

Nursing Accomplishments
January 2018 – December 2018

Research Initiated

- 2018 **Outcomes of Pet Therapy in Antepartum Patients.** Principal Investigator: **JoAnna Hunt**, BSN, RN. Co-Investigators: **Ellen Fleischman**, PhD(c), RN, NE-BC; **Gabriella Malagon-Maldonado**, PhD, DNP, RN, NEA-BC; **Jackie Hiner**, MSN, APRN, CNS, RNC-OB
- 2018 **Aromatherapy in Reducing Nausea, Vomiting, Anxiety, and Pain in Women Post-Operatively.** Principal Investigator: **Kristina Lopez**, BSN, RN, RNC-OB. Co-Investigator: **Gabriella Malagon-Maldonado**, PhD, DNP, RN, NEA-BC
- 2018 **Parent Reading is NICU Therapy (PRiNT).** Principle Investigator: **Elsa Stout**, MSN, RNC-NIC, ALS. Co-Investigator: **Rachelle Sey**, MSN, APRN, CNS, RNC-NIC; **Brandy Ferree**, BSN, RNC-NIC; **Lindsay O’Dea**, BSN, RNC-NIC; **Dayna Mendoza**, RN; **April Tran**, BSN, RNC-NIC, IBCLC; **Lauren Brady**, BSN, RN; **Kim Crinklaw**, BSN, RNC-NIC; **Devyn Kohl**, BSN, RN; **Maude Lambert**, BSN, RN; **Molly Reid**, BSN, RN; **Ruth Turner**, MSN, RN; **Michelle Zimprich**, BSN, RN
- 2018 **Evaluating NICU Staff Knowledge, Attitudes, and Practice related to Neonatal Palliative Care.** Principle Investigator: **Torrey Albert**, BSN, RN, AC & **Rachelle Sey**, MSN, APRN, CNS, RNC-NIC. Co-Investigator: **Guadalupe Perez**, BSN, RN; **Jacqueline Fluit**, BSN, RNC-NIC; **Lindsay O’dea**, BSN, RNC-NIC; **Becky Coulter**, BSN, RNC-NIC; **Michelle Zimprich**, BSN, RN
- 2018 **Perinatal Mood and Anxiety Disorders (PMAD): Impact of Stigma and Social Support on Treatment-Seeking.** Principal Investigator: **Ellen Fleischman**, PhD(c), RN, NE-BC.
- 2018 **Handle with Care: Safe Nursing for the Obese Obstetrical Patient.** Principal Investigator: **Shelby Crenshaw**, BSN, RNC-OB. Co-Investigator: **Sue Faron**, MN, CNS, RNC-OB.

Ongoing Research

- 2017 **Psychometric Testing of a Survey to Measure Patient Engagement in Hospitalized Patients.** Principal Investigator: **Jan Stichler**, DNSc, RN, EDAC, NEA-BC, FACHE, FAAN

- 2016 **Vermont Oxford Network Collaborative: Optimizing Outcomes of the Micropreterm Infant.** Principle Investigator: **Rachelle Sey**, MSN, APRN, CNS, RNC-NIC. Co-Investigators: Maynard Rasmussen, MD, **Pat Tillson**, BSN, RNC-NIC, **Jacqueline Fluit**, BSN, RNC-NIC, **Chelsea Mauricio**, BSN, RNC-NIC **Becky Dillenberger**, BSN, RNC-NIC, **Katie Sondreal-Evans**, BSN, RNC-NIC, Joellen Sanchez, RCP, RRT, & Stephen Burgal, RCP, RRT
- 2016 **Evaluating NICU Nurse Perceptions of Family-Centered Care.** Principle Investigator: **Brooke Rakes**, BSN, RNC-NIC & **Rachelle Sey**, MSN, APRN, CNS, RNC-NIC. Co-Investigator: **April Tran**, BSN, RNC-NIC, IBCLC; **Lisa Gaxiola**, BSN, RN.
- 2013 **SMBHWN NICN Data Collection.** Principal Investigator: Maynard Rasmussen, M.D. Co-Investigators: MJ Harbert, M.D., **Kathy Arnell**, RN; Marna Morimoto, **Rachelle Sey**, MSN, APRN, CNS, RNC-NIC

