

Sharp Chula Vista Medical Center
Accomplishments for 2022

Nursing Report





MAGNET
RECOGNIZED



AMERICAN NURSES
CREDENTIALING CENTER



Welcome

It is my great honor to recognize the extraordinary work of Sharp Chula Vista Medical Center (SCVMC) nurses and interprofessional care team members in the 2022 Nursing Report. This annual report highlights exemplary accomplishments in person-centered care and employee wellness; professional development through education and board certification; patient outcomes through evidence-based practices; and community outreach initiatives.

The Nursing Report is steadfast proof of our nurses' and team members' commitment to excellence by practicing at the top of their skillset and licensing, and continuing to support SCVMC's Magnet designation. I hope you find inspiration as you read through the remarkable examples of greatness.

All my best,

A handwritten signature in black ink, appearing to read 'Gabriella Malagon-Maldonado', written in a cursive style.

Gabriella Malagon-Maldonado, PhD, DNP, RN, NEA-BC
Vice President of Patient Care Services and Chief Nursing Officer
Sharp Chula Vista Medical Center



Nurse leaders collaborate with clinical nurses to improve patient care and the work environment.

Transformational Leadership

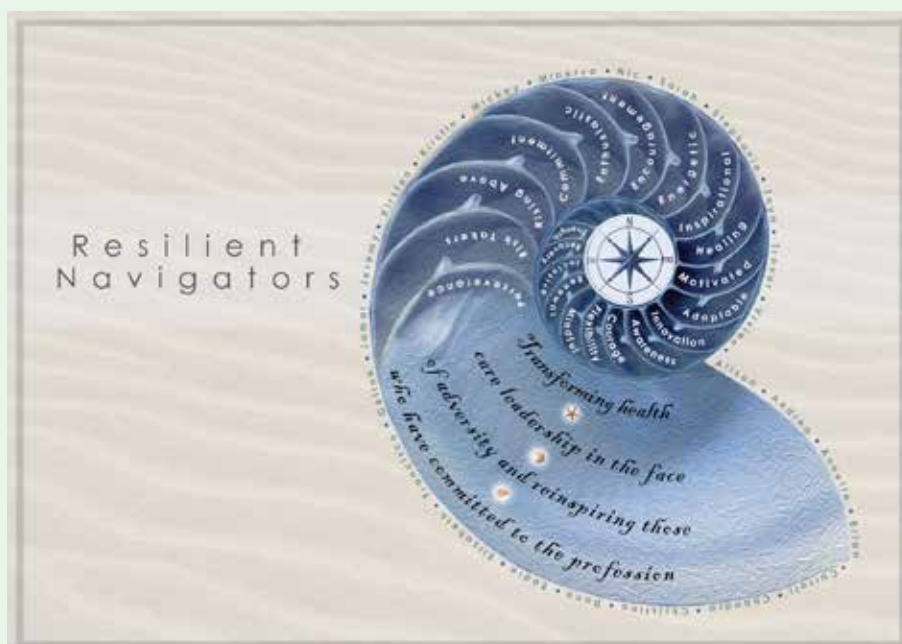
Resilient Navigators Use Art to Guide and Overcome COVID-19 Challenges

Nursing units were encouraged to contribute artwork as a means of expression and understanding during the COVID-19 pandemic. Nursing leaders at SCVMC came together to create a visual representation of the team's vision for nursing leadership, which requires focus, dedication, motivation, and — especially with the complexities of COVID-19 — resilience.

The artwork that was created is a digitally designed nautilus shell. The different pieces of the shell represent the input and feelings of the team. This diverse group of nurses created this artwork to demonstrate how they are working to grow, nurture, and support Sharp's teams, patients, and their loved ones.

As a visual representation of the resilience shown by the nursing staff in the face of COVID-19's complex challenges — as well as the nursing profession's inherent challenges — at the center of the artwork is the nautical compass reminding us of our current direction. Surrounding the compass are values identified by the team that are vital to help nurses navigate new waters during current times. At the bottom is the vision statement with the names of all team members outlining the shell.

