandra Cohen Foundation Newborn and Infant Critical Care Unit (NICCU), gets teary-eyed when she thinks about the eight pallets of cereal boxes CHLA collected this past June for local kids. Many children don't get a nutritious breakfast during the summer months when they no longer have access to subsidized school meals.

Gayer had been a part of a successful cereal drive when she was working at Children's Hospital

of Michigan, and knew she wanted to bring the program to CHLA when she moved to Los Angeles five years ago. That vision became a reality this summer.

Gayer prepared and presented a proposal to hospital administrators and the Collaborative Governance Committee, and once approval was granted, she quickly formed a steering committee with the help of fellow NICCU nurses Carly DePew, BSN, Lindsey Webb, MSN, RNC-NIC, and Dolores Greenwood, MSN, RNC-NIC.

The committee also included 25 other hospital employees of varying disciplines, all of whom volunteered countless hours during the 10 months of preparation leading up to the big event.

A section of the old Simulation Center was turned into a makeshift command center and soon word-of-mouth spread throughout the hospital. By the June 2 start date of the Healthy Over Hungry Cereal Drive, cereal boxes started pouring in.

During the weeklong drive, 81,000 servings of cereal were collected. Volunteers in red custom T-shirts picked up boxes every morning and afternoon and delivered them back to the command center. Gayer and other committee members sorted, counted and packaged all the boxes, which were picked up by the Los Angeles Regional Food Bank at the end of the drive.

In addition to the cereal boxes, the team also raised \$5,085 in cash donations for the Regional Food Bank, which included a \$4,000 check from West Coast University.

"It was an intense week for everyone on the committee and all the volunteers," says Gayer. "Everyone worked really hard, but it was so rewarding. The drive brought such a sense of unity to all of us. I personally made so many new friends in different units of the hospital because of working on this project. I can't wait for next year!" ■

# It's a Marathon

## Four nurses halfway to earning their doctorates represent

by Candace Pearson



Paula Belson, MSN, RN, CRNA

Flerida Imperial-Perez, MSN, RN, CNS-BC, CCNS-P, intended to go back to school much earlier in her career, but “life happens,” she says. In between degrees, she married and had two boys, then waited until they grew up.

By the time she entered the doctorate of philosophy (PhD) program at the UCLA School of Nursing in 2015, her youngest son, Tristan, also entered college as a freshman. They are hoping to graduate at the same time in 2019.

These days, mother and son check on each other’s homework. “He’ll say, ‘Mom, when is your paper due? And you’re just starting it now?’” says Imperial-Perez, clinical manager of the Thomas and Dorothy Leavey Foundation Cardiothoracic Intensive Care Unit (CTICU) at Children’s Hospital Los Angeles.

She is one of four CHLA nurses currently in the same cohort in the UCLA School of Nursing doctoral program, and—fingers crossed—now midway through. The others: Paula Belson, MSN, RN, CRNA, manager, Anesthesiology Critical Care Medicine; Allan Cresencia, MSN, RN, CPNP, clinical nurse, Post-Anesthesia Care Unit (PACU); and Tracy Ono, MSN, RN, PHN, clinical nurse, Pediatric Intensive Care Unit (PICU).

Together, this quartet represents the groundswell of nurses throughout CHLA earning advanced degrees, and a trend in the nursing profession as a whole to view a doctoral degree as the natural educational endpoint for nurses.

Less than two decades ago, CHLA had just two doctorally prepared nurses. Today, there are 24, with another 25 currently pursuing doctorates of philosophy (PhD), nursing practice (DNP) and other programs. “Nurses are taking on more responsibility and more research,” notes Suzanne Taylor, EdD, MSN, RN-BC, director, Clinical Education and Professional Development. “That makes an advanced degree more important than ever.”



Flerida Imperial-Perez, MSN, RN, CNS-BC, CCNS-P

Belson thinks nurses are natural researchers. “Being there on the front lines every day, you get a sense of the important questions,” she says. “I want to be able to take that understanding into my own research.”

She decided to get her doctorate to better equip herself to supervise the coming wave of doctorally prepared nurses. Imperial-Perez had a similar motivation. “You have to up your ability to mentor these new entry-level nurses,” says the CTICU clinical manager.

Cresencia had been teaching at a private nursing school when he realized most of his fellow faculty held doctorates in nursing practice or philosophy. “I figured the worst that could happen is that UCLA would accept me,” he jokes. “Then they did.”

