

## 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.

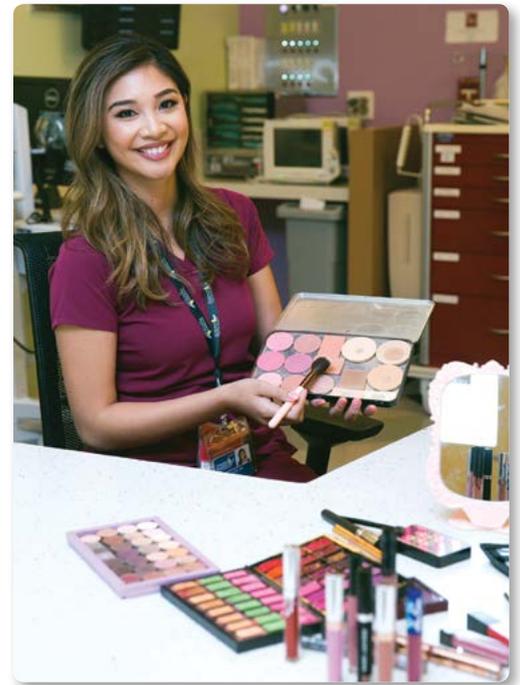
She started accumulating the tools of her trade—her "mobile" makeup kit weighs in at 15-25 pounds, depending on the occasion—and, in

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



Philberie ("Phil") Loste, RN, BSN

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." ■

## Nurses in Action

# 6W's Tamara Sibala Survives Dengue Fever to Run Again

By Candace Pearson



Tamara Sibala, RN, BSN, PHN (left), in the Philippines

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 mosquitos.

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



Versant™ RN Residency class participating in tai chi

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, meditating at the Interfaith Center

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



Fran Blayney, RN, during a recent Mammoth getaway

**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 worst 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



Dog therapy class with Brinks the bulldog

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](mailto: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



Meditation class at the Interfaith Center

## Celebrating the accomplishments and milestones of CHLA nurses

### Presentations

**Sharee Anzaldo** (Surgical Admitting): "Demystifying Quizzes on Moodle: An Introduction," lecture, nursing education seminar; "Educating a New Generation of Students," panelist, nursing education seminar; and "Experienced Teaching Apprentice Panel," panelist, 2<sup>nd</sup> Annual Teaching Apprentice Program Orientation, University of California, Los Angeles (UCLA) School of Nursing, Los Angeles, CA, September 2016.

**Nancy Blake** (Critical Care Services): "Create and Sustain Healthy Work Environments," podium presentation, Association of California Nurse Leaders Annual Conference, Anaheim, CA, February 2017; and with **Anna Kitabjian** (6 East): "Partnering with the Special Olympics Summer World Games to Coordinate Care for over 7,000 Special Needs Athletes," poster presentation, American Nurses Credentialing Center (ANCC) Magnet Conference, Orlando, FL, October 2016.

**Debbie Jury** (Pain Service): "Pain Management Practices in the Clinic Setting," lecture to pediatric nurse practitioner students, UCLA, Los Angeles, CA, January 2017; "Interventional Therapies" and "Pain Management and Assessment," lecture, Versant™ RN Residency Program, CHLA, March 2017.

**Sheila Kun** (Pulmonology): "Tracheostomy Care and Home Diaphragm Pacing" and "Tracheostomy Care and Home Mechanical Ventilation: Lessons Learned in 40 Years," master course, 3<sup>rd</sup> Guangdong, Hong Kong and Macao Paediatric Respiratory Forum and 19<sup>th</sup> Annual Scientific Meeting of the Hong Kong Society of Paediatric Respiratory and Allergy, Hong Kong, November 2016.

**Erin Lowerhouse** (Sedation Services): "Pediatric Sedation," podium presentation, PeriAnesthesia Nurses Association of California 37<sup>th</sup> Annual Meeting, San Diego, CA, November 2016.