The formation phase of a new group is integral to the group's eventual success. One precise way to focus a large group during the formation phase is to discover the group's purpose. The creation of vision and values bonded the group and grounded its purpose. The importance of this artwork signifies that all group members share similar experiences and desires for the nursing profession, no matter their location, unit, or role. The interprofessional collaboration and engagement of 27 individuals focused on one goal is well represented in this piece. The strength of the group, spanning nine months together, benefits Sharp's patients, workplace, community, and each other.



ICU Nurse Ownership of Continuous Renal Replacement Therapy Saves Lives and Money

Continuous renal replacement therapy (CRRT) is a modality of dialysis for patients who may be too unstable for conventional hemodialysis. Patients needing CRRT require the highest level of nursing care in the ICU. Among critically ill patients requiring CRRT, any delays in initiating therapy could lead to more severe and life-threatening outcomes.

Prior to 2022, SCVMC contracted with outside vendors to supply CRRT machines and dialysis nurses to initiate and discontinue therapy. This practice meant that patients in need of therapy were at risk of delays, as initiation depended upon the vendor's availability.

A team of stakeholders convened and explored opportunities to reduce delays while also reducing cost. They determined that accessing and maintaining CRRT are within the scope of SCVMC ICU nurses. Molly Quillin-McEwan, clinical nurse specialist, led ICU nurses to champion a proposal to SCVMC leadership for a significant capital investment in CRRT machines. This would allow ICU nurses to take full ownership of access, initiation, and management of patients in need of CRRT.

Many nurses reported feeling apprehensive about initiating and restarting CRRT. It appeared complex, and they believed set up would be difficult and time-consuming. However, with the team's continued support for bedside nurses and after completing training courses, nurses expressed sentiments such as, "That was much simpler than I anticipated."

Development of standardized training, education, and support from the in-house CRRT team allowed nurses to successfully adopt CRRT circuit setup as an additional skill and provide autonomous care of their patients.

As a result of this effort:

- The time between a CRRT order being placed and the start of therapy decreased by 19%.
- The time between blood circuit clotting and reinitiating therapy decreased by 59%.
- Physician satisfaction and nurse competency improved.
- The ability of ICU nurses to independently prime and initiate therapy improved patient survival from 5% to 30%.

Compared to the previous costly practice of contracting with an outside vendor, adopting a model of ICU nurse ownership over CRRT contributed an estimated net savings of \$78,100 for SCVMC.

