

Timepiece

FOR MEDSTAR GOOD SAMARITAN NURSES

Summer 2012 | medstargoodsam.org/nursing

Nurse of the Year Veronica Sequeira, RN



MedStar Good Samaritan
Hospital

IN THIS ISSUE:

The Value of Volunteerism

Nurses Week

Medical/Surgical Residency Program

INSIDE THIS ISSUE:

- The Value of Volunteerism 1
- Nurses Who Volunteer 2
- Nurses Week 4
- Nursing Councils 6
- Medical/Surgical Residency Program 7
- New Patient Care Managers 8
- Kudos 9

Timepiece is a publication of MedStar Good Samaritan Hospital's department of nursing. If you'd like to become a member of *Timepiece's* editorial team, participate in this publication or submit items for consideration, please contact Jo or Kathy.

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NURSES OF THE YEAR

Award Recipients

Congratulations to our 2012 Nurses of the Year! MedStar Good Samaritan Hospital recently announced the names of those who were chosen for the Nurse of the Year awards by their fellow caregivers. These individuals display a level of expertise and compassion that is an inspiration for all nurses at our hospital.



Jeff Matton, President (far left) and **Shirley Roth, Chief Nursing Officer** (far right) pose with those honored as 2012 Nurses of the Year



1. **Nurse of the Year** Veronica Sequeira, RN
 2. **Trusted Nurse** Kendra Fortson, RN, BSN
 3. **Advancing Practice Nurse** Jordan Manry, RN, BSN, CEN



4. **Caring Nurse** Carolyn Eddington, RN
 5. **Rookie of the Year** Carianne Calhoun, RN



The Value of Volunteerism



Shirley A. Roth, RN, MSA, CHE

Again in 2012, nursing topped the Gallup poll as the most trusted profession in the United States.

In fact, nurses have been in the number one position on the Gallup poll 21 times. Every day at MedStar Good Samaritan Hospital, we recognize the huge contribution our nurses make in gaining the trust of our patients. It is an easy transition for our nurses to take that trust into the community as they volunteer for many activities inside and beyond our walls.

As nurses, we live our professional values and ethics in all aspects of our public and private lives. We understand that as volunteers, we build strong relationships in our communities. I am proud to recognize that our nurses are actively participating as volunteers in a variety of settings. Many of our nurses help to organize and raise funds for annual disease-focused "runs and walks." Some of these include diabetes, cancer, arthritis and the American Heart Association walk. Our nurses are passionate about going "Green" and are working diligently in our MedStar Good Samaritan community garden. Others volunteered to help build the Day Care KaBOOM playground with the Baltimore Ravens.

Our nurses promote the image of nursing and embrace our commitment as teachers by visiting area elementary and middle schools to teach our youngest citizens about

good health habits and basic disease process. At the secondary school level, MedStar Good Samaritan nurses are mentoring high school students who are working toward careers in healthcare.

Another of our nurses volunteers as the director of a summer camp on Martha's Vineyard for handicapped children, adolescents and young adults. And, as you may know, one of our MedStar Good Samaritan perioperative nurses and the community outreach nurse traveled to India with one of our orthopedic surgeons as part of a surgical mission. Our nurses have provided advanced joint replacement procedures to patients in our global community.

Volunteering is a personal commitment to those missions you are passionate about. Your energy, creativity and time can touch one person—or hundreds. All are important. I encourage each of you to think about volunteering, and I hope you are inspired by the stories in this issue of *Timepiece*. I will end with the words of Winston Churchill: "You make a living by what you get, but you make a life by what you give."

1/2 PAGE STORY
Approx. 380 words



NURSES *who volunteer*

This summer edition of *Timepiece* is dedicated to the wonderful nurses here at MedStar Good Samaritan Hospital who volunteer either for individual causes or those sponsored by the hospital.

The examples highlighted in this issue are only a small sample of the worthwhile causes to which our nurses give their time and energy. Your spirit of generosity is an inspiration to all of us. We hope that as you read these stories of nurses volunteering in our community, you will be inspired to seek volunteer opportunities for yourself.