**Mary McCulley** (Critical Care Services): "Alternatives in Pain Management for Critically Ill Children: More than Just Pain Meds," poster presentation, Contemporary Forums Pediatric Critical Care & Emergency Nursing conference, San Diego, CA, November 2016.

**Heidi Machen** (Newborn and Infant Critical Care Unit): "Pharmacologic Research Among Neonates and Infants: A Review of the Inherent Ethical Issues," abstract, national Ethics of Care Conference, UCLA, Los Angeles, CA, October 2016.

**Sue Matich** (Interventional Radiology): "My Best Tips & Tricks for IR Clinical Practice for Clinical Associates," presentation, and "Changes in Post-procedural Management and Outcomes for Pediatric Patients Following Image-guided Transabdominal Core Needle Liver Biopsies," research abstract, co-author, Society for Interventional Radiology Meeting, Washington, DC, March 2017; "Dexametomidine Improves Post-operative Pain Scores When Used as an Adjuvant for Pediatric Patients Undergoing Image-guided Doxycycline Sclerotherapy of Lymphatic Malformations," research abstract, co-author, Society for Pediatric Anesthesia/American Academy of Pediatrics Pediatric Anesthesiology 2017 Meeting, March 2017.

**Bianca Salvetti** (Adolescent and Young Adult Medicine): "Removing Barriers to Transgender Youth Healthcare: The Role of Nurses," lecture, inaugural U.S. Professional Association of Transgender Healthcare Conference, Los Angeles, CA, and "Cultural Competency for Working with Transgender and Gender Non-conforming Youth," presentation, online USC Family Nurse Practitioner Program, Los Angeles, CA, February 2017.

**Gloria Verret** and **Shannon Brantley** (6 West): "Innovative Strategies to Sustain a Robust Unit Journal Club" and "Enhancing Consistent, Effective and Timely Discharge Teaching for Families Using a Dedicated Clinical Discharge Nurse Educator," poster presentations, L.A. Chapter of the Society of Pediatric Nurses (SPN) Conference, Los Angeles, CA, November 2016.

**Kelsey Wong** (Float Team): "Nurse Fatigue: Causes of and Strategies to Minimize Fatigue," podium presentation, ANCC Magnet Conference, Orlando, FL, October 2016.

**Versant Client Conference, Las Vegas, NV, November 2016** (all Pediatric Intensive Care Unit except where noted)

- Podium presentations: **Jessica Klaristenfeld** and **Cindy Rowlett**: "Not Just for Nursing Anymore: Collaborating with Interprofessional Colleagues to Standardize Competency Format and Validation Methods" and "Expanding Professional Competence through Staff-Driven, Unit-Based Committees."

- Panel presentation: **David Davis** (Quality Improvement and Patient Safety), **Sandy Hall**, **Cindy Rowlett** and **Jessica Klaristenfeld**: "Collective Competence."

- Poster presentations: **Allison Bryan**, **Ashley Andrew**, **Sanci Solis** and **Kristi Ficek**: "Recruiting from the Ranks: How a Peer-Based Preceptor Committee Facilitates a Positive Preceptor Experience"; **Allison Bryan** and **Ashley Andrew**: "Keys to Success: Building a Culture of Satisfied Preceptors Through Positive Feedback"; **Stephanie Kajohn**, **DeNelle Ballenger**, **Molly Mahony**, **Travis Riley** and **Lindsey Staudenmeir**: "Who Gives a Hoot About Eye Care? Use of Polyethylene Eye Shields in the PICU"; **Nancy Lavoie** and **Alejandra Briseno**: "Enhancing Leadership Through Competence"; **Caitlyn Meltvedt**, **Tana DeLaurentis**, **Warren Debuayan** and **Sarah Kelsey**: "Alarm Recognition and Management in New Graduate, Transition, and New Hire RNs"; **Kristen Roman**, **Austyn Kief**, **Ashley Towers**, **Alesia Saxman** and **Almas Rawji**: "Get Off My Back: The Benefits of Prone Positioning in Mechanically Ventilated Patients With Severe ARDS."