Exceptional Community Leadership

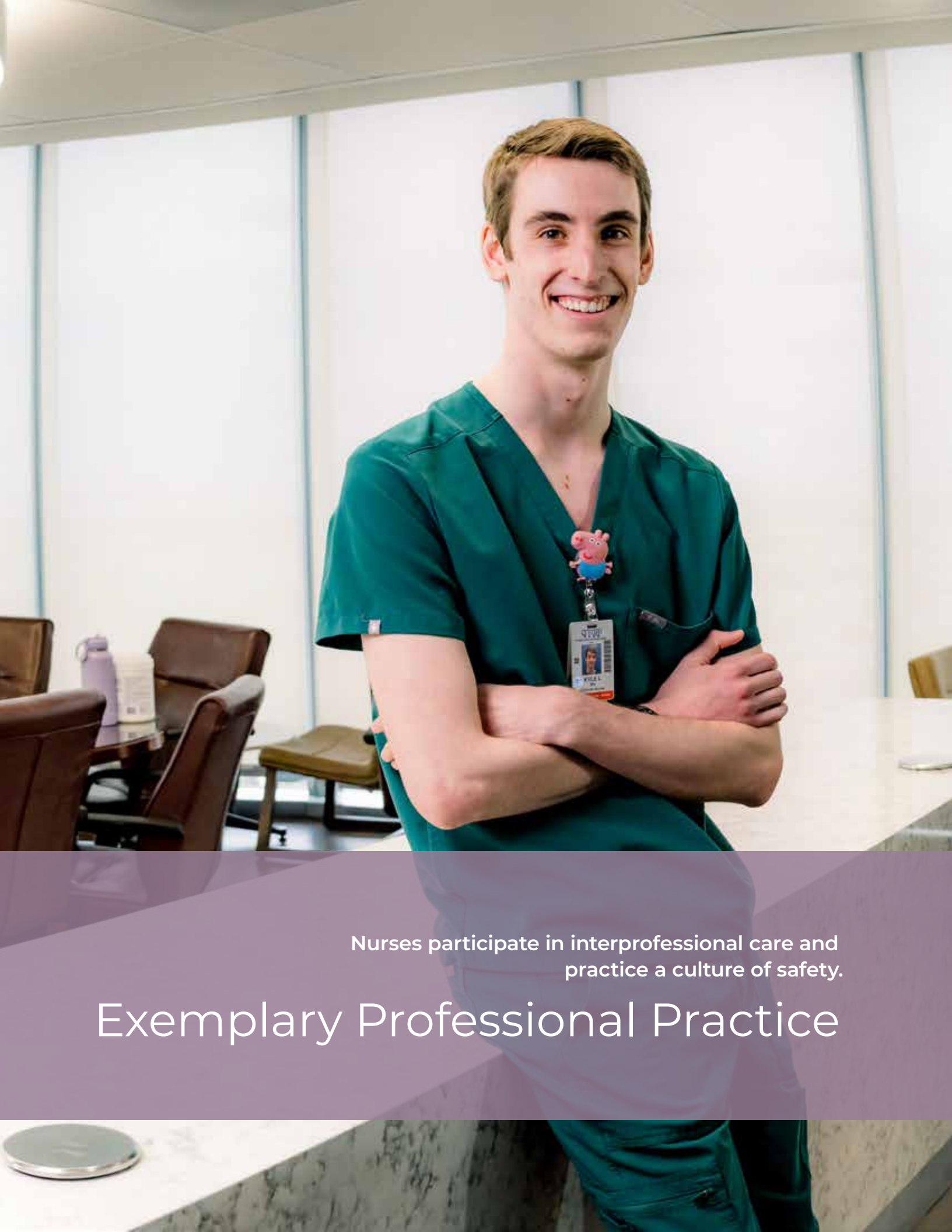
ICU Registered Nurse Loriza Ofria has a personal sense of purpose that gives her stability and direction. Her life's purpose is the driving force behind her desire to connect to something larger that will allow her to truly make a difference. For Ofria, physical and emotional health have never been more important. By leading a group of dynamic team members who share her passion, Ofria found a great way to boost both simultaneously while also making an impact in the community and saving lives.

For the second year in a row, she created and led the ICU Compassionate Heart Team in support of the American Heart Association's (AHA) 2022 San Diego Heart & Stroke Walk. Ofria's primary fundraising strategy was to connect with people and advocate for the organization's values. She developed strong relationships with ICU staff, physicians, and the community after they donated to the cause. In addition to speaking with potential donors directly, she also sent out personalized donation invitation cards and generated significant responses.



Ofria dedicated her time, expertise, and passion to the needs of the community. Because of her tremendous efforts and commitment, her team raised \$8,683.73 – the highest donation raised at SCVMC. Furthermore, she was named the top walker for SCVMC for the \$5,598.73 she personally raised.

She exemplifies The Sharp Experience through her commitment to and advocacy for community organizations such as the AHA. As an ICU nurse, Ofria recognized that cardiovascular diseases are the leading causes of morbidity and mortality worldwide. Despite significant advancements, further research efforts are needed to help in the identification, modification, treatment of individual-level risk factors and, most importantly, prevention of diseases. For nearly a century, the AHA has been fighting heart disease and stroke and helping families and communities thrive. Donations are directed toward efforts to reduce death from stroke and heart disease; investments in research funding; nutrition improvements in other countries; providing quality care initiatives for high blood pressure; and offering cardio-pulmonary resuscitation trainings every year. Ofria's dedication to this cause helps the AHA in its life-saving mission.



Nurses participate in interprofessional care and practice a culture of safety.

Exemplary Professional Practice

5T Calls for No Falls

For hospital patients, falls can cause unnecessary suffering, decreased independence, poorer outcomes, prolonged hospitalizations, death, and an increase in health care costs.

