

## Extra: Lives Outside the Hospital

# Nurse Trains Canine Companions

by Elena F. Epstein

For the past 22 years, Terri Stambaugh, RN, BSN, CPN, CNPT, has been opening up her home to some very special puppies. The Emergency Transport Program nurse is a "puppy raiser" for Canine Companions for Independence, a non-profit organization that provides highly trained assistance dogs free of charge to adults and children with disabilities.

Stambaugh has raised 14 dogs so far, and is now raising Spunky, a 4-month-old lab/golden retriever puppy in training.

"After the first one, I just got hooked," she says. "These dogs make such a difference in people's lives. It's incredible."

The puppies, which are golden retrievers, Labrador retrievers or crosses of the two breeds, come to live with Stambaugh at 8 weeks old. Her job is to not only provide a loving home, but

also to take them to specialized training classes, reinforce the training at home and socialize them by taking them out and about in the community.

Once the puppies are between 18 and 20 months old, they return to one of the five regional training centers for a more intensive six- to nine-month program with professional instructors.

"Our main job is to get the puppies used to daily living," says Stambaugh, who has been a nurse at Children's Hospital Los Angeles for 35 years. "I take them everywhere—to the store, the bank. I even take them to Disneyland and Angels games."

Of the 14 puppies Stambaugh has raised, six have graduated the intensive training program. Two of the dogs that didn't qualify to work with a disabled person became therapy dogs and worked at CHLA for nine years. Seeing the joy that the therapy dogs brought to the kids at CHLA



Terri Stambaugh, RN, BSN, CPN, CNPT, with Spunky

inspired Stambaugh to continue working with Canine Companions.

One of Stambaugh's favorite moments is at the puppies' graduation ceremonies. "You get to see them interacting with the person they are matched with. You can see that they have become a unit," she says. "It's very emotional." ■

## Volunteers in Action

# Nurses in Full Force at Special Olympics World Games

by Vicki Cho Estrada



(L-R) Derek Herrmann, Trent Osaki, and Tiffany Chang from Special Olympics Medical Operations with CHLA's J. Lee Pace, MD, Nancy Blake, PhD, RN, and Anna Kitabjian, RN, BSN

Nancy Blake, PhD, RN, CCRN, NEA-BC, FAAN, director, Critical Care Services, knew her email message seeking medical volunteers for the 2015 Special Olympics World Games would generate interest from staff at Children's Hospital Los Angeles. But she didn't know her inbox would be inundated with messages from nurses wanting to sign up right away.

"I received more than 100 emails within the first 24 hours," says Blake, who, along with J. Lee Pace, MD, Orthopaedic Surgery, spearheaded efforts at the hospital to provide medical volunteers during the games, held in Los Angeles from July 25 through Aug. 2.

Nurses representing all areas of the hospital, including the Emergency Department, Surgical Admitting and Float Pool, signed up and provided first aid to athletes participating in the games. Billed as "the largest sports and humanitarian event anywhere in the world in 2015," the event featured 7,000 athletes representing 177 countries and competing in 25 Olympic-style sports.

"We had more than 100 nurses staffing first-aid stations at Griffith Park, Balboa Park, USC, UCLA and other locations where equestrian, golf and soccer competitions were held," says Anna Kitabjian, RN, BSN, CPN, PHN, 6 East, who assisted Blake in coordinating and scheduling hospital volunteers. "Some worked six hours,

others did eight-hour shifts, depending on the location."

In addition to giving their time during the games, Children's Hospital volunteers attended orientation and information sessions to review protocols and procedures; likely medical scenarios such as sprains, strains and contusions; and potential medical challenges, including seizures and cardiac issues.

The athletes, all of whom have intellectual disabilities, also often have "some type of medical issue, so we had to be prepared for anything," says Blake, noting she began coordinating the hospital's involvement with the Special Olympics in spring 2014.

"It was great to have so many nurses participate—I'm overwhelmed by our nurses' compassion and willingness to serve," adds Kitabjian. "It meant a lot to the athletes and the Special Olympics organization to have us there." ■

# Think Before You Eat

Nurses are practicing mindful eating

by Candace Pearson



Radiology nurses (from left) Hurley West, RN, Danielle Haimowitz, RN, and Mita Davis, RN, stay hydrated during their work shift.