Ono was driven by a desire to impact the patient and family experience. “How do we best support them to improve their outcomes and quality of life? That’s an aspect of care nurses can bring to the table,” she says.

All agree that going through the program together creates a tremendous support system. They text regularly and compare notes when they run into each other at CHLA. “That we’re from different areas brings different perspectives on a problem,” says Ono.

In fact, their entire cohort of 10 nurses at UCLA is so supportive, they’re known as “The Class That Potlucks.” The group produced a poster presentation, “Resiliency Among PhD Students: Navigating Doctoral Education as a Cohort,” which Cresencia helped present this July in Dublin, Ireland, at the 2017 Nursing Research Congress of Sigma Theta Tau International, the Honor Society of Nursing.

In addition to texts and emails, the cohort maintains a Facebook page and holds monthly get-togethers to celebrate birthdays and special occasions. “We’re nurses,” says Imperial-Perez. “We bring food.”

CHLA offers multifaceted support for nurses seeking degrees, including tuition assistance. Equally important is the mentoring and role modeling of doctorally prepared nurses who came before. “We’re in good hands,” says Cresencia.

Four years ago, Mary Baron Nelson, PhD, RN, CPNP, then a newly minted PhD, was looking for reinforcement. So she founded the Nurses With Doctorates group at CHLA. The quarterly gathering

## sent a growing trend in nursing



Tracy Ono, MSN, RN, PHN

connects nurse-scientists hospital-wide and recently opened attendance to doctoral students. "With the atmosphere of inquiry at CHLA, nurses are inspired to keep learning," says Baron Nelson, assistant professor of Clinical Pediatrics at USC. "We're raising the bar on the profession."

Raising the bar includes the recent launch of CHLA's Institute for Nursing and Interprofessional Research, directed by nurse-scientist Jennifer Baird, PhD, MPH, MSW, RN. Baird has started an offshoot of Nurses With Doctorates—an informal works-in-progress gathering where nurses and others interested in research get feedback and learn about funding, publication and other resources.

The CHLA support groups "validate that pursuing higher education is a really important, worthwhile endeavor, and that CHLA is here to support those who take this on," says Baird.

Such encouragement is essential because "it's a marathon to go for your PhD," says Ono, requiring balance, stamina and sacrifice. She has made it so far with "a lot of support at work and home." She even managed to plan her wedding last February while immersed in coursework.

Cresencia cut back on his hours in the PACU to handle the PhD workload. Belson cut back on her sleep. She used to get eight hours; now it's about five, and varies with deadlines. For Imperial-Perez, the biggest challenge is "saying 'no' without feeling guilty to maintain a threshold for family, school and work balance." She's learning how,

but often finds herself answering emails "way past midnight."

It's all worth it, they say, as they deep-dive into learning the research process and tackling their dissertations. Imperial-Perez wants to find ways to support parents in continuing the complex care of their child at home after cardiac surgery and, later on, the implementation of new ideas at the bedside through diffusion research methodology. After all, "even elegantly designed studies with earth-shaking results can take forever to realize change," she says.

Ono's subject is sinusoidal obstruction syndrome, in which vessels that transport blood through the liver become narrow and blocked. It often occurs after a bone marrow transplant. Cresencia is focused on pediatric emergence delirium, which can impact patients when they wake from anesthesia and cause injuries to patients or staff.

Belson is concerned about retinoblastoma, a rare cancer, which requires that patients have multiple rounds of anesthesia when young to undergo eye exams. She's starting by analyzing their quality of life as adolescents.

In anesthesiology, things tend to happen quickly, and Belson is still adjusting to "the patience required by research." During the school year, she, daughter Kate, 13, and son Liam, 10, hit the books in the evening to do homework. "It's getting much harder than when I was in college," Belson concedes, "to pull an all-nighter." ■



Allan Cresencia, MSN, RN, CPN

## A Conversation With ... Julie Hines, RN, PACU



Julie Hines, RN, at the end of the Hapalua half-marathon in Honolulu

**Years at CHLA:** 29 years

**Favorite quote:** "If you can't say something nice, come sit next to me."

**Favorite book:** Almost anything by Stephen King, specifically, "The Stand"

**Favorite movie:** "Mary Poppins"

**Best hashtag to describe you:** My co-workers would say: #NoFilters. I would say: #CallEmAsYouSeeEm

**Best day-off spot:** Anywhere beachy and tropical

**Who influenced you to be a nurse?** Probably my mother. She said I would make a good nurse because I was bossy. Turns out she may have been right!