Completed Research

- 2018 **Effectiveness of a Surgical Nurse Preoperative Visit on Reduction of Anxiety for Hospitalized Patients Undergoing Cesarean Section.** Principal Investigator: Pamela Cohen BSN, Kathleen Kracht CNS, MSN.
- 2017 **Professional Quality of Life Research Study.** Principle Investigators: **Caryn Arnold**, RN. Co-Investigators: **Lauren Brady**, RN, **Sue Faron**, APRN, **Kathryn Giddens**, RN, **Laura McDougall**, APRN, **Mary Miller**, RN, **Gabriella Malagon-Maldonado**, APRN, **Rachelle Sey**, APRN and **Jan Stichler**, RN
- 2017 **Increasing Resilience in Labor & Delivery Nurses.** Principle Investigator: **Sue Faron**, CNS, APRN

Publications

Barton, A.J., Allen, P.E., Boyle, D.K., Loan, L.A., **Stichler, J.F.**, Parnell, T.A. (2018). Health literacy: essential for a culture of health. *The Journal of Continuing Education in Nursing*, 49(2), 73-78.

Harbert, M.J., **Sey, R.**, **Arnell, K.**, **Salinda, L.**, Brown, M.K., Lazarus, D., Poelter, D.M., Wozniak, P.R., & Rasmussen, M. (2018). Impact of neuro-intensive care service for newborns. *Journal of Neonatal-Perinatal Medicine*, 11(2), 173-178.

Wight N., Kim J., Rhine W., Mayer O., Morris M, **Sey R.**, & Nisbet C. (2018). *Nutritional Support of the Very Low Birth Weight (VLBW) Infant: A Quality Improvement Toolkit*. Stanford, CA: California Perinatal Quality Care Collaborative.

Internal Presentations- Podium

Akel, C., Collette, A., Guerrero, N., Jones, T., Vincent C. (2018). *Nurse Physician Collaboration: Bridging the Divide*. Advisory Board Sustainability Results Summit, San Diego, California

Albert, T. (2018). *Evaluating NICU Staff Knowledge, Attitudes, and Practice related to Neonatal Palliative Care*. Sharp Mary Birch Hospital for Women & Newborns Research & Innovation Council.

Baker, K. (2018). *Survive Trial*. Sharp Mary Birch Hospital for Women & Newborns Research & Innovation Council.

Cole, S., Jones, M., Tillson, P. (2018) *Care of the Late Preterm Infant in the Post Anesthesia Unit and Post-Partum Units: Helping Late Preterm Infants Thrive in Dyad Care*. Sharp Mary Birch PACU UPC, San Diego, California

Cook, C., Recker, A., Moore, S., Kalleberg, L. & Daniels, M. (2018). *Integrative Therapies for Pain Management*. Advisory Board Sustainability Results Summit, San Diego, California.

Crenshaw, S. (2018). *Handle with Care: Safe Nursing for the Obese Obstetrical Patient*. Sharp Mary Birch Hospital for Women & Newborns Research & Innovation Council.

Malagon-Maldonado, G., & Stichler, J. (2018). *ProQol Study Results*. Sharp Mary Birch Hospital for Women & Newborns Research & Innovation Council.

Martinez, C. R. (2018). *Education to Prepare Parents for Emergent Situations for Baby at Home*. Sharp Mary Birch Hospital for Women & Newborns Research & Innovation Council.

Moore, E. (2018). *QI Project to Improve Compliance with ordered SCD to Prevent Maternal Venous Thromboembolism*. Sharp Mary Birch Hospital for Women & Newborns Research & Innovation Council.

Stout, E. (2018). *Evidenced Based Practice Proposal: Parent Reading is NICU Therapy (PRiNT)*. Sharp Mary Birch Hospital for Women & Newborns Research & Innovation Council.