During 12 years in the Pediatric Intensive Care Unit at Children's Hospital Los Angeles, Heidi Haskins, NP, sometimes would go for "hours and hours" without eating, get headaches, and then give into the temptation of comfort foods or fast food.

"You get into a mindframe of 'whatever's easiest,'" says Haskins, now part of the Pain Management Service. But simple carbs played havoc with her blood sugar and left her depleted. About four years ago, she vowed she'd learn about mindful eating—being more deliberate about her diet—and choose foods that sustain her health and her nursing. "I've gotten used to listening to my body," says Haskins.

"One of the things we as caregivers don't do well is take care of ourselves," says Linda Heller, MS, RD, manager, Clinical Nutrition Services. That can translate to grabbing the first and fastest thing to eat, not taking proper breaks and looking for a sugary pick-me-up, especially on tough days.

Nurses all over CHLA are endeavoring to change that picture and take care of their own wellness while taking care of patients. The hospital is supporting the cause.

"One of our missions is to help you with whatever health goals you have," says Heller of a growing list of programs that promote health in staff, patients and their families. The American Nurses

Association's (ANA) Healthy Nurse Program also offers resources for nurses to maintain healthier lifestyles.

## Step No. 1: Preparation

Predicting how a shift might go, and whether you'll be able to break away to find nourishing food, can be impossible. The solution, say health-conscious CHLA nurses, is preparation. For many, that means planning meals and snacks ahead of time and packing them for work.

Chris Lins, RN, a nurse on 5 East and a KIDS Hospital SuperUser, divides her time between

Laguna Beach, where she lives with her sister, and Los Angeles, where she stays with her mother when on shift. Each weekend, Lins and her sister do a "big cook." Lins fills three to-go containers, each divided into three sections, with a protein (often chicken) and two vegetables. "I call it my 'dunch'—dinner and lunch," says Lins, a 31-year CHLA veteran and member of the hospital Wellness Committee. She also frequents the hospital's weekly farmers market. Her favorite veggies include spinach, asparagus and lima beans.

Eating this way "makes all the difference in my whole shift," says Lins. It even gives her enough strength to resist the "5 Eats" legendary potlucks, though she lets herself indulge in a delicious bite or two. "We're making important decisions that affect our patients' lives," adds Lins. "If you don't refill your own bucket, you have nothing to give. No one can do it for us but us."

## Making Healthy Choices

Before taking up nursing, Dawn Dunkin, RN, BSN, CPHON, Hematology-Oncology, was a professional dancer. She knew about nutrition, but working in high-intensity health care, she began a pattern of what she calls "disordered eating." She'd eat a huge dinner, then skip meals during her 12-hour shift.

Then Dunkin went to another extreme, becoming a hyper-strict food cop. "Over time," she says, "I've slowly found my way to a nice, healthy balance." She became a Certified Health Coach and now eats fish, but not dairy, meat or poultry. She makes her own almond butter, almond milk and hummus, and takes them to work, along with salads and veggies. "I'm able to concentrate and think more clearly," she says.

Lisa Kutzing, MS, RN, Newborn and Infant Critical Care Unit, became so interested in nutrition that she got her master's degree in nutritional science. She builds leftovers into her dinners—anything from frittatas to turkey meatballs. Kutzing believes in "intuitive eating," and that "all foods are OK in moderation." Planning to eat pizza? Consider having veggies on it, she suggests, then "eat it in a conscious way, so you just eat what you need." Where some people go wrong is in waiting to eat until they're ravenous, she says. "The best time is when you're moderately hungry."

Haskins started her diet renovation by cutting out soda and drinking more water. Now gluten- and dairy-free, she makes sure to eat good fats like



Tess Narciso, RN, enjoys her favorite healthy snacks.

## as part of their own personal wellness plans



Dawn Dunkin, RN, BSN, CPHON, prepares a power snack at home.

avocado. Her go-to snacks include nuts and high-protein bars. "My body doesn't go into panic mode as much," says Haskins, who is part of the Chronic Pain Clinic's growing exploration into nutrition and chronic pain patients.