**What makes working at CHLA special?** I am very honored to work with a great group of talented, smart, hard working, fun people who make coming to work as enjoyable as it can be.

**If you weren't a nurse, what would you be?** Most likely a food critic or a party planner.

**Advice for a nurse just starting out:** Work on growing some thick skin.

**Best life advice:** This is a job, not your life.

**Personal motto:** It is what it is (at least I say it a lot).

**Favorite comfort food:** Salty—Ruffles potato chips with onion dip. Sweet—Anything with cream cheese frosting.

**Guilty pleasure:** Binge watching my favorite TV shows while eating buttered popcorn.

**Favorite TV shows:** Every season and every episode of "Breaking Bad," "House of Cards," "Naked and Afraid" and "Modern Family."

**What do you love to do when not working?** Running 5Ks and half-marathons with friends, and making and drinking wine with my husband and friends. Favorite wine-tasting areas are Paso Robles, Sonoma and Napa.

**How many races so far?** 41, most of them half-marathons.

## Celebrating the accomplishments and milestones of CHLA nurses

### Presentations

**Charissa Altobar, Grace Magaling and Beth Zemetra** (Heart Institute): "Innovation in Educational Practice: Personalizing Nursing Orientation to Enhance Learning," Sigma Theta Tau and Azusa Pacific University 13<sup>th</sup> Annual Research Symposium, Azusa, CA, March 2017.

**Jennifer Baird** (Institute for Nursing and Interprofessional Research): "Shared Understanding Among the Health Care Team: How Often Do We Achieve It?" and "Knowing What Matters: Rethinking Continuity of Nursing Care," Western Institute of Nursing Annual Conference, Denver, CO, April 2017.

**Brenda Barnum** (Newborn and Infant Critical Care Unit): "Consent as a Reflection of Respect" and "Conflicting Goals and Futility," lectures for Minor in Health Care Studies course on Health Care Ethics, USC, Los Angeles, CA, April 2017.

**Carol Cadaver and Devika Patel** (Cardiothoracic Intensive Care Unit): "ID Badges on ICU Bedside Health Care Workers: Are They a Possible Fomite for Hospital-Acquired Infection?" poster presentation, Azusa Pacific Research Symposium, Azusa, CA, March 2017, and CHLA Research Day, April 2017.

**Allan Cresencia** (Post-Anesthesia Care Unit): "Pediatric Syndromes and Conundrums," poster presentation, UCLA School of Nursing Research Day, May 2017.

**Sharon Fichera** (Newborn and Infant Critical Care Unit): "Neonatal Brain Injury," Pomona Valley Annual Perinatal Symposium, Pomona, CA, April 2017.

**Brenda Gallardo** (Newborn and Infant Critical Care Unit): "Developing a Culture of Nursing Professionalism by Fostering Career Development," Coastal California Association of Neonatal Nurses (COCANN), February 2017.

**Sandy Hall and Stephane Brady** (Versant™ RN Residency Program): "The Nurse Skill Balancing Act: Implementation of a Transition Fellowship to Enhance Patient Safety," poster presentation, Quality and Safety Education for Nurses (QSEN) Conference, Chicago, IL, May 2017.

**Sheila Kun** (Pulmonary): "What are the Optimal Anthropometric Considerations of Commercial Strollers for Children on Home Mechanical Ventilation?" poster presentation, American Thoracic Society Conference, Washington, DC, May 2017.

**Gayle Luker** (Float Team): "Nurse Staffing and Technology: A Relationship Formed in the Electronic Environment Benefiting Patients and Nurses," poster presentation, American Nurses Association (ANA) Translating Quality into Practice Conference, Tampa, FL, and Sigma Theta Tau International's Creating Health Work Environments Conference, Indianapolis, IN, March 2017; "Nursing Staffing Issues," panel discussion, Cerner for the American Organization of Nurse Executives (AONE), Washington, DC, May 2017.

**Anne Nord** (Hematology-Oncology): "Utilization, Trust and Satisfaction With Health Care in Adult Sickle Cell Disease Patients," poster presentation, Southern California Association Pediatric Hematology Oncology Nurses (SCAPHON), April 2017, and 2017 American Society of Pediatric Hematology/Oncology (ASPHO) Annual Meeting, May 2017.

