

Extra: Lives Outside the Hospital

Gone Fishing: Lorraine Devine-Cruz Unwinds With Rod and Reel

By Candace Pearson

As a 5-year-old, Lorraine Devine-Cruz, RN, CPN, 6 East, would pile into a small skiff with her father, brother and sister and head out onto Newport Bay for a day of fishing for sea bass and scorpion fish.

"My dad would put a huge weight on the line and tell me to drop it down until it hit bottom, then wait for a bite," she recalls. In the process, she got bitten too—by the fishing bug.

Now, two or three days a week, you'll find her out on a lake, rod and reel in hand. Sometimes she'll mix in a day of ocean fishing. It's her chosen sport and—more important—"my meditation," she says. "Some people do yoga. For me, fishing is the way to relax."

Working on the Medical/Surgical Unit, Devine-Cruz and her fellow nurses see a lot of children recovering from trauma. "After a tough day, I go fishing," she says. "Throwing my line in the water

is a positive way of emptying out any stress or worries and just thinking about life."

The ocean was her preferred destination until she met her boyfriend (now husband), Ivan Cruz, who loves lake fishing and, conveniently, is a professional chef. "We have a lot of fish recipes," Devine-Cruz says with a smile. They even bought a house within easy walking distance of Castaic Lake—their "go-to spot."

Her biggest catch occurred off Newport Beach two summers ago: a 25-pound yellowtail. As soon as her line cut through the waves, she felt a tug. "I knew there was something big on it." It took her a half-hour, and the last-minute aid of a deck hand, to reel in the big fish.

Among the ones that got away, the one that "still hurts" is a striper bass at Castaic Lake. Devine-Cruz made "the rookie mistake" of tightening her



Lorraine Devine-Cruz, RN, BSN

line too much and it snapped. The fish went free. "That could have been a record, it was that epic," she insists, in time-honored fish-story fashion.

Fittingly, her astrological sign is Pisces—the fish. "I love being on the water," she says. "It's so peaceful." ■

Nurses in Action

'In a Heartbeat': Jumping Into Action After Hurricane Harvey

By Candace Pearson



Robert Giesler, RN, BSN, RRT, RNC-NIC

Robert Giesler, RN, BSN, RRT, RNC-NIC, always wanted to do "something bigger than myself," he says—so he was ready to sign on when he got an urgent text on Aug. 29 requesting emergency response nurses in Houston, hard hit by flooding from Hurricane Harvey.

Giesler, a member of the extracorporeal membrane oxygenation (ECMO) team at Children's Hospital Los Angeles, paused long enough to

check with two people—his wife, Gigi, and his manager, Kimberly Kyle, MSN, RN, CCRN. Both said an enthusiastic yes, and a day later, armed with his sleeping bag, scrubs and a temporary Texas nursing license, Giesler was on a flight out of Burbank airport.

For the next two weeks he would be front and center in the largest-ever storm in the continental U.S., which dumped 51 inches of rain on Texas.

Landing in Dallas, Giesler and nurses from across the country gathered at a local hotel to prepare for transport to Houston. "It was awesome to see that kind of commitment to helping people," he says. Buses took the nurses just outside Houston, where the roads were still declared unsafe, then Black Hawk helicopters ferried them to their final destination.

As Giesler and other volunteers walked into

Women's Hospital of Texas, they were greeted by applause from the exhausted staff, who had been on the job since the storm hit. "Many didn't know the state of their own homes," says Giesler. Once managers in the hospital's 160-bed Neonatal Intensive Care Unit learned Giesler's credentials in extracorporeal membrane oxygenation, neonatal intensive care and rapid response, he was assigned the acutely ill newborns.

Giesler and other volunteers slept on cots in the hospital the first week. He worked 12-hour days, six days in a row, for two weeks, with one day off in between to do laundry. By the second week, the hospital's regular staff started trickling back in. Some weren't affected by the storm, but others had lost everything.