### Cheerleaders and coaches

Having a support system helps make positive changes. Danielle Haimowitz, RN, Radiology, admits her nickname once was "Danielle Doughnut." After she had son Lucas, she set out on a different path. In March, she started Beachbody.com's 21-Day Fix, which combines "clean eating" (no processed foods) with workouts. Inspired, more people joined in until nearly two dozen Radiology staff members were starting workouts and healthy eating plans.

"Healthy is totally contagious! Once you know it, you can't unknow it," says Haimowitz, who created a Facebook page for the group.

Haimowitz usually starts her morning with a protein shake and packs a wrap and a salad. Everything is portioned out. She drinks "a ton of water" and carries nuts for the drive home. The result: "I feel more alert all day."

Once an "inconsistent eater," Tess Narciso, RN, 6 West, resolved to focus on wellness in 2015, and has attained results "I've been dreaming of for years," she says. Recently, she served as a coach for a "Biggest Loser"-style competition on 6 West, which involved 20 nurses on four teams.

For Narciso, work snacks include cottage cheese or yogurt with berries and nuts. She favors salad with protein and no longer craves sugar. She's noticed a difference in her mood. "I feel happier," says Narciso. "I tell others, 'This is what I've tried; maybe you could try it, too.'"

Nancy Blake, PhD, RN, CCRN, NEA-BC, FAAN, director, Critical Care Services, read the ANA's reports on being a healthy nurse. When her two children also started to push her to get healthier, she joined the hospital's Weight Watchers group.

Her Baby-Boomer generation "grew up being told, 'Don't leave anything on your plate,'" she says. Now she packs leftover barbecued chicken and fills up at the salad bar. She uses one app to track her meals and another app to send her lunch order to the cafeteria (a typical day: taco salad minus the tortilla).

Blake has lost 40 pounds and dropped four clothing sizes. Previously, she'd be so exhausted after a long week, she'd sleep late on weekends. Now she's at the gym at 8 a.m. "I have so much more energy," she says, "I can do so much more."



Linda Heller, MS, RD, visits the weekly farmers market at CHLA.

### Start Simply

The best way to start eating consciously is to slow down, advises Heller. Take your time. "Don't eat standing up, watching TV or playing with your phone," she says. "Mindful eating is all about focusing on the food—its textures, smells, tastes, colors."

Dunkin advises, "Be gentle with yourself. Just fill up your diet with good food and eventually you'll crowd the junk out." ■

## Nurses Train With New Robot

by Elena F. Epstein



The Robotic Surgery team with the da Vinci XI

The excitement was palpable during the training session. Children's Hospital Los Angeles had just acquired a new, state-of-the-art da Vinci XI Robot, and the nurses and technicians on the robotics team were eager to get started.

Established in 2009, CHLA's Robotic Surgery Program was the first pediatric program of its kind on the West Coast and has remained one of the busiest in the country. The new robot, purchased with a \$2.3 million gift from longtime CHLA supporters Kirk and Anne Douglas, will expand the hospital's capacity to perform major surgery.

"This is wonderful for our patients," says Nur Saldivar, RN, BSN, CNOR, liaison for Robotic Surgery since 2009. "Our nurses work closely with the physicians and the technicians on every case."

The nursing team, which has extensive training with the robot, drapes, adjusts, docks and conducts troubleshooting. Saldivar is responsible for ordering and checking instruments and serves as a bridge between the patient, clinic, Sterile Processing Department, management, surgeons and manufacturers of the robot.

The use of robotics is particularly beneficial for urologic conditions, with more than 400 successful robotic-assisted surgeries performed at CHLA to date. In the past two years, CHLA has expanded the scope of its program to include children as young as 4 months.

"With robotic surgery, you have faster recovery, much smaller incisions and a very precise level of accuracy," says Saldivar.

