



Phelps Hospital Nursing News November 2019



Celebrations:

Jackie Pisano, RN of Endoscopy was promoted to Level 4 on the Career Ladder.

Ginimol Gregorios, RN of 5 South received her PCCN certification.

Anisha Jose, RN of 5 South received her PCCN certification.

Shijin Jose, RN of 5 South received her PCCN certification.

Zhasmin Kukov, RN of 5 South received his PCCN certification.

Gift Napa, RN of 5 South received her PCCN certification.

Surya Vettath, RN of 5 South received her PCCN certification.

Candice Johnson, RN of 5North received her Med/Surg certification.

Nadia Poon-Woo, RN, Clinical Educator of the ED passed her Family Nurse Practitioner Boards.

Erin Brady, RN of the ED was selected to become a member of the Advisory Committee (AC) for the Certified Emergency Nurse (CEN®) Role Delineation Study

If you get certified send that information to your Nurse Manager, Director, Kathy Calabro and Rosendy Rodriguez-Nunez.

Educational Opportunities:

Northwell Conferences: To register: [Northwell.edu/NursingEvents](https://www.northwell.edu/NursingEvents). Times and contact hours are listed on the registration site.

- Nursing Education Conference- December 3rd at Leonard's Palazzo.
- EFM Intermediate Course- December 16 & 17, 422 Lakeville Rd., New Hyde Park.
- Organ Donor Champion Program- 3 dates in 2020 at 2 different sites in LI, register in iLearn.

CNOR Review Class: St. Luke's Cornwall Hospital, December 14 & 15th. \$275 for 16 contact hours. You can attend in person or through a virtual classroom. To register: <https://periop-ed.com/event/cnor-newburgh-pa/>

Organizational Development Department Classes:

Conflict & Delegation: December 17th, 8:30-4:30. Register in Healthstream.

EBP Skills Series provided by our Phelps Research Consultant Peggy Tallier, MPA, EdD, RN.

- **Understanding and Appraising the Levels of Evidence**— another class of the RN Residency program. To be held on December 13th, 1-3pm in the C level Classroom. These classes are open to any RN.

Northwell CCRN & PCCN review classes available on the Northwell Intranet- Free of Charge.

Follow the attached directions to access these online review classes.

Don't forget that **Clinical Key and Clinical Key for Nursing** are available to you as a reference source in the Northwell Library.

Phelps Nursing Department Website: the website can now be accessed from a mobile device.

The link: <https://1065226.site123.me/>. The password is: magnet2020 (all lower case).

See attached flyer for the new additions to the Nursing Website.

Safe Patient Handling:

- **Last chance** to complete SPH competency for this year will be on November 25 and 26. Please register in HealthStream.

11/25/19	8:00 am – 9:00 am	1:45 pm – 2:45 pm
	9:30 am – 10:30 am	3:00 pm – 4:00 pm
	10:30 am – 11:30 am	4:00 pm – 5:00 pm
	12:30 pm – 1:30 pm	5:30 pm – 6:30 pm
11/26/19	8:00 am – 9:00 am	1:45 pm – 2:45 pm
	9:30 am – 10:30 am	3:00 pm – 4:00 pm
	10:30 am – 11:30 am	4:00 pm – 5:00 pm
	12:30 pm – 1:30 pm	6:00 pm – 7:00 pm

Meditech News:

Discharge Medications: please review the Medication Discharge Instructions and ensure the medication orders are complete, including: dosage, frequency, route, and any special instructions such as PRN reason are included.

If “Home Meds” update appears on the instructions, this must be discontinued and the Discharge Medication sheet printed again.

Nursing Trends 2019 Conference: The multidisciplinary conference was attended by 70 nurses from many different specialties.

The topics were:

- Optimizing Outcomes in Breast Reconstruction presented by Dr. Wojciech Dec
- Endovascular Treatment of Acute Ischemic Stroke presented by Dr. Yafell Serulle
- Journey to Quantitative Blood Loss presented by Kara Giustino, MSN, RN, CPNP and Francesca Grillo, MSN, RN.
- Human Trafficking presented by Bruce May, LCSW
- Health Needs of the LCBTQIA+ Population presented by Dr. Robbins Gottlock
- SBIRT and Sepsis in the ED presented by Patricia Bonanno, BSN, RN and Donisha Sledge, BSN, RN.
- Nurturing the Palliative Care Nurse presented by Cheryl burke, MS, RN, Dr. Michelle Espinoza, Tahler Cambriello, Rn and Amanda McNiff, BSN, RN.