**Susanne Matich** (Interventional Radiology): "Changes in Post-Operational Management and Outcomes for Pediatric Patients Following Image-Guided Transabdominal Core Needle Liver Biopsies," co-author, research abstract, presented at the Society for Interventional Radiology Meeting, and "Dexmedetomidine Improves Post-Operative Pain Scores When Used as an Adjuvant for Pediatric Patients Undergoing Image-Guided Doxycycline Sclerotherapy of Lymphatic Malformations," co-author, presented at the Society for Pediatric Anesthesia and American Academy of Pediatrics 2017 Meeting, Washington, DC, both March 2017.

**Katie Meyer** (Disaster Resource Center): "D Is for Disaster: Night Shift Disaster Training," poster presentation, Reaching Beyond Response Emergency Preparedness Training Workshop, sponsored by the Emergency Medical Services Authority and California Department of Public Health, Sacramento, CA, June 2017.

**Meredith Peltz** (Quality Improvement and Patient Safety): "Enhancing Safety Culture and Safety Reporting Through a Collaborative Just Culture Program," panel presentation, the RL Solutions Conference, Toronto, Canada, June 2017.

**Bianca Salvetti** (Adolescent and Young Adult Medicine): "Cultural Competency Working With Transgender Youth,"

in-service for 5 West and 5 East, April 2017; "Transgender Youth: What a PNP Should Know," UCLA Pediatric Nurse Practitioner Program; and "Cultural Competency and Assessment of Transgender Youth," UCLA Emergency Room Nursing Conference, Los Angeles, CA, May 2017.

**Laura Vasquez** (Hematology-Oncology): "Autologous Stem Cell Transplants Mission: Communicate, Coordinate and Collaborate," SCAPHON Annual Conference, San Diego, CA, May 2017.

### Publications

**Jennifer Baird** (Institute for Nursing and Interprofessional Research): "Parent and Provider Experience and Shared Understanding After a Family-Centered Nighttime Communication Intervention," *Academic Pediatrics*, online publication January 2017, in print May-June 2017; and "Families as Partners in Hospital Error and Adverse Event Surveillance," *JAMA Pediatrics*, online publication, online February 2017, in print April 2017.

**Susanne Matich** (Interventional Radiology): "The Pediatric Gastrostomy Tube Dilemma," *Journal of Radiology Nursing*, December 2016.

**Caulette Young** (Simulation/Education): "Qualitative Assessment of Simulation-Based Training for Pediatric Trauma Resuscitation," *Surgery, Journal of the Society of University Surgeons, Central Surgical Association and American Association of Endocrine Surgeons*, May 2017.

### Professional Achievement

**Anna Evans** (Neuro-Oncology): 2017 Oncology Nursing Society (ONS) Foundation Clinical Doctoral Scholarship, March 2017.

**Monica Horn** (Heart Institute): International committees service—North American Transplant Coordinators Organization (NATCO) Public Policy Committee; ISHLT Nursing Health Science and Allied Health Council, Communications Task Force; ISHLT Standards and Guidelines Taskforce; International Consortium of Circulatory Assist Clinicians (ICCAC), Pediatric Task Force, nominated co-chair 2017; recipient of ISHLT Leach-Abramson-Imhoff Links Travel Award, runner-up writer of the year, \$1,000 prize, March 2017.

**Debbie Jury** (Pain Service): Honored at the 22<sup>nd</sup> Annual JDRF "Fund-A-Cure" Gala, Kansas City, MO, May 2017.

**Sheila Kun** (Pulmonary): Elected to the fellowship of the American College of Chest Physicians, April 2017.

**Dara Nunn** (Neurology): Appointed Assistant Clinical Professor-Volunteer, UCLA, Los Angeles, CA, May 2017.

**Judy Sherif** (Emergency Transport): Reappointed West Coast representative to the National Certification Corporation content team, developing certification exam for Neonatal-Pediatric Transport Team members; featured in CHLA's online International Women's Day coverage, March 2017.

**Gloria Verret** (6 West) and **Meghan Meehan** (Float Team): CHLA Grant Award for "An Innovative Interdisciplinary Response to CVC-Related Complications in CVC-Dependent Pediatric Patients: A Comprehensive Education Class," May 2017.

**CTICU Staff** (Cardiothoracic Intensive Care Unit): Silver Beacon Award for Excellence, AACN National Conference, Houston, TX, June 2017.