In an inpatient oncology unit, there were 26 patient falls from June 2020 to June 2021. After investigation, it was noted that interventions for fall prevention are implemented by nursing in a fragmented manner. Patients are not fully aware of which fall prevention measures are in place and why. The nursing team posed the following question to address this problem: In a PCU oncology unit, does the use of a patient education reference tool compared to current practice decrease falls within three months?

The Calls for No Falls (CFNF) project was launched to identify best practices and focus on enhanced patient education. The project included an educational tool with guides and talking points for nurse-patient education, along with a checklist for the fall bundle. Nurses were re-educated on the hospital fall prevention policy. Fall prevention interventions were presented as a bundle including footwear, signage, care plans, mobility/fall assessments, and hourly rounding.

Reinforcement of staff education and case study review of falls were completed through unit-based meetings, huddles, and individual staff education. Daily audits, coupled with a weekly Daily Management Systems audit were conducted to ensure ongoing tracking of the CFNF project.

Post-implementation, there was a 30% decrease in falls and a 100% decrease in falls with injury. The Fall Prevention Bundle was adopted by the Sharp HealthCare system. Thorough patient education on the reasons for implementing fall risk interventions improved patient engagement and decreased fall rates.

Tortoise Support System Pathway for Reduction of Hospital-Acquired Pressure Injury

Hospital-acquired pressure injuries (HAPI) result in significant harm, including avoidable patient suffering, increased costs, and financial penalties due to declines in reimbursement, increased length of stay and, worse, death. An audit revealed an opportunity for improvement in reducing HAPIs in the ICU. Critically ill patients are at increased risk for HAPIs due to their poor nutritional, medical, and mobility status.

The audit revealed that many times, patients were found sliding down in bed, with their sacrum/coccyx bottomed out on the mattress. This created significant friction and shear while being boosted and repositioned. A review of best practices identified the Tortoise Support System. This device, placed under patients, has a unique support surface that facilitates pressure redistribution through immersion and envelopment, while the integrated turning and positioning features promote safe patient handling.

A support system selection pathway was created to prevent misuse of the device. The project was implemented with data collection through FY 2022. An intensive Consistency-in-Care Audit was done and identified gaps in practice and non-compliance with the SSKIN Bundle (surface, skin inspection, kinetics/keep moving, incontinence/moisture, and nutrition/hydration). This was followed by a 1:1 training of both RNs and HCAs.

HAPI events in the ICU decreased from 47 pre-implementation (FY 2021) to 28 post-implementation (FY 2022), with a reduction rate of 40%. A decrease in HAPI was achieved despite increases in the ICU average daily census through the middle of the most recent COVID-19 surge. These efforts align with system goals by demonstrating improved clinical excellence and setting hospital and system-wide standards to exceed patient outcomes.

The use of the Tortoise Support System helped build evidence-based interventions for high-risk patients. It has been proven to reduce the incidence of pressure injuries and led to improvement in patient safety and significant cost savings. The vision and mission of this patient safety project is aligned with the organization's goal of innovation and positive outcomes for every encounter, every patient, every time.