There was a display of posters that several nurses have presented at different conferences. These posters disseminated EBP and Research information about programs/projects here at Phelps Hospital. The topics included:

- HPV Navigation Process and Physician Collaboration on Community Education: Mary Kovoov, MBA and Angela Adjete Appiah, MSN,MPH,MA,RN,FACM.
- New Graduate Mentoring Program: Cherry Lyn Fuentes, MS-C, RN-BC.
- The Effect of Mandala Coloring on Psychiatric Inpatient's Anxiety: Doreen Gallagher Wall, MS, RN-BC and Maura Maier, MEd, RN.
- Bilirubin Surveillance in Newborns \geq 35 Weeks Gestation: Judy Kennedy, BSN, RNC-MNN.
- Transfer Mobility Coaches: Keeping Our Patients and Employees Safe Cherry Fuentes, MS-C, RN-BC, Carrie Klemens, BSN, RN, and Marilyn Maniscalco, BSN, RN, CNML.

Psychiatric Nursing Presentation:

October was a busy and exciting month for the Phelps psychiatric nursing research team! After years of diligent dedication to improving outcomes in psychiatric patient care, the team presented their innovative nursing research findings in both Sleepy Hollow New York and New Orleans, Louisiana.

The prestigious 33rd Annual Conference of the American Psychiatric Nursing Association (APNA) was held in New Orleans, Louisiana October 2-5, 2019. Doreen Gallagher Wall, MS, RN-BC and Maura Maier, MEd, RN-BC proudly represented Phelps Hospital. Doreen and Maura participated as Poster Presenters in the Research category. The poster summarized, "The Effect of Mandala Coloring on Psychiatric Inpatient's Anxiety." The findings of this pre-test post-test research study established a clear scientific significance between coloring mandalas and reducing anxiety in the Phelps adult psychiatry unit. Maura and Doreen met APNA conference attendees from around the United States who expressed interest and enthusiasm in the research findings and their implications for nursing practice.

Coloring mandalas to reduce anxiety in the psychiatric setting continues to be a vibrant and innovative therapeutic nurse-driven intervention here at Phelps Hospital. This original nursing research study provides validation and inspiration regarding current clinical nursing practice and exciting opportunities for further research.

Pain Corner:

This is a summary of an interesting article "8 Fascinating Pain Facts You Did Not Know" from Everyday Health by Chris Iliades MD. The article was interesting on the different facts concerning pain. Acute pain is your body's immediate reaction to a toxic event like an injury. Chronic pain can last for weeks, months, or years, and affects more than 76 million Americans each year, more than cancer, diabetes, and heart disease combined. Here are the little known facts about pain.

1. Pain is both Physical and Emotional.

Pain, especially chronic pain, affects more than your body. It's psychologically stressful and can (understandably) lead to emotions like anger and frustration. And pain and stress can be a vicious circle: Pain can increase stress levels, and increased levels of stress can make pain worse. This can cause depression and make it difficult to concentrate.

2. Women Feel More Pain than Men

Women usually do experience more pain than men over their lifetimes because of conditions and experiences such as menstruation, childbirth, and migraine headaches. Studies also show that women may experience pain differently than men.

3. Brain Does Not Feel Pain

Ouch! When you stub your toe or touch something hot, your body releases chemicals that send pain signals up through the spinal cord to receptors in the brain. The brain then sends the pain message back down to the part of the body that hurts. Although it's the interpreter of pain, the brain itself does not have pain-sensitive nerves (receptors). Only the structures that surround the brain feel pain. As a matter of fact, once inside the brain, surgeons can operate on the brain without anesthesia. In one technique known as brain mapping, surgeons probe brain tissue while monitoring reactions like muscle movement and speech — all while the patient is awake.

