

Extra: Lives Outside the Hospital

Capturing the World With 'Epic' Photography

By Candace Pearson

Justin Lee, BSN, RN, will do almost anything to get a great photograph—like dangling his feet over the edge of a steep cliff with a vast canyon beneath him, or trying his best to stay dry beside a crashing waterfall.

"The risk is worth it if you get the shot," says Lee, an operating room nurse at Children's Hospital Los Angeles since 2015.

Lee took up photography a few years ago when he and his best friend went exploring in Joshua Tree's stunning desert landscape. Immediately hooked on capturing what he saw, Lee decided to purchase his first high-end camera. He started following and studying the work of professional adventure photographers on Instagram.

Since then, Lee has scheduled at least one photographic trip every month to such iconic locations as the Grand Canyon, Utah's Zion National Park, Yosemite National Park and other California sites like Big Sur, the Sierras and Mount Shasta. He's even taken his camera overseas to photograph fjords in Norway and birch forests and castles in Japan.

"The more adventures I've gone on, the more I appreciate the world around us—the epic landscapes we don't get to see on a daily basis," says Lee.

Lee, who calls himself "a full-time adventure seeker" on his Instagram feed (@justinfocus_), feels both "exhilarated and humbled" by the immense scenes he likes to photograph. This April, he fulfilled a childhood dream by going to New Zealand. "The land of Tolkien," he says,



Justin Lee, BSN, RN, at the Grand Canyon

"and a big check off my bucket list." The souvenirs he brought back: panoramic photos of mountain peaks, gorges and lakes.

With more travel ahead, Lee says photography holds another important benefit for him. "As nurses, we are very aware of the need to take care of ourselves. Photography is definitely my self-care; being around such grandeur is a huge de-stressor." ■

Nurses in Action

Nurses Help Make Walk and Play L.A. a 'Feel-Good Day'

By Candace Pearson



Left to right: Float Team nurses Nida Kan-Ari, BSN, RN, PHN, CPN, and Kelsey Wong, MSN, RN, CPN, at the 2018 Walk and Play L.A.

For Mallory Fossa, MSN, CPN, Comfort and Palliative Care Division, participating in the annual Walk and Play L.A. event hosted by Children's Hospital Los Angeles yields multiple benefits.

"Seeing how excited and happy people are refills your cup," says Fossa, who raised money for Palliative Care's Quality of Life Fund at the 2017 and 2018 events and plans to return this year. "You can support CHLA and step outside how you typically interact with patients and families."

CHLA will host the third annual Walk and Play L.A. on Saturday, June 22, at the Los Angeles Memorial Coliseum, from 8 to 11:30 a.m. The event includes a 3-kilometer (1.86-mile) walk, plus a Family Festival with live music, games, interactive booths from CHLA programs and sports clinics for ages 4 - 12 hosted by pro athletes.

Participants can sign up as an individual, a team or a virtual walker. In 2018, about 1,500 employees, patients and their families, and community members joined the fun. Phyllis D'Ambra, MPA, BS, RN, Orthopaedics, virtual walked last year on behalf of CHLA's Institute for Nursing and Interprofessional Research (INIR).

"I'm passionate about this cause," says D'Ambra, one of 2018's top individual fundraisers.

INIR Research Nurse Scientist Jessica Ward, PhD, MPH, CPNP, RN, who co-captained INIR's 2018 team, Journey to Research, calls the free event "very high energy, with a lot of camaraderie."

When Walk and Play L.A. debuted in 2017 at Griffith Park, four Float Team members were there to walk for the Paws for A Cause team, which benefits the Amerman Family Foundation Dog Therapy Program: Theresa Burgess, BS, RN, CPNP; Kim Hodge, RN, CPNP; Nida Kan-Ari, BSN, RN, PHN, CPNP; and Kelsey Wong, MSN, RN, CPNP.

"The dog therapy program goes all over the hospital, as do we, so it felt like we had a commonality," says Kan-Ari. And, adds Wong, "It's a real feel-good day."

To register, visit WalkandPlayLA.org. ■

Take Me Out to the Ballgame

By Vicki Cho Estrada



Top row, left to right: Josh Martinez, ED Tech; Barbara Lopez, BSN, RN; Kylie Taylor, NP; Cameron Walker, X-Ray Tech. Bottom row, left to right: Ruby Vasquez, ED Tech; Alex Fox, BSN, RN; Frederick Hopkins, ED Tech

The rainy weather is behind us, the days are long and the sun is out. That can only mean one thing—it's time for (name of your favorite team) baseball!