**Diane Grade** (4 East): Kathy Ruccione Founder's Award for Excellence in Pediatric Hematology/Oncology Nursing, CHLA, May 2017.

**Zenith Rahman** (6 West): Bruce and Barbara Speiser Award, UCLA Health System Auxiliary Scholarship Award Ceremony, Los Angeles, CA, May 2017.

Daisy Award: **Laurie Newton** (Sedation), March 2017; **Sarah Ramirez** (5 East), April 2017; **Susana Aragon** (Infectious Diseases), May 2017; **Jessica DeVreese** (Cardiothoracic Intensive Care Unit), June 2017.

### Academic Achievement

BSN: **Shannon Strouse** (5 East), MA, Bioethics; **Heidi Machen** (Newborn and Infant Critical Care Unit).  
MSN: **Jill Anderson** (4 West), **Tom Cottrell** (Vascular Access), **Ria Sanchez** (5 East).  
PhD, Nursing: **Nancy Chang** (Endocrinology).

### Certifications

ACCNS-P: **Kimberly Heller** (Heart Institute).  
CCRN: **Jessica Appleget** (Cardiothoracic Intensive Care Unit).  
CCRN-Neonatal: **Cynthia Nicole Triana** (Newborn and Infant Critical Care Unit).  
CHSE: **Caulette Young** (Simulation/Education).  
CPN: **Jennifer Baird** (Institute for Nursing and Interprofessional Research), **Dacia Calabretta** (Heart Institute),

**Jessica Cuellar** (Emergency Department), **Adriana Flores** (Cardiovascular Acute), **Karen Haas** (Cardiovascular Acute), **Alyssa Hernandez** (5 West), **Dorothy Low** (Float Team), **Thomas Nugyen** (5 West), **Marla Sabicer** (5 West), **Martha Salmon** (6 West), **Shannon Strouse** (5 East), **Adallyn Tao** (5 West).  
FNP: **Stephanie Santiago** (Post-Anesthesia Care Unit).  
ITIL Foundation: **Melanie Forne** (Clinical Services).  
NE-BC: **Cheryl Franco** (6 West), **Colleene Young** (Pediatric Intensive Care Unit).  
NP III: **Anna Evans** (Neuro-Oncology).  
PNP: **Jill Anderson** (4 West).  
RN-BC: **Grace Magaling** (Heart Institute).

### Promotions

**Jennifer Baldwin** (Endocrinology), Nurse Care Manager.  
**Brenda Barnum** (Newborn and Infant Critical Care Unit), Lead RN.  
**Alejandra Briseno** (Pediatric Intensive Care Unit), Night Shift Lead RN.  
**Lorie Ferreira** (Newborn and Infant Critical Care Unit), Lead RN.  
**Kimberly Kyle** (ECMO), CS Operations Manager.  
**Katie Meyer** (Disaster Resource Center), Manager.  
**Michael Rokovich** (Surgical Admitting), Lead Nurse.  
**Michelle Sather** (Rehabilitation), Lead RN.  
**Shane Vierck** (Cardiac Catheterization), CS Operations Manager.  
**Polin Yousefzadeh** (5 West), Interim Education Manager.

### Life Celebrations

#### Marriages

**Ann Alvarez** (Bone Marrow Transplant), **Amy Dao** (Duke 6 Rehab), **Sydney Gardner** (6 East), **Martha Jarquin** (Care Coordination), **Charles Mai** (Cardiothoracic Intensive Care Unit), **Stephanie Vandehey** (Cardiovascular Acute), **Margaret Teresa Reen** (Emergency Transport), **Stephanie Santiago** (Post-Anesthesia Care), **Tabitha Tu** (Infusion Center), **Michelle-Ann Ventura** (5 West).

#### Babies

Boys: **Melissa Cacho** (Bone Marrow Transplant), **Katelyn Clark** (Pediatric Intensive Care Unit), **Lauren Hemmaphard** (Bone Marrow Transplant), **Joey Hong** (Cardiovascular Acute), **Sarah Schneider** (Bone Marrow Transplant), **Aubree Sexton** (Bone Marrow Transplant).

Girls: **Bobby Briscoe** (6 East), **Christina Cruso** (Infusion Center) and **George Cruso** (Float Team), **Dannielle Eramia** (Bone Marrow Transplant).

