Extra: Lives Outside the Hospital

Rock That Party: Nurse DJ at Work

by Candace Pearson

Not many nurses travel with their own fog machine and high-performance turntables, but not many nurses have another life as a professional DJ—like Grace Magaling, RN, BSN.

When Magaling isn’t on duty in the Cardiothoracic Intensive Care Unit (CTICU) at Children’s Hospital Los Angeles, she might be found spinning tunes at family anniversaries, wedding receptions, and Sweet 16 and bachelorette parties.

She’s been a professional DJ since 2003, when she taught herself the skills to earn extra money while at California State University, Sacramento. Her performances attracted the attention of a major promotions company in Northern California. Soon she was hired to provide music for corporate and political events, preconcert parties and new-music launches. She hosted an iTunes radio show and even met her husband, Mark Magaling, when both Djed an event.

After college, she was offered the opportunity to travel and provide music for celebrity events. “But I had already been accepted into nursing school,” she says. “I knew I wanted to be a nurse.”

So she put her DJ gear aside to study and, later, complete the Versant RN Residency in Pediatrics at Children’s Hospital. Still, music—particularly classical—helped get her through nursing school by keeping her calm and focused, she says.

She uses the same method to help her young charges in the CTICU. When a patient is stressed, Magaling plays soothing music or suggests a playlist to the parents. “Sometimes, trying the non-pharmaceutical intervention first works,” she says.

A Strong Advocate for Education

by Elena F. Epstein

Leticia Boutros, NP, (Surgical Admitting) is one of six siblings raised by a single mother who consistently stressed the value of education. Boutros, a Children’s Hospital Los Angeles nurse for 26 years, speaks with great pride of the fact that all her siblings have graduated college and are enjoying professional careers.

It is those values of hard work, perseverance and learning that Boutros wants to instill in the young women she meets and mentors through her various volunteer work.

Each year she runs several workshops for young minority women through the Pasadena Youth Center’s annual Adelante Mujer Latina Conference (Latin Women Moving Forward), which draws more than 2,000 middle- and high school-aged girls representing 134 schools from throughout Los Angeles, Ventura and Riverside Counties.

“It’s so important for girls to set goals and consider different career options,” says Boutros, who began the workshops in 2008. “If they have the motivation, they will find the opportunities to succeed.”

Boutros also volunteers with the Children’s Hospital Careers in Health and Mentorship Program (CHAMP), where she has talked to high school students in the Greater Los Angeles community, encouraging and promoting post-high school education and health care careers.

This year, Boutros has also become involved with Hermanas Unidas de UCLA, a Chicana/Latinas student organization that combines academic, community service and social activities. Boutros meets quarterly with the college students to chat informally about various issues ranging from nutrition, diagnostic examinations and personal health to sexually transmitted infections. In addition, she has participated in the organization’s annual career conference.

“We usually meet in the student apartments, where I present health and resource information to the students, and this is followed by a discussion session,” says Boutros.

By the end of the evening, the students typically start to open up and share their questions and concerns. With every information session, Boutros is one step closer to her goal of empowering as many young adults as possible through education.
ill children tend to get frustrated more easily by day-to-day annoyances ... while I am nothing less than thrilled my family is healthy and able to go out and live each day to seek and learn for themselves what is important in life.

“I have taken care of children with end-stage lethal diseases who have told me they would love nothing more than to go to a normal school, attend their prom, or go to the mall and shop one more time,” she adds. “It’s unfathomable the things I would take for granted before I became a nurse.”

Matich recounts a life-changing event early in her career, at another hospital, when she cared for a newborn with a severe brain hemorrhage. After the decision was made to remove the baby from life support, the boy’s parents asked if the nurses would read children’s stories and sing Christmas carols to him—activities he would not grow up to experience. They agreed, fighting back tears through each page and song.

That experience taught Matich the importance of cherishing simple pleasures, like reading and singing to a child, but also reminded her of the key role nurses play in a family’s painful recovery. “No matter how difficult it was for us, their request was important to the parents and their healing. Our role was to help them get through a difficult period in their lives,” she says.