Helping out his colleagues and local families was "so rewarding," says Giesler. "I would do it again in a heartbeat." ■

From Reindogs to Red Pajamas Nurses help bring

by Candace Pearson



Debbie Reid, MSN, RN-BC, CPON (right), with Santa and Los Angeles Police Chief Charlie Beck

Two weeks before Christmas, Santa Claus dropped down the chimney onto the fourth floor, accompanied by a police escort—necessary, the patients were told, to protect his reindeer parked on the hospital roof.

Santa and Mrs. Claus then made their way through 4 West, Bone Marrow Transplant Unit and 4 East, leaving behind gifts, Junior Police badges and candy canes. The annual visit is just one of many traditions created by Children's Hospital Los Angeles nurses to brighten the spirits of children who have to spend the holidays away from home.

This one was organized more than 20 years ago by Debbie Reid, MSN, RN-BC, CPON, then on staff on 4 West, now manager of Clinical Services Professional Development. Her mother, Donna Christoffersen, a reserve officer with the Los Angeles Police Department Foothill District, persuaded her unit to get involved.

Reid was inspired by an even earlier gift-giving event, "Cops-4-Tots," started in the Bone Marrow Transplant (BMT) Unit by Lisa Hatter, RN, BSN, BMT operations manager. "For the kids who have to be here at the holidays, we want to make this time the best it can be," says Reid. "Hours before they may have been getting chemo, nauseous or in pain, but this gets them to forget all that for a while."

Children's Hospital takes care to recognize all faith traditions at the end of the year, hanging banners for Christmas, winter solstice, Chanukah and Kwanzaa. The Spiritual Care Services Program also distributes menorahs to all nursing units.

The hospital's therapy dogs dressed in Christmas and Chanukah costumes in December, even serving as Santa's "reindogs" at CHLA's yearly tree lighting. "The one thing that brings the biggest smiles to children, teens and families is to receive a visit from one of our four-legged friends in costume," says Debbie Jury, MSN, CPNP-PC/AC, CNS, Pain Service.

In units with the sickest children, nurses strive to deliver some cheer to anxious families. In the Pediatric Intensive Care Unit, the nursing team uses its few moments of downtime to paint cartoon characters on the doors. "It makes our unit more festive," says Nancy Lavoie, RN, CCRN.



Debbie Jury, MSN, CPNP-PC/AC, CNS, and Wrigley

In the Steven & Alexandra Cohen Foundation Newborn and Infant Critical Care Unit (NICCU), holiday decorating has become a family affair. Ellen Horwitz, RN, CMT, FIMI, began the practice 27 years ago and later enlisted her artist husband, Tim Ryan. This year drew more than 40 volunteers. Nurses invite their family members and friends. Even some parents and siblings of patients get in on the act, helping to sponge-paint the NICCU's 39 windows with drawings of cuddling animals, holiday scenes and snowflakes.

"The hospital can't be like home," notes Horwitz, "but this is a small gesture toward making it a kinder, more bearable place."

Nurses on 5 East get a big seasonal assist from a longtime CHLA volunteer, Jim O'Connor, who organizes students from St. Francis High School in La Canada-Flintridge for a decorating party that has expanded to include the entire fifth and sixth floors. In December, 35 teens participated. "It's lovely to see all the kindness that comes from everyone to our patients," says Susan Santner, MSN, RN, 5 East operations manager.

Members of the community get involved in other, unexpected ways. Several years ago, Elaine Iwamoto, RN, CPN, 6 East, was approached "out of the blue" by her husband's cousin, Diane Kawasaki. She and some friends wanted to do something for kids who have to spend holidays—any holiday—in the hospital.

Since then, the group has assembled goody bags for 6 East patients, not just on Christmas, but for Thanksgiving, Valentine's Day, Halloween, Easter, even the Fourth of July. "The bags are filled with things that kids like," says Iwamoto, such as pencils, candy, stickers, bubble kits and games.

In Duque 6 Rehab, a yearly party and toy drive reflect the appreciation that one man felt for the care a family friend received at CHLA. Chris Graves was 13 in 2002 when he was diagnosed with dermatomyositis, a rare inflammatory disease, and spent three months in rehabilitation.