#### Community

Athletics: **Katrina Lazo** and **Christina Ng-Watson** (Float Team), Los Angeles Marathon, March 2017; **Melissa Aguirre** (4 West) and **Jace Vargas-Weisser** (Ambulatory Surgery), Walt Disney World Star Wars Dark Side Challenge (10k and half-marathon), April 2017; **Cheryl Camacho** (Access Center), **Margaux Chan** (Magnet Program), and **Allan Cresencia, Elizabeth Nakamura, Rhodora Fernandez, Jennifer Meyer and Lily Ferrer** (Post-Anesthesia Care Unit), Santa Anita Derby Day 5K Walk/Run, Arcadia, CA, April 2017; **Lisa Kinney** (4 West) and **Judy Sherif** (Emergency Transport), Tinker Bell Half Marathon at Disneyland, Anaheim, CA, May 2017; **Valerie Gordon** (Urology), New Directions for Veterans Memorial Day 5K, Los Angeles, CA, May 2017; **Rachel Clark, Maria Dakan and Sue Martinez** (5 East), **Natalie Dyer** (Cardiothoracic Intensive Care Unit), **Carmen Reyes** (Cystic Fibrosis), and **Ani Yeremian** (Cardiovascular Acute), summited Mt. Baldy, elevation 10,064 feet, with CHLA Adventure Club, May 2017; **Brittany Cowan, Cosette Langa and Ani Yeremian** (Cardiovascular Acute), and **Susan Gorry and Erin Messing** (Heart Institute), summited Cucamonga Peak, elevation 8,859 feet, with CHLA Adventure Club, San Bernardino National Forest, May 2017; **Marvin Mangahis** (Quality Improvement and Patient Safety), promoted to black belt in Brazilian jiu-jitsu, June 2017.

#### Volunteering

CTICU Heart Walk Team (Cardiothoracic Intensive Care Unit): Congenital Heart Walk at Griffith Park, Los Angeles, CA, May 2017; **Feri Kiani and Garineh Petrosian** (Pediatric Intensive Care Unit): Represented CHLA on Healthy Kids Day, sponsored by Hollywood YMCA, Los Angeles, CA, April 2017; **Sophia Lim** (Radiology): Best Friends Animal Society, Los Angeles, CA, January 2017 to present; **Mary McCulley** (Pain Service): Met with U.S. Rep. Maxine Waters (CA 43) as a member of Indivisible South Bay, a grassroots group that is developing community awareness, March 2017; **Yanira Olague** (Heart Institute): L.A. Works and CHLA Healthy Ties Program, January-February 2017.

FloSheet is compiled with the assistance of **Karen Lampert** (Pediatric Rehabilitation Medicine). In addition, we would like to thank **Debbie Jury** (Pain Service) for her invaluable contributions. Thanks, as well, to all the nurses who share items about their activities and accomplishments.



Nancy Lee, MSN, RN, NEA-BC  
Senior Vice President and Chief Clinical Officer

This past summer was an exciting time for us. We completed our Magnet survey and I am thrilled that the three Magnet appraisers whom we hosted for three days found just one area for us to make adjustments in. In fact, we heard one of the lead appraisers saying, "I would like to work here."

That comment makes me very proud because it captures the essence of CHLA. This is a hospital where nurses want to be. This is a place where each one of us has pride in our own daily work and pride in what we are able to accomplish together as a group. The Magnet survey is all about our nursing team and how they tell their stories, and how they show up for their patients and their co-workers.

The appraisers were extremely impressed by our level of interdisciplinary and family-centered care. They commented on how these are not theories we simply talk about or create posters about, but rather a practice that is evident in every unit of the hospital. Our collaborative governance, our daily rounds, the way our nurses interact with families and guide them through their child's treatment are all examples of what sets us apart.

While these surveys are conducted every four years, our nurses are doing the necessary work every day on their units. The incredible quality of our care is ingrained in our culture and every one of us is focused on continuing to raise the bar. Yes, we got a stellar report. And we're thrilled and proud of our accomplishments. But what makes me most proud is knowing that our nurses are not going to stop here. They will continue to learn, to teach, to research and to collaborate because our patients and our families come to us for the very best care.

Congratulations to all of our nurses. ■

## A Bridge to Adult Health Care

By Vicki Cho Estrada



Anne Nord, RN, BSN, CCRP

As a clinical research nurse, Anne Nord, RN, BSN, CCRP, Hematology, worked on long-term studies involving Children's Hospital Los Angeles patients with genetic blood disorders. Over the years, she saw many patients with sickle cell anemia, thalassemia and other rare blood diseases reach adulthood and "age out" of CHLA.