America's pastime is perking up everywhere, including at Children's Hospital Los Angeles, where there's no shortage of baseball fans or recreational players. While most nurses and staff members are happy to cheer on their favorite teams from the sidelines, a select few want to take a more active role on the field and play ball—against each other.

On June 22, CHLA will hold its first hospital-wide softball tournament comprising eight teams representing Hematology-Oncology, 5 East, Float Team, 6 West, the Steven & Alexandra Cohen Foundation Newborn and Infant Critical Care Unit (NICCU), Endocrinology, the Maurice Marciano Family Foundation Emergency Department and Trauma Center (ED) and the Margie and Robert E. Petersen Foundation Rehabilitation Center. Nurses, physicians, respiratory therapists and others have signed up to engage in a friendly competition and earn bragging rights—and a trophy—for the top team.

The idea for the co-ed tournament came from ED technicians Fred Hopkins and Josh Martinez, who raised it with their department's Recruitment and Retention (R&R) Chair, Sheah King, RN Lead, BSN, CPEN.

"For the past several years, the ED has had softball games with the PICU [Pediatric Intensive Care Unit]. Last year, we played the CTICU

[Cardiothoracic Intensive Care Unit] and everyone said how much fun they had," says King, ED's co-team mom. "So, when Fred and Josh came to me with the idea of a tournament, I shared it with the house-wide R&R committee. There was a lot of interest from all areas of the hospital, and Fred and Josh ran with it."

Hopkins and Martinez developed rules and guidelines: 15 players maximum per team, slow pitch, seven pitches maximum per at bat, no walks, 40-minute games or seven innings, no leading off base or stealing, team names optional, tournament style—winner moves on, etc. They secured fields, collected fees, handed out fliers on every floor to encourage team participation and more.



Kylie Taylor, NP

"There was more interest than we expected," says Hopkins, noting four teams had to be turned away due to lack of available fields.

Martinez adds, "We saw this as a good way to have fun, work off stress, and get to know co-workers and other units. When I go to the floors, I see the other teams are having fun with it."

Martha Salmon, BSN, RN, CPN, is playing for 6 West, whose team name is "We've Got the Runs"—pun intended since gastrointestinal ailments are among the unit's specialties. "We have matching uniforms in light blue with our team name in brown and matching socks with poop emojis. We also have a bat that says '6 West' on a roll of toilet paper," she says with a laugh.

"We're really excited to see a bunch of people outside of work having fun and doing something activity-wise," says Salmon, who shares team-mom duties with King. "As a hospital, it shows we have way more in common than we think. We really are one big family at CHLA and it's great to bring everyone together."

Clara McNulty, RN, a softball player since age 10, was excited to learn about the tournament and recruited players for the NICCU team. "I didn't care if they played before," she says. "I thought it would be a fun day and something cool to do outside of work. I got one of my closest friends [Bianca Gutierrez, RN] to join the team, even though she has never played before."

As team captain, McNulty has organized throwing and batting cage practices, ordered matching T-shirts and allayed fears about athletic ability. "Some people are nervous because they never played before, but I'm getting them excited about the tournament."

Three years ago, Donna Quiroz, BSN, CPON, Hematology-Oncology and Bone Marrow Transplant, started playing on a co-ed softball team with other coworkers from the unit. She and three teammates signed up for the CHLA softball tournament as part of the "Homerun Hem-Oncers" team, which has a mix of novices and experienced players.

"I'm not sure what to expect, but I think it'll be a ton of fun with different units playing against each other," says Quiroz, who plays right field and catcher. "This will be my first softball tournament and I'm excited to see how the day goes."

A Conversation With ...

Anne Gooding, BSN, RN, CPN,
5 West



Anne Gooding in Kortrijk, Belgium

Best life advice: Always be ready to be someone's friend.

Guilty pleasure: Reading fanfiction and eating Hot Cheetos.

Tell us something that would surprise your coworkers: When I was in the sixth grade, I sang the national anthem at Dodger Stadium in front of 35,000 people. Thankfully I wasn't alone, as the other graduating members of the school choir were with me.

