**Nurses in Action**

**6W’s Tamara Sibala Survives Dengue Fever to Run Again**

By Candace Pearson

As a professional makeup artist, Philberie ("Phil") Loste, RN, BSN, Bone Marrow Transplant Unit, is an expert at creating a beautiful surface. But just like when she’s nursing, she is even more concerned with how people feel on the inside.

“I like the way makeup can enhance people’s natural beauty,” says Loste, “and the way it can make people feel good about themselves—how your outer appearance can affect how you feel inside.”

After a self-described “awkward phase” in high school, she became interested in learning about makeup during college, when she saw her sister watching YouTube videos on the topic. Soon, friends and family were asking the self-trained Loste to do their makeup for a variety of special occasions.

She started accumulating the tools of her trade—her “mobile” makeup kit weighs in at 15-25 pounds, depending on the occasion—and, in 2015, she completed a course to become certified as a makeup artist.

Since then, she has handled makeup on photo shoots for models and dancers, as well as for brides and entire bridal parties on their big day. “Weddings are usually hectic,” says Loste, “but rewarding, too.” Recently, she appeared in a Livestream video for Shein clothing, demonstrating a day-to-night makeup transformation.

In her work in the Bone Marrow Transplant Unit at Children’s Hospital Los Angeles, Loste has witnessed many children and young adult patients losing their hair from chemotherapy. She hopes to eventually blend both her vocations and volunteer her makeup skills for an organization that helps women with cancer feel better about their appearance.

Loste custom mixes foundation for her clients to get the right match for their skin tone and gives advice on all matters of contouring and highlighting to enhance the positive while minimizing the negative. But she says her best tip is: “Take good care of your skin. No matter how great your makeup, your skin is the real foundation. It needs to be healthy.”

**Extra: Lives Outside the Hospital**

**Beauty’s Never Skin Deep**

By Candace Pearson

As a professional makeup artist, Philberie ("Phil") Loste, RN, BSN, Bone Marrow Transplant Unit, is an expert at creating a beautiful surface. But just like when she’s nursing, she is even more concerned with how people feel on the inside.

“I like the way makeup can enhance people’s natural beauty,” says Loste, “and the way it can make people feel good about themselves—how your outer appearance can affect how you feel inside.”

After a self-described “awkward phase” in high school, she became interested in learning about makeup during college, when she saw her sister watching YouTube videos on the topic. Soon, friends and family were asking the self-trained Loste to do their makeup for a variety of special occasions.

She started accumulating the tools of her trade—her “mobile” makeup kit weighs in at 15-25 pounds, depending on the occasion—and, in 2015, she completed a course to become certified as a makeup artist.

Since then, she has handled makeup on photo shoots for models and dancers, as well as for brides and entire bridal parties on their big day. “Weddings are usually hectic,” says Loste, “but rewarding, too.” Recently, she appeared in a Livestream video for Shein clothing, demonstrating a day-to-night makeup transformation.

In her work in the Bone Marrow Transplant Unit at Children’s Hospital Los Angeles, Loste has witnessed many children and young adult patients losing their hair from chemotherapy. She hopes to eventually blend both her vocations and volunteer her makeup skills for an organization that helps women with cancer feel better about their appearance.

Loste custom mixes foundation for her clients to get the right match for their skin tone and gives advice on all matters of contouring and highlighting to enhance the positive while minimizing the negative. But she says her best tip is: “Take good care of your skin. No matter how great your makeup, your skin is the real foundation. It needs to be healthy.”

**6W’s Tamara Sibala Survives Dengue Fever to Run Again**

By Candace Pearson

As she lapsed in and out of consciousness in her hospital bed, deathly ill with internal bleeding and a very high fever, Tamara Sibala, RN, BSN, PHN, then 14 years old, heard her sister whisper, “Don’t give up.”

