



Phelps Hospital Nursing News March 2020



Celebrations:

- Erika Weinecke MST of PACU passed the NCLEX.

Educational Opportunities: Most conferences/classes are on hold until further notice.

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

- Organ Donor Champion Program- 3 dates in 2020 at 2 different sites in LI, register in iLearn.
- Pre Surgical Testing Conference- April 25, 2020, 8a-3p at North Shore Hospital.
- Nursing Leadership Conference- April 30, 2020, 8a-4p at The Inn at New Hyde Park.
- Cardiac Conditions in the Mother, Fetus and Newborn- June 3, 2020, 7a-4p at The Long Island Marriot.

Many certification exams have been postponed for 1 month, please check before you go for the exam.

Save the Date: The first Pain Symposium will held on June 4th, 6-9pm in the Phelps Auditorium. Details to follow.

Organizational Development Department Classes: CPI classes are still being held.

CPR Classes

The American Heart Association is providing a grace period of 60 days for CPR renewals. Organizational Development will continue to evaluate the need to provide or cancel classes on a rolling basis dependent on registrants. For classes that are held, individual manikins, personal protective equipment and physical distancing of manikins and participants will be provided. Heartcode continues to be an option for eligible employees.

EBP Skills Series provided by Peggy Tallier, MPA, EdD, RN, Coordinator of Evidence Based Practice and Research here at Phelps. **The following classes may be held by Zoom, details to follow.**

- “Preparing an Abstract for Presentation” April 24th, 9a-12pm in the Walkway Conference Room.
- “Owning Our Nursing Practice: Show Me the Evidence” April 24th, 1-4pm in the C-Level Classroom.

Dr. Tallier is available for advisement on EBP and Research projects, she is at Phelps on the 2nd and 4th Friday of the month. Please contact Judy Dillworth to schedule an appointment.

Safe Patient Handling:

Please note, sessions may need to be rescheduled. Check before your registered date to see if the session is being held.

See the attached flyer for the upcoming dates for the mandatory Safe Patient Handling Competency sessions for 2020. TMCs are needed for sessions- please contact Cherry Fuentes: chfuentes2@northwell.edu.

Transfer Mobility Coach (TMC) Program: There are 2 training classes for new TMCs, please read the attached flyer and consider becoming a TMC for your unit. **Please note: the April 6th session may be rescheduled.**

Tech/LPN/MHW Competency:

Please note, sessions may need to be rescheduled. Check before your registered date to see if the session is being held.

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

Medication Reconciliation: when entering the PRN Home Medications make sure to pick the “reason for use” from the drop down menu. Free text must be used only if the reason is not listed on the drop down menu. Please refer to the attachment for any clarification.

Pain Corner:

In the February edition of Critical Care Nurse one of the lead articles was very interesting and I will share with you today.

The article is a randomized control trial named “Pain and Sleep Quality in Patients Undergoing Cardiac Surgery “. I am fully aware that we do not have Cardiac surgery but the results were interesting and maybe in the future we can have a trail. Here is the summary. Anyone wanting a copy of the article please email me and I will forward.

Each year, millions of people around the world go through surgery. Frequent complication of surgery is pain. Effective pain management is a key component of post-operative care. Achieving optimal post-operative pain relief remains a challenge for many of the clinical staff.

Poorly controlled pain is associated with sympathetic nervous system activation and increased hormone response to stress. This may contribute to some post-operative adverse events, including myocardial ischemia, cardiac arrhythmias, hypercoagulability, pulmonary complications (eg . atelectasis , pneumonia), delirium, and wound infection. Due to pain we have decreased satisfaction, decrease mobility, increased risk of thrombosis and chronic pain.

Surgical pain disturbs the sleep wake cycle. When sleep is disrupted the perception of pain intensifies, healing is delayed. Sleep deprivation is also associated with reduced pain thresholds and hyperalgesia.

In this study nocturnal eye masks was used to determine how it affected sleep quality and pain intensity in patients who have gone under cardiac surgery. This was a low cost intervention that nurses can use to complement other strategies for pain relief. The discussion in use of eye masks decreases ambient light thus increase melatonin. Melatonin improves sleep induction. With this study it found that patient with increased

depth, length and quality of sleep was improved. The study was limited but found there was a reduction in perceived pain and analgesic requirements. Studies also showing ear plugs and eye masks found similar results. Obtained from Critical Care Nurse downloaded March 5, 2020

<https://www.aacn.org/education/publications/ccn/40/1/0027-features-effect-of-eye-masks-on-pain-and-sleep-quality-in-patients-undergoing-cardiac-surgery-a-randomized-controlled-trial>

Margaret Cotter Santos

Emergency Codes:

In 2019, 18.4% of the emergency code calls were called by dialing 0 (operator). In January 2020, 16.7%, 14 of 84 were called incorrectly.

The correct way to call an emergency is to **dial 77**. Dialing 77 puts you in direct contact with the operator. Never dial 0. When you dial 0, your call will be answered in the order it has received.

In addition:

- Clearly state the correct code. Know why you are calling and the kind of team response you need.
- Whenever you place a phone call, state who you are.

Magnet Moments:

On March 16th, we submitted the supplemental documents for our Magnet application about Phelps Hospital:

- 1) Assistant Vice President/Nurse Director and Nurse Manager Table
- 2) Research Table
- 3) Organization Chart
- 4) Nursing Organizational Chart
- 5) Unit-Level Data Crosswalk
- 6) Data Demographic Collection Tool (DDCT) which describes every nurse employed at Phelps.

Special thanks to Mary McDermott and Kathy Calabro (Data Analyst), for entering this detailed data and checking to ensure the information was accurate. We are excited to be at this phase in our Magnet journey.

The remaining 84 documents will be submitted by April 1st. We are on track!

Thanks to all of you for all you do every day and your help, especially during this uncertain time as you are diligently caring for our patients, their loved ones and each other.

Sincerely, Judy Dillworth, PhD, RN, CCRN-K, NA-BC, FCCM
Magnet Program Director

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 Summer 2020 semester the application for Nursing Promise is due by May 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.

EBP Fellow Opportunity:

The Evidence-Based Practice (EBP) fellowship program offers registered nurses the opportunity to develop necessary knowledge and skills to search, critically appraise and use the evidence to initiate new or to change current practices for optimal patient outcomes. EBP integrates the best available research and other types of evidence with clinical expertise and individualized patient care to improve professional practice and patient care. The proposed fellowship is a 9-month long program including didactic education, facilitated course work and independent study on a selected evidence-based practice project.

If you are interested please review the attached application. You can type your information on this PDF form by following the steps below:

- Go to menu bar and hit "Tools",
- On the right side of the document there should be a list.
- Click on "Fill & Sign". This will enable you to complete the pdf document.

Please submit your application to Organizational Development by **March 20** so that we can review applications before the Northwell deadline. **The application states the deadline is March 1st, but that has been extended.**

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