Favorite book: My bookshelves are full-to-overflowing, but if I had to pick one, it'd be "Daddy-Long-Legs."

Favorite movie: The BBC version of "Pride and Prejudice."

Favorite day-off spot: Curled up in my bed or on my couch with a book to read.

Who influenced you to become a nurse? My mom and four of my aunts are nurses. Growing up I played "nurse" with my sisters and used my mom's student-nurse name pin and a homemade nursing cap.

What makes working at CHLA special? While I was growing up, my sister had surgery here and my mom and one of my aunts attended a nursing conference here. I always knew that Children's Hospital was a great place. 5 West is like an extended part of my family.

Favorite part of your job: Taking care of the kiddos.

If you weren't a nurse, what would you be? Probably doing something with computers like my dad and grandpa.

Your personal motto: Be kind, tenderhearted and forgiving.

Favorite comfort food: My mom's homemade bread.

What do you love to do when not working? Read, travel to visit friends and family around the globe, photography and make birthday and anniversary cards.

What sets your heart on fire? Listening to my almost 3-year-old nephew sing Sunday school songs and quote Bible verses from memory.

What would you tell your high school self? Don't be so concerned with what others think of you. Most of them don't matter in the long run and those that do love you for who you are already.



Left to right: Erin Grade, MSN, CPN, PHN, RN, and Martha Salmon, BSN, RN

Sherri Carcich, BSN, RN, CPON, Nurse Care Manager for the Leukemia and Lymphoma Program, prefers being in the stands and rooting for her beloved Los Angeles Dodgers. She has been to opening day at Dodger Stadium almost every season for as long as she can remember, got engaged at the stadium, and threw out the first pitch twice during outings with CHLA's Oncology team.

"I go to as many games as I can and had to switch my cable company to Time Warner, now Spectrum, so I could get the games at home on TV," she says, adding her two daughters played softball and her son was a baseball player. "I got to watch many a game. Baseball is in the blood."

Another Dodger fan, Norma Renteria, BSN, RN, CPN, 6 West, has seen the team play at nine baseball stadiums, as well as at its spring training facility in Arizona. Last year, she organized a trip to a Dodger game with 6 West staff members—48 in total—and organized another game day this past May.

"I've been going to Dodger games with my family and friends since I was a little girl!" Renteria says. "When I am at the games, it takes me back to when I was young. This game has always remained constant in my life. When I cheer for my Boys in Blue, I am totally mentally and physically at the game, which takes my mind off the stressors of life."

Elysia Weiner, BSN, CPN, Cardiovascular Acute Unit, who grew up playing softball and going to California Angels games, has passed on her love for baseball to her two sons, who play the sport year-round. "I take them to multiple practices, private lessons and games every week," says Weiner, who serves on her local Little League board.

"It's become a family affair—my husband is the announcer, I am the team mom, and Grandpa is always in the stands cheering the boys on," she adds. "I love it and wouldn't want it any other way. All my coworkers know where I am if I'm not at work."

Whether a baseball player or fan, Hopkins sums it up best when he says the sport is "a good break from work, a chance to get away and have fun."

Play ball!

The CHLA softball tournament will be held June 22 at the Glendale Sports Complex beginning at 3 p.m. Come cheer on all the teams, hang out with your coworkers, meet new friends and enjoy snacks at the Emergency Department R&R snack bar. For more information, contact Josh Martinez at jomartinez@chla.usc.edu. ■



Top row, left to right: German Samayoa, PSR; Nicolas Avelino, Interpreter; Rudy Bernal, CCA; Maria Lapinid, IC, RN; Gerald Perez, PT/OT aide; Marco Cuevas, PSR2; Christopher Montanez, LVN. Bottom row, left to right: Jonathan Acosta, MA; Anel Trevizo, PSR1; Saul Zepeda, Clinical Social Worker 1; Crystal Arellano, Clinical Social Worker 1

Celebrating the accomplishments and milestones of CHLA nurses

Publications

Jennifer Baird (Institute for Nursing and Interprofessional Research), **Dolores Buslon** (Nursing Resources), **Gayle Luker** (Nursing Resources) and **Desiree Ritter** (Clinical Services): "Working With Large Data: Lessons Learned," Nursing Economics, November/December 2018.