Santos, J. & Jurado, L. (2018). *Application of Comfort Theory in the NICU Palliative Care Process to Enhance Knowledge of NICU Nurses*. Sharp Mary Birch Hospital for Women & Newborns Research & Innovation Council.

Swanson, L. & Turner, R. (2018). *Early Skin to Skin in the NICU*. Sharp Mary Birch Hospital for Women & Newborns Research & Innovation Council.

External Presentations- Podium

Anderson, K., & Sey, R. (2018). *How to Engage, Activate, and Empower Families as Active Care Partners in the NICU*. 32nd San Diego International Conference on Child and Family Maltreatment, San Diego, California.

Cole, S. (March 2018). *Identifying and Addressing Breastfeeding Challenges for Late Preterm Infants*. iLactation Spring conference, International On-Line Conference.

Cole, S. (August 2018) Survive and Thrive! Overcoming Breastfeeding Challenges for Late Preterm Infants. USLCA World Breastfeeding Week Webinar.

Faron, S. (2018). Increasing Resilience in Labor and Delivery Nurses. AWHONN San Diego Chapter Meeting, San Diego, California.

Fleischman, E. and Giddens, K. (2018). *Inspired by the Dark Side. An Innovative Program to Recognize Perinatal Mood and Anxiety Disorders.* Association of California Nurse Leaders Innovation Conference. San Diego, California.

Malagon-Maldonado, G., & Hiner, J. (2018). *Using Lean Management to Improve Triage Patient Throughput.* DNP Annual Conference. Rancho Mirage, California.

Reid, M., & Keegan, L. (2018). *Impact of Education on Cell Phone Cleaning Knowledge and Practices Among NICU Visitors and Staff.* Sharp Healthcare's 4th Annual Research & Innovations Conference "Creating Excellence with a Culture of Inquiry", San Diego, California.

Sey, R. (2018). *Identification and Stabilization of the Infant with Hypoxic Ischemic Encephalopathy: Eligibility Criteria for Cooling & Bedside Exam.* Brain Cooling Club Synapse Online Therapeutic Hypothermia Training Course.

Sey, R. (2018). *Neonatal Hot Topics.* AWHONN California State Annual Conference, Anaheim, California.

Sey, R. (2018). *Hypoxic Ischemic Encephalopathy, Neurologic Exam, and Where to Go from Here: Past, Present, & Future.* The One Conference: Neuro NICU Nurse Training, San Diego, California.

Sey, R. (2018). *NICU Impact: Setting up a Neuro-Intensive Care Nursery Program.* Southern California Cooling Summit, San Diego, California.

External Presentations- Poster

Cole, S., Jones, M., & Lanciers, M (2018) Innovations to Improve Late Preterm Infant (LPI) Feeding Management on Postpartum. ILCA Conference, Portland, Oregon.

Davis, S. & Akel, C. (2018). *Promoting Continuity of Care via Technology.* Annual Innovations Conference: Association of California Nurse Leaders, San Diego, California.

Faron, S. (2018). **Reigniting the Passion in Our Team by Increasing Resilience.** Poster presentation at the AWHONN National Convention, Tampa Bay, Florida.

Fleischman, E. & Giddens, K. (2018). *Inspired by the Dark Side: An Innovative Program to Recognize Perinatal Mood and Anxiety Disorders.* Association of Women's Health, Obstetric, and Neonatal Nurses (AWHONN), Tampa, Florida.

Fleischman, E. (2018). *Self-Stigma of Perinatal Mental Illness: A Concept Analysis*. Research Day, Hahn School of Nursing and Health Science, University of San Diego, San Diego, California.

Santos, J. & Jurado, L. (2018). *Application of Comfort Theory in the NICU Palliative Care Process to Enhance the Knowledge of NICU Nurses*. Evidence-Based Practice Institute, San Diego, California.

Swanson, L. & Turner, R. (2018). *Initiating Early Skin to Skin in the NICU*. Evidence-Based Practice Institute, San Diego, California.