In addition to Saldivar, the nurses on the Robotic Surgery team include: Ester Eisma, RN, BSN; Natalie Degnan, RN, BSN, CNOR; Kelly Peron Sanghavee, RN, BSN, CNOR; Cherry Payawal, RN, BSN; and Jessica Bodan, RN, BSN. ■

## Professional Milestones

### Publications

**Stacey Boyer, RN** (Heart Institute): "Current Practices in the Monitoring of Cardiac Rhythm Devices in Pediatric and Congenital Heart Disease," *Pediatric Cardiology*, April 2015.

**David Davis, RN** (Quality Improvement and Patient Safety): "Going Beyond Benchmarks: Zero Harm for Every Patient, Every Time," *Journal of Nursing Administration*, April 2015.

**Catherine Goodhue, NP** (Pediatric Surgery): "Academic-Community Partnership to Develop a Novel Disaster Training Tool for School Nurses," *NASN School Nurse*, April 2015.

**Donna Guadiz, RN** (Heart Institute); **Monica Horn, RN** (Heart Transplant Program); and **Debbie Dechant, RN** (Heart Institute): "Do Pain and Withdrawal Issues Significantly Affect the Post-Transplant Recovery of Pediatric Ventricular Assist Device Recipients?" *The Journal of Heart and Lung Transplantation*, Vol. 34, Issue 4, April 2015.

**Monica Horn, RN** (Heart Transplant Program): "Single Ventricle Babies: The Fontans Have Come of Age," *International Society for Heart and Lung Transplant Links Newsletter*, Volume 6, Issue 10, February 2015.

### Presentations

**Brenda Barnum, RN** (Newborn and Infant Critical Care Unit), and **Grace Sekyan, RN** (Cardiothoracic Intensive Care Unit): "The Use of Preventive Ethics Triggers (PETs) in the NICCU to Affect Ethical Climate and Moral Distress," poster presentation, National Nursing Ethics Conference, March 2015.

**Brenda Barnum, RN** (Newborn and Infant Critical Care Unit): "Consent as a Reflection of Respect" and "Conflicting Goals in Clinical Care," *MEDS 260 Challenges in the Forefront of Biomedical Ethics*, USC, March 2015.

**Jennifer Buitrago, RN**, and **Jonelle Gray, RN** (Bone Marrow Transplant Unit): "Spontaneous Recovery of Immune Function in a Patient Identified as SCID by TREC Testing via Newborn Screening for Primary Immune Deficiency Diseases," poster presentation, Primary Immune Deficiency Treatment Consortium, April 2015.

**Susan Carson, RN** (Hematology-Oncology): "Current Concepts in Chelation—Treating Iron Overload Today," national webinar, Association of Pediatric Hematology/Oncology Nurses (APHON), April 2015.

**Allan Cresencia, RN** (Anesthesiology Critical Care Medicine): "Let's Play Pediatric Jeopardy!" and "Pediatric PACU Nursing: Are You Competent?" podium presentations, American Society of PeriAnesthesia Nurses 34<sup>th</sup> National Conference, April 2015.

**David Davis, RN** (Quality Improvement and Patient Safety): "Going Beyond Benchmarks: Zero Harm for Every Patient, Every Time," podium presentation, American Nurses Credentialing Center, Magnet Commissioners Spring Meeting, March 2015; "Goal Setting and Change Management," guest lecturer, Health Sciences Healthcare Administration Graduate Program, California State University, Northridge, April 2015.

**Catherine Goodhue, RN** (Pediatric Surgery): "Home Disaster Planning for Children With Special Health Care Needs," abstract, and "Development of an Intestinal Rehabilitation Disaster Survival Toolkit for Families With Special Health Care Needs," abstract, National Association of Pediatric Nurse Practitioners (NAPNAP) 36<sup>th</sup> Annual Conference; "Earthquake Preparedness for Families With Special Health Care Needs," lecture, California Association of Nurse Practitioners 38<sup>th</sup> Annual Educational Conference, March 2015; "Pediatric Abdominal Trauma," lecture, 14<sup>th</sup> Annual Pediatric Trauma Conference; "Biliary Atresia Day: Education and Networking," American Pediatric Surgical Nurses Association Scientific Conference; "Mixed-Methods Application to Develop a Novel Disaster Training Tool for Schools," abstract, Pediatric Academic Society; and "Development of an Intestinal Rehabilitation Disaster Survival Toolkit," Patient Care Services Research Day, April 2015.