It was 1998 and Sibala’s hometown of Dumaguete City, Philippines, was at the center of an epidemic of dengue fever, an infectious, flulike disease caused by dengue viruses, which are transmitted to humans by mosquitoes.

Because of her blood loss, the teenager desperately needed transfusions, but the Philippines had no official blood-bank program. Instead, families had to rely completely on whatever donations they could arrange and what they could afford. Sibala’s father, a family physician, organized a blood drive, and other family members and friends pitched in. “That’s how I survived,” recalls Sibala, now an RN who works on 6 West.

The experience set Sibala on a path to becoming a nurse and, in 2012, she started working at Children’s Hospital Los Angeles. She never forgot her brush with death. In 2015, she read that the Philippines once again led the world in cases of dengue fever and she became determined to launch an anti-dengue awareness campaign.

With the help of friends and her fiancé, Andoni Goñi, who lives in Dumaguete City, Sibala organized a 5K fun run, called Dugo Ko, Gasa Ko ("My Blood, My Gift"), in October 2016. She partnered with city officials, local teachers and a neighborhood priest to spread the word. Sibala expected about 75 people to sign up; 400 came with their running shoes on. Others donated blood. Sibala plans to repeat the event this coming fall. She is organizing visits to nursing classes at local colleges to talk about dengue fever prevention and blood donation. “We’re starting small,” she says, “but we hope to expand beyond Dumaguete City and work on different fronts.”

Sibala and her friends will reassemble their fun run squad for the occasion. “We called our team ‘Live Again,’” she says, “because I lived again to do this.”
Enhancing Mindfulness on the Job
by Vicki Cho Estrada

Working in the Newborn and Infant Critical Care Unit (NICCU), Vicki Gutierrez, RNC, NIC, has grown accustomed to caring for tiny patients whose lives hang in the balance. But in the last several months, the job stresses started to affect her.

Gutierrez began feeling frustrated and overwhelmed during a period when she cared for four critically ill infants while providing support to their families. Recognizing the need for self-care to avoid burnout, she signed up to attend a one-day retreat for caregivers in March called “Mindfulness, Meditation and Coping with Death.”

The retreat, led by NICCU colleague Judith Hall, RN, BS, offered meditative exercises and tools to help Gutierrez “stop, step back, take a deep breath and be present,” which she continues to practice today. “It helped me become more mindful at work and respond more deliberately and more effectively in difficult situations,” she says.

Gutierrez is one of the many nurses taking part in Children’s Hospital Los Angeles-supported programs and activities to help reduce job stress and enhance mindfulness, a term used to describe being focused on the present with an awareness of one’s thoughts, feelings and surroundings.

The hospital has long recognized the need for staff to take care of their mental health and wellness and offers an array of activities to help them maintain a healthy work/life balance, according to Beth Fitzpatrick, LCSW, manager of the Employee Assistance Program.

“Everyone who works in this environment has varying degrees of stress, and nurses are around tough situations because they’re at the bedside 12 hours a day. Mindfulness is one thing I encourage folks to try. Although it’s not for everyone, it is among the stress management strategies that can help you become more resilient,” she adds.

Fitzpatrick regularly sends emails promoting “Employee Care” events, with several on-site activities focused on enhancing mindfulness, including meditation, yoga and tai chi.

Sonja Alli-Casella, RN, BSN, RNC-NIC, CLE, a nurse manager who works in the NICCU and serves on a committee to promote mindfulness at the hospital, attends drop-in meditation sessions at the Thomas and Dorothy Leavey Foundation Interfaith Center. Led by meditation instructors from University of the West, Alli-Casella says the sessions “help me feel calm when things are stressful and allow me to focus on the moment.

“In the NICCU,” she adds, “there’s a lot we can’t control, such as patient conditions and family reactions. Mindfulness meditation helps me take one moment at a time, one breath at time, to celebrate and grieve along with families when they’re happy and sad, and support the nurses who care for them.”