Nursing C.O.R.E. and Pillar Awards

Pillar Awards

Safety Team: Neonatal Intensive Care Unit (NICU) Infection Prevention Committee

C.O.R.E. Awards

Quality Individual: Cara Cardenas, Lactation Consultant, Lactation Department
Team: Surgical Site Infection Prevention Task Force

Safety: Team: NICU - Neonatal Infection Prevention Committee
Department: Perinatal Special Care Unit (PSCU) – Caring for the Perinatal Patient with a Mental Health Disorder

Service: Team: NICU - Family-Centered Care
Department: Triage – Enhancing Triage Throughput to PSCU

People Individual: Dana Cohen, Manager Maternal Infant Services (MIS)
Department: MIS, RN to BSN Advancement

Finance Team: Neonatal Non-Invasive Cardiology Program
Department: PSCU Magnesium Admission Project

Growth Team: Xi Robot Team

Community Team: World Breastfeeding Week Community Milk Drive

Nursing Excellence Awards

Exemplary Professional Practice (Nurse of the Year) – **Jacqueline Fluit**, BSN, RNC-NIC
Jacqueline is an Advanced Life Support nurse at Sharp Mary Birch. She is actively involved in the Neonatal Intensive Care Unit (NICU) where she is a member of the Code Pink Review Committee, a mentor to new NICU nurses, and a Neonatal Resuscitation Program instructor. She is also member of the Vermont Oxford Network's collaborative establishing best practices in the care of the Extremely Low Gestational Age Newborn (ELGAN). As a member of the ELGAN collaborative, she co-taught approximately 150 Neonatal Intensive Care Unit (NICU) staff on evidenced-based nursing practices that improve the clinical outcome of these very fragile infants. Jacqueline was also directly involved in another initiative within the collaborative

which was to increase parent engagement in the care of their infant. The goal was to decrease parental stress and anxiety and improve parent/infant bonding. A best practice was to as soon as possible after admission to the NICU, take a photo of the infant and bring to mom's bedside. The NICU RN would provide the mom the photo and update mom and other family members on their infant's condition. Parents are so overwhelmed by this simple gesture and so appreciative of receiving a photo their newborn infant.

Transformational Leadership, Leader: **Rachelle Sey**, CNS, MSN, APRN, NICU

Rachelle is a Clinical Nurse Specialist in the NICU. Rachelle was instrumental in leading the hospital's strategic plan objective of achieving top decile in neonatal outcomes by reducing hypoxic ischemic encephalopathy (HIE) through therapeutic hypothermia in the neurological intensive care nursery (NICN). As a result of her leadership in the NICN program, there has been a statistically significant decrease in length of stay from 21 days to 12 days and a statistically significant decrease in mortality from 19% to 5%. She led several evidence-based initiatives involving simulation training and developing order sets to ensure a standardized approach in the care of extremely low birth weight infants.

Rachelle's other accomplishments include a manuscript accepted for publication in the Journal of Neonatal-Perinatal Medicine on NICN patient outcomes; leading the revisions of the Neonatal Nutrition Management Toolkit to improve neonatal nutrition outcomes across California through the nominee's active membership in the California Perinatal Quality Improvement Panel; leading a committee comprised of California NICU CNSs to advance and promote the NICU CNS role in California; and being named the Robert Wood Johnson Foundation Future of Nursing Scholar receiving a full-tuition academic scholarship to complete her PhD in Nursing.

Structural Empowerment, Leader: **Lynne Keegan**, APRN, CNS, MSN, NICU

Lynne is also a Clinical Nurse Specialist in the NICU at Sharp Mary Birch. She has been instrumental in supporting nurses' professional practice in the safe and appropriate use of Cyclomydril, enhancing nurses' professional development by mentoring nurses through the Consortium for Nursing Excellence in San Diego's Evidence-Based Practice Institute (EBPI), improving nursing certification rates, and developing nurses' knowledge, skills, and practice in the timeliness of antibiotic administration through the California Perinatal Quality Care Collaborative (CPQCC). As a result of Lynne's leadership supporting nurses' professional practice, there has been a 100% compliance with the administration of Cyclomydril and improvement in the timeliness of antibiotic administration. Lynne also successfully facilitated the effective transition of RN graduates to the work environment by facilitating and coordinating 80 hours of NICU didactic classes in the Nurse Residency Program (NRP). The retention rates increased from 67% to 92% over the 3-year period indicating the effectiveness of the program and her leadership.