**Donna Guadiz, RN** (Heart Institute); **Monica Horn, RN** (Heart Transplant Program); and **Debbie Dechant, RN** (Heart Institute): "Do Pain and Withdrawal Issues Significantly Affect the Post-Transplant Recovery for Pediatric Ventricular Assist Device Recipients?"

abstract and poster, International Society for Heart and Lung Transplant annual conference, April 2015.

**Sandy Hall, RN** (Versant™ RN Residency); **Diane Altounji, RN** (4 West); and **Rita Secola, RN** (Hematology-Oncology): "Sharing Your Success: Writing Effective Abstracts and Designing Professional Posters," Organization of Healthcare Educators, April 2015.

**Sandy Hall, RN** (Versant™ RN Residency): "Evidence-Based Practice Projects to Engage New Graduate RNs in Quality and Safety," *Quality and Safety in Education Nurses (QSEN) National Forum*, May 2015.

**Mary Halvorson, RN** (Endocrinology Research): "One Hundred Years of Type 1 Diabetes Management Leading to the Development of an Artificial Pancreas," NAPNAP Annual Regional Conference, April 2015.

**Sheila Kun, RN** (Pediatric Pulmonology): "Rapid Response Team and Code Events on a Non-Intensive Care Ward for Children on Home Mechanical Ventilation: A Root Cause Analysis," and "Optimizing Responses to Pediatric Respiratory Unexpected Events in an Ambulatory Setting—Strategies and Outcome," Patient Care Services Fourth Annual Research Day, April 2015; the latter also at the American Thoracic Society International Conference, May 2015.

**Emily LaNovara, RN**, and **April Punsal, RN** (Cardiovascular Acute): "Use of Theory-Based Teaching Strategies to Improve Education in a Clinical Setting," presentation, QSEN National Forum, May 2015.

**Kathleen Ruccione, RN** (Hematology-Oncology): "Health Communication: Words Are Powerful Drugs" (keynote address); "In Their Own Words: Blogs Written by Parents of Children With Cancer," and "Iron Toxicity and Cancer: What We Need to Know Now," lectures as visiting scholar, Canadian Oncology Nursing Day at SickKids Hospital, Toronto, April 2015.

**Gloria Verret, RN**, and **Samar Mroue, RN** (6 West): "Consistency Is Key: Teaching Families GT/CVC/PICC Home Care," Nurse Week Education Day, May 2015.

**Mary Virgallito, RN** (Infection Prevention and Control): "Bugs, Drugs and Emerging Infections: Practical Advice on Managing and Preventing Infections," NAPNAP Los Angeles chapter, April 2015.

GetWellNetwork's GetConnected 2015 conference, April 2015—**David Davis, RN** (Quality Improvement and Patient Safety), and **Lori Marshall, RN** (Patient Care Services): "Get (and Stay) Connected: A Health System Plan for Cross-Continuum Interactive Patient Care"; **LaYonda R. Hoover, RN**, and **Samar Mroue, RN** (6 East): "How Real-Time Patient Feedback Supports the Magnet Journey," panel discussion.

Society of Pediatric Nurses (SPN) 2015 Annual Conference, April 2015—**Stacey Boyer, RN** (Heart Institute): "Current Practices in the Monitoring of Cardiac Rhythm Devices in Pediatric and Congenital Heart Disease," Best Clinical Practice Poster; **Allan Cresencia, RN** (Anesthesiology Critical Care Medicine): "Pediatric Syndromes and Their Conundrums," poster; **Ruth Jacobson, RN**, and **Sanje Woodsorrel, RN** (Float Team): "Prep for Success: How to Best Prepare Skin Before Capillary Blood Glucose Checks," Evidence-Based Practice Poster Award and People's Choice Poster Award; **Sarah Mutia, RN**; **Lara Doraiswami, RN**; and **Jennifer Trotter, RN** (Bone Marrow Transplant Unit): "Reintroducing, Revitalizing and Revamping Primary Relationship-Based Nursing in BMT," presentation; and **Gloria Verret, RN**, and **Vicky Lin, RN** (6 West): "Easing the Transition: An Innovative Triad Mentorship Program for New Graduate Nurses," People's Choice Poster Award.