Nurses also participate in tai chi, a form of “meditation in motion,” known for its slow, rhythmic movements. Designed to help participants find peace and calm, tai chi sessions are typically held at the Interfaith Center, but sometimes they’re at a unique location—CHLA’s helipad.

Hosted by the Emergency Transport team, these tai chi sessions have been scheduled at sunrise so staff members working days and nights can attend at the beginning or end of their shifts.

“It’s a nice way to start your day. It’s very peaceful and quiet watching the sunrise as we’re focusing on our breathing and movements,” explains Debbie Reid, MSN, RN-BC, CPON, manager, Clinical Services Professional Development. A regular at the weekly helipad sessions last summer, she says, “Tai chi is a way to stimulate energy and also a way to help you relax. It completely took my mind away from being at work, kick-started my day and made me feel better.”

“On a clear day, you can see the coast, the Hollywood sign and all of downtown. It’s pretty nice, and we haven’t yet been interrupted by a helicopter,” adds Judy Sherif, RN, CPN, BSN, MNA, program administrator for the Emergency Transport Program, who participated in the sunrise tai chi sessions with her radio nearby in the event of a helicopter landing.

“With tai chi, you really have to be mindful of what you’re doing. The moves are so big, broad and slow. It helps me slow down my pace and gets me more in touch with what’s happening around me. In our department, it can get stressful—you can never plan for what we do. Tai chi helps to keep me centered,” says Sherif, noting the helipad has also hosted drum circles, where participants beat on drums to release tension.
A Conversation With …
Fran Blayney, RN
Clinical Educator

Favorite quote: “New beginnings are often disguised as painful endings,” Lao Tzu.

Who influenced you to become a nurse? My college, St. Olaf College. The culture there was to find a vocation, a calling. Mine was nursing.

Favorite part of your job: I love it when I see lights go on as I teach!

Favorite book: “Ordinary Grace” by William Kent Krueger

Favorite movie: “Pulp Fiction”

Best hashtag to describe you: #funny

Favorite day-off spot: Mammoth Mountain

What makes working at CHLA special? The incredible staff. It is an honor to work with such dedicated, hardworking and inspiring people.

If you weren’t a nurse, what would you be? Bioengineer. I love technology, fixing things, finding out how they work.

Advice for nurses just starting out: The nursing profession has boundless opportunities. Stay engaged, stay competent and always “care” for your patients with compassion.

Best life advice: Follow your heart.

Your personal motto: “I am here only to be truly helpful.”

Favorite comfort food: Mac and cheese

Guilty pleasure: Porto’s, anything from Porto’s!

The best decision of your life: Volunteering and going to Vietnam as a Navy Nurse.

What do you love to do when not working? Ski (thank you, Colleene and Caulette), play sudoku, read, golf, go to movies and play pickleball, though it has been awhile.

Best part of being a grandmother: Re-exploring life and the world around me through their eyes.

The Versant™ RN Residency in Pediatrics introduced a mindfulness component in 2013 as a result of a study that showed nurses can experience secondary traumatic stress and burnout within the first 22 weeks of starting their careers as nurses.

The program has included 10 sessions focused on a particular activity—including yoga, meditation and tai chi—with seven different cohorts. “This additional component offers residents an opportunity to learn about ways they can incorporate mindfulness into their practice,” says Sandy Hall, MSN, RN-BC, NE-BC, manager, Versant™ RN Residency.

“I know many of our residents participate while in the residency program and don’t continue afterward, but we appreciate knowing that they’ve been given these extra tools and can always revisit the practices if needed,” she says.

Lindsey Staudenmeir, BSN, RN, Pediatric Intensive Care Unit, who learned tai chi basics while in the residency program last year, says, “It gave us an opportunity to reflect on the day-to-day and our patients, and brought awareness to the situations we were facing. It was helpful to learn that even when you’re busy, you should take a moment to pause and reflect. I really appreciated that the hospital cared about us to include this activity. I felt very supported.”

