

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.



Grace Magaling, RN, BSN spinning tunes at her own wedding

When playing the piano (something she's done since age 5), she favors Beethoven and Bach. When working the turntables, she likes "anything from old-school R&B to hip-hop and country." A good DJ can make or break a party, Magaling says. "You play to the crowd and see how they react. There's an art to it, which I enjoy." ■

Volunteers in Action

A Strong Advocate for Education

by Elena F. Epstein



Leticia Boutros, NP, at the recent CHAMP program

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. ■

Insight, Wisdom and Gratitude Year-Round

by Vicki Cho Estrada

Teri Loera, RN, BSN, NE-BC, has spent 29 years working in the Pediatric Intensive Care Unit (PICU) and has seen all too often how “life can change in a second” for some patients. “We’ve seen many patients where in one moment, they’re on the mend and the next moment, their health takes a sudden turn.” Loera’s experiences have taught her the importance of seizing every moment and strengthened her focus on family-centered care.



Teri Loera, RN, BSN, NE-BC

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 our 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



Brenda Gallardo, RN



Nicole Sheppard, RN, BSN, CPEN

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.

Nurses Shine at Magnet Conference

by Elena F. Epstein



Nurses from various units of Children's Hospital

Forty-seven nurses and staff from Children's Hospital Los Angeles attended the American Nurses Credentialing Center National Magnet Conference in Orlando, Fla., in October. Mary Dee Hacker, MBA, RN, NEA-BC, FAAN, vice president of Patient Care Services and chief nursing officer, was introduced as a new Magnet Commissioner. There are only 11 Commissioners around the world.

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 **Felicita 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).

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



Pam Faire, MSN, CPNP-PC/AC

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

Professional Milestones Presentations

Sharee Anzaldo, RN, (Surgical Admitting): "Gastrointestinal, Genitourinary and Renal Disorders, and Children with Special Needs," University of California, Los Angeles (UCLA) School of Nursing, July 2013.

Jennifer Baldwin, RN, and **Aileen De Guzman**, RN, (CV Acute): "Bedside Rounding," Patient & Family Centered Care Conference, Long Beach, Calif., June 2013.

Nancy Blake, RN, (Patient Care Services): "Staffing for a Healthy Work Environment" and "Authentic Leadership," AACN Nurse Manager Conference, Las Vegas, September 2013.

Stacey Boyer, RN, (Cardiology): "Pacemaker and Implantable Cardioverter Defibrillator Follow-up in Children and the Impact of Home Monitoring," Annual Conference of the Western Society of Pediatric Cardiology, Monterey, Calif., June 2013.

Sharon Fichera, RN, (Newborn and Infant Critical Care Unit): "Sepsis in the Newborn" and "Newborn Surgical Emergencies," National Association of Neonatal Nurses Northern California Chapter, Napa, Calif., August 2013.

Nicole Freedman, RN, (Urology): "Updated AAP Guidelines for the Management of Febrile Urinary Tract Infections in Infants 2-24 months," APN Journal Club, September 2013.

Kay Gilmore, RN, (CV Acute): "Closer to Home: Bringing ECHOs to the Bedside," Western Society of Pediatric Cardiology, Monterey, Calif., June 2013.

Melanie Guerrero, RN, (CV Acute): "Transforming Care: Daily Bedside Rounding in a Pediatric Cardiovascular Acute Unit," Western Society of Pediatric Cardiology, Monterey, Calif., June 2013.

Kim Harder, RN, (CV Acute): "The Journey Home: Use of Technology to Facilitate Discharge Teaching," Joint Conference on Advances in Pediatric Cardiovascular Disease Management, Los Angeles, September 2013.

Monica Horn, RN, (Heart Institute): "Pediatric Ventricular Assist Device: Bridge to Cardiac Transplant," North American Transplant Coordinators Organization Annual Meeting, San Diego, August 2013.

Ruth Lemus, RN, (Cardiothoracic Surgery): "Hypoplastic Left Heart Case Studies," Society of Thoracic Surgeons: Advances in Quality and Outcomes: A Data Managers Meeting, Boston, September 2013.

Sandra Mintz, RN, (Rheumatology): "Transitioning the Young Adult," "School Issues" and "Intimacy for the Young Adult," Juvenile Arthritis Conference, Anaheim, Calif., July 2013.

Nancy Pike, RN, (Cardiothoracic Surgery): "Long-term Outcomes in Fontan Survivors: What Can We Expect in the Future? Are Two Ventricles Better than One?" Joint Conference on Advances in Pediatric Cardiovascular Disease Management sponsored by Children's Hospital Los Angeles, September 2013. "Growing Up with a Single Ventricle: Quality of Life Post-Fontan," 24th Annual Western Society of Pediatric Cardiology conference, Monterey, June 2013.