Brenda Gallardo, RN, (Newborn and Infant Critical Care Unit) remembers a 15-year-old patient with cystic fibrosis on 5 West. A year after receiving a lung transplant, the girl was readmitted to Children’s Hospital Los Angeles with a lung infection. Before passing away, she said all the surgeries and treatments were worth it to live life as a healthy teenager for even a short time. “I learned to live life in moments and appreciate time with loved ones,” Gallardo says.

Working in the Emergency Department (ED) for more than 20 years, Nicole Sheppard, RN, BSN, CPEN, says the patients who most affected her were the ones who closely paralleled her life—trauma victims the same age as her children. “I am grounded and humbled every day for what I deal with in the department,” she says. “It makes me realize what is important and how quickly things can be taken away from you.”

Throughout the halls of Children’s Hospital there are constant reminders of how precious life is. From the tiniest newborns to young adolescents, patients face life-threatening illnesses and serious procedures that are unimaginable to most people. At the center of this care are the nurses, who can’t help but be affected by their patients and families, and learn important life lessons along the way.

Loera, Gallardo and Sheppard are among the many nurses who say that witnessing patients and families facing adversity has shaped them both professionally and personally. By being privy to the most difficult times in a family’s life, they have gained insight and wisdom to help make sense of what’s truly important. All three say they are inspired and strengthened by their work and count their blessings—not only during the holidays, but year-round.

“How could my work not change who I am?” asks Sheppard, who has seen every type of trauma in the ED—from car accidents and drownings to gunshot wounds. “There’s so much tragedy that other people don’t see every day. It changes who you are by witnessing it.”

She adds, “My husband comes home from work and says, ‘I had a rough day.’ I say, ‘Is everyone breathing? How bad could it be?’ I have such a strong perspective on what’s important in life. I have two healthy children. I’m beyond blessed. I’m grateful for every single day.”

Sue Matich, RN, PNP (Radiology), adds, “My family and friends who don’t work with critically
Pam Faire, MSN, CPNP-PC/AC (Cardiothoracic Surgery) has learned her share of life lessons from patients and families. “The parents are so scared and have a ferocious love for their child, but they show such grace and strength,” she says. “I have learned something from all of them and I hope I give them something back.”

She remembers one patient whose family was given little hope prior to arriving at Children’s Hospital. The toddler needed another heart surgery and both parents, faced with losing her, “were remarkable,” Faire says. “[The pressure] never came across—they were grateful and understanding, even when we didn’t have all the answers. They taught us how to carry on.” Faire notes that the girl, now 8 years old, is thriving.

In dealing with families in crisis, she has become more empathetic. “I always put myself in someone else’s shoes and treat them the way that I would want to be treated.”

While it’s not easy being exposed to patients who are suffering or have a difficult prognosis, Gallardo says it’s rewarding knowing she’s making a difference in someone’s life and seeing “miracles that come through the hospital’s hallways day in and day out.”

Loera adds, “I may not be able to save a child, but I may be able to save a family. Five years down the road, I want them to say, ‘I’m so glad she was there to take care of us.’ I want to make an impact so they remember me.”

“My job allows me to get a glimpse of our patients’ lives,” she adds. “I try very hard to make a difference, keep things in perspective and focus on what really matters.”

Sue Matich, RN, PNP

Nurses from various units of Children’s Hospital

Posters
Kelli Anderson, RN, (5 West), Gloria Verret, RN, (6 West) and Jennifer Buchanan, RN, (Institute for Maternal-Fetal Health): “RN Remedies: A Nurse-Driven Blog Program Reaches Out Globally.” Sandy Hall, RN, (RN Residency), Diane Altounji, RN, (4 West), Laura Rohnert, PT, Joan Godell (Health Sciences) and Felicitas dela Cruz, RN, (Nursing Research): “A Staff-Driven Initiative to Improve Evidence-Based Practice at the Bedside.” Noreen Clarke, RN, (Craniofacial/UCEDD), Kathryn Smith, RN, (UCEDD) and Cecily Betz, RN, (UCEDD): “Let’s Get Involved: Advocacy on the Local, Regional, State, National and International Level,” and “Creation of Nurse Directed Clinics for Children with Special Health Care Needs.”