Tortoise™ Support System Pathway

COMPLETE RISK AND SKIN ASSESSMENT

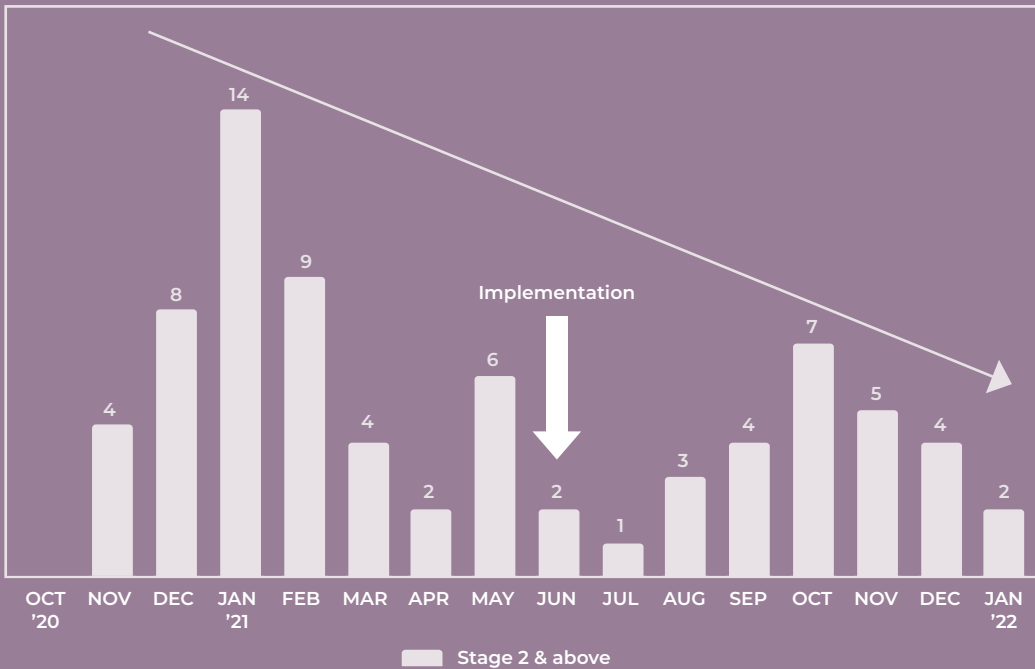
PRESSURE INJURY RISK?

- Pre-existing skin breakdown
- Intubated and sedated with ventilator days >3 days
- Projected ICU stay >3 days with hemodynamic instability
- On manual proning

YES

Place on continuous low pressure support surface +
Tortoise (standard or prone) for turning and pressure redistribution.

Number of HAPI



Sharing Collaborative Best Practices in Palliative Care Throughout San Diego County

The Palliative Care team at SCVMC supported Sharp HealthCare's Aging Conference in the South Bay on October 13, 2022, at the Elks Lodge in Chula Vista. Deena Drake, PhD, RN, CNS, presented an overview of palliative care services at SCVMC to over 75 attendees from the South Bay community, while Katrina Cedano, LCSW, provided guidance and information regarding advance care planning. Through this interdisciplinary collaboration, the team addressed the Community Pillar of the Nursing Strategic Plan by representing Sharp's involvement in addressing the identified community needs of the South Bay.

Drake presented at the CSU San Marcos 5th Annual Professional Palliative Care Conference on June 10, 2022. Her podium presentation, "Goals of Care Conversations in the ED with Culturally Diverse & Vulnerable Populations," highlighted strategies for person-centered care and end-of-life planning for diverse populations who present to the ED, including patients in custody and the Filipino community. Drake's presentation aligns with the Growth Pillar of the Nursing Strategic Plan through her collaborative development of robust processes for addressing end-of-life goals and care in the ED.



Kevin Camballa
MSN, RN, PCCN
Nurse Manager
5T PCU



Nurses participate in and use research to
direct clinical practice.

New Knowledge, Innovations, and Improvements

Lived Experience of New Graduate Nurses Caring for Hospitalized Patients Living with Dementia

The first 12 months of student-to-professional-nurse transition are the most stressful, emotionally challenging, and mentally exhausting period, as nurses strive to apply newly acquired skills into practice. With the projected increase in the number of patients with dementia in hospitals, it is imperative to understand the challenges nurses face when providing safe care to patients living with dementia.

Using the hermeneutic phenomenology approach, Geline Buenconsejo, PhD, APRN-CNS, PCCN-K, nurse manager of critical care, designed a study influenced by Heidegger and Gadamer, to understand the experience of 11 new graduate nurses at SCVMC. The lived experiences of the participants were collected through remotely conducted, semi-structured interviews using open-ended questions. Transcribed interviews were read and analyzed using Braun and Clarke's linear, six-phase method to interpret meanings and arrive at an understanding of the essence of the participants' lived experiences.

Analysis yielded nine themes addressing two lines of inquiry.

First line of inquiry themes:

- Protecting patient's universal rights
- Ensuring patient safety and well-being
- Complex care delivery experience
- Fostering therapeutic nurse-patient relationship
- Nurse's positive adaptation
- Role transition

Second line of inquiry:

- Preservation of human connections
- Feeling inadequate
- Experiencing personal distress

Themes were analyzed over time and articulated into a cogent phenomenological lived experience that provided deeper meaning and purpose, enhanced understanding of the new graduate nurses' roles, and recognized their feelings.

