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.”

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.

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.”
“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.
Fran Blayney, RN
Clinical Educator

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

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 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.
Celebrating the accomplishments and milestones of CHLA nurses

Presentations


Nancy Blake (Critical Care Services): “Create and Sustain Healthy Work Environments,” podium presentation, 2nd Annual Nursing Leaders Annual Conference, Anaheim, CA, February 2017; and with Anna Khabibyan (6 East): “Partnering with the Special Olympics Greater 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.


Sheila Kun (Pulmonology): “Tracheostomy Care and Home Inhalation Therapy” and “Tracheostomy Care and Home Biopulmonary, research abstract, co-author, Society for Interventional Radiology and 19th Annual Scientific Meeting of the Society for Paediatric Respiratory and Allergy, Hong Kong, November 2016.

Erin Lowerhouse (Sedation (Surgical Services)): Pediatric Sedation, podium presentation, PeriAnesthesia Nurses Association of California 37th Annual Meeting, San Diego, CA, November 2016.


Publications


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 with Anne Nord (Hematology-Oncology), April 2016.

Professional Achievement

Sharee Anzado (Surgical Admitting): T32 Predoctoral Fellowship in Vulnerable Populations/Health Disparities, UCLA School of Nursing and Kristina Nye, 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 on the JDRF’s May gala, February 2017; interviewed for ABC Sports by sportscaster Mary Carillo on the American 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; presented a poster on ACR and ARHP Executive Committees, ARHP Membership and Nominations committee, November 2016; and member, ACR Strategic Planning Task Force, March 2017.

Anne Nord (Hematology-Oncology): Participant in podcast, “Children’s Hospital Los Angeles” Problem of the Patient: Advocacy, January 2017; selected by graduate nursing program at Azusa Pacific University to attend the AACN Student Summit, Washington, DC, March 2017.


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

Leon and Six Sigma Green Belt Certification, Quality Improvement methodologies, Institute of Industrial & Systems Engineers, August 2016; 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), Marilyn Weaver (Ambulatory), Polin Yousefzadeh (5 West), along with David Davis, Julie Evans, Orpilla Florence, Marvin Mangani, Joseph Magnalan, Meredith Pethy, Leannan Perez and Apryl Punsal (Quality Improvement and Patient Safety).

Academic Achievement

BSN: Ruth Lemus (Heart Institute), Polin Yousefzadeh (5 East).
MSN: Ogen Aslanian (Cardiovascular Intensive Care Unit), Colleen Carrerelli (Vascular Access Team), Lauren Paz (Pediatric Intensive Care Unit), Luci Mooney (Hematology-Oncology), Lora Heyward (Bone Marrow Transplant).
CPN: Nader Jafri (Cardiovascular Acute), Cheryl Barton (Heart Institute), Ashley Bourne (Allergy and Immunology), Rachel Clark (5 East) and Colleen Corcoran (ICU Float Team), Lucy Daupti (Heart Institute), Davyn Dowty (6 West), Mary Duffy (6 West), Caitlin Eby-Mckenzie (Cardiovascular Intensive Care Unit), Taffa Farah (6 West), Amy France (6 West), Jacqueline Keese (Float Team), Dorothy Low (Nursing Resources), Alessandra Nager (Float Team), Chelsea Oneil (5 West,6 East), Brandon Salum (Patient Access Center), Dhannisse Salimbono (5 West), Stephanie Watson (6 East), and Daphne Yee (6 East).
FN: Stephanie Serna (Post-Anesthesia Care Unit) and NEARC: Cheryl France (6 West) and NPP: Dara Nunn (Neurology), Sandra Mintz (Heart Institute), Lucy Daupti (Heart Institute), VA-BC: Jennifer Villaflora (Vascular Access Team).

Life Celebrations

Marriage: Betty Emirzian (Cardiovascular Acute), Charles Mai (Cardiovascular Acute), Stephanie Vandehey (Cardiovascular Acute), Marisa Messer (Emergency Department), Kieran Shamash (Bone Marrow Transplant), April 2016, Tiffany Wells (4 West), Michelle-Ann Ventura (5 West), Lauren Windham (Float Team).

Babies

Boys: Cristina Cruso (Pulmonary/Oncology) and George Cruse (Float Team), Katrina De La Cerda (Emergency Department), Jessica McKee (Newborn and Infant Critical Care Unit), Samantha Moro (4 West), and Brittni Sawyer (6 East), and Raquelle Moore (4 East), Taylor Fasala (5 East). and Taylor Sano (6 East)

Girls: Allison Pugh (Bone Marrow Transplant), Ana LeMaire (4 West), Tricia Wells and Jillian Hall (Allergy and Immunology), Alli Rincione, Jennifer Venn (5 West), Grace Ball (5 West), and Brittni Sawyer (5 West).

Congratulations to: Raquel Mortensen (Pain Service), April 2016, Ana LeMaire (Allergy and Immunology), Raquel Mortensen (Pain Service), April 2016, and Jordan LeBlanc (6 West).
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.
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.”