### Professional Achievements

**Nicole Ainsworth, RN** (Newborn and Infant Critical Care Unit): President-Elect, Coastal California Association of Neonatal Nurses.

**Nancy Blake, RN** (Critical Care Services): Selected for Patient-Centered Outcomes Research Institute Advisory Panel on Communication and Dissemination Research.

**Sandra Mintz, RN** (Rheumatology): Appointed to American Nurses Credentialing Center External Validation Committee for the Rheumatology Nursing Portfolio Program.

### Recognition

**Theresa Alquiros, RN** (Cardiovascular Acute): The Terry Varatta Memorial Scholarship, CHLA Clinical Education and Professional Development Department, March 2015.

**Mary Dee Hacker, RN** (Patient Care Services): The Ray Cox Award for lifelong commitment to advancing nursing in California, American Nurses Association, April 2015.

**Bill Kenny, RN** (Information Systems-Kids Core): One of 10 "Breakaway From Cancer Champions," 10<sup>th</sup> annual AMGEN Tour of California, May 2015.

**Nida Oriza, RN**, and **Victoria Winter, RN** (Cardiothoracic Intensive Care Unit): Honorable mention, ADVANCE for Nurses 2015 Best Nursing Team, May 2015.

**Laura Vasquez, RN** (Bone Marrow Transplant Unit): Extraordinary Healer Award of 2015, Oncology Nursing Society, April 2015, and Kathy Ruccione Founder's Award for Excellence in Pediatric Hematology Nursing, Southern California Association of Pediatric Hematology/Oncology Nurses, May 2015.

Nurse.com Nurse Excellence GEM Awards, June 2015—**Fran Blayney, RN** (Pediatric Intensive Care Unit), and **Noreen Clarke, RN** (Craniofacial and Cleft Center), nominees, Education and Mentorship category; **Maria Gannon, RN** (Information Systems-Kids Core), and **Kathleen Ruccione, RN** (Hematology-Oncology), nominee and winner, respectively, Advancing and Leading the Profession category; **Teri Loera, RN** (Pediatric Intensive Care Unit), finalist, Patient and Staff Management category; and **Susan Walker, RN** (Newborn and Infant Critical Care Unit), regional finalist, Clinical category.

### Academic Achievements

**BSN**: **Paolo Jugo, RN** (Cardiothoracic Intensive Care Unit); **Melissa DeLeon, RN**, and **Judy Ulloa, RN** (Bone Marrow Transplant Unit)

**EdD**: **Suzanne Taylor, RN** (Clinical Education and Professional Development)

**MSN**: **Theresa Alquiros, RN** (Cardiovascular Acute); **Deeba Kazemipoor, RN** (5 West);

**Kimberly Kyle, RN** (Newborn and Infant Critical Care Unit)

**MSN/Administration**: **Grace Sekayan, RN** (Cardiothoracic Intensive Care Unit)

**MSN/Education**: **Nicole Ainsworth, RN** (Newborn and Infant Critical Care Unit); **Destinee Harris, RN** (Bone Marrow Transplant Unit); **Nona C. Martin, RN** (4 East); **Inge Morton, RN** (Emergency Department); **Ria Yeh, RN** (Critical Care Services)

**MSN/PNP**: **Jennifer Hyojin Min, RN** (5 West)

### Certifications

**CCRN**: **Jennifer Herrmann, RN** (Pediatric Intensive Care Unit); **Kimberly Kyle, RN** (Newborn and Infant Critical Care Unit)

**CPEN**: **Brittany Colligen, RN**; **Brandon Holiwell, RN**; **Angelica Morales, RN**; and **Kimberly Wheatley, RN** (Emergency Department)

**PNP**: **Laura Balkian, RN**; **Jennifer Min, RN**; and **Sahar Vann, RN** (5 East); **Taree Kang, RN** (6 West)

**CPN**: **Betsy Bohuslavsky, RN** (Rehabilitation); **Katrina de la Cerda, RN** (Emergency Department);

**Shelley Dyer, RN** (Cardiology); **Leonilyn Castillo, RN**; **Tanisha Holoman, RN**; and **Charles Mai, RN** (Cardiovascular Acute)