In gratitude for Graves' recovery, filmmaker David Venghaus held a "toy-raising" party for a few dozen friends. Fifteen years later, it has grown to 300-plus attendees. In December, Venghaus and the Graves family delivered this year's donated toys to Duque 6 Rehab. "Dave's generosity helps ease being in the hospital during the holidays for our patients," says Phan Leopando, RN, CRRN, operations manager.

g comfort and cheer during the holidays at CHLA



Phan D. Leopando, RN, CRRN, in the Rehab Unit

Throughout CHLA, nurses don holiday-themed necklaces, Santa hats and antlers. On 4 East, day- and night-shift nurses report for work in their pajamas on Christmas Day. “The kids love it,” says Diane Grade, BSN, RN, CPON, 4 East operations manager. “It helps make a fun day for everybody.”

Individual nurses and nursing units get involved in the adopt-a-family program at CHLA, Holidays From the Heart. For Tina Quintana, RN, BSN, CPON, Infusion Center, 2017 marked her third

year of participation. “The holidays can be quite challenging for many people,” she says. “Helping them fulfill some needs and hopefully some wants is a pretty awesome thing.”

For nurses on CV Acute, like other units, “it’s our time to help one of our families beyond bedside care,” says Jhoanna Katindoy, RN, BSN. This December, the unit was able to sponsor a family of eight, giving them all the things on their list and more.

Nurses hospital-wide try to get their patients home for the holidays, even for one special day, if their health allows. It makes for quieter-than-usual hallways at CHLA — except in the Emergency Department (ED), where Christmas Day is one of its busiest times. With most doctor’s offices and clinics closed, families bring their sick children to CHLA. Patients with chronic diseases also turn to the ED, as do trauma cases.

“It’s crazy busy,” says Loni Chartan, MSN, RN, CPEN, NEA-BC, operations manager.

All ED nurses are required to work at some point during the holidays. “But we know that any family who is with their child in the Emergency Department on Christmas Day is not having a great day,” says Chartan. “We keep that perspective, and do all we can to make it easier for them. That’s why we work here.” ■



Part of the 4 East Christmas Day crew—front row, left to right: Kelvin Duong, RN, BSN, and Mark Chan, RN, BSN. Back row, left to right: Andrea Petty, RN, BSN, CPON; Stephanie Darden, RN, BSN; Lauren Witkowski, RN-BC, BSN; Jackie Cortez, CP; Sandy Cortez, CP; and Kaitlin O’Rourke, RN, BSN, CPON

A Conversation With ...

John Hulse, RN, Emergency Department and Trauma Center



John Hulse, RN, with his son Charlie

How long have you been at CHLA? Twenty-seven years—I started as a new grad.

Favorite quote: “Tell me and I forget. Teach me and I remember. Involve me and I learn.”

Favorite book: “Gulliver’s Travels” by Jonathan Swift.

Favorite movie: “It’s a Mad, Mad, Mad, Mad, World” and “Goodfellas.”

Best #hashtag to describe you: #NursingHumor

Favorite day-off spot: OUTDOORS!

What makes working at CHLA special? There are so many things that come to mind, but the most special part is the patients we care for and the genuine caring environment for those patients.

Favorite part of your job: Having new and previous patients I have cared for run back as they are leaving the ED and saying, “Bye, Big John, thank you.” Even when my patients and their families are coming to a clinic appointment, they come by the ED just to say hi. How great is that?

If you weren’t a nurse, what would you be?
A paramedic.

Advice for nurses just starting out: Be flexible and willing to learn new things and new specialties. The experience you obtain will pay off in ways you may not even recognize at the time.

Best life advice: Stop to smell the roses along the way. Life is short and sweet. Hold every special moment and memory as an event, not just in your life but in others’ lives, because tomorrow isn’t promised.

Favorite comfort food: Homemade mac ‘n’ cheese.

Guilty pleasure: Cerveza.

Tell us something that would surprise your coworkers: I have worked in hospitals since I was 14 years old, starting as a volunteer.

What do you love to do when not working? Play and read with my kids. Go for rides in the mountains.

Favorite local hike spots: Griffith Park in the early morning and hiking from the Observatory to the Hollywood sign.

What sets your heart on fire? My beautiful wife and four fabulous children; science and nature.

What would you tell your high school self?
SLOW DOWN!

