

SHARP HEALTHCARE NURSING LEADERSHIP

Name: Verna Sitzer, PhD, RN, CNS

Title: Director Professional Practice, Research, and Innovation
Sharp Memorial Hospital

Summary:

I have been with Sharp HealthCare (SHC) for 30 years - as a Clinical Nurse Specialist (CNS) for 19 years, Manager of Performance Excellence for 8 years, and Director of Professional Practice, Research, and Innovation for 3 years. As a CNS, I advocated for the professional role of the nurse in problem solving issues affecting the practice of nursing and in raising the standard of care. After completing Six Sigma Black Belt Training through the University of California, San Diego and again with GE Healthcare, I focused on performance improvement, innovation, change management, and meeting effectiveness. I am passionate about nursing excellence and person-centered care and serve as the Magnet Program Director and Planetree Certification Coordinator for Sharp Memorial Hospital (SMH). I am honored to oversee the amazing leadership and contributions of the SMH CNS/Nurse Educator team and the SMH Nurse Residency Program.

Research Interests:

My research interests include clinical nurse specialist outcomes, collaborative governance, nursing professional practice, nursing handover, patient falls, and safe patient mobilization.

Education:

- PhD, Nursing, USD Hahn School of Nursing and Health Science, San Diego, CA, 2014
Dissertation: Hospital Fall Prevention Using Interactive Patient Technology
- MN, Clinical Nurse Specialist, University of California, Los Angeles, Los Angeles, CA, 1988
- BSN, San Diego State University, San Diego, CA, 1985

Certifications:

- Clinical Nurse Certification, California Board of Registered Nursing

Recent Honors:

- 2020 SHC Pillar Award, People: SMH Night Shift Practice Council
- 2020 SMH CORE Award, People: Night Shift Practice Council

Recent Publications:

- Timmerman, J., & Sitzer, V., Eusebio, R., Reavis, K., & Marder, L. (2020). Nursing handover: A content analysis of nurses' handwritten notes. *Western Journal of Nursing Research*, online ahead of print. doi:10.1177/0193945920972620
- Schroeder, J., & Sitzer, V. (2019). Evidence-based guidelines for reducing NG tube-related hospital-acquired pressure injuries. *Critical Care Nurse*, 39(6), 54-63. doi:10.4037/ccn2019872
- Sitzer, V. (2016). Development of an automated self-assessment of fall risk survey in hospitalized patients. *Journal of Nursing Care Quality*, 31(1), 46-53. doi:10.1097/NCQ.000000000000147

Favorite Leadership Quote:

"Leadership is the capacity to translate vision into reality." Warren Bennis

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