4. Back Pain is the Most Common Pain Condition

All those aching backs! In a survey done by the National Institutes of Health, 27 percent of Americans said low back pain was their most common type of pain, followed by headaches or migraines (15 percent). More than 26 million Americans aged 20 to 64 suffer from back pain, and each year we spend at least \$50 billion on back pain relief. What's the best way to ease chronic back pain? Experts say a combination of gentle, regular stretching and strengthening exercises, as well as reaching and maintaining a healthy body weight, can make a real difference. Please use our Lift Equipment! The biggest cause of disability in nursing is back injury.

5. Gout : Pain of Kings and Dinosaurs

Gout, a painful type of arthritis that affects about 3 million people every year, was once called the disease of kings because it was blamed on too much eating and drinking. Today we know that gout — and the pain associated with it — is caused by the buildup in the blood of a substance called uric acid, which causes sharp crystals to form inside joints. But one "king" who had gout was the king of dinosaurs, Tyrannosaurus Rex. Analysis of casts of a forearm from a tyrannosaurus fossil named Sue revealed that the dinosaur had a bad case of gout. Today, the dinosaurs' relatives, including birds and all orders of reptiles, can also develop gout.

6. Creaky Joints in (Pre) History.

Osteoarthritis is a type of arthritis that causes chronic pain due to gradual wear and tear on joints. It's also been plaguing humans for a long, long time — in fact, osteoarthritis has been found in human skeletons dating back to the Ice Age (before 8000 BC), and it was also detected during x-ray examinations of Egyptian mummies. But despite the fact that osteoarthritis has been around forever, doctors still do not completely understand the cause

7. Want to Help in Osteoarthritis Pain? Get Moving!

The belief that rest is the best treatment for a back, neck, or knee that is painful due to osteoarthritis is a pain myth. Experts agree that exercise is an important way to manage and in fact prevent pain due to osteoarthritis. Benefits of exercise include increasing blood supply to cartilage and bone, strengthening the muscles that support joints, and decreasing joint stiffness. Exercise also improves general health and reduces the risk of injury and osteoporosis in people with osteoarthritis. Finally, exercise can improve sleep and help fight depression for people with chronic pain.

8. Kick the Habit, Ease your Pain.

Studies show that smoking increases your risk for back pain, and it's also been shown to increase chronic pain in people with fibromyalgia and neck pain. Nicotine in cigarette smoke can decrease the blood flow to joints in the back and can delay healing as well as increase the risk for further injury. Also, people who smoke need to take more medication than non-smokers to get back pain relief.

At Phelps we use a multimodal approach for pain treatment. Multimodal approach is known to be the most effective way to treat pain. We use repositioning, hot/cold therapy, stimulation, aromatherapy, diversion, and medical treatment from drug therapy to procedural treatments done in surgery or pain center. With this approach the nurses need to evaluate the success of the treatment with the evaluation of the patient's realistic short and long term goals.

Skin Champions:

Attached is a list of the 26 Skin Champions that have completed the training for 2019-2020.

1. They can be reached by asking the Vocera to call "Skin Champion"
2. They will assist with Staging pressure injuries
3. They should be called whenever a NEW HAPI is identified to confirm and Stage
4. They can help troubleshoot patients with wounds that have NPWT in place

	Days	Nights
2N/3N	<ul style="list-style-type: none">• Sonia Sari• Maye Terrazola• Danielle Medina	
2C		
5N	<ul style="list-style-type: none">• Sandee Sy• Jisha Thomas• Kristin Cutaia	<ul style="list-style-type: none">• Patricia Braz• Jade Santiago
5S	<ul style="list-style-type: none">• Anisha Jose• Gift Nappa• Chris Clark• Kellie Mason• Shijin Jose	<ul style="list-style-type: none">• Edwina Marc• Ginimol Gregorious• Monica Melo
ICU	<ul style="list-style-type: none">• Alice Mulligan	<ul style="list-style-type: none">• Coreen Palmero• Ria Samson• Elizabeth Keogh
ED	<ul style="list-style-type: none">• O'Neill Goulbourne• Marilyn Storch	
1S	<ul style="list-style-type: none">• Enid Heath	
WHI	<ul style="list-style-type: none">• Suh Lian Mei	
PMA	<ul style="list-style-type: none">• Jennifer McShane	
BRU	<ul style="list-style-type: none">• Sixta Jones	

Keeping it Clean With the Infection Control Team: November is C. Diff Awareness Month. Please review the Factsheet from the CDC that is attached.