Presentations
Susan Crandall, RN, (Magnet and PICU): “Taming the Beast: Conquering the Demographic Information Form and Harnessing Data to Transform Your Organization” and “Magnet Sustainability: Infusing the Magic of Innovation Through Designation, Redesignation and Beyond.” Nancy Blake, RN, (Critical Care Services) and Kathleen Stevenson, RN, (Nursing Supervisor): “Disaster Preparedness: Nurses Partnering With the Community to Influence Policy and Response.” Cecily Betz, RN, (UCEDD) and Kathryn Smith, RN, (UCEDD): “Promoting Inclusive Health Care for Individuals with Developmental Disabilities.” Nancy McNeill, RN, (Newborn and Infant Critical Care Unit): “Improving Patient Satisfaction and the Patient/Family Experience” (a Magnet exemplars panel).
**Professional Milestones**

**Presentations**
- Sharee Anzauido, RN, (Surgical Admitting): “Gastrointestinal, Genitourinary and Renal Disorders, and Children, with University of California, Los Angeles (UCLA) School of Nursing, July 2013.
- **DAISY Awards**
  - Brandi Bowen, RN, (6 West) – July
  - Virginta (Gigi) Giesler, RN, (Newborn and Infant Critical Care) – August, 2013
  - Maxine Ogbaa, RN, (Newborn and Infant Critical Care) – September 2013
  - Geri Fonacier, RN, (5 East) – October 2013
  - Nancy Hart, RN, (Hematology-Oncology) – November 2013
- **Promotions and Certifications**
  - Nicole Ainsworth, RN, (Newborn and Infant Critical Care) – August 2013
  - Leticia R. Boutros, NP, (Surgical Admitting) – NP III
  - Tom Collin, RN, (Cardiovascular Surgery) – NP III
  - Debbie Harris, NP, (Hematology) – NP III
  - Karla Haynes, NP, (Plastic Surgery/Cranial Facial) – NP III
  - Sandra Lee, RN, (Pediatric Intensive Care Unit) – RN III
  - Jennifer Lee, RN, (Pediatric Cardiac Intensive Care Unit) – RN III
  - Meghan Middleton, RN, (Pain Management) – NP III
  - Donna Novak, NP, (Pediatric Surgery) – NP III
  - Racheal Sharpen, RN, (Research) – RN III
  - Sara Mutia, RN, (Bone Marrow Transplant) – RN III
  - Tristha Peterson, NP, (Hematology) – NP III
  - Vanessa Rios, RN, (Float Team) – RN III
  - Maria Katrina Ramos, RN, (CV Acute) – RN III
  - Michelle Beato, RN, (CV Acute) – CPN
  - Jennifer Birnbaum, RN, (Operating Room) – CCRN
  - Sarah Bradbrook, RN, (5 East) – PNP
  - Beverley Drummond, RN, (Newborn and Infant Critical Care) – RN III
  - Evelyn Garcia, RN, (6 East) – CPN
  - Kathleen Palas, RN, (West) – CPN
  - Jamie Orellana, RN, (CFEN) – CPN
  - Janet Mooney, RN, (5 East) – CPN
  - Jaime Truluck, RN, (6 East) – CPN
  - Judith Peturs, RN, (Newborn and Infant Critical Care Unit) – RNC
- **Recognition**
  - The Children’s Hospital Los Angeles Cardiothoracic Intensive Care Unit received the “Gold” Beacon Award by the American Association of Critical Care Nurses, September, 2013. Only three other pediatric cardiac ICUs in the nation have received a Gold award.