Throughout the year, our community outreach team actively promotes MedStar Good Samaritan at many health fairs and festivals—and they always need help! If you're able to volunteer for any of our events, contact Debbie Bena, RN, at 443-444-4793.

"To the world you may be just one person, but to one person you may be the world."

Operation Walk Maryland

Karen Kansler, MA, BSN, RN, ONC



MedStar Good Samaritan volunteers Teresa Williams, PT, and Karen Kansler, RN, at the Ecuador Equator in January 2009

Operation Walk is a not-for-profit volunteer medical service organization that provides free hip and knee replacements to people

in developing countries and the United States. Since its beginning, Operation Walk has grown throughout the nation, including Operation Walk, Maryland, founded in 1997 by Dr. Paul Khanuja and his wife Maria. Operation Walk's vision is simple: to enable people to return to their lives as productive members of society, and to teach the local orthopedic surgeons, nurses, PTs and other clinicians the most advanced treatments and surgical techniques for hip and knee joints.

I've been an active member of Operation Walk, Maryland, since

2008 and have had the privilege of serving the people of Lima, Peru in January 2008; Quito, Ecuador in January 2009; and Ludhiana, India in January 2011. The most rewarding part of Operation Walk is making a difference.

Join Operation Walk, Maryland on one of our next trips to San Salvador, El Salvador in January 2013 or to Vietnam in 2014. For more information about these trips, about Operation Walk, Maryland, or how you can make a difference, visit operationwalkMD.com.

Camp Jabberwocky

Johanna Romero de Slavy, RN, MSN, CRRN-BC

This will be my 23rd year of making a difference while volunteering at Camp Jabberwocky. Why do I volunteer for one month every summer? Because there is no place like Camp Jabberwocky. The longest running overnight camp in the nation, Jabberwocky has been providing recreational activities for disabled children and adults from all over the nation for 60 years on Martha's Vineyard. At Jabberwocky, people with disabilities form the majority in the community.



Jo Jo Romero DeSlavy poses with campers and other counselors at Camp Jabberwocky

The community becomes a family. I started out as a counselor and then took on many more challenging roles.

Some of my roles have been dance instructor, play director and camp nurse. For the last six years, I have assumed the role of camp director. Jabberwocky reminds us of what great things are possible in our limited days. Thousands of people have shared in the life of Jabberwocky, and thousands more have been touched by its far-reaching programs. If you would like to learn more about Camp Jabberwocky, please visit campjabberwocky.org.

Greater Baltimore Heart Walk

Theresa Ryan, MS

Every October, employees of MedStar Good Samaritan Hospital bring out their yellow t-shirts and lace up their tennis shoes for a walk around the Baltimore Inner Harbor. Fundraising begins each September for the American Heart Association's annual Greater Baltimore Heart Walk. Where does our motivation come from? Everyone has a mother, father, aunt,

uncle, son, daughter or friend whom they have lost to heart disease or who is suffering each day with heart health issues. Heart disease is personal and MedStar Good Samaritan's employees want to be a part of the positive impact. The money raised goes to funding research and education here in Maryland. The 2012 Heart Walk is scheduled for October 20th.



LaKeshia Paige (left) with daughter Maya, Theresa Ryan, Cynthia Vaughan and Layne Young

Step Out: Walk to Stop Diabetes

Abby Ross, RN



MedStar Good Samaritan nurse volunteers Barb Kimsey, Abby Ross and Elsa Cain at Step Out: Walk to Stop Diabetes 2011

Today, over 20 million people are suffering from diabetes, a disease that affects a person and their family both physically and emotionally. The Diabetes Resource Nurse Council at

MedStar Good Samaritan is a group structured to help and provide support to those with diabetes. Recently, the council partnered with the American Diabetes Association (ADA) to help find a cure for diabetes. Step Out: Walk to Stop Diabetes is a community event established by the American Diabetes Association to fundraise for prevention and to find a cure for diabetes. In 2011, members of the Diabetes Resource Council participated in the walk, raising over \$700 to support the ADA.