Education, Research and Professional Practice Team Receives AACN Impact Research Grant

The Education, Research and Professional Practice (ERPP) Critical Care Nursing Research team at SCVMC has worked on multiple studies regarding nursing clinical surveillance in sepsis. Their previous research on resting oxygen consumption in sepsis has been disseminated into presentations and posters that have been recognized by Magnet during their accreditation visit. Pending IRB approval, the team plans to work with an industry partner to incorporate a noninvasive sepsis monitoring device in the SCVMC ICU.

In 2022, they applied for the Impact Research Grant from the American Association of Critical-Care Nurses (AACN) to fund this next phase of their research. This grant is only awarded to three projects in the nation per year.

In January 2023, the ERPP team was notified of their receipt of this prestigious grant. With funding from the AACN, they plan to incorporate the latest digital technology for monitoring sepsis and oxygen consumption in the critical care setting at Sharp to improve outcomes for patients with sepsis.

This ongoing evidence-based project aligns with The Sharp Experience as inquiry and innovation are part of the Quality Pillar. The ERPP team exemplifies how to pursue the best clinical practices through research while also incorporating new technology that aligns with the organization's financial goals. As part of their grant requirements, the team will be disseminating their upcoming research project at a future AACN National Teaching Institute & Critical Care Exposition (NTI).



Nurses are engaged and committed to teaching
and professional development.

Structural Empowerment

Faculty Affiliations

Gino Lim, Adjunct Faculty, Southwestern University

Aimee Flores, Adjunct Faculty, Southwestern University

Deanna White, Executive Board Member, Health Sciences High & Middle College

Christina Kelley, Lecturer, Point Loma Nazarene University, San Diego State University

Gabriella Malagon-Maldonado, Lecturer, University of San Diego

Julie Graham, Assistant Professor, San Diego State University

Holly Reutens-Leano, Adjunct Faculty, Obstetrics, National University

Leslie Dela Cruz-Torio, Guest Lecturer, University of San Diego, San Diego State University

Local, State, and National Committee Appointments

Christina Kelley, Director of Education, American Nurses Association of California

Julie Graham, Member, Nursing Research Committee, Society of Critical Care Medicine

Julie Graham, President-elect, San Diego and Imperial Valley Chapter of the California Association of Clinical Nurse Specialists

2022 National Board Certifications

National nursing board certification is the formal recognition of a nurse's specialized knowledge, skills, and experience. While a nursing license provides legal authority to practice professional nursing, national board certification — which is voluntary — reflects a nurse's achievement of a standard beyond licensure.

SCVMC is honored to have many nurses who hold board certifications in specialty areas. The following nurses received national board certification in 2022:

3T PCU

Carlo Flores, Clinical Nurse, CCRN

4 East Short-Stay Observation/SAFE Unit

Adrianna Fiducia, Clinical Nurse, PCCN

5 East PCU

Celene Mercado, Clinical Nurse, PCCN

Critical Care

Brian Manley, Clinical Nurse, CCRN

Rebekah Stockton, Clinical Nurse, CCRN

Jessica Gacad, Clinical Nurse, CCRN

Kalea Pitel, Clinical Nurse, CCRN

Lorra Tibaya, Clinical Nurse, CCRN

Tess Thompson, Clinical Nurse, CCRN

Women's and Infants' Services

Kimberly Valbuena, Clinical Nurse, RNC-OB

Wound and Ostomy

Cassandra O'Brien, Advanced Clinician, COCN, CCCN

Infection Prevention

Kristyn Schumacher, Infection Preventionist, CIC

Regulatory

Karen Simpson, Director, HACP

Sharp Chula Vista Medical Center 2022 Nursing Accomplishments

The following list includes SCVMC nurses involved in scholarly activities and achievements:

Publications

M. Quillin, J. Olivar, J. K. Graham, C. Kelley; Nurse-Led Protocol for Early Initiation of Enteral Feeding; *Am J Respir Crit Care Med* 2022;205: A291.