Jennifer Baird (Institute for Nursing and Interprofessional Research): "Patient Safety Before and After Implementing a Co-produced Family-Centered Communication Program: A Multicenter Pre-post Intervention Study," co-author, The BMJ, December 2018.

Susan Carson, Anne Nord, Trish Peterson and Debbie Harris (Hematology-Oncology): "Passages: The Role of the APRN in Transitions," Association of Pediatric Hematology/Oncology Nurses (APHON), APHON Counts, November 2018.

Julie Evans (Clinical Information Systems/KIDS): "Predictors of Respiratory Improvement One Week After Ligation of Patent Ductus Arteriosus in Preterm Infants," Journal of Pediatrics, Volume 205, February 2019.

Sandra Mintz (Rheumatology): "What's in a Name: Highlighting the Interprofessional Purpose of the Association of Rheumatology Health Professionals," Arthritis Care & Research, February 2019.

Hui-Wen Sato (Pediatric Intensive Care Unit): "Finding Meaning in the Work of Caring," chapter co-author, The Oxford Handbook of Meaningful Work, Oxford University Press, 2019.

Shinyi Tang, Dawn Landery and Gail Covington (Bone Marrow Transplant) and **Jessica Ward** (Institute for Nursing and Interprofessional Research): "The Use of a Video for Discharge Education for Parents After Pediatric Stem Cell Transplantation," Journal of Pediatric Oncology Nursing, February 2019.

Presentations

Jennifer Baird (Institute for Nursing and Interprofessional Research): "Rounding for Safety's Sake: Family-Centered I-PASS," Institute for Healthcare Improvement National Forum on Quality Improvement in Health Care, Orlando, FL, December 2018.

Chelsea Balian (Bone Marrow Transplant) and **Jessica Ward** (Institute for Nursing and Interprofessional Research): "Electronic Symptom Assessment in Children and Adolescents with Advanced Cancer Undergoing Hematopoietic Stem Cell Transplantation," poster presentation, Transplantation and Cellular Therapy Meetings of the American Society for Blood and Marrow Transplantation (ASBMT) and the Center for International Blood and Marrow Transplant Research (CIBMTR), Houston, February 2019.

Anna Evans (Interventional Radiology): "Student Publishing: Recommendations for DNP Students," podium presentation, 2019 University of Alabama Joint Doctor of Nursing Practice Intensive Conference, Huntsville, AL, February 2019.

Michelle Garcia, Anna Pasquarella and Julia Linesch (Bone Marrow Transplant) and **Jessica Ward** (Institute for Nursing and Interprofessional Research): "Bloodstream Infections in Children Undergoing Allogeneic, Autologous Hematopoietic Stem Cell Transplantation or Chimeric Antigen Receptor T Cell Therapy," podium presentation, Transplantation and Cellular Therapy Meetings of the ASBMT and CIBMTR, Houston, February 2019.

Catherine Goodhue (Pediatric Surgery), **Jennifer Baird** (Institute for Nursing and Interprofessional Research) and **Deborah Harris** (Hematology-Oncology): "Pediatric Nurse Practitioner Job Satisfaction at a Free-Standing Tertiary Care Children's Hospital: A Mixed-Methods Study," National Association of Pediatric Nurse Practitioners' (NAPNAP) 40th National Conference on Pediatric Health Care, New Orleans, March 2019; **Catherine Goodhue** (Pediatric Surgery): "Elevated Bili! What Could It Be? Common Diseases of the Biliary Tree," lecture, NAPNAP 40th Annual Conference, Nashville, TN, March 2019, and co-author, "Benefits and Barriers to Pediatric Trauma Follow-up Care: A Mixed Methods Study," poster presentation, Society of Trauma Nurses TraumaCon 2019, Lexington, KY, March 2019.

Melanie Guerrero (Heart Institute): "The Use of Project RED (re-Engineered Discharge) Among Parents or Caregivers of Pediatric Cardiac Patients and Its Effectiveness on Discharge Readiness," podium presentation, 6th Scientific Meeting, World Society for Pediatric and Congenital Heart Surgery, Orlando, FL, July 2018.

Deborah Jury (Pain Management): "From Prescription to Addiction: Addressing the Opioid Crisis," CHLA Clinical Services Grand Rounds, October 2018; "Pain Management for Nurse Practitioners in the Outpatient Setting," lecture, nurse practitioner students, UCLA, Los Angeles, February 2019; and "Interventional Pain Management" and "Effective Pediatric Pain Management," Versant RN Residency Program, CHLA, March 2019.