Kathleen Ruccione, RN, (HOPE Program): "Health Communication: Words are Powerful Drugs," Third Adam Hay Lecture for the Children's Cancer and Leukemia Group, London, June 2013. "Adolescents' Psychosocial Health-related Quality of Life Within Six Months After Cancer Treatment Completion," Association of Pediatric Hematology-Oncology Nurses, Louisville, Ky., September 2013.

Judith Tighe, RN, **Arnie Banez**, RN, (5 West): "Transitioning the Ventilated Patient to Home," Family Centered Care Conference, Long Beach, Calif., June 2013.

Kristi K. Westphal, RN, (Trauma Program): "When Exercise Turns Deadly: Acute Exercise-Induced Rhabdomyolysis in Children," National Association of Pediatric Nurse Practitioners 34th Annual Conference, Orlando, Fla., April 2013. "From Bumps to Bleeds: Management of Pediatric Head Trauma," California Association of Nurse Practitioners 36th Annual Educational Conference, Monterey, Calif., March 2013.

Poster Presentations

Melanie Guerrero, RN, (CV Acute), **Sandy Hall**, RN, (Versant RN Residency), and **Jessica Klaristenfeld**, RN, (Versant RN Residency): "Supporting New Graduate Nurses Through a Comprehensive Evidence-Based RN Residency Program," the Organization of Healthcare Educators, Glendale, Calif., June 2013.

Sheila Kun, RN, (Pulmonology): "Delay in Home Respiratory Therapy: A System Analysis of Delay In Outpatient Equipment Delivery," America Thoracic Society International Conference, Philadelphia, May 2013.

Rosanna Preall, RN, (6 West): "6 West Journal Club," ELM Research Conference at the Drew University School of Nursing, Los Angeles, August 2013.

Barbara Britt, RN, (Hematology-Oncology): "Hurry Up and Trust Me," section, The Patient-Centered Payoff: Driving Practice Growth Through Image, Culture and Patient Experience, September 2013.

Nancy Blake, RN, (Patient Care Services): "Effective Staffing for a Healthy Work Environment," AACN Advanced Critical Care, July 2013, and "Healthy Work Environments and Staff Nurse Retention: The Relationship Between Communication, Collaboration and Leadership in the Pediatric Intensive Care Unit," Nursing Administration Quarterly, October 2013.

Felicitas A. dela Cruz, RN, (Nurse Researcher): "Level of Acculturation, Food Intake, Dietary Changes, and Health Status of First-Generation Filipino Americans in Southern California," Journal of the American Association of Nurse Practitioners, May 2013.

Erin Lowerhouse, RN, (Post Anesthesia Care Unit): "Handoff Communication: Overcoming Barriers in the Periop Department," American Society of Perianesthesia Nurses PSG Newsletter, September 2013.

Susanne Matich, RN, (Radiology/Anesthesia): "Just Pediatrics: Just Say No to Codeine: The Story of Kids, Ultrarapid Metabolizers, and the CYP2D6 System," Journal of Radiology Nursing, June 2013.

Laura Klee, RN, (Newborn and Infant Critical Care Unit): "Antithrombin III Administration in Neonates with Congenital Diaphragmatic Hernia During the First Three Days of Extracorporeal Membrane Oxygenation," Journal of Pediatric Surgery, September 2013.

Kathy Ruccione, RN, (HOPE Program): "Children's Oncology Group's 2013 Blueprint for Research: Nursing Discipline," Pediatric Blood & Cancer, June 2013.

DAISY Awards

Brandi Bowen, RN, (6 West) - July
Virginita (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 Unit) - RN IV
Leticia R. Boutros, NP, (Surgical Admitting) - NP III
Tom Cottrell, RN, (Emergency) - RN 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
Jamie Lins, RN, (Pediatric Intensive Care Unit) - RN III
Jen Ly, RN, (Cardiothoracic Intensive Care Unit) - RN III
Meghan Middleton, RN, (Pain Management Services) - NP III
Donna Nowicki, NP, (Pediatric Surgery) - NP III
Rica Sharon P. Morzov, RN, (Research) - RN III
Sara Mutia, RN, (Bone Marrow Transplant) - RN III
Trish 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 Bingham, RN, (Operating Room) - CNOR
Sarah Brodhead, RN, (5 East) - PNP
Beverly Drummond, RN, (Newborn and Infant Critical Care Unit) - CRNI
Evelyn Garcia, RN, (6 East) - CPN
Kathleen Palas, RN, (6 West) - CPN
Jamie Orellana, RN, (Emergency) - CPEN
Janet Mooney, RN, (5 East) - CPN
Jaime Truluck, RN, (6 East) - CPN
Judith Crews, RN, (Newborn and Infant Critical Care Unit) - RNC

Recognition

The Children's Hospital Los Angeles Cardiothoracic Intensive Care Unit was awarded 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.