Celebrating the accomplishments and milestones of CHLA nurses

Presentations

Maria Bautista-Durand (Pediatric Surgery): "Tertiary Survey: Challenges in the Pediatric Child," Advanced Practice SIG, and "Hidden Gems: Assessing the Pediatric Orthopaedic Polytrauma Patient," General Session, TraumaCon, Society of Trauma Nurses, St. Louis, MO, April 2017.

Fran Blayney (Clinical Services): "Listen Live," speaker at Southern California (SoCal) PBS event, in conjunction with "The Vietnam War," a documentary by Ken Burns and Lynn Novick, which aired on PBS, October 2017.

Susan Carson (Hematology): Led two Thalassemia Educational Days to update nurses on "The Care of the Thalassemia Patient," Sydney, Australia, and Tasikmalaya, Indonesia, September 2017.

Nancy Chang (Endocrinology): "Accepting the Diagnosis: What Providers Need to Know to Help Adolescents Improve Diabetes Self-Management in Type 2 Diabetes," poster presentation, International Society of Pediatric and Adolescent Diabetes (ISPAD), Innsbruck, Austria, October 2017.

Tom Cottrell (Vascular Access Team): "Retrospective Comparative Study of Dwell Time Between Ultrasound-Guided and Traditionally Placed Peripherally-Inserted Intravenous Catheters in Hospitalized Children," poster presentation, Association of Vascular Access Annual Scientific Meeting, Phoenix, AZ, September 2017.

Alan Cresencia (Post-Anesthesia Care Unit): "Pediatric PACU Nursing: Are You Competent?" 4th International Conference for PeriAnesthesia Nurses, Sydney, Australia, November 2017.

Gwen Kimball (Bone Marrow Transplant): "Sudden Infant Death Syndrome and Safe Infant Sleep," podium presentation, Society of Pediatric Nurses (SPN) Los Angeles Chapter, Los Angeles, CA, October 2017.

Ruth Lemus (Heart Institute): "Aortic Arch Anomalies Case Studies," podium presentation, Society of Thoracic Surgeons Advances in Quality & Outcomes: A Data Managers Meeting, October 2017.

Meredith Pely and **Edahrline Salas** (Quality Improvement and Patient Safety): "Engaging Staff by Thinking Outside the Patient Safety Box," podium presentation, RL Connections Conference, Los Angeles, CA, September 2017.

Nancy Pike (Cardiothoracic Surgery): "Neurodevelopmental Outcomes in Adolescents with Left Ventricular Outflow Tract Defects" and "Self-Reported Health Status in Adolescents and Adults with Congenital Heart Disease," invited speaker, and "Regional Brain Gray Matter Volume Loss in Adolescents with Single Ventricle Heart Disease," poster presentation, World Congress of Pediatric Cardiology and Cardiothoracic Surgery, Barcelona, Spain, July 2017; "Cognitive Challenges: The Cumulative Burden in Adolescents with Single Ventricle," invited speaker, Ward Family Heart Center, Children's Mercy Hospital, Kansas City, MO, October 2017.

Bianca Salvetti (Adolescent and Young Adult Medicine): "Transgender Youth in the Emergency Department," 13th Annual South Bay EDAP Conference, San Pedro, CA; and "Transgender Youth," presentation to Pasadena School Nurses, Pasadena, CA, both September 2017.

Hui-wen Sato (Pediatric Intensive Care Unit): "How Grief Enables Me to Endure as a Nurse," podium presentation, TEDx Talk, Pasadena, CA, September 2017.

Nhu Tran (Cardiovascular Surgery): "Cerebrovascular Autoregulation in Preoperative Neonates with Congenital Heart Disease Compared to Healthy Controls," poster presentation, Academy of Neonatal Nurses Conference, Las Vegas, NV, September 2017.