Red Cap Data: If any nurse submits a poster, gives a presentation or has an article or book chapter published we would like to know. Kathy Calabro (Magnet Data Analyst) will record that information in the Northwell Red Cap data base. Red Cap is a data base that is being used to record the information for all the Northwell facilities. Red Cap is a convenient way for the Nursing Department to keep track of all the projects/presentations, etc. that are done by the nursing staff. This data collection is important during our magnet journey and also may be used for reporting off to various Northwell service lines, committees, and work groups. The forms to complete for the Red Cap information are on the Nursing Website under the New Knowledge section. To contact Kathy: kcalabro@northwell.edu.

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 one 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 Spring 2020 semester the application for Nursing Promise is due by December 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.

Student Preceptors: thank you very much to the following nurses who precepted nursing students this semester. Your participation in providing this valuable experience to the students is greatly appreciated.

Karen Barger- ICU
Elana Coffey- ASU
Carol Daley- ICU
Cherry-Lou Fuentes-Coyle- MCH
Christopher Moon- 5 South
Alice Mullins- ICU
Ria Sampson- ICU

If you are interested in precepting a student please contact Alicia Mulvena; amulvena@northwell.edu.

IRB-APPROVED NURSING RESEARCH STUDY ON MINDFULNESS starting at PHELPS with Candace Huggins as our Principle Investigator (PI): Stress can adversely affect health and caregiving ability for self and others. Research in mindfulness meditation has been found to be beneficial in reducing stress. Mindfulness is awareness and attention training that helps create daily habits to calm and focus your mind and relax your central nervous system.

In this research study, nurse participants will have access to a mobile app (for a 9-week period) specifically designed for healthcare professionals. Participants will be required to use the app for approximately 5 minutes a day and complete 2-3 surveys at three time points that would take about 15 minutes. This is a multisite study with different hospitals in the Northwell health system. Candace Huggins, Site PI will validate staff eligibility only but will have no access to any participant data.

Enrollment is currently open to all nurses on a first come first serve basis. For further details scan the Q R code below or type in the following web address on your internet browser:

<https://redcap.northwell.edu/surveys/?s=WDPN8CC3JP>





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for Medical Research
Northwell Health**

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Join Northwell Mindfulness Research Study for NURSES

**Receive 9 weeks access
to a *Mindfulness App*
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Participate 5 minutes a day

Enrollment is limited to nurses working at:

1. Cohen Children's Medical Center	7. Phelps Memorial Hospital
2. Glen Cove Hospital	8. Plainville Hospital
3. Huntington	9. Southside Hospital
4. Lenox Hill	10. Syosset Hospital
5. Long Island Jewish Medical Center	11. Long Island Jewish Valley Stream
6. North Shore University Hospital	12. Zucker Hillside Hospital

Site PI: Candace Huggins, RN

Visit link for details and enrollment
<https://redcap.northwell.edu/surveys/?s=WDFN80C3P>

 11/13/2019

NICHE NEWS:

I apologize for not placing information about NICHE over the past several months. There were major changes within the NICHE organization and their web site was taken off line for many months for updates. Because most staff that had completed NICHE education did the work under a pmhc email-which no longer exists, we needed to convert those staff to northwell.edu. I will be working over the next few weeks to once again discuss all the education opportunities found on the NICHE website which could assist clinical nurses with projects and obtain additional CEU's. Those staff who have completed NICHE work prior to March 2019 will be receiving an email from NICHE explaining how to reenter the NICHE website. This must be done within 30 days of receiving the email. New nurses (2019) have been added to the new system. I will keep you informed and look forward to working with staff and attending staff meetings to once again have all NICHE information available to you and to work with staff on projects to *improve the care of health system elders...which improves care for all of our patients.*

Thank you, Cheryl A. Burke MS MBA RN-BC WCC NICHE Coordinator

Malnutrition in the Elderly

- Up to 50% of all patients are at risk for or are malnourished at the time of hospitalization.
- Only 7% of patients are diagnosed with malnutrition during their hospital stay.
- Up to 31% of malnourished patients and 38% of well-nourished patients experience nutrition decline during their hospital stay.