### Publications

**Nancy Blake** (Critical Care Services): "Barriers to Implementing and Sustaining Healthy Work Environments," January-March 2016; "Programs That Support a Healthy Work Environment," July 2016; "Building Respect and Reducing Incivility in the Workplace: Standards and Recommendations to Improve the Work Environment of Nurses," October 2016; "The Importance of a Balanced Life for Nurses," Spring 2017, all AACN Advanced Critical Care; "Use of Monitor Watchers in Hospitals: Characteristics, Training and Practices," Biomedical Instrumentation & Technology, November/December 2016; "The Frequency of Physiologic Monitor Alarms in a Children's Hospital," Journal of Hospital Medicine, November 2016.

**Elizabeth Daley** (Cardiothoracic Intensive Care Unit): "Tetralogy of Fallot with Absent Pulmonary Valve (TOF/APV) Guideline: What the Nurse Caring for a Patient With CHD Needs to Know," co-author, Pediatric Cardiac Intensive Care Society website, 2016.

**Monica Horn** (Heart Institute): "What Were You Doing in 1996?" International Society for Heart & Lung Transplantation (ISHLT) Links, October 2016; "The Fine Art of Music Therapy," ISHLT Links, January 2017.

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

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

**Anne Nord** (Hematology-Oncology): "Utilization, Trust and Satisfaction with Health Care in Adult Sickle Cell Disease Patients," abstract/poster presentation, American Society of Pediatric Hematology/Oncology 30<sup>th</sup> Annual Meeting, Montréal, Canada, April 2017.

**Gloria Verret** and **Vicky Lin** (6 West): "Easing the Transition: An Innovative Generational Approach to Peer Mentoring for New Graduate Nurses," Journal of Pediatric Nursing, October/November 2016.

**Jessica Ward** (Bone Marrow Transplant): "Symptom Clusters in Children and Adolescents with Cancer," Seminars in Oncology Nursing, November 2016; "Parent Psychophysiological Outcomes in Pediatric Hematopoietic Stem Cell Transplantation," pilot study, Cancer Nursing, March 2017, also online June 2016.

### Professional Achievement

**Sharee Anzaldo** (Surgical Admitting): T32 Predoctoral Fellowship in Vulnerable Populations/Health Disparities, UCLA School of Nursing, November 2016, and Clinical Services Research and Evidence-Based Practice Conference Scholarship, CHLA, March 2017.

**Debbie Jury** (Pain Service): Interviewed by the Juvenile Diabetes Research Foundation for a print piece and video to be featured at the foundation's May gala, February 2017; interviewed for ABC Sports by sportscaster Mary Carillo on the Amerman Family Foundation Dog Therapy Program at CHLA, March 2017.

**Sandra Mintz** (Rheumatology): Appointed president-elect, Association of Rheumatology Health Professionals (ARHP), division of the American College of Rheumatology (ACR), along with membership on ACR and ARHP Executive Committees, ARHP Membership and Nominations committees, November 2016; and member, ACR Strategic Planning Task Force, March 2017.

**Anne Nord** (Hematology-Oncology): Participant in podcast, "Children's Hospital Los Angeles Passages Program," for patients with blood disorders, Axis Advocacy, January 2017; selected by graduate nursing program at Azusa Pacific University to attend the AACN Student Summit, Washington, DC, March 2017.

**Jessica Ward** (Bone Marrow Transplant): Recipient, research grant, CHLA Clinical Services Research Council, "Psychological and Physical Health Outcomes of Parents of Childhood Survivors of Allogeneic Bone Marrow Transplantation," August 2016.

Daisy Award: **Katie Cusick** (Newborn and Infant Critical Care Unit), January 2017; **Laurie Newton** (Sedation Unit), March 2017.