Advanced Practice Nursing (APN) Symposium, "From Concept to Conclusion: Improving Outcomes with APN-Led Research," CHLA, November 2017: **Jennifer Baird** (Institute for Nursing and Interprofessional Research): "Creating the Culture and Resources for APN Research to Thrive: The Role of INIR," keynote presentation; **Susan Carson**: opening and closing remarks; **Anna Evans**: "Introduction of Childhood Cancer Psychosocial Standards of Care in the Pediatric Oncology Program at a Busy Academic Center," **Michelle Garcia**: "A Retrospective Analysis of Bloodstream Infections in Pediatric Allogeneic Stem Cell Transplant Recipients: The Role of Central Venous Catheters and Mucosal Barrier Injury," **Kaaren Waters**: "Introduction of Skin Care Guidelines for Children and Teens Taking Molecularly Targeted Agents" (all Hematology-Oncology); **Jessica Ward**

(Institute for Nursing and Interprofessional Research): "Parent Psychological and Physical Health Outcomes in Pediatric Hematopoietic Stem Cell Transplantation," and, **Nichole Buswell** (Plastic Surgery), **Nancy Chang** (Endocrinology), **Deanna Jung** (Radiology), **Debbie Jury** (Pain Service), **Sue Matich** (Interventional Radiology) and **Jessica Ward** (Institute for Nursing and Interprofessional Research): "Tips from the Trenches: APNs at CHLA Who Have Turned Ideas Into Research Studies," panel discussion.

Association for Nursing Professional Development Annual Convention, New Orleans, LA, July 2017: **Sandy Hall** (Versant™ RN Residency): "Enhancing RN Resident Engagement in Evidence-Based Practice," podium presentation; **Gwen Kimball** (Bone Marrow Transplant): "Supporting New Managers with Mentorship at a Pediatric Academic Hospital," poster presentation; **Jessica Klaristenfeld** (Pediatric Intensive Care Unit): "Not Just for Nursing: Interprofessional Competency Validation Transformed," podium presentation.

International Nursing Research Congress, Sigma Theta Tau International, Dublin, Ireland, July-August 2017: **Allan Cresencia** (Post-Anesthesia Care Unit): "Resiliency Among PhD Students: Navigating Doctoral Education as a Cohort," poster presentation; **Gloria Verret** (Family Resource Center) and **Meghan Meehan** (Hematology-Oncology): "An Innovative Interdisciplinary Response to CVC-Related Complications in TPN-Dependent Pediatric Patients: A Comprehensive Educational Initiative," poster presentation.

Versant Client Conference, San Antonio, TX, October 2017: **Brooke Bennett** and **Meghan Firth Sayed** (Pediatric Intensive Care Unit): "Bearing the Weight of Loss: Preventing Empty Arms Syndrome in the NICCU," poster presentation; **Mallory O'Reilly**, **Arcel Ho**, **Elisha Alonzo**, **Rochelle Ko**, **Allison Lee** and **Jennifer Rojas** (5 West): "Practice Makes Precision: Simulation Laboratory Training for Caregivers for Home Mechanical Ventilation Patients," **Jahmela Pech** (5 West): "Education Through Virtual Methodologies: An Innovative Way to Increase Staff Compliance and Engagement," **Suzanne Taylor** (Clinical Services): "1 + 1 = Excellence: Maximizing Versant and CHLA Outcomes," podium presentation.

Publications

JoAnn Barreras (Vascular Access): "Using a Near Infrared Device to Improve Successful Venous Access in Children With Special Healthcare Needs," Journal for Vascular Access, June 2017.

Nancy Pike (Cardiothoracic Surgery): "Validity of the Montreal Cognitive Assessment Screener in Adolescents and Young Adults With and Without Congenital Heart Disease," co-author, Nursing Research, June 2017; "Utilization of Early Intervention Services in Young Children with Hypoplastic Left Heart Syndrome," co-author, Cardiology in the Young, August 2017.

Hui-wen Sato (Pediatric Intensive Care Unit): "Intimate Strangers" and "The Inner Stretch of Nursing," both in the American Journal of Nursing, August 2017 and October 2017, respectively.

Kathy Van Allen (Fetal and Neonatal Institute): "Resource to Guide Policy and Practice" and "Safe Staffing for Pediatric Patients," Society of Pediatric Nursing Position Statements, SPN eNews, June 2017.

Professional Achievements

Debbie Harris (Hematology): Helped create and appeared in video production for Family Nurse Practitioner program at the University of Southern California, featuring a segment on a nurse working with a family whose child has sickle cell disease (SCD), September 2017.