Laura Klee (Newborn and Infant Critical Care Unit): "A New Look at Hydrops Fetalis," speaker, National Association of Neonatal Nurses Coastal California Chapter (CoCANN) Annual Educational Conference, Los Angeles, February 2019.

Heidi Machen and Jenni Murphy (Newborn and Infant Critical Care Unit): "End of Life in the Neonate," poster presentation, CoCANN Annual Educational Conference, Los Angeles, February 2019.

Karishma Patel (4 East): "Organizational Tool for Proposed Follow-up Schedules for Off-Therapy Pediatric Ewing's Sarcoma, Osteosarcoma and Rhabdomyosarcoma Patients," Pediatric Nursing Conference, Washington, DC, July 2018.

Donna Quiroz, Stephanie Davis and Belinda Sia (Bone Marrow Transplant): "Outpatient CAR-T Therapy: Our Institution's Approach to Interprofessional Education, Preparation and Implementation," 42nd Annual APHON Conference and Exhibit, Savannah, GA, September 2018.

Bianca Salvetti (Adolescent Medicine): "Working with Transgender and Gender Diverse Youth: Considerations for Medical Intervention," co-presenter, Human Rights Campaign Time to Thrive Conference, Anaheim, CA, February 2019.

Hui-Wen Sato (Pediatric Intensive Care Unit): "Creating Safe Spaces for Vulnerability and Presence," keynote speech, and "The Ethics of Preserving Meaning in Pediatric Nursing," 6th National Nursing Ethics Conference, Los Angeles, March 2019.

Nhu Tran (Clinical Surgery): "Cerebral Autoregulation and Oxygen Saturation in Newborns with Congenital Heart Disease and Healthy Controls: A Cross-Sectional Design," oral and poster presentation, Translational Science 2019, Association for Clinical and Translational Science, Washington, DC, March 2019.

Letty Valdiviez, Stephanie Davis and Vilma Evangelista (Bone Marrow Transplant): "Consulting, Arranging and Referring: How to Create the Connections Needed for a Successful CAR-T Patient Experience," workshop presenters, 42nd Annual APHON Conference and Exhibit, Savannah, GA, September 2018.

Ashley Anderson: "Utilizing Heat Graphs for Crossing Training and Needs Gap Analysis"; **Liesel Cantre**: "Parental Presence in the Operating Room During Induction"; **Stephany Forno**: "Music in the Operating Room"; **Angela Hartley, Sara Holst and Leila Thompson**: "Communication Within the Cardiothoracic Operating Room"; **Renee Lucci and Kelly Sanghavel**: "Collaborative Initiative to Improve Liver and Kidney Transplant"; **Monica Murphy and Analisa Niedbalec**: "Stop Smoking and Use Surgical Smoke Evacuators," (all Operating Room); **Ashley Anderson** (Operating Room) and **Deanna Wofford** (Post Anesthesia Care Unit): "Seeing Is Believing: Putting the 'SPARK' in You and Educational Pathway," poster presentations, Association of periOperative Registered Nurses (AORN) Global Surgical Conference and Expo, Nashville, TN, April 2019.

Theresa Alquiros: "Discharge Planning and Home Monitoring"; **Elize Ergina**: "Postoperative Care and Outcomes: s/p Ventricular Septal Defect Repair and s/p Total Anomalous Pulmonary Venous Return Repair"; **Erin Messing**: "Nursing Challenges and Opportunities: Case Presentation"; **Dione Paros**: "Vasopressin Medications: Vasopressin, Phenylephrine"; and **Carol Okuhara**: "How Can We Best Assess Delirium in the Cardiac Post-op Period?" (all Cardiothoracic Surgery), speakers; **Grace Magaling** (Heart Institute): "Cross-Training the New Graduate Nurse to Meet the Needs of the Cardiac

Patient," poster presentation, Cardiology 2019: 22nd Annual Update on Pediatric and Congenital Cardiovascular Disease, Huntington Beach, CA, February 2019.

Professional Achievements

Sandra Mintz (Rheumatology): Named a 2019 American Nurses Credentialing Center (ANCC) Certified Nurse Award recipient in the Rheumatology category.