New Knowledge, Innovations, and Improvements, Clinical Nurse: **Marilyn Garner**, Lactation Consultant

Marilyn is a Lactation Consultation at Sharp Mary Birch. Marilyn was nominated for her project with the Evidence-Based Practice Institute. Her project was to increase nurses' knowledge regarding infant feeding cues which are critical to successful breastfeeding. Marilyn's work on her EBPI project produced a statistically significant positive change with post-partum nurse's knowledge and beliefs about infant feeding cues. She was also a primary research assistant for the Primo-Lacto breastmilk collection study to determine effectiveness of new equipment for the collection of maternal colostrum. As a primary research assistant for the Primo-Lacto breastmilk collection system, she helped to determine that use of this new product resulted in greater patient success and satisfaction with collection of breastmilk. She was a primary preceptor for over 400 nurses requiring breastfeeding training to meet Baby-Friendly hospital designation requirements. Marilyn has also been a guest lecturer at the University of San Diego in the nursing program to provide knowledge related to breastfeeding.

Center of Nursing Excellence (CoNE) Scholars and Research Grants

- Rachelle Sey**, RN – NICU Recipient of the Robert Wood Johnson Future of Nursing Scholarship
- Lisa Molina**, RN – NICU
- Charisse Tabotabo**, RN – NICU
- Ellen Fleischman**, RN – Nursing Administration
- Elsa Stout**, RN, NICU Nursing Supervisor – CoNE Mini-Grant for Parent Reading is NICU Therapy (PRiNT) research

Board Certified Clinical Nurses and Nurse Leaders

Sharp Mary Birch saw a significant increase in the number of nurses who were board certified in their specialty area of nursing. In 2017, 223 clinical nurses and nurse leaders had achieved this recognition. In 2018, that number increased to 239.

% BSN/MSN (Clinical Nurses)

In 2018, 79% of Sharp Mary Birch Hospital for Women & Newborns nursing staff had an advanced nursing degree, BSN or higher. This was a 5% increase from 2017.

Guardian Angel Recognitions

Maternal Infant Services

- Shari Abdalla
- Shiela Agamao
- Gen Arnold
- Katherine Alfonso
- Galina Bespechny
- Lindsay Bonner
- Melissa Botello
- Summer Calton
- Carina Clemente
- Jennifer Depoy

Neonatal Intensive Care Unit

- Marie Adamek
- Urvashi Bava
- Amanda Berg
- Carrie Bonner
- Becky Coulter
- Brandy Ferree
- Shawnie Figueroa
- Joann Florez
- Donna Jacobson
- Marie Lemond

Thao Dinh
Leslie Gioia
Ashley Hawk
Melissa Lansville
My Le
Corrin Mount
Haley Nguyen
Jordan Peters
Denise Rivera
Alisa Rodgers
Shuny Sanaie
Aileen Soterias
Nieysha White

Labor & Delivery/Triage

Melissa Aguirre
Cassie Albiso
Cheryl Areson
Caryn Arnold
Susan Burr
Nicole Crower
Emily Deakin
Aimee De Leon
Katie Ferrar
Bree Greenly
Kelsey Hougen
Sheila Madgedi
Svitlana Mantanona
Nicole Maples
Jennifer Marsh
Jillian Martin
Kasia Paczkowska
Sarah Pelletier
Erica Plotner
Ally Ricketts
Michelle Rodley
Nyree Vanmaarseveen
Lorellie Vitug
Jillian Walls Martin
Ashley Weber