Debbie Harris and **Trish Peterson** (Hematology): Co-chairs, Sixth Annual West Coast Sickle Cell Nurses Conference, "The Global Impact of Sickle Cell Disease: Improving Outcomes at Home and Abroad," during National SCD Awareness Month; also served on planning committee that included **Erin Benekos** (Hematology) and **Sue Carson** (Hematology), CHLA, Los Angeles, September 2017.

Florida Imperial-Perez (Cardiothoracic Intensive Care Unit): Selected by National Council of State Boards of Nursing Licensure Examination (NCLEX), and approved by California Board of Nursing, to participate on the NCLEX-item development panel of subject-matter experts, Chicago, IL, September 2017.

Erin Lowerhouse (Sedation Unit): Awarded the Terry Varrata Memorial Scholarship, Children's Hospital Los Angeles, September 2017.

Olivia Tilleard (5 West): Awarded the hospital-wide GEM (Giving Excellence Meaning) Award, December 2016.

Cynthia Triana, **Brenda Gallardo**, **Judy Foote** and **Anne Gleeson** (Newborn and Infant Critical Care Unit): In

board elections for the Coastal California Association of Neonatal Nurses, assumed the positions of president, president-elect, secretary and treasurer, respectively, August 2017.

DAISY Award/Individual: **Lori Chan** (Duque 6 Rehab), July 2017; **Melissa Stallings** (4 West), August 2017; **Shannon Snow** (Newborn and Infant Critical Care Unit), September 2017; **Linda Topper** (Pediatric Intensive Care Unit), October 2017; **Christopher London May** (Float Pool), November 2017; **Johanna Navia** (4 East), December 2017; **Gina Terrazzino**, (Emergency Department), January 2017.

Inter-Professional DAISY Team Award, given twice a year: Diabetes and Obesity Program, November 2015; Pediatric Intensive Care Unit, June 2016; Blood Donor Center, November 2016; Internal Transport Team, June 2017; Hematology Transition Team, November 2017.

Academic Achievements

BSN: **Mary Ellen Farr** (Surgical Admitting), **Allie Ferrer** (Newborn and Infant Critical Care Unit), **Amy Franco** (Internal Transport), **Deborah Porter** (Newborn and Infant Critical Care Unit), **Jen Trotter** (Bone Marrow Transplant), **Laura Vasquez** (Bone Marrow Transplant).

MBA/Health Care Administration: **Sandra Hall** (Versant RN Residency).

MSN: **Shelly Dyer** (Cardiology), **Erin Grade** (6 West), **Guadalupe Hernandez** (5 West), **Stephanie Mai** (Cardiovascular Acute), **Hilary Sibilia** (Newborn and Infant Critical Care Unit).

MSN/Education: **Sarah Gonzales** (Newborn and Infant Critical Care Unit).

PhD/Nursing: **Nhu Tran** (Cardiothoracic Surgery), Best Dissertation Award.

Certifications

ACN: **Catherine Espinoza** (Ambulatory Clinic).
CCRN: **Megan Frey Sayed** (Cardiothoracic Intensive Care Unit), **Rhonalee Uy** (Cardiothoracic Intensive Care Unit).
CM: **Delilah Dees** (Newborn and Infant Critical Care Unit).
CN III: **Kimberly Schenk** (4 West).
CPN: **John Biscocho** (5 West), **Katie Maruhnich** (5 West), **Yanira Olague** (Heart Institute), **Irma Quijano** (6 East), **Judy Ulloa** (Bone Marrow Transplant).
FPHW: **Tony Blanco** (Adolescent and Young Adult Medicine).
NHDP: **Katie Meyer** (Disaster Resource Center).
NP/LL: **Amy Lohmann** (Interventional Radiology).
PNC: **Judy Ulloa** (Bone Marrow Transplant).
PNP: **Hilary Sibilia** (Newborn and Infant Critical Care Unit).
RNIII: **Elvira Morales** (5 West).