The Emergency Department was awarded the coveted Lantern Award, a national honor recognizing the department for its outstanding performance in patient care, research and leadership, September 2013.

Children's Hospital Los Angeles received the Community Health Leadership Award from the UCLA School of Nursing at the school's annual "Nurse 21" Awards ceremony, Beverly Hills, Calif., May 2013.

The following nurses were finalists for the California Nursing Excellence Awards 2013 (Nurse.com GEM AWARDS): **Christina Cruso**, RN, (Hematology-Oncology) Home Community and Ambulatory Care; **Geri Gregorczyk**, RN, (Transport) Clinical Care Inpatient; **Sandra Mintz**, RN, (Rheumatology) Home, Community and Ambulatory Care, August 2013, Universal City, Calif.

Suzanne Taylor, RN, (Patient Care Services) was awarded the John E. Anderson Endowment for Scholarships in Nursing, June 2013.

Victoria Winter, RN, (Cardiothoracic Intensive Care Unit) was recognized as one of 1,488 certified critical care nurses (CCRN) in the country to have been continuously certified as a CCRN for 20 years by the American Association of Critical-Care Nurses.

Academic Degrees

Sarah Brodhead, RN, (5 East) - MSN
Leah Carillo, RN, (6 West) - BSN
Tom Cottrell, RN, (Emergency) - BSN
Stephanie Gill, RN, (5 East) - BSN
Linda Kelso, RN, (Radiology) - BSN
Jolene Knapp, RN, (5 East) - BSN
Martha Jarquin, RN, (Radiology) - BSN
Cindy Lee, RN, (6 West) - BSN
Amanda Price, RN, (6 North) - BSN
Adriana Torres, RN, (CV Acute) - BSN
Laura Schneider, RN, (5 East) - BSN
Gloria Verret, RN, (6 North) - BSN

Association Appointments and Honors

Liz Daley, RN, (Cardiothoracic Intensive Care Unit), regional faculty for the American Heart Association.
Catherine Kissinger, RN, (6 East), treasurer of the Society of Pediatric Nurses.
Raulin Fera, RN, (Cardiothoracic Intensive Care Unit), external item writer for the CPN exam for Pediatric Nursing Certification Board.
Bianca Salvetti, RN, (Adolescent Medicine), website chair for National Association of Pediatric Nurse Practitioners LA chapter.
Laura Klee, RN, (ECMO Team), president-elect of the Coastal Counties Association of Neonatal Nurses.

Life Celebrations

Marriages

Joey An, RN, (CV Acute)
Kevin Amick, RN, (Newborn and Infant Critical Care Unit); **Rose Bagaygay**, RN, (Newborn and Infant Critical Care Unit); **Haley Barickman**, RN, (Newborn and Infant Critical Care Unit); **Lauren Britowich**, RN, (Newborn and Infant Critical Care Unit); **Kerry Deland**, RN, (Newborn and Infant Critical Care Unit); **Beverly Drummond**, RN, (Newborn and Infant Critical Care Unit); **Erica Garcia**, RN, (5 West); **Peggy Hegenbart**, RN, (Newborn and Infant Critical Care Unit); **Bonnie Lee**, RN, (Newborn and Infant Critical Care Unit); **Oneida Ilog**, RN, (CV Acute); **Michelle Karlu**, RN, (5 East); **Jessica McKee**, RN, (Newborn and Infant Critical Care Unit); **Maureen Monroy**, RN, (5 East); **Jennifer Nam**, RN, (5 West); **Tina Patterson**, RN, (Hematology-Oncology); **Kelly Sanghavel**, RN, (Operating Room); **Jenny Star**, RN, (5 West); **Danielle Tait**, RN, (5 West); **Johanna Villegas**, RN, (6 West); **Swati Vyas**, RN, (4 West); **Shannon West**, RN, (5 East)