**NEA-BC**: **Loni Chartan, RN** (Emergency Department)

**RNC**: **Elizabeth Blackwood, RN**; **Kolette Bruckner, RN**; **Yumiko Busby, RN**; and **Lauren Formentini, RN** (Newborn and Infant Critical Care Unit)

## Life Celebrations

### Marriages

**Cat Calvert, RN** (Cardiovascular Acute); **Karren Dalinoc Jackson, RN** (5 East); **Lauren Der, RN** (Bone Marrow Transplant Unit); **Sabrina Escalante, RN** (6 West); **Cynthia Garcia, RN** (Float Team); **Katherine Grace Leonardo, RN** (5 East); **Sharlene Williams, RN** (5 East); **Nubia Zuniga, RN** (Cardiovascular Acute).

### Births

Boys: **Stacey Beth Adler, RN** (Cardiothoracic Surgery); **Johanna Aquino, RN** (6 West); **Noemi de Castro, RN** (Cardiovascular Acute); **Amy Griffey, RN** (Newborn and Infant Critical Care Unit); **Eliana Gutierrez, RN** (5 West); **Alissa McCullough, RN** (5 West); **Andrea Moore, RN** (Cardiovascular Acute); **Audrey Santos, RN** (Rehabilitation); **Michelle Sullivan, RN** (Cardiovascular Acute)

Girls: **Yumiko Busby, RN** (Newborn and Infant Critical Care Unit); **Jessica McKee, RN** (Newborn and Infant Critical Care Unit); **Nadia Miranda, RN** (Rehabilitation); **Ashley Paz, RN** (Newborn and Infant Critical Care Unit); **Rachel Troost, RN** (5 West); **Du Vo, RN** (Vascular Access Team).



by Mary Dee Hacker, MBA, RN, NEA-BC, FAAN, vice president of Patient Care Services and chief nursing officer

Having the Special Olympics World Games in Los Angeles this summer offered us a wonderful opportunity to realize once again that with conviction and teamwork nothing is impossible.

Not only were we on the sidelines cheering these incredible athletes on, but as you'll see in this edition of FloSheet, Nancy Blake and her team of volunteers were on hand during the games to offer their health care expertise. The motivation to make the time to volunteer and serve our community in such a unique way is what Children's Hospital Los Angeles is all about.

Despite their rigorous work schedules, our nurses always seem to find time to volunteer, join professional groups or help a colleague in need. What they don't always focus on is taking care of themselves. Our attention is always on others—ensuring their well-being. But to give our very best, we have to take the time to focus on ourselves. Are we getting enough sleep? Enough exercise? Enough time with our family and friends?

One of the greatest gifts we can give ourselves is healthy eating habits. We truly are what we eat. As nurses, we know how important good nutrition is for our patients. But we don't always practice it ourselves. In our feature story, several of our nurses share their mindful eating strategies. I know it's hard with 12-hour shifts and patients with acute needs, but I urge you to start taking small steps toward wellness. Simply grabbing a bag of almonds to snack on instead of a bag of chips will make a big difference in the long run. Good habits will spread to our own families, as well as the families we are treating at the hospital. I want all of us to take that same conviction and collaboration we use every day with our patients and support one another in creating healthier futures for ourselves. ■

## The Rehab Unit's New Home Matches Its Exceptional Care

by Vicki Cho Estrada



The rehab team moves patients to new facilities in the Mary Duque Building.

The Children's Hospital Los Angeles Rehabilitation Unit has long been recognized for its exceptional care in helping patients recover from traumatic injuries and life-threatening illnesses. Now it has a state-of-the-art facility to equal this high level of care.

This past spring, the unit was renamed the Margie and Robert E. Petersen Foundation Rehabilitation Center honoring Bobby and Richie Petersen, after moving from the McAlister Building to its new home in the Mary Duque Building. In addition to serving more patients, the 22,000-square-foot acute pediatric inpatient facility offers greater therapeutic amenities and a more comfortable, safari-themed environment to promote healing.