Promotions

Teresa Archuleta (Duque 5th Floor): Lead RN.
Maya Cox (Rheumatology): Nurse Manager.
Donna De Guzman (Pulmonology and Sleep Medicine): Nurse Care Manager.
Katie Meyer (Disaster Resource Center): Center Manager.
Gloria Verret (Family Resource Center): Patient/Family Educator.
Jessica Ward (Institute for Nursing and Interprofessional Research): Research Nurse Scientist.

Life Celebrations

Marriages

Jane Bergantz (6 West), **Kat Clark** (4 West), **Ann Moaje Guzman** (Bone Marrow Transplant), **Tamara Sibala** (6 West).

Babies

Boys: Marlet Afuang (Newborn and Infant Critical Care Unit), **Emily Fu** (Pediatric Intensive Care Unit), **Lauren Hemmplardh** (Bone Marrow Transplant), **Chrystal Light** (Float Team), **Grace Magaling** (Heart Institute), **Stephanie Mai** (Cardiovascular Acute) and **Charles Mai** (Cardiothoracic Intensive Care Unit), **Ivo Rajagukguk Pandjaitan** (Cardiothoracic Intensive Care Unit), **Nadia Pasillas** (Duque 6 Rehab), **Michelle Sather** (Duque 6 Rehab), **Kayla Thompson** (Newborn and Infant Critical Care Unit), **Tina Yoshimura** (Newborn and Infant Critical Care Unit).

Girls: Bobby Brisco (6 East), **Kim Hitomi** (Newborn and Infant Critical Care Unit).

Community

Athletics: Imelissa Blancas (Surgical Admitting), Aloha 10K Run, October 2017; **Margaux Chan** (Magnet Program), Reebok's Spartan Sprint, Dodger Stadium, Los Angeles, CA, August 2017; **Allan Cresencia** and **Jennifer Meyers** (Post-Anesthesia Care Unit), Disney Half Marathon, Anaheim, CA, September 2017; Nautica Malibu Triathlon, September 2017: **Imelissa Blancas** (Surgical Admitting); **Tracie Holmes**, **Vivian Wu** and **Dorothy Dokko** (Bone Marrow Transplant); **Amy Nguyen**, **Kylie France** and **Melissa Khim** (Duque 6 Rehab); **Joey Manzo** (5 West); **Stephanie Webb** (6 West).



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

This year marked my second holiday season at CHLA. The first year, I was just getting acclimated to moving to a new city and starting a new job. But this time around, I was able to really take it all in, and what a special treat to see how our nurses come together to help ensure our young patients don't miss out on the holiday magic.

As you'll read in this issue's feature article, many of our nurses have a longstanding commitment to the kids who must spend the holidays in the hospital—they create whimsical decorations in the units, and organize toy giveaways, visits from Santa and special time with therapy dogs dressed in holiday attire.

The personal dedication of our nurses is just incredible, and it's a reminder to us all that we are not just here to take care of an illness. We are here to ensure a brighter future for our patients. We want them to go back home not only physically stronger but emotionally stronger, knowing they always had a team by their side and that their childhood spirit was also nurtured while they were here.

This holiday season, we had the highest number of patients we've ever had. Our nurses were working very hard to make sure everyone was receiving the care they needed. But in the midst of it all, they never lost sight of what it must mean to not be home for the holidays.

Our nurses make it their mission to bring the magic every day, in every unit. They are the ones by the bedside all through the night and on the weekends. And for that I would like to say a heartfelt THANK YOU. Know that you made a lasting impact on every child and family—and that on every holiday from now on, they will remember the wonderful nurses who took care of them with true compassion and joy. ■

Preparing for the Worst

By Vicki Cho Estrada



Chelsea Considine, BSN, RN (Left), Justin Jones, MD, Katie Meyer, BSN, RN, PHN, CCRN, NHDP-BC, and Ivan Sumulong, CIC

It's all hands on deck by the time the patient arrives via ambulance in the Emergency Department at Children's Hospital Los Angeles. Greeted by hospital staff donning full protective gear, the 9-year-old boy—suspected of having the Ebola virus—is rushed into an infectious disease unit on 5 West. He receives an IV while doctors and nurses take his vitals and assess his symptoms. A short time later, the patient is diagnosed with another life-threatening disease—pneumonic plague.