Babies

May Aldalur, RN, (5 East) - girl
Melissa Callaghan, RN, (Nurse Anesthetist) - boy
Margaux Chan, RN, (Post Anesthesia Care Unit/Magnet) - boy
Jamie Duly, RN, (CV Acute) - girl
Christine Dyer, RN, (6 East) - girl
Sherlyn Gaba, RN, (6 East) - boy
Sally Gubbins, RN, (Nurse Anesthetist) - girl
Danielle Haimowitz, RN, (Post Anesthesia Care Unit) - boy
Samar El Houry, RN, (6 East) - boy
Karen Hudson, RN, (Post Anesthesia Care) - boy
Mary Iwaszewski, RN, (Nurse Anesthetist) - boy
Jessica Leza, LVN, (6 East) - boy
Chrystal Light, RN, (Float Team) - boy
Angela Madrid, RN, (5 East) - boy
Tiffany Paulsen, RN, (4 West) - girl
Valerie Phillips, RN, (Newborn and Infant Critical Care Unit) - boy
Yael Rosenthal, RN, (Hematology-Oncology) - boy
Tina Rufo, RN, (6 East) - adopted a 6-year-old girl
Hui-wen Sato, RN, (Pediatric Intensive Care) - girl
Sanci Solis, RN, (Pediatric Intensive Care) - boy
Sahar Vann, RN, (5 East) - girl
Cindy Varela, RN, (6 North) - girl
Michelle Wilson, RN, (5 East) - girl



Mary Dee Hacker, MBA, RN, NEA-BC, FAAN
Vice President of Patient Care Services and Chief Nursing Officer

Gratitude. This time of year we think a lot about the people and things in our lives that we are thankful for. I personally feel so blessed to have my family, friends and a rewarding career. I'm grateful for the opportunities I have had, especially for the honor of working with such a dedicated group of colleagues. In this issue of FloSheet, you'll read about nurses in our Hematology-Oncology unit who have brought Beads of Courage to our patients, another nurse who spends her free time mentoring young Latina students and our never-ending quest to find answers via leading-edge research through a new, innovative collaboration with the UCLA School of Nursing.

We also talked to our nurses about the profound influence our profession has on how we view gratitude. We are privy to life's most challenging times. We have all sat with anxious parents following a critical accident or illness. We have been there when the news has been too much to bear and we have been there when the joy can be felt throughout the unit. Our work at Children's Hospital is demanding, both physically and emotionally. Does this career change us? Absolutely.

For me, I know I have become much more appreciative of what might sound like such ordinary moments—feeling the sunshine on my face when I go for a walk in the morning, chopping vegetables for a Sunday family dinner, chatting with a good friend. These simple moments are what fill me with joy. They remind me that every day is a gift—a gift I'm very grateful for.

As we celebrate the holidays and look forward to a new year, I urge you to appreciate those precious moments in your lives. As you check off your to-do list of presents to buy and holiday gatherings to plan, take a few minutes of quiet and reflect on what you're grateful for. I truly believe that through gratitude we find true joy. ■

Beads of Courage®: The Color of Resilience

by Candace Pearson



Nurses in the Division of Hematology, Oncology and Blood and Marrow Transplantation

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

Children's Hospital Los Angeles
4650 Sunset Blvd.
Los Angeles, CA 90027
CHLA.org

Executive Sponsor:
Mary Dee Hacker, MBA, RN, NEA-BC, FAAN
Vice President, Patient Care Services
Chief Nursing Officer

**Senior Vice President, Chief Development and
Marketing Officer**
DeAnn S. Marshall, MHA

Advisory Committee:
Stephanie Brady, RN, BSN, CPN
Nancy Bridges, RN
Sharon Chinn, RN, BSN
Joan Clark, RN
Susan Cline, RNC, BSN
Dee Imai, RN, CPON
Deborah Jury, RN, PNP, CNS
Gwen Kimball, RN, BSN, CPON
Laura Klee, RN, MSN, CPNP
Sue Martinez, RN
Johanna Navia, RN
Sherry Nolan, RN, MSN, CNS
Pam Penny, RN
Amanda Price RN, CPN, CRRN
Karen Prommer, RN, MS, CPHRM
Kathy Ruccione, RN, MPH, PhD, FAAN, CPON
Suzanne Taylor, RN, MSN
Judith Tighe, RN
Gloria Verret, RN
Ria B. Yeh, RN, BSN

Editor:
Elena F. Epstein, MBA

Photographer:
Tracy Kumono

Writers:
Elena F. Epstein, MBA
Vicki Cho Estrada
Candace Pearson

Bedside's Best

UCLA Partnership Focuses on Nursing Research

by Candace Pearson



Courtney H. Lyder, ND, ScD (Hon), FAAN, (left) and
Mary Dee Hacker, MBA, RN, NEA-BC, FAAN

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 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." ■