This year, the walk will be held on October 6th at Rash Field at the Inner Harbor downtown. Our fundraising goal is \$1,000. We encourage our fellow MedStar Good Samaritan nurses and your families to join the Diabetes Resource Nurse Council as we walk to stop diabetes. You can help support this great cause by registering at <http://main.diabetes.org/goto/gsh>.

2-PAGE STORY

Approx. 750 words

each blurb approx. 175 words

NURSES Week

2012



MEDSTAR GOOD SAMARITAN HOSPITAL honored its team of exceptional nurses during Nurses Week 2012 in May. This annual celebration recognizes our nurses' passion for the profession and strong commitment to caring for patients. Throughout the week, we celebrated the vital and compassionate care provided by our nurses with special events and programs that included Blessing of the Hands, Nurse of the Year awards, and celebrating those nurses with more than 20 years of service.

QUICK INTRO
Approx. 75 words



Step Up to the Plate: Volunteer for a Nursing Council

MedStar Good Samaritan Hospital's Department of Nursing By-Laws describe the structures and operational components that support the provision of nursing care.



Barbara Kimsey,
RN, MAS, CPHQ

One readily identifiable structure is our shared decision-making model whereby nurses in all settings and at all levels have opportunities to influence professional nursing practice and improve the work environment. "How can we influence nursing practice and improve the work environment?" you might ask. "I am just one person," you might think. The answer is easy. Join a nursing council, and your voice will be heard.

background, identity, race, creed, circumstances, or religion." Opportunities abound for us to comply at the system, organization and unit levels.

Our councils establish annual goals and targets for achievement that reflect the systemwide and hospital strategic initiatives. The councils have expanded the scope of their work to include community service. Council members take advantage of hospital-sponsored

"Nursing is an art, it requires a creative touch." Florence Nightingale
1-PAGE STORY w/ CALL OUT
Approx. 350 words

The accomplishments of our councils are unique and plentiful. They reflect each member's commitment to themselves as nurses, to nursing as their chosen profession and to society. The cumulative effects of each nurse advocating for both patients and peers has resulted in improved clinical outcomes and patient satisfaction with the health care experience.

Nursing's contract with society and our professional Code of Conduct require us to "promote health, to do no harm, and to respond with skill and caring when change, birth, illness, disease, or death is experienced." We must provide that care "without regard for a person's

activities, council member's suggestions or advocacy for specific diseases or populations.

Staff who are unable to commit to organizational council work can make a local impact on their units—whether it be project work, precepting and mentoring new staff, or taking advantage of continuing education offerings to maintain or expand their own knowledge base.

Our professional nursing responsibilities extend beyond our employment boundaries. As nurses, we advocate for global issues and maintain responsibilities to our own families and communities in the promotion of health and alleviation of suffering.



Johanna Romero de Slavy,
RN, MSN, CRRN-BC

Medical/Surgical Nurse Residency Program

Hospitals are challenged every day to ensure that competent care is administered by graduate nurses to critically ill patients. (Eigsti, 2009)

Hospitals must determine how to retain new graduate nursing staff and provide a smooth and nurturing transition for nurse graduates as they enter the hospital workforce at the bedside. The gap between preparedness and professional readiness is felt by many new graduate nurses, and is a well-documented stressor. Some nurse researchers believe it is one of the most important variables that affect graduate nurse retention (Bowles & Candela, 2005; Cowin & Hengstberger-Sims, 2006). Many hospitals, in partnership with academic settings, are implementing nurse residency programs to better manage the difficult transition from the academic setting to the bedside.

Structured residency programs are viewed as a best practice to assist new graduates or nurses transitioning in their roles to manage the increased patient acuity and increased complexity of acute care settings. The implementation of structured evidence-based

residency programs are associated with reduced new graduate turnover rates in the first year, reduced feelings of personal stress, and increased confidence and skill proficiency (Bretschneider et al., 2006; Bednash et al., 2007; Casey et al., 2008). Adding a sense of urgency to the importance of these issues, the 2010 Institute of Medicine (IOM) report, *The Future of Nursing: Leading and Learning Through Change*, recommends that "state boards of nursing, in partnership with the federal government, and health care organizations should take actions to support nurses' completion of a transition-to-practice program (nurse residency) after they have completed pre-licensure."