“It’s great that the hospital has these offerings,” adds Alli-Casella, who also gets occasional acupuncture treatments and chair massages at the hospital. “They’re committed to making sure we are healthy and well-rounded.”

Mindful, Stress-Reducing Activities

- **Drop-in Meditation:** Tuesdays, Noon – 12:30 p.m., Interfaith Center
- **Lunchtime Tai Chi:** Tuesdays, 12:30 – 1 p.m., Interfaith Center
- **Stretching Clinic:** Check dates in Employee Care email
- **Yoga:** Wednesdays, 5:30 p.m., Page Conference Room
- **Acupuncture:** 30 minute treatments Tuesdays and Thursdays at reduced fee of $25. Email mkobylecka@chla.usc.edu for appointments.
- **15-Minute Chair Massage:** Check Employee Care email for dates, $15 fee
- **Dog Therapy:** Tuesdays, 1 – 3 p.m. at the Interfaith Center Patio

The incredible staff. It is an honor to work with such dedicated, hardworking and inspiring people.
Celebrating the accomplishments and milestones of CHLA nurses

-presentations

-Poster presentations: Allison Bryan, Ashley Andrews, Erin Lowerhouse, with help from Jennifer Ortiz and DeNelle: “Building a Culture of Satisfied Providers Through Positive Feedback.”

-Nancy Blake (Critical Care Services): Create and Sustain Healthy Work Environments, podium presentation, invited to CHLA Nursing Leaders Annual Conference, Anaheim, CA, February 2017; and with Anna Khajabian (6 East): Partnering with the Special Olympic Secret World Games to Coordinate Care for over 7,000 Special Needs Athletes, poster presentation, American Nurses Credentialing Center (ANCC), Orlando, FL, October 2016.


-Debbie Jury (Pain Service): Interviewed by the Juvenile Diabetes Research Foundation for a print piece and video to be used for Dr. Marcia Leto’s May gala, February 2017; interviewed for ABC Sports by sportscaster Mary Davis, June Evans, Orpilla Florence, Marvin Mangahis, Josie Mogul, Meredith Pety, Leonnard Perez and April Punsal (Quality Improvement and Patient Safety).

-Academic Achievement

-BSCN: Ruth Lemus (Heart Institute), Polin Yousezefzadeh (6 West), Ogen Aslanian (5 West)
-MOSGN: Ogen Aslanian (Cardiothoracic Intensive Care Unit), Carollene Carrelli (Vascular Access Team), Lauren Paz (Pediatric Intensive Care Unit)
-CPN/CPEN: Lauren Heathco (6 West) (Barnor Transplant)
-CPN: Jennifer Avila (Cardiovascular Acute), Cheryl Barton (Heart Institute), Ashley Bourne (Allergy and Immunology), Rachel Clark (5 East), Colleen Corcoran (ICU float team), Lucy Dauthier (Heart Institute), Devyn Dowty (6 West), Mary Duffy (6 West), Caitlin Eby-McKenzie (Cardiothoracic Intensive Care Unit), Tifani Faith (Cardiothoracic Intensive Care Unit), Amy Frank (6 West), Jacqueline Keesee ( float team), Dorothy Low (Nutrition Resources), Alessandra Nager (float team), Charlotte Oakes (5 East), Brandon Salem (Patient Access Center), Dhannisse Salimbangon (5 East), Stephanie Weatherspoon (6 East), Amy Frank (float team), Daphne Yee (6 East).” 

-JFN: Stephanie Serna (Post-Anesthesia Care Unit) (Neurology), Sandra Mintz (Rheumatology), Kieran Shames (Pediatric Intensive Care Unit), Sharlene Williams (5 West).

-Life Celebrations

-Michaela Arrington: Marriage

-Betty Emirzian (Cardiovascular Acute), Charles Mai (Cardiovascular Acute), Stephanie Vandehave (Cardiovascular Acute), Marisa Messer (Emergency Department), Jennifer Vandehey (5 East), Beyerman (5 East), Tiffany Wells (4 West), Michelle-Anne Ventura (5 West), Lauren Windham (float team).