The Center features 22 patient beds, 16 private rooms, three semiprivate rooms, and two medical isolation rooms for patients with fragile immune systems, with a family sleep area, a bathroom and a shower in every room. The space also includes a 1,750-square-foot rehabilitation gym for physical and occupational therapy; occupational therapy craft, speech therapy and recreation therapy rooms; a Child Life playroom; ceiling-mounted systems to safely move patients

within the center; a therapeutic kitchen; and a community dining room for patients and families.

Preparations for the unit's move began several months ago and involved departments across the hospital, from Rehabilitation Medicine, Information Services and Security, to Quality and Materials Management, according to Director of Patient Care Services Sharon Chinn, RN, CRRN.

"Basically, it's everyone who was involved in the Marion and John E. Anderson Pavilion move, but on a smaller scale," she says, adding that Rehabilitation staff received training to help patients and families transition to the new facility.

The unit was in its previous location since opening in 1973 and was the first dedicated pediatric rehabilitation center in the region. The Petersen Foundation Rehabilitation Center is now one of the largest of its kind in the country, with patients staying an average of four to six weeks while receiving intensive therapy to regain function affected by trauma or illness.

The Rehabilitation team treats about 200 patients a year with a range of complex and diverse diagnoses, including brain and spinal cord injuries, bone and brain tumors, seizures, and spinal and rheumatologic disorders.

The reaction to the new center has been overwhelmingly positive. "Everyone loves our new home. It's very bright and happy, but calming and welcoming," says Yvonne Hughes-Ganzon, RN, BSN, CPN, CRRN. "Patients don't want to leave."

Phan Leopando, RN, BSN, adds, "Patients and families are happy to be here because of the private rooms and bigger ADA bathrooms, not to mention being in a very new, cheerful and spacious environment. Our nursing and therapy rehab teams especially feel more united because we are in one area and share a lounge."

When the Anderson Pavilion opened in 2011, the Rehabilitation Unit remained at the McAlister building.

"Now it's great to be in a new home that's closer to the Anderson Pavilion with more advanced equipment and inviting accommodations for patients and families," says Leopando. ■

## FloSheet

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## Bedside's Best

# Compassionate Care for Brain and Spinal Cord Patients

by Vicki Cho Estrada



Anna Evans, MSN, RN, CPNP, CPHON (right), with her patient, Angely Santamaria

Anna Evans, MSN, RN, CPNP, CPHON, Neuro-Oncology, can't help but form an immediate bond with her brain and spinal cord patients as she begins the process of coordinating and planning their care, while helping parents cope with devastating news about their children's health.

"It's extraordinarily difficult to meet people on the worst day of their lives and share information that

is completely unbelievable," she says. "I let them know that I'm here for whatever they need."

Evans facilitates care for more than 100 brain and spinal cord patients, from newborns to young adults, helping them navigate their treatment at the hospital. This includes scheduling MRIs, radiation and chemotherapy treatments, and educating and providing support to families while serving as their primary contact with the hospital.

Her duties also include working closely with inpatient and outpatient palliative care teams to ensure that terminal patients are provided with essential care at the end of their lives. "My job is to ease their pain and make sure they don't suffer. I take that very seriously," says Evans, who began her Children's Hospital career on 4 West in 2002 before moving to Neuro-Oncology in 2007.

While it can be challenging working with patients with serious health conditions, "we have a lot of successes—patients who defy the odds, remain in

remission or are cured. It's wonderful to watch these children grow up, thrive and have normal lives. There are also several studies that are looking at novel potential cures, so there's hope," she adds.

Evans is actively involved with several organizations, including serving as a National Cancer Institute Supportive and Palliative Care board member, Nursing Committee chair of the Pediatric Brain Tumor Consortium, and board member and treasurer of the National Association of Pediatric Nurse Practitioners' (NAPNAP) Los Angeles chapter.

For the outstanding care she provides to her patients and her dedication to the profession, Evans recently received NAPNAP Los Angeles chapter's Nurse Practitioner of the Year award.

"It means so much to be recognized and honored by my peers. It makes me strive to do even more for my patients," she says. ■