In February 2012, MedStar Good Samaritan Hospital, in partnership with Towson University SON, initiated its first medical/surgical nurse residency program. The new nurse residents in this exciting program are also participating in a nurse-driven research study with JoJo Romero de Slavy as the principal investigator.

The MedStar Good Samaritan nurse residency program was developed to improve quality of patient care by providing additional training

and support to the senior nursing student and the new nursing graduate. The med/surg nurse residency program is centered on leadership, patient outcomes and professional roles. The residency program encompasses the entire on-boarding process starting with nursing hospital orientation and continues through a 10-week preceptorship. This is followed by a year of mentoring. The program includes six classroom days, time in a simulation lab and rotation to different ancillary departments.

By listening to the voices of new graduate nurses in this study, further research into areas that influence new nurses during their first year of practice can be reviewed and applied. By knowing the areas of concern for the new graduate nurse during their first year of practice, MedStar Good Samaritan can focus on providing the right support to these novice nurses and succeed in retaining them in the hospital setting.

For references related to this article, please contact JoJo Romero de Slavy.

1-PAGE STORY
Approx. 475 words

Meet Our New Patient Care Managers



Joanne Eich, MSN, RN-BC



Romulo Jun Frias, RN, BSN, CNN

Renal Dialysis

Jun, as he likes to be called, was born on Negros Island in the central part of the Philippines. With a big smile on his face, he is quick to tell you that he is one of 13 children. "I have 11 sisters, and seven of them are nurses," he says with a chuckle. "All of us are in health care." Jun credits his parents' influence for the success of all of his siblings and himself. "They placed such a strong focus on education, supporting each other, and working hard," Jun continues.

Jun originally entered pre-medical school at the University of the Philippines in Manila. After being persuaded from his RN sisters to change his major, he completed his BSN. He says, "I have no regrets." As soon as Jun finished his degree, he relocated to the United States to be with the rest of his family. Since three of his sisters are nephrology nurses, it is no surprise that Jun ended up working for what is now part of Davita Dialysis, Inc. Jun was soon promoted to the role of clinical coordinator and was responsible for acute care dialysis in five different hospitals in Montgomery County. After leaving Davita, Jun took a position as the area director of nursing for Fresenius Health Care. Jun is happy to be at MedStar Good Samaritan Hospital and is looking forward to setting up a home hemodialysis program for the hospital's qualified renal patients. Jun is pursuing his master's degree in nursing at Liberty University. He is a nephrology certified nurse and volunteers by offering educational programs for many senior citizen groups and the National Kidney Foundation.



Marty Ryan, RN, BSN, CNOR

Operating Room

Marty Ryan fell in love with the operating room during her clinical rotation as a nursing student in Union Memorial's diploma program. "Up to that point, I wasn't really sure what I wanted to do when I graduated. That rotation in the OR changed everything," says Marty. She graduated with her diploma in 1993 and began her professional career. "Everything was on-the-job-training then. I learned to be a surgical tech first and then progressed to circulating nurse. Eventually, I became the vascular team leader," continues Marty.

After serving at Union Memorial in the late '90s, Marty worked for a free-standing plastic surgery practice, but found that she missed the hospital setting. In 2001, she began at the hospital as a charge nurse in the operating room at GBMC. She continued working on vascular cases and gained skill with bariatric surgery, thoracic, spine and neuro surgeries. "There are so many interesting cases in vascular surgery," says Marty. "We even did endovascular procedures using cutting-edge technology before it became standard in many ORs," continues Marty. By 2007, Marty was promoted to clinical director of the OR at GBMC.

After Dr. Buchbinder, chairman of surgery, came to MedStar Good Samaritan Hospital from GBMC, he contacted Marty and suggested she would be a good fit in our OR. Marty applied and came to MedStar Good Samaritan as the neuro/ortho spine team leader in 2010.

Marty completed her BSN at the University of Phoenix in 2004, and she is currently pursuing her MBA at Tulane University.

Kudos & Other Good Things to Know

CLINICAL LADDER

The Nursing Department is pleased to announce Clinical Ladder advancements and renewals for June 2012.