Fortunately, this scenario is only a drill and part of CHLA's emergency preparedness plan. As one of 13 hospitals serving as a Disaster Resource Center (DRC), and one of four DRCs that can treat emerging infectious diseases, CHLA makes sure the hospital is prepared to handle a wide range of emergencies. These include a pandemic influenza, earthquakes, power outages and terrorist attacks.

The Dec. 11 Ebola exercise involved about 35 staff members and was one of three hospital-wide drills in 2017, in addition to ongoing "mini-drills," according to Katie Meyer, BSN, RN, PHN, CCRN, NHDP-BC, manager of the Disaster Resource Center.

Meyer oversees CHLA's Emergency Preparedness Program and works closely with the Los Angeles County Emergency Medical Services Agency (EMS) to coordinate emergency response in the event of a health crisis. Her responsibilities include updating emergency plans and protocols; ensuring that 16,000 employees, volunteers and contractors complete online emergency training; managing an emergency messaging and notification system; and keeping disaster preparedness top-of-mind among staff.

She also chairs the Emergency Preparedness Committee, which comprises 20 staff members

across multiple CHLA units, including Administration, Outpatient, Trauma Surgery and Facilities.

As the only pediatric DRC in the county, CHLA receives funds that provide additional equipment, supplies and medications for emergencies. In addition to being ready to handle a surge of patients following a public health crisis, "our role is to empower other hospitals to take care of pediatric patients," she says. "There are 3 million children in the county; they can't all come to us in a disaster."

Meyer visits other DRCs and provides their staffs with pediatric disaster education and training. She also helped design "Surge World," an online video game, and "Crisis Command," a multiplayer mobile training game/app. Both games were launched last year with funding from CHLA and the EMS to help emergency hospital personnel prepare for disasters.

She says her nursing background and previous work experiences on 5 West and the Pediatric Intensive Care Unit and as a house supervisor have been critical to her job.

"I know how the hospital works from the bedside, what nurses know and what they don't know, and the necessary tools they need. I've seen the flow of patients and know what short staffing can do."

Meyer adds, "CHLA has always been a leader with pediatric disaster preparedness. We are prepared to handle any emergency, but we can always be more prepared." ■

FloSheet

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Bedside's Best

Relationships Are Key to Longevity

By Vicki Cho Estrada



Barbara O'Flynn, RN, with patient Everton Ethan Anderson

When Barbara O'Flynn, RN, began working with nephrology patients at Children's Hospital Los Angeles, she gave herself 18 months before moving on to another job. But she ended up staying longer than planned—by about 40 years.

O'Flynn has spent her entire hospital career working at the Renal Dialysis and Transplant Center, with 37 years caring for acute and chronic renal-failure

patients who require dialysis treatments to remove waste and excess fluid from their bodies. What has kept O'Flynn at the Center after all these years? Her relationship with the patients, who typically come to the Center three times a week for three to four hours a day.

"There are benefits and rewards in working with chronic patients. ... I know these kids and their siblings. I know their families. I see them when they come in for their first and last treatments," says O'Flynn, noting the goal is to get most patients off dialysis and able to undergo kidney transplants, a process that can take a few years.

The Center cares for about 65 patients, from a few months old to age 18, who are receiving hemodialysis (which uses a special filter) or peritoneal dialysis (which uses a fluid that is placed into the patient's abdominal cavity).

O'Flynn's patients are on hemodialysis and her job includes entering orders; setting up the

hemodialysis machine; monitoring the dialyzer, or artificial kidney; checking patients' vital signs, such as heart and respiratory rates; and more.

While patients receive treatments, O'Flynn likes to talk to them about school and family life. She encourages them to attend the Renal Teen Prom, an annual prom for teens with kidney disease founded by a former patient, Lori Hartwell, as well as camps for children with renal disease. Over the years, O'Flynn has volunteered at about 20 camps, which provide on-site dialysis and kidney-friendly meals.

In addition to her patient relationships, O'Flynn—who will celebrate her 50th anniversary as a nurse in 2018—says her strong connection to the staff has also led her to remain at the Center. She says, "We are a remarkable unit with a deep sense of comradery and are proud to work at Children's Hospital." ■