Jennifer Baird (Institute for Nursing and Interprofessional Research): Worked with the multisite I-Pass Study Group to receive a research grant from the Patient-Centered Outcomes Research Institute for the study "Disseminating and Implementing Patient and Family-Centered I-PASS to Improve Patient Safety."

Brenda Barnum (Newborn and Infant Critical Care Unit): On the planning committee for the 6th National Nursing Ethics Conference (Los Angeles, March 2019) and for the previous five years.

Shirley Hammers (Clinical Information Services): Received the CHLA Information Services Excellence Award, December 2018.

Melinda Ly (CHLA AltaMed): Recognized as Employee of the Month, July 2018.

Hui-Wen Sato (Pediatric Intensive Care Unit): Awarded the UCLA School of Nursing 2019 Distinguished Alumni Award, Excellence in Patient Care, Nightingale Nurse.

Nhu Tran (Clinical Surgery): Became the first nurse to receive the Southern California Clinical and Translational Science Institute Mentored Career Development Award.

Kathy Van-Allen (Fetal and Neonatal Institute): Selected to serve a two-year term on the Society of Pediatric Nurses Healthcare Policy and Advocacy Committee (2019-2021) and appointed chairperson of the committee.

Linda Weeks (Clinical Information Services): Received the first CHLA Information Systems Lifetime Achievement Award, February 2019.

Academic Achievements

BS, Healthcare Management, and MS, Information Systems Management: **Julie Evans** (Clinical Information Services).

BSN: **Johanna Jovanovic** (Newborn and Infant Critical Care Unit).

MSN: **Yvonne Hughes-Ganzon** (Medical-Surgical and the Margie and Robert E. Petersen Foundation Rehabilitation Center).

MSN/PNP-AC, Oncology: **Karishma Patel** (4 East).

MSN, Nursing Leadership/Administration: **Miguel Aventino** (Post Anesthesia Care Unit).

MSN/PNP-PC: **Rebecca Kath** (Pediatric Intensive Care Unit).

Promotions

Nhu Tran (Clinical Surgery): Assistant Professor of Clinical Surgery.

Maria Gannon (Clinical Information Systems): Associate Director of Clinical Information Systems.

RNIII: **Katie Cusick** (Newborn and Infant Critical Care Unit), **Nina Rozen Nacpil** (Cardiothoracic Intensive Care Unit), **June Nicole Rees** (4 East), **Jennae West** (5 East).

Certifications

CAPA: **Miguel Aventino, Jennifer Meyers, Beth Nakamura** (Post Anesthesia Care Unit).

CCRN: **Anait Hakhikyan** (Heart Institute).

RNC-NIC: **Tina Yoshimura** (Newborn and Infant Critical Care Unit).

Passings

Susan Cline, former Operations Manager, the Maurice Marciano Family Foundation Emergency Department and Trauma Center, and the Steven & Alexandra Cohen Foundation Newborn and Infant Critical Care Unit; created Camp CHLA; and, as Magnet Program Coordinator, helped lead CHLA to Magnet Recognition in 2008. At her home in Idaho, April 11, 2019.



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

Commitment. That's the theme that I keep coming back to when I think about all of you. This issue of *FloSheet* is a wonderful testament to the CHLA sense of dedication.

The Walk and Play L.A. event coming up in June is a beautiful example of how we come together to show our solidarity to one another, to our patients and to our community. At last year's event, I remember being down on the field of the L.A. Memorial Coliseum and feeling such a sense of connection to Los Angeles history and thinking, "Wow, walking on this field is pretty special." And then looking around and seeing all the CHLA employee teams and all the patients and families really left me feeling grateful and humbled.

Our nurses are not just here to finish a shift and go home. They are here to make a difference and they genuinely feel a part of a team. So, when the opportunity comes to take that team outside the hospital, there is no hesitation. Teams are formed for community giving, like the Walk and Play L.A. event, and they are formed for fun and camaraderie. As you'll read in our feature story, our nurses love a good ballgame: They love to watch and they love to play.

I think our love of the game is such a great metaphor for our work at CHLA. The sense of preparation, practice and dedication that's essential in team sports is so much a part of our daily lives. The care of our patients starts with each one of us, and we give everything we have every single day. It's the ongoing training, the continuing education, the research and the collaboration that create the best results for our patients. CHLA nurses are the best prepared, and every day you demand more of yourself.