NEW APPLICANTS

Sharon Baker
Maria Isabel Del Rosario
Natalie Fil
Cathaleen Graham
Stefanie Long
Brenda Madison
Lauren Thompson

RENEWALS

Rosalind Anzalone
Ning Bennett
Claudette Benson
Donna Blackwell
Joyce Bowers
Patricia Houck
Melissa Letke
Heather Lindauer
Ronallyn Masiddo
Alice Slavik
Ruthann McCahill
Karen Phelan
Theresa Slicher
Louann Steele
Laurel Watkins
Vi White

RETURNING

Temika Griffin

CONGRATULATIONS TO ALL!

The Professional Development Council reviews the Clinical Ladder applications quarterly. Please see your Professional Development Council Rep to learn requirements for joining the ladder.

Joyce Falkenhan, RN (left) and Daisy Fischer, RN (right) work in the Green for Good's community garden

RECOGNITION

Congratulations to **Debbie Wagner, RN-BC**, clinical nurse specialist, and **Pam Simmons**, clinical pharmacist, for achieving a Circle of Honor 2012 award at The Annual Maryland Patient Safety Center's Call for Solutions 2012. Their poster, titled Heparin Safety: A Staff Driven Design, was voted among the Top Ten.

Congratulations to **Johanna Romero de Slavy, RN, MSN, CRRN-BC**, clinical nurse specialist/coach at MedStar Good Samaritan Hospital, on receiving the 2012 Edmond J. Safra Visiting Nurse Alumni Award for her work on Parkinson's Disease.

Congratulations to **MedStar Good Samaritan's Green Team** on receiving the 2011 Trailblazer Award from MD H2E. The Green Team built an employee/community vegetable and herb garden on campus. Volunteers planted a variety of crops and donated a significant portion of it to a local food bank. The goal of the garden project is to teach employees about healthy food options, creating their own gardens, and sharing the harvest with the community.

For information on the Green Team and how to earn points on the clinical ladder, contact one of our registered nurses on the team: Joyce Falkenhan, RN, BSN, CNRN, and Daisy Fischer, MSN, RN, CPAN.

Congratulations to **Michele Pitt, RN, WOCN**, for winning the Daisy Award in April. Michele was nominated by a grateful patient and several MedStar Good Samaritan staff nurses.

Congratulations to the following nurses on receiving their master of science in nursing from Notre Dame of Maryland University in 2012: **Latanya Gaddy, RN, MSN (ED)**; **Marcia Shields, RN, MSN (TCU)**; and **Vi White-Tames, RN, MSN (4E)**.

Congratulations to **Angela Sanders, LPN (Rehab)**, on graduating from the LPN-RN program at Prince George's Community College.

Congratulations also to all the nurses who have received certification in their specialties this past year. Way to go! Please make sure your picture is posted for all to see on the recognition board.



2-COLUMN STORY
Approx. 500 words

RECOGNITION
Approx. 300 words



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Honoring **Bonnie Ellis** FOR 50 YEARS OF NURSING



As we watch Bonnie Ellis, RN, MSN, zip around the hospital with what appears to be boundless energy, it is hard to imagine that she has been a registered nurse for 50 years. Bonnie moved to Baltimore from her native West Virginia to attend what was Church Home and Hospital Diploma School of Nursing in the mid 1950s. She worked in Church's operating room for five years before leaving to complete her BSN and MS at the University of Maryland. Bonnie worked for one year in the operating room at Union Memorial Hospital. After completing her masters, she switched to nursing education. In 1965, Bonnie took a position as a medical-surgical instructor at the Union Memorial Diploma School of Nursing. After moving her daughters, Bonnie assumed the roles of coordinator and assistant director of the School of Nursing at Union Memorial.

SMALL FEATURE STORY

Approx. 200 words

Bonnie arrived at MedStar Good Samaritan Hospital in 1977, and 35 years later, we are honored to celebrate Bonnie's commitment and unwavering dedication to the profession. Bonnie's influence in our hospital and community is immeasurable. As teacher, mentor, role model, nurse, co-worker and friend, she is a true Good Samaritan.