Kimberley Norby
Jennifer Powell
Lisa Robertson
Phyllis Ross-Durham
Jean Santos

Woman's Acute Care Unit

Mary Pitrone
Bona Rousseau

Perinatal Special Care Unit

Kathy Forsythe-Brando
Jacci Hill
Joanna Hunt
Eartha Moore

Post-Anesthesia Care Unit

Mirna Cavanagh
Sharlene DeGirolamo

Surgical Admissions

Teresa Cole
Beverly Dumas
Raymie Huerta

Nursing Administration

Carmen Colombo

Administration

Trisha Khaleghi

Other

Hospital Awards

CALNOC 2018 Performance Excellence Award for Best Performance in Preventing Hospital Acquired Infections – CDIFF and Catheter Associated Urinary Tract Infections
Healthgrades 2018 Patient Safety Excellence Award

Faculty Affiliations

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Alison Phinney, BSN, AL	Clinical Faculty, Azusa Pacific
Irene Mendoza, MSN, RN	Adjunct Faculty, Cal State University San Marcos, University of San Diego
Carmen Colombo, PhD, CNO	Adjunct Faculty, University of San Diego
Gabriella Malagon-Maldonado, PhD, DNP	Adjunct Faculty, University of San Diego
Sharon Aduna, MSN, RN	Adjunct Faculty, Cal State University San Marcos, University of San Diego, Palomar College
Sarah Looney, BSN, RN	Clinical faculty, Point Loma Nazarene University
Cara Bute, BSN, RNC-OB	Clinical faculty, Point Loma Nazarene University
Suzanne Flohr-Rincon, MSN, MBA, RNC–OB	Clinical faculty, Point Loma Nazarene University
Danielle Ballard, BSN, RN	Clinical faculty, University of San Diego
Jaynelle F. Stichler, DNS, RN, NEA-BC, FAAN	Professor Emerita, San Diego State University Adjunct faculty, Clemson University
Jennifer Estrada	Adjunct faculty, National University
Colleen Burks, MSN, MBA, RNC –OB, C-EFM	Adjunct faculty, National University, University of San Diego
Sara Heim, MSN, RNC-OB	Adjunct faculty, National University Faculty, Southwestern College
Ruth Turner, MSN, RNC-NIC, AC	Clinical faculty, National University
Ethan Mullen, BSN, RNC-NIC, AC	Clinical faculty, National University

Professional Organization Leadership

Local Committees:

Sharon Aduna, MSN, RN	AWHONN Coordinator, San Diego Chapter
Rachelle Sey, MSN, CNS, RNC-NIC	California Perinatal Quality Improvement Panel
Rachelle Sey, MSN, CNS, RNC-NIC	California Perinatal Quality Improvement Panel - Quality Improvement Subcommittee
Susan Davis, RN, MSN, CLE, NEA-BC	March of Dimes, Annual Event

National Committees:

Gabriella Malagon-Maldonado, PhD, DNP, Director	AWHONN Research Advisory Panel Committee
Jaynelle F. Stichler, DNS, RN, NEA-BC, FACHE, FAAN	Quality Council, Health Literacy Task Force, American Academy of Nursing
Carmen Colombo, PhD, MBA, RN, NEA-BC	Executive Steering, Council Women's and Infant's Specialty Hospitals

Other:

Rachelle Sey, MSN, APRN, CNS, RNC-NIC	National Certification Corporation (NCC), Neonatal Neuro Intensive Care (NNIC) Subspecialty Credential Examination Content Development Team
Rachelle Sey, MSN, APRN, CNS, RNC-NIC	Small Baby Care Specialist™ Program Content Expert Review Panel
Rachelle Sey, MSN, APRN, CNS, RNC-NIC	STABLE Instructor, RCHSD
Rachelle Sey, MSN, APRN, CNS, RNC-NIC	HERD Guest Peer Reviewer
Pat Tillson, BSN, RNC, NICU Clinical Supervisor	Coordinator for Community ALS Training Program
Gabriella Malagon-Maldonado, PhD, DNP	HERD Editorial Review Board
Ellen Fleischman, PhD(c), RN, NE-BC	Abstract Review Committee, 2019 ANCC National Magnet Conference
Ellen Fleischman, PhD(c), RN, NE-BC	Leadership Mentor, Association of California Nurse Leaders (ACNL)