You are our champions. ■

Guiding Patients and Staff Post-Anesthesia

By Vicki Cho Estrada



Deanna Wofford, BSN, RN, CAPA

When Deanna Wofford, BSN, RN, CAPA, went through the Post Anesthesia Care Unit (PACU) rotation in nursing school, she was intrigued by the patient recovery process.

"I was fascinated with all things having to do with the recovery of patients who received anesthesia for surgeries or other procedures," she says. "No one reacted the same to anesthesia. I enjoyed the critical care setting and the wide variety of patients."

After receiving her nursing degree, Wofford worked for two years in the PACU at a Texas hospital before joining the PACU at CHLA in 2016. Her responsibilities included monitoring and recording patients' vital signs, addressing medical emergencies and helping patients stay calm as they come out of anesthesia, which can often leave them feeling confused or disoriented.

"We are their first stop after they get out of the OR. Either they go home or they are admitted. We want to make sure they wake up safely from anesthesia, are comfortable after the procedure and aren't having any adverse effects," she adds.

While perianesthesia nurses don't spend a lot of time with patients—ranging anywhere from 30 minutes to six hours—they do form bonds, according to Wofford. "Our patients have a special appreciation for us because they're in a vulnerable state, and we help them deal with anxieties that are heightened. We're able to bond with them, especially if they come back for multiple surgeries or procedures."

Last year, she was named Clinical Educator for Surgical Admitting and the PACU. Her duties include developing education goals and objectives; assisting with education, orientation and development of new staff; conducting practice drills on the unit; and holding an annual education symposium for 65 nurses across both units.

With continuing education a large component of her job, Wofford decided to pursue accreditation as a Certified Ambulatory Perianesthesia (CAPA) nurse from the American Board of Perianesthesia Nursing Certification.

"I wanted to prove to myself and the staff that I know what I'm doing ... that I'm knowledgeable in the field of perianesthesia and capable of guiding others through their careers," says Wofford. In May 2018, she became the first CHLA nurse to receive CAPA certification.

"It was a grueling process. I was not only preparing for me, but also developing a study guide for our staff to use," she says, adding that three PACU nurses have since taken the exam and received certification: Jennifer Myers, BSN, RN, CPN, CAPA; Beth Nakamura, BSN, RN, CPN, CAPA; and Miguel Aventino, MSN, RN, CAPA.

"I became a nurse to help patients," Wofford says. "I'm still able to help patients by making sure their nurses have been trained, proven competent and can give their full attention to patients." ■

FloSheet

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Bedside's Best

Small Actions Add Up to Big Outcomes

By Candace Pearson



Kasey Rangan, MSN, CPNP

Medical professionals often go into pediatric oncology with the feeling that they want to make a difference. For Kasey Rangan, MSN, CPNP, Neuro-Oncology, "it turned into a kind of calling."

Initially, Rangan worked in adult nursing. When she moved to Los Angeles in 1996 because her husband was in residency at Children's Hospital

Los Angeles, he suggested she look at CHLA. She found her passion as a bedside nurse on 4 East.

A few years later, she was reading a journal article about pediatric brain tumor survivors, and something clicked. "These children have a special place in my heart," she explains, "because their challenges are so great after their treatment."

The Neuro-Oncology Program in the Children's Center for Cancer and Blood Diseases—one of the largest pediatric oncology programs in the country—treats children with brain tumors and spinal cord tumors, which are the second-most common types of pediatric tumors.

After earning her Master of Science in nursing and pediatric nurse practitioner (PNP) degree, she became PNP for pediatric brain tumor patients in CHLA's LIFE (Long-term Information, Follow-up and Evaluation) Cancer Survivorship and Transition Service. She spent 12 years there, honing her skills in helping patients enjoy a better quality of life post-cancer treatment.

Four years ago, she transitioned back to working with children who are still undergoing active treatment. She collaborates with physicians, other oncology nurses, psychologists, social workers and school specialists. "We identify what resources each family requires and who on the team can help," she says.

Working with families whose children have brain cancer is often "getting to know someone in their darkest hours," says Rangan. The skill comes in "knowing where you need to be with each family—in front of them, behind or by their side."

Rangan compares excellence in nursing to the butterfly effect—the idea that even a slight change can result in a significantly different outcome. "No matter how small the action you take, if you're trying to do your best for your families," she says, "you never know what impact that will have." ■