

Phelps Hospital Nursing News July 2019



Celebrations:

Sonia Sari, BSN, RNII of 3 North obtained her med/surg certification.
Nadia Poon-Woo RN. Clinical Educator of the ED graduated with her FNP.
O'Neil Goulbourne, RN of the ED graduated with his FNP.
Amanda Benza, RN of the Ed graduated with her FNP.
Marilisa St.Fleur, RN of the ED graduated with her FNP.
Marisol Concepcion, MST of 3N graduated with her BSN and passed her NCLEX exam.
Jessica Patina, MST of 3N graduated with her BSN and passed her NCLEX exam.

Educational Opportunities:

Northwell Conferences: Early Bird Price of \$110 by July 31st. To register:
Northwell.edu/NursingEvents. Times and contact hours TBA.

- Oncology Nursing Conference- September 12th at The Inn at New Hyde Park.
- Safe Patient Handling Conference- September 25th at Muttontown Country Club.
- Perinatal-Neonatal Nursing Conference- September 26th at The Inn at New Hyde Park.
- Behavioral Health Conference- October 10th at Leonard's Palazzo
- Pediatric Nursing Conference- October 24th at North Hills Country Club.
- 10th Annual Diabetes Conference- November 6th at Leonard's Palazzo.
- Perioperative Nursing Conference- November 9th at The Inn at New Hyde Park.
- Nursing Education Conference- December 3rd at Leonard's Palazzo.

Managing Oncologic Emergencies: November 8th. 8am-4:30pm at New York Presbyterian.
7.5 contact hrs. \$225. To register: www.nyp.org/nursing/news/cme.

Nursing Leadership Basics: This is a 3 day program at Northwell for new: Nurse Managers, Asst. Nurse Managers, Nursing Directors, or Nurse Educators. The class will be held on: August 5-7, or November 11-13. Registration is through iLearn- Enrollment must be approved by the registrant's Director/Supervisor. Contact ryounghans@northwell.edu for assistance or information.

2019 Neuroscience Symposium: August 26th 7:30a-4:30p at Columbia University Medical Center. 6.75 contact hours for \$225. To register: www.nyp.nursing/news/cme.

Clinical Issues at the Extremes of Age: September 18 & 19. 8am-4pm at Columbia University Medical Center. \$425 for 13.25 contact hours. To register: www.nyp.org/nursing/news/cme.

2nd Conference on Concussion: Free presentation for Parents, Coaches, Athletic Trainers, Healthcare Professionals and Athletes. August 29th, 6-8:30pm at the Westchester County Center. This event is free. To register: <https://concussion19.eventbrite.com>.

Organizational Development Department Classes:







Being in Charge-A Professional Development Workshop: July 25th, 8:30-4:30pm. Register in Healthstream.

Preceptor Workshop: August 23rd, 8:30-4:30pm. Register in Healthstream.

Professional Development Brochure : There is a brochure on the Nursing Website that contains information about: Certification, Continuing Education, Nursing Promise, Tuition Reimbursement, Mentoring, Preceptoring, etc. Here is how you access this brochure- **Phelps Intranet-→ Patient Care-→Nursing-→Nursing Website-→Shared Governance Councils-→Professional Practice & Development-→Learn More-→Professional Development Brochure**. Take a look at the brochure, there may be some information that will prove helpful to you.

Respiratory Refreshers

Reminders when using respiratory equipment:

-  Oxygen tanks are “**IN-USE**” or “**EMPTY**”
-  Only Code cart tanks are “**FULL**”
-  **Empty** oxygen tanks **cannot** be stored with “In-Use” tanks
-  All tanks must be in carriers or racks; they are not allowed to be free standing
-  Green Christmas tree adaptors are **SINGLE PATIENT USE**
-  Most respiratory equipment can be connected without a Christmas tree adaptor and should be used without it

Nursing Promise Program: Nursing Promise is a donor-funded program providing incentive and financial assistance for Phelps Hospital Northwell Health employees beginning or advancing a career in nursing.

Employees accepted into Nursing Promise receive an annual grant from Phelps to assist with expenses.

Nursing Promise supports two paths to a BS in Nursing. Employees may earn a Bachelor’s in Nursing, or if already an RN may pursue an RN to BS in Nursing program.