-Babies

-Jayden Grace Magaling (5 East), Dania Brittin (5 East), Jordan Berti (5 East), Katrina De La Cerda (Emergency Department), Jessica McKeve (Newborn and Infant Critical Care Unit), Samantha Mrowe (5 East), Jennifer Morgan (4 West), Morgan Ogan (4 West), Travis Riley (3 East), Brittni Sanderson (5 West), Ani Simonoff (5 East).

-Girls: Sharah Delos Santos (Newborn and Infant Critical Care Unit), Carly DePew (Newborn and Infant Critical Care Unit), Amy Frank (5 West), Kim Kim (Emergency Department), Sarah Lobo (Emergency Department), Lisa Kinney (4 West), Teresa Mahgereth (5 East), Joy O’Hara (6 West), Sandra Mintz (Rheumatology), Kieran Shames (Pediatric Intensive Care Unit), Sharlene Williams (5 West).
Voice of the Profession

Mattie Kelly, RN, MS, PhD, ANEF
Associate Professor of Nursing
University of Cincinnati

Mindfulness—whether we are a part of this hospital or not, we are all nurses or patients or both in some way. It is our responsibility to take care of our patients and families. The practice of mindfulness is a way to do that.

Nurses have a unique opportunity to be present in the moment when caring for our patients. We are the gatekeepers of their experience, which means we can create an environment that fosters healing and recovery. By being mindful, we can notice and acknowledge our own experiences and emotions, and respond from a place of calmness and clarity.

We can also use mindfulness to help our patients. By teaching them techniques to manage stress and anxiety, we can empower them to take control of their care and improve their outcomes. This is especially important for patients who are coping with chronic illness or pain.

Mindfulness is not just a practice for nurses, it is for all of us. By cultivating a mindful attitude, we can approach our work with greater intention and purpose, and make a positive difference in the lives of our patients and families.
More than 20,000 blood products get transfused at Children’s Hospital Los Angeles each year, and nurses are on the front lines of ensuring patient safety.

“So many decisions have to be made here every day, every hour—the transfusion process is one of them,” says DeRynn Thompson, RN, ABJ, program manager of Patient Blood Management at Children’s Hospital Los Angeles. “With this program we are striving to improve process quality and clinical outcomes to optimize transfusion practice while also increasing blood donation.”

Thompson is part of an interdisciplinary team responsible for introducing a new software system—Cerner Bridge—an important patient safety and data collection tool that is streamlining transfusion delivery and reporting. “We rolled Bridge out in March, then pivoted to help develop electronic consent for blood transfusions,” she adds.

Thompson was lead nurse on Duque 5 West when she read about a job in Transfusion Medicine in the CHLA Department of Pathology and Laboratory Medicine. The challenge appealed to her, as did the chance to work alongside physicians, lab scientists and apheresis nurses, who specialize in blood collection and cell therapy.

Her new role—educating staff, coordinating between departments, developing policy, working with the CHLA blood bank—combines skills Thompson gained from working as a bedside nurse, charge nurse and nurse educator with her previous experience as a director of health care public relations. “I’ve always liked change. That’s a good thing, because the one constant in health care is change,” says Thompson, who earned her bachelor’s in journalism/public relations.

She’s excited about the changes Bridge is bringing. Previously, two nurses were needed for each transfusion, to manually check and double-check that the patient and blood product information matched, then enter that data by hand. Now, before starting a transfusion, a single nurse scans the patient’s wristband and the blood product label to automatically verify the match and enter it into the electronic medical record.

With its wealth of data, Bridge will lead to new research. While Thompson is no longer involved in hands-on nursing with patients, she says, “this is an opportunity for me to actually affect patient care in a broader way because of what we’re building.”