**Residency Program**
- Sandy Hall, RN, (6 East) – BSN
- Maxine Ogbaa, RN, (Newborn and Infant Critical Care) – BSN
- Sarah Bradbrook, RN, (5 East) – BSN
- Circles of Grace Scholarships in Nursing, June 2013. The following nurses were finalists for the California Nursing Excellence Awards, 2013 (Nurse.com GEM Awardees): Christina Cruso (Hematology-Oncology) Home, Community and Ambulatory Care; Geri Ruccione, RN, (Hematology-Oncology) Home, Community and Ambulatory Care, August, 2013. Universal City, Calif.
- **Academic Degrees**
  - Sarah Bradbrook, RN, (5 East) – MSN
  - Leah Carillo, RN, (6 West) – BSN
  - Tom Cottrell, RN, (Emergency) – BSN
  - Stephanie Gill, RN, (5 East) – BSN
  - Linda Kello, RN, (6 West) – BSN
  - Jenolene Knapp, RN, (5 East) – BSN
  - Martha Jarquin, RN, (Radiology) – BSN
  - Cindy Lee, RN, (6 East) – BSN
  - Amanda Price, RN, (6 North) – BSN
  - Adriana Torres, RN, (CV Acute) – BSN
  - Lillian Theodore, RN, (6 East) – BSN
  - Gloria Verret, RN, (6 North) – BSN
  - **Association Appointments and Honors**
  - Liz Daley, RN, (Cardiac Intensive Care Unit), registered nurse with the Children’s Heart Foundation, Catherine Kissing, RN, (6 East), treasuer of the Society of Pediatric Nurses. Raulin Feria, RN, (Cardiac Intensive Care Unit), external item writer for the CPN exam for Pediatric Nursing Certification Board. Bianca Salvetti, RN, (Adolescent Medicine), volunteer for National Pediatric Nurse Practitioners LA chapter. Laura Klee, RN, (ECMO team), president-elect of the Coastal Counties Association of Neonatal Nurses.

**Life Celebrations**
- **Marriages**
  - Jojo An, RN, (CV Acute) – Kevin Amick, RN, (Newborn and Infant Critical Care Unit).
  - Rose Bagayay, RN, (Newborn and Infant Critical Care Unit).
  - Lauren Britowitch, RN, (Newborn and Infant Critical Care Unit).
  - Kerry Deland, RN, (5 East) – Beverly Drummond, RN, (Newborn and Infant Critical Care Unit).
  - Erica Garcia, RN, (5 West, PG) – Peggy Hegenbart, RN, (Newborn and Infant Critical Care Unit).
  - Bonnie Lee, RN, (Newborn and Infant Critical Care Unit) – Beidhe Briones.
  - Michelle Karlu, RN, (5 East) – Jessica McKee, RN, (Newborn and Infant Critical Care Unit).
  - Maureen Monroy, RN, (5 East) – Tay Patterson, RN, (Hematology-Oncology).
  - Danielle Tait, RN, (5 East) – Johanna Villegas, RN, (6 West).
  - Swati Vyas, RN, (4 West) – Shannon West, RN, (5 East).

**Babies**
- Mary Alvada, RN, (5 East) – girl
- Melissa Callaghan, RN, (Nurse Anesthetist) – boy
- Margaux Chan, RN, (Post Anesthesia Care Unit) – boy
- Mary Martin, RN, (5 East) – girl
- Jojo An, RN, (CV Acute) – girl
- Jamie Duly, RN, (6 East) – girl
- Christine Dyer, RN, (6 East) – boy
- Sherry Gal, RN, (5 East) – boy
- Sally Gubbins, RN, (Nurse Anesthetist) – girl
- Danielle Haimowitz, RN, (Post Anesthesia Care Unit) – boy
- Samol El Houry, RN, (6 East) – boy
- Karen Hudson, RN, (Post Anesthesia Care) – boy
- Meera Iwaszuk, RN, (Cardiac Intensive Care Unit) – boy
- Jessica Lesca, LVN, (6 East) – boy
- Chystal Light, (6 East) – girl
- Angela Madrid, RN, (6 East) – boy
- Tiffany Paulsen, RN, (6 East) – girl
- Varela Phillips, RN, (Newborn and Infant Critical Care Unit) – boy
- Yael Rosenthal, RN, (Hematology-Oncology) – boy
- Tina Sato, RN, (6 East) – girl
- Hui-ween Sato, RN, (Pediatric Intensive Care) – girl
- Sani Salis, RN, (Pediatric Intensive Care) – boy
- Sahar Vann, RN, (6 East) – girl
- Cindy Varela, RN, (6 North) – girl
- Michelle Wilson, RN, (5 East) – girl
**Beads of Courage®: The Color of Resilience**

**by Candace Pearson**

In the halls of the Division of Hematology, Oncology and Blood and Marrow Transplantation at Children’s Hospital Los Angeles, colorful strands of beads dangle from IV poles. Inside the patient rooms, children huddle with their parents, adding new beads to their hard-earned assortment.