Nursing Promise Scholars

- Must be accepted and enrolled in an accredited program to earn a BS degree in nursing.
- Must complete their degrees within four semesters in two consecutive years. No award is given for less than two semesters.
- Complete “*Work Promise*” after graduation as defined in the policy in lieu of repayment of cash stipend.

If you will be starting class for the Fall 2019 semester, the application for Nursing Promise is due by August 1st.

If you are interested in applying please contact Alicia Mulvena of Organizational Development for an application, contact info is: amulvena@northwell.edu. Or 914-366-3165.

RN Med/Surg Competency: See the attached flyer for the dates/times for Med/surg competency. Registration is through HealthStream.

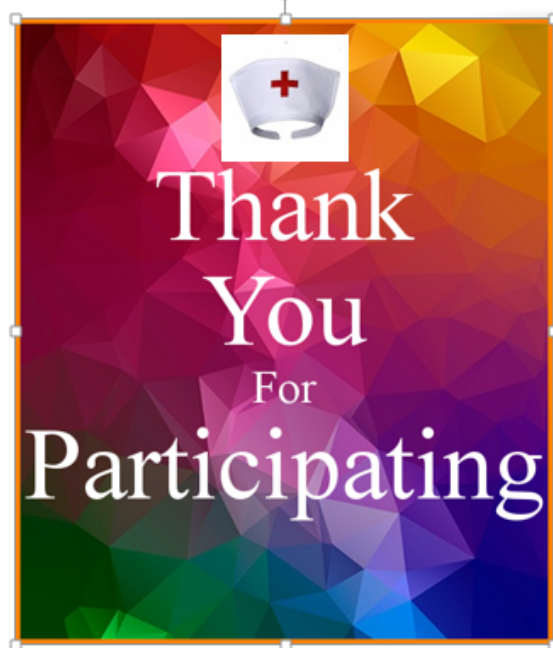
Tech/LPN/MHW Competency: See the attached flyer for the dates/time for Tech/LPN/MHW Competency. Registration is through HealthStream.

CITI Training: If you have done the CITI Training please contact Alicia Mulvena @ amulvena@northwell.edu so this information can be recorded.

Thank You:

From June 3, 2019 - June 23, 2019 our direct patient care nurses had the ability to complete the NDNQI RN Survey.

- **Our 2019 survey response rate = 78%**
- **We are higher than June's NDNQI All Hospital Response Rate of 74%.**



The Nurse's Role in Addressing Discrimination:

This ANA Position statement is so timely with all the activities in June that address our professional role in protecting and promoting Inclusive Strategies in Practice Settings. Policy, and Advocacy. Professional Nurses need to understand that the profession has supported these ethical endeavors for many years. **Please read the attached statement.**

Keeping it Clean With the Infection Control Team:

Be sure to read the attachment regarding documentation for patient education.

Hemodialysis News:

EMERGENCY CARE

In the event a Hemodialysis Nurse becomes incapacitated:

1. **Notify the Renal Care office immediately @ 1-800-945-7969 and the Renal Care staff will assist you. There may be another dialysis RN in the hospital.**
2. **Press STOP button. The dialysis machine is now OFF and dialysis has stopped.**
3. **Close & clamp 4 white clamps on the dialysis tubing that are connected to the patient (either needle in the AV fistula or connection to dialysis catheter).**
4. **Obtain 2 blue clamps from IV pole on dialysis machine and clamp each IV tubing closest to the patient.**
5. **Place patient in supine position.**
6. **Continue to monitor vital signs Q15 minutes and remain with the patient until the replacement Renal Care nurse arrives.**

****Call RRT for the Renal Care Nurse, as appropriate.**



Stroke Center News:

Congratulations!

For the ninth year in a row, Phelps has received the ***Get with the Guidelines-Stroke "Gold Plus" Achievement Award*** for implementing specific quality improvement measures for the diagnosis and treatment of stroke patients as outlined by the American Heart/American Stroke Association. The “Get with the Guidelines-Stroke” program helps hospital teams provide the most up-to-date, research-based treatments with the goal of speeding recovery and reducing death and disability for stroke patients. Phelps earned this highest level award by meeting quality achievement measures including the aggressive use of medications and risk-reduction therapies at a set level for a designated period of time. We have achieved 99-100% in 11 of the 12 performance measures. We have consistently met our time targets and have also been awarded **The Target Stroke Honor Roll Elite Plus** for timely administration of TPA in less than 45 minutes 50% of the time.