Lean and Six Sigma Green Belt Certification, Quality Improvement methodologies, Institute of Industrial & Systems Engineers, sponsored by USC, November 2016: **Sharon Fichera** (Newborn and Infant Critical Care Unit), **LaVonda Hoover** (6 East), **Mel Guerrero** (Cardiovascular Acute), **James Mandani** (Ambulatory), **Rachelle Rogan** (Adolescent and Young Adult Medicine), **Maralyn Weaver** (Ambulatory), **Polin Yousefzadeh** (5 West), along with **David Davis**, **Julie Evans**, **Orpilla Florence**, **Marvin Mangahis**, **Jose Magallon**, **Meredith Pelty**, **Leiannon Perez** and **April Punsal** (Quality Improvement and Patient Safety).

### Academic Achievement

BSN: **Ruth Lemus** (Heart Institute), **Polin Yousefzadeh** (5 West).

MSN: **Ogen Aslanian** (Cardiothoracic Intensive Care Unit), **Colleen Carrelli** (Vascular Access Team), **Lauren Paz** (Pediatric Intensive Care Unit), **Stephanie Serna** (Post-Anesthesia Care Unit), **Sanje Woodsorrel** (Float Team), **Flora Yuen** (6 East).

DNP: **Amy Lohmann** (Interventional Radiology).

### Certifications

BMTCN: **Lisa Hatter** (Bone Marrow Transplant).  
CCRN: **Sara Osborne** (Cardiothoracic Intensive Care Unit).

CEN and CPEN: **David Wareham** (Emergency Department).

CNL: **Ogen Aslanian** (Cardiothoracic Intensive Care Unit), **Betty Emirzian** (Cardiovascular Acute), **Lauren Paz** (Pediatric Intensive Care Unit).

CPHON: **Lauren Hemmaphradh** (Bone Marrow 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 Dautrich** (Heart Institute), **Devyn Dowty** (6 West), **Mary Duffy** (6 West), **Caitlin Eby-McKenzie** (Cardiothoracic Intensive Care Unit), **Tahira Fazli** (6 West), **Amy Franco** (5 West), **Jacqueline Keesee** (Float Team), **Dorothy Low** (Nursing Resources), **Alessandra Nager** (Float Team), **Chantley Ouano** (6 West), **Soon Kim Perez** (6 East), **Brandyn Salem** (Patient Access Center), **Dhannisse Salimbangon** (5 West), **Stephanie Webb** (6 West), **Sanje Woodsorrel** (Float Team), **Daphne Yee** (6 East).

FNP: **Stephanie Serna** (Post-Anesthesia Care Unit).

NEA-BC: **Cheryl Franco** (6 West).

NP II: **Dara Nunn** (Neurology).

PNCB: **Cheryl Barton** (Heart Institute), **Lucy Dautrich** (Heart Institute).

VA-BC: **Jennifer Villafranca** (Vascular Access Team).

### Life Celebrations

#### Marriages

**Betty Emirzian** (Cardiovascular Acute), **Charles Mai** (Cardiovascular Acute), **Stephanie Vandehey** (Cardiovascular Acute), **Marisa Messer** (Emergency Department), **Jaclyn Owen** (4 West), **Allison Pugh** (4 West), **Tiffany Wells** (4 West), **Michelle-Ann Ventura** (5 West), **Lauren Windham** (Float Team).

#### Babies

Boys: **Christina Cruso** (Hematology/Oncology) and **George Cruso** (Float Team), **Rolande Dacunza** (Emergency Department), **Katrina De La Cerda** (Emergency Department), **Jessica McKee** (Newborn and Infant Critical Care Unit), **Marisa Messer** (Emergency Department), **Samar Mroue** (6 East), **Jennifer Ortiz** (5 West), **Marla Sabicer** (5 West), **Brittini Sanderson** (5 West), **Ani Simonoff** (5 East).

Girls: **Sharon Delos Santos** (Newborn and Infant Critical Care Unit), **Carly DePew** (Newborn and Infant Critical Care Unit), **Amy Franco** (5 West), **Kim Hitomi** (Newborn and Infant Critical Care Unit), **Taree Kang** (Emergency Department), **Lisa Kinney** (4 West), **Teresa Mahgereteh** (3 East), **Joy O'Hara** (6 West), **Sandra Mintz** (Rheumatology), **Kieran Shamash** (Pediatric Intensive Care Unit), **Sharlene Williams** (5 West).