These are the Beads of Courage®, an arts-in-medicine supportive care program that enables children to tell their own stories of resilience and survivorship.

The nationwide program—developed for children with cancer, blood disease or other chronic illness—launched at Children’s Hospital July 14, 2013, when excited patients, family members and staff crowded into the fourth-floor Family Lounge. Children and teens received their first beads and the strand-stringing party was underway.

“The beads give the children a sense of bravery and pride—they’ve overcome something and have a ‘badge’ to show for it,” says Rita Secola, PhD, RN, CPON, FAAN, Patient Care Services director, Hematology-Oncology.

Secola and Diane Altounji, MSN, RN, CPON, 4 West, and Peggy Townsend, MSM, RN, CPON, clinical manager, 4 East, led a group of “nurse champions” who completed a three-month training in the nurse-run program. The program at Children’s Hospital received key support from two organizations—Chai Lifeline West Coast and Integrity Ingredients Corp.

Each glass or ceramic bead a child receives represents a challenge overcome. Beads are given for clinic visits, hair loss, fever, central lines, tests, transfusions and more. There’s a star bead for surgery, a tortoise for a lumbar puncture and “bumpy beads”—with swirls, dots and other designs—for particularly tough challenges, such as a medication change or needle stick.

Completion of treatment—a particularly cherished milestone—warrants a purple bead. “That’s our favorite to give out,” says Altounji.

Children keep a “daily bead journal” and often corral caregivers with requests for beads. The number one rule for nurses—“no bead withholding,” says Secola with a smile.

In reflection of the hospital’s research-based approach to care, Secola is conducting pre- and post-launch surveys of patients and families to determine if the program makes a difference in strengthening coping skills and emotional resilience.

Nurses say the beads also boost morale for caregivers, who get their own strands. “As nurses we often bring difficult news—another injection, medication or test,” notes Townsend. “This allows us to bring our patients something fun.”
FloSheet

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We Treat Kids Better

UCLA Partnership Focuses on Nursing Research

by Candace Pearson

California, Los Angeles (UCLA) School of Nursing
that will bring together nurses from the two
powerhouse organizations.

The agreement comes at a propitious moment.
“Our Nursing team has reached the wonderful
point that the work we’re doing requires us to
analyze it, determine its efficacy and prove new
methodologies,” says Mary Dee Hacker, MBA,
RN, NEA-BC, FAAN, vice president for Patient
Care Services and chief nursing officer at
Children’s Hospital.

“There are so many opportunities with this
collaboration that will advance nursing practice
by bridging clinical practice and research,” adds
Courtney H. Lyder, ND, ScD (Hon), FAAN,
dean of the UCLA School of Nursing.

The hospital will establish a Center for Nursing
Research within The Saban Research Institute at
Children’s Hospital Los Angeles to support nurses
in designing projects, analyzing data and
presenting findings. In addition, nurses from
Children’s Hospital and UCLA will exchange
scholarly information to keep clinicians and
researchers abreast of best practices.

The partnership also is expected to usher in new,
joint educational efforts, including training,
conferences and other scientific meetings on
subjects of mutual interest.

Four PhD-level nurses at Children’s Hospital will
join the UCLA School of Nursing faculty—Nancy
Blake, PhD, RN, NEA-BC, CCRN, FAAN, Patient
Care Services director, Critical Care Services;
Lori Marshall, PhD, MSN, RN, administrator,
Patient Family Education; Mary Baron Nelson,
PhD, RN, CPNP, nurse researcher, Brain Tumor
Program; and Rita Secola, PhD, RN, CPON,
FAAN, Patient Care Services director,
Hematology-Oncology.

Hacker is excited by the possibilities. “Children’s
Hospital is internationally known for the academic
work done by its physicians,” she says. “It’s time
for our nurses to look at all aspects of nursing.”

Nurses at Children’s Hospital Los Angeles are
poised to change nursing practice with a new
academic partnership inspired by the desire to
promote the health and well-being of children.

This summer, Children’s Hospital announced an
innovative collaboration with the University of

California, Los Angeles (UCLA) School of Nursing