It truly takes a multidisciplinary team to give our patients the highest quality of care!



Stroke Performance Measures

Measure	2018 Results
NIHSS on Arrival	99%
Thrombolytic Therapy by 3HR	100%
Dysphagia Screening prior to PO intake	95%
VTE Prophylaxis by Day 2	99%
Antithrombotic by Day 2	99%
Anticoagulation Therapy for A fib on D/C	100%
Antithrombotic Therapy on Discharge	100%
Discharged on Statin Therapy	100%
Stroke Education Documented	100%
Smoking Cessation Documented	100%
Assessed for Rehabilitation	100%
Modified Rankin Scale on Discharge	100%

Lab News:

As a reminder, the “UA WITH REFLEX URINE CULTURE” requires TWO (2) specimens to be sent to the Lab (see photo below)

- Sterile container for the urinalysis and
- Sterile tube with preservative for the culture. .



RANDOM URINE IS NOT ACCEPTABLE

If you require a Urinalysis AND Urine culture no matter what, do not order the UA WITH REFLEX URINE CULTURE. Order the following:

- UA WITH MICROSCOPIC-NO CULTURE
- URINE CULTURE

Pharmacy & Therapeutics Committee:

- Coumadin should be administered at 2 pm only after a current (today's) PT-INR is documented and found to be at an appropriate level to administer coumadin
- If it is not scheduled at 2 pm please notify pharmacy or prior to administration verify that the specific timing is needed

Basic infusion should not be selected in the Alaris guardrails library unless there is no other option.

- The library provides safety parameters even for IVFs without medications. Please choose the appropriate IV fluid.
- If basic infusion is the only option, please notify your medication safety committee representative so that we can identify if there is another option.

To improve the safety of ordering and administration of medications:

When obtaining a medication history please ensure that each medication order is complete including name, dose, route, frequency and if a PRN, the reason for the PRN. If you are unable to obtain the complete information, please ensure this is communicated during handoff to the next caregiver so that they may follow up.

Prior to reviewing the discharge medication list with the patient / family / caregiver, please ensure that each medication order is complete, including name, dose, route, frequency, and if PRN, the reason for PRN.

Pain Corner:

Opioid – Induced Hyperalgesia (OIH)

The term Hyperalgesia means Hyper (a notable increase) and algesia (the body's response to pain). This is an explanation of a person's heightened pain sensitization, seen frequently with patients with chronic pain on opioid therapy.

The mechanism behind OIH is not completely understood. Patients with chronic pain conditions using opioids will have increased abnormal sensation to new pain. Patients with this condition show symptoms such as:

- Pain intensity increasing , while the underlying condition has not changed
- Pain area is extending and harder to qualify the pain
- New pain may develop without a specific diagnosis
- Stimulations that were not painful before may become more painful (example stroking the skin with a cotton ball or clothes touching the skin.)

Diagnosis of OIH is not easy. Many theorize the condition is related more to addiction. The diagnosis is determined by the signs of Opioid – Induced Hyperalgesia in patients who are having no relief of pain with opiates.

Treatment is usually given by expert consultation requiring at times to decrease the opiates and use a multimodal approach to chronic pain treatment including regional injections, PT and OT therapy, and nerve stimulation. Medication treatments used are non-opiates such as NSAIDs, Gabapentin, antidepressants and Tylenol.

Here at Phelps we already use a multimodal approach to treat pain such as repositioning, non-opiate medications, hot and cold therapy, massage, aromatherapy and regional anesthesia.

Remember to re-evaluate all non pharmacological pain modalities within one hour. Take credit for what you do!

References:

Up To Date retrieved 7/15/19 <https://www.uptodate.com/contents/pain-control-in-the-critically-ill-adult>
Dave,V,H. (2018) Opioid –Induced Hyperalgesia (HHS) https://www.hss.edu/conditions_opoid-induced-hyalgesia.asp.

Margaret Cotter Santos 7/15/19

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