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

Mindfulness—we hear a lot about it. But what exactly is it and how does it pertain to us nurses, especially working at this hospital? It almost seems counterintuitive. We're working with seriously ill and injured children every single day. Is it even possible to find the quiet within us to be "in the present moment?"

We decided the best way to find out is to go to the nurses directly and ask them, and I'm so happy to see that our nurses are seeking and finding ways to decompress and de-stress right here within the walls of CHLA.

I would love to see all of our nurses take advantage of these opportunities to step away, recharge and come back to our patients with renewed energy and focus. Whether it's taking a few minutes to meditate, participating in a yoga class or sitting outside in the garden and just simply feeling the sunshine without your cell phone, these moments can have profound effects on your well-being.

I have to admit, I have not been diligent in finding balance for myself in the last several months. There is simply too much to do. But I did take a week with my family recently for a camping trip. No cell phones, no emails. It was a week of family and nature. For me that is the best way to recharge. But it is not enough. We all need a daily practice. It does not need to be elaborate or expensive or far away. But it does need to be consistent and it does need to be internally focused on just you.

We're lucky that we have a great support system among our fellow nurses and the larger CHLA community. We know our jobs are stressful; we know the level of commitment and concentration we need to bring to our patients every day.

But we also need to make sure we take care of ourselves. Our nurses have formed hiking groups, yoga groups, meditation groups, reading groups, cooking groups and walking groups. Join them. Start your own group. Take some time each day to recharge—it's the best thing for you, for our profession and for our patients. ■

## Making Families Central to the Conversation

By Candace Pearson



Jennifer Baird, PhD, MPH, MSW, RN

Whether the issue is improving "hand-off" communications between nurses so families feel their child's history is always understood, or transforming bedside rounds to better incorporate families, "this is my soapbox," says Jennifer Baird, PhD, MPH, MSW, RN, research nurse scientist. "The family is essential to how we deliver care."

Baird joined Children's Hospital Los Angeles in July 2016 from Boston Children's Hospital, where she was a research fellow and part of the prestigious Harvard-wide Pediatric Health Services Research Fellowship Program. The two-year program brought Baird her latest degree, a master's in public health.

Baird, who earned her doctorate from the University of California, San Francisco, freely admits that she "loves learning," and adds that her husband jokingly refers to her string of degrees "as my 'permanent studenthood.'" Her interests in research were first planted when she completed a master's in social work. From the start, family-centered care has been her passion.

Among other topics, she has published studies on best practices in communication between nurses and family members in the intensive care unit, pediatric end-of-life care and ways to include the

perspectives of fathers in designing hospital programs. She's currently developing a grant application for the National Institutes of Health to study transitions in pediatric palliative care.

A common theme in her research is making the hospital a safe place for families and reducing any unnecessary anxiety, particularly for families with children who have complex or chronic conditions. "The thing that keeps me up at night is my concern for the families who have to spend long periods of time here," says Baird. "If we design a system that works well for them, we'll catch everyone."

Baird is thrilled to be at CHLA, especially now. As soon as she arrived, she thought, "This is the place I want to be. There is so much enthusiasm and energy here."

She is busy getting the word out that she's a resource—"available to help anyone anywhere along the research pathway," she says, "whether you are starting with an idea or deep in writing your paper." She is collaborating with the CHLA Research Council on a daylong workshop at the hospital in June for staff members who want to learn more about doing research. ■

## FloSheet

Children's Hospital Los Angeles  
4650 Sunset Blvd.  
Los Angeles, CA 90027  
CHLA.org

**Executive Sponsor:**  
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**Editor:**  
Elena Epstein, MBA

**Photographer:**  
Tracy Kumono

**Writers:**  
Elena Epstein, MBA  
Vicki Cho Estrada  
Candace Pearson

## Bedside's Best

# DeRynn Thompson Embraces Change in Her Nursing Practice

By Candace Pearson



DeRynn Thompson, RN, ABJ

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." ■