Malnutrition and unintentional weight loss contribute to progressive decline in health, reduced physical and cognitive functional status and increased mortality. Malnutrition is often due to one or more of the following:

- Inadequate food intake
- Food choices
- Illness causing increased nutrition requirements
- Poor nutrition absorption

We know the elderly population have decreased sense of taste and smell, dysregulation of satiation and delayed gastric emptying. Dietitians/Nutritionists and Nurses have the ability to assess patient nutrition and provide interventions to help treat and/or prevent malnutrition.

Problems caused by malnutrition include:

- Weak immune system, which increases risk of infection
- Poor wound healing
- Muscle weakness and decreased bone mass which can lead to falls and fractures
- A higher risk of re-hospitalization and/or death

A new **Nursing Nutrition Assessment** (See next Page) will be part of the patient admission process beginning 12/16/2019.

Nurses will receive education prior to the use of the new tool in December. The new screen asks 2 questions which will score the patient. If the score identifies the patient to be “at risk” for malnutrition an automatic message is sent to the dietitians for consultation.

Submitted by: Susan Juechter, RD & Cheryl Burke, RN, Clinical Nurse Educator

Fri, Aug 30, 2019 0917 by Devys Rivera

MALNUTRITION SCREENING TOOL (MST)	
Have you Recently lost weight without trying?	<input type="radio"/> No <input type="radio"/> Unsure
If yes, how much weight have you lost?	<input type="radio"/> 2-13 lb <input type="radio"/> 14-23 lb <input type="radio"/> 24-33 lb <input type="radio"/> 34 lb or more <input type="radio"/> Unsure
Weight loss score:	<input type="text"/>
Have you been eating poorly because of decreased appetite?	<input type="radio"/> No <input type="radio"/> Yes
Appetite score:	<input type="text"/>
MST Score:	<input type="text"/>
DIET PTA	
Diet PTA	<input type="checkbox"/> Regular <input type="checkbox"/> Low Salt <input type="checkbox"/> Low Cholesterol <input type="checkbox"/> Mechanical Soft <input type="checkbox"/> Low Fat <input type="checkbox"/> Diabetic <input type="checkbox"/> No Concentrated Sweets <input type="checkbox"/> Pureed <input type="checkbox"/> Low Fiber/Low Residue <input type="checkbox"/> No Nuts or Seeds <input type="checkbox"/> Vegetarian <input type="checkbox"/> Tube Feedings <input type="checkbox"/> Weight Loss Diet <input type="checkbox"/> No Milk/Milk Products <input type="checkbox"/> Kosher <input type="checkbox"/> Formula <input type="checkbox"/> High Fiber <input type="checkbox"/> Low Salt Low Cholesterol <input type="checkbox"/> Renal <input type="checkbox"/> Breast Fed
Additional Diet Comment	Use Additional Comment to address diets not listed <input type="text"/>
Dentures	<input type="radio"/> Yes <input type="radio"/> No Comment <input type="text"/>
PO INTAKE	
Current Food Intake	<input type="radio"/> Adequate <input type="radio"/> Inadequate <input type="radio"/> Unable to eat <input type="radio"/> Other <input type="text"/>
NUTRITION SCREEN	
Nutrition Screen	<input type="checkbox"/> N/V/D more than 3 Days <input type="checkbox"/> Lactating (non-OB floor) <input type="checkbox"/> Stg 2 or > Pressure Ulcer <input type="checkbox"/> Dysphagia <input type="checkbox"/> Preeclampsia <input type="checkbox"/> Multiple Food Allergies <input type="checkbox"/> Gestational Diabetes <input type="checkbox"/> Non-healing Wound <input type="checkbox"/> Geriatric Surg Pt >75yrs <input type="checkbox"/> Needs Nutrition Education <input type="checkbox"/> Uncontrolled Diabetes <input type="checkbox"/> Tube Feedings or TPN/PPN <input type="checkbox"/> No Nutritional Needs



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