This led her to wonder, "What happens to them after they've had years of highly specialized care at the hospital that in many cases has cared for them their whole lives?" She raised this question with her colleagues and it became clear that a bridge was needed to help transition these patients from a pediatric to an adult health care setting.

Two years ago, the Division of Hematology, Oncology and Blood and Marrow Transplantation in the Children's Center for Cancer and Blood Diseases at CHLA launched PASSAGES—an acronym for Preparation, Self-Advocacy, Support, Life Skills, Accountability, Growth, Empowerment and Success.

The program, funded by the Rauch Family Foundation and the Italian Catholic Federation, aims at preparing 12- to 21-year-old patients with red cell and other rare blood disorders to navigate the adult health care system and providing support through collaboration with adult providers.

"Many of these patients have been with us since birth and it's the only place they know," says Nord, noting a majority have complex health conditions. "These are not straightforward patients—some need blood transfusions every three weeks—and it can be challenging to find adult providers to care for them. The transition to adult health care can be complicated."

She collaborated with Jacquelyn Baskin, MD, from the Division of Hematology, Oncology and Blood

and Marrow Transplantation, and Dawn Canada, LCSW, a sickle cell disease clinical social worker, and solicited feedback from the Hematology team as well as former patients to help create PASSAGES.

In March 2016, Nord was named the program's nurse navigator, responsible for linking patients to adult providers and facilitating communication between those providers and CHLA physicians, and became one of the only nurses at the hospital dedicated to transitioning patients to adult care.

As part of the 11-member PASSAGES team, which includes nurse practitioners, social workers and physicians, she identifies adult primary care physicians and hematologists who have the capabilities of caring for complex hematology cases, shares patient health care summaries and medical records, and communicates patients' unique needs.

Her work involves personally interviewing and visiting adult care providers and, to date, she has created partnerships with nine physicians throughout Southern California.

In addition, Nord participates in monthly transition clinics for patients ages 16 to 20 who are being prepared for transition, and those ages 20 to 21 who are in the active phase of transferring to adult providers. So far, eight patients have graduated from the Transition Clinic and have successfully connected to adult providers.

"The goal of our program is to help patients take this information and run with it so they're able to take care of their own medical needs," she adds. "Our patients are very appreciative of the guidance and knowing there's a support system as they walk the bridge between pediatric and adult health care." ■

## FloSheet

Children's Hospital Los Angeles  
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## Bedside's Best

# As a Patient, She Found Her Calling

By Vicki Cho Estrada



Krystal Perez, RN, BSN (left), and Maria Lapinid, RN, BSN, CPON

Krystal Perez, RN, BSN, was in her first semester at Cal State Long Beach with plans to become a teacher when a cancer diagnosis led her to Children's Hospital Los Angeles. She endured chemotherapy treatments and several hospital stays over a nearly three-year period, and found her calling—to become a pediatric nurse.

"I knew I wanted to work with kids, but becoming a nurse didn't enter my mind until I came here," says Perez, who had acute lymphoblastic leukemia, a cancer of the blood and bone marrow, which is now in remission. "I spent so much time at the hospital and created a lot of relationships, especially with nurses. They were like family."

Among the nurses she bonded with was Maria Lapinid, RN, BSN, CPON, Hematology-Oncology. "I would see Maria when I came to the Infusion Center, and she talked about her career and how great it was to work at Children's Hospital. She's the reason I became a nurse," says Perez, adding that their patient-nurse relationship was highlighted in a 2004 Johnson & Johnson public service announcement to promote nursing.

Perez, who joined Children's Hospital in 2015, is a clinical care coordinator in Surgical Specialties. Her job duties connect her with orthopaedic, plastic, urology and otolaryngology surgery patients, and range from coordinating

and tracking patient care and discharge planning to participating in daily rounds with the multidisciplinary team.

"The biggest challenge is knowing you are seeing patients and their families during some of the worst times of their lives," she says. "But helping them deal with these difficult times is the most rewarding part of my day."

According to Perez, being a former CHLA patient gives her insight into patients' fears and emotions. "Because I was on the other side, I can give a different perspective. It's easy to say, 'I understand what you're going through,' but it's different when you actually go through it."

Perez adds that the comfortable, family-centered care she enjoyed as a patient still exists today. "I feel the same way about working here as I did when I was a patient. The environment is still so positive for patients and staff. I feel extremely grateful to work here." ■