L. Gomez, K. LeClair, D. Jenkins, J. K. Graham: A Dedicated Emergency Department Sepsis RN Team to Reduce Sepsis Mortality and Readmissions *Am J Respir Crit Care Med* 2022;205:A3851.

Graham, J., Ballejos, C., Jenkins, D., Kelley, C. Implementation of an Emergency Department-Embedded Infusion Center for the Administration of Monoclonal Antibody Therapy in Patients with Early COVID-19 Infection. *J Infus Nurse*. 2022;45(1):41-48. doi:10.1097/NAN.0000000000000453.

Graham, J.K, Quillin-Mcewan, K. Wood, C. Kelley; Limitations of High Flow Nasal Cannula at End of Life; *Graham Am J Respir Crit Care Med* 2022;205: A2892.

Internal Presentations — Podium

Leslie Gomez and Kelli LeClair, A Dedicated ED Sepsis RN Team to Reduce Sepsis Mortality, Sharp's 8th Annual Interprofessional Conference, September 2022.

Julie Graham, Molly Quillin-McEwan, Christina Kelley, CRRT Among Intubated COVID-19 Positive Patients at a Community Healthcare System in Southern California, Sharp HealthCare's 8th Annual Interprofessional Conference, September 2022.

Jennice T. Tolentino, Alejandra Cedeno, Leslie V. Diaz. Calls For No Falls. Sharp Chula Vista Medical Center, 5T PCU Oncology Unit, Sharp HealthCare's 8th Annual Interprofessional Conference, September 2022.

Geline Buenconsejo, Phenomenological Study of The Lived Experience of New Graduate Nurses Caring for Hospitalized Patients Living with Dementia Sharp's 8th Annual Interprofessional Conference, September 2022.

Sarah Saunders-Harbaugh, Geline Buenconsejo, et al. Resilient Navigators Art Contribution Sharp HealthCare's 8th Annual Interprofessional Conference, September 2022.

Deena Drake, Palliative Care and Advanced Illness Management at Sharp HealthCare. Sharp HealthCare's Healthy Aging Conference, October 2022.

External Presentations — Podium

Drake, Deena, Goals of Care Conversations in the Emergency Department with Culturally Diverse & Vulnerable Populations. CSU Hanes Institute Palliative Care Conference, San Marcos, CA, July 2022.

Graham, Julie, Clinical Nursing Surveillance of Oxygen Consumption in the Differentiation of Septic Shock vs. Cardiogenic Shock. American Association of Critical Care Nurses, Imperial Valley Chapter. Sepsis Symposium, September 2022.

Graham, Julie, The Best Care at End of Life, SDSU IV EBP Conference, April 2022.

Wren, Sara, Graham, Julie, A Social Phone call program to address isolation in hospitalized patients with COVID-19 infection Planetree International Conference, May 2022.

Smith, Joseph, Early identification and care of ECMO patients. 5th annual Binational Cruz Roja Conference in Tijuana, November 2022.

Smith, Joseph, Implementation of an Interdisciplinary progressive mobility protocol in the ECMO patient population. Sigma Theta Tau International Congress, Edinburgh, Scotland, July 2022.

Internal Presentations — Poster

Leslie Gomez and Kelli LeClair, Sepsis, Healthcare Quality Week, October 2022.

External Presentations — Poster

Shaina Jacob, Mayra Lopez, Jedd Ortiguerra, Michael Lintag, (Mentor) EBPI Project: Implementation of a Waste Reduction and Supply Management System on a Progressive Care Unit Setting.

White, Deanna, ACNL “Beyond the Bedside” panel presenter, August 2022.

Campbell, Dallas, Nutrition in Cardiac Surgery Patients, EBPI, 2022.

Nurse-Led Protocol for Early Initiation of Enteral Feeding.

Quillin-McEwan, Molly, American Thoracic Society, San Francisco May 2022.

Leslie Gomez and Kelli LeClair, A Dedicated ED Sepsis RN Team to Reduce Sepsis Mortality. American Thoracic Society, San Francisco, CA., May 2022.

Lopez, Christine, Threepage Process, 5to Congreso Binacional de Medicina de Emergencias, Cruz Roja Mexicana, November 2022.

Graham, J., Kelly, C., Malagon-Maldonado, G., Mangum, G. The Best Care at End of Life Begins with Truth, Planetree International Conference, May 2022.

Graham, Julie, COVID-19 Demographics in San Diego County. SDSU IV EBP Conference, April 2022.

Accepted Abstracts and Manuscripts

Balestrieri-Martinez, Bernadette, Aligning a Professional Practice Model with Everyday Clinical Practice. Presenting at National Association of Clinical Nurse Specialists Conference. Portland, OR, March 2023.

Buenconsejo, Geline, Phenomenological Study of the Lived Experience of New Graduate Nurses Caring for Hospitalized Patients Living with Dementia Presenting at National Association of Clinical Nurse Specialists Conference. Portland, OR, March 2023.

Graham, Julie, Altered Metabolism in Sepsis. Accepted to present at the Conference of the Western Institute of Nursing, Tucson, AZ, April 2023.

Graham, J.K., Knudson, M., Nasser, E., Quillin-McEwan, M., Kelley, C. C – reactive Protein and Frailty in COVID-19 Infection – Abstract accepted to American Thoracic Society conference, Washington D.C, May 2023.

Presentation Awards

Leslie Gomez and Kelli LeClair, Healthcare Quality Week Poster Competition, Best Elevator Speech, October 2022.

Graham, J., Kelly, C., Malagon-Maldonado, G., Mangum, G., The Best Care at End of Life Begins with Truth, Best Poster Planetree International Conference, May 2022.

2022 Nursing Excellence Awards

Transformational Leadership, Clinical Nurse – Sussy Delgado, Outpatient Surgery

Transformational Leadership, Nurse Leader – Loriza Ofria, ICU

Structural Empowerment, Clinical Nurse – Josie Candelaria, Infection Prevention

Structural Empowerment, Nurse Leader – Angela Pamintuan, ICU

Exemplary Professional Practice, Clinical Nurse – Ruel Abrajano, ICU

Exemplary Professional Practice, Nurse Leader – Brenda Talamantes, Short Stay SAFE Unit

New Knowledge, Innovations and Improvements, Clinical Nurse – Mary Joy Dabu, 5 East

New Knowledge, Innovations and Improvements, Nurse Leader – Michael Lintag, 3T

Nurse of the Year – Ruel Abrajano, ICU



2022 Center of Recognized Excellence (C.O.R.E.) and High Reliability Organization (HRO) Award Winners

Quality Pillar

Individual C.O.R.E. Award – Molly Quillin-McEwan, ICU

Team C.O.R.E. Award – Emergency Department Sepsis Coordinators

Team HRO Award – 5T

Department C.O.R.E. Award – 4 East/4 North Short Stay SAFE Unit

Department HRO Award – Emergency Department

Safety Pillar

Team C.O.R.E. Award – Emergency Department Triage Team West Lobby Workgroup

Department C.O.R.E. Award – Safety Zero CLABSI 5T Oncology

Department HRO Award – Hand Hygiene, ICU

Service Pillar

Department C.O.R.E. Award – Palliative Care

People Pillar

Individual C.O.R.E. Award – Gina Camberos, ED

Team C.O.R.E. Award – Critical Care Conversations, ICU

Department C.O.R.E. Award – People Heart Failure, 5 East PCU

Finance Pillar

Team C.O.R.E. Award – In-house CRRT Finance, ICU

Department C.O.R.E. Award – Short Stay Patient in the ED, Case Management Utilization Review

Growth Pillar

Team C.O.R.E. Award – Cosmetic Lounge

Department C.O.R.E. Award – Intensive Care Unit, Heart Team

Community Pillar

Individual C.O.R.E. Award – Loriza Ofria, ICU

Department C.O.R.E. Award – Breast Milk Feeding Rates, Women's and Infants' Services

Department 3 East

Other Awards

3T Department HRO Award for Safety

AACN Nursing Research Impact Award Metabolic Monitoring in Sepsis

Education, Research and Professional Practice – Team OxygeNation Investigators

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