



UNITED HOSPITAL

Allina Hospitals & Clinics

# Nursing Notes

*A quarterly publication for United Hospital Nurses*

## East Metro Project Homeless Connect

UNITED HOSPITAL NURSES AND OTHER STAFF PROVIDE HEALTH SCREENINGS AND HEALTH/WELLNESS INFORMATION AT EAST METRO PROJECT HOMELESS CONNECT EVENT.



The number of homeless individuals in Minnesota rose sharply in 2009 and as many as 46 percent of homeless adults in the state have a chronic health condition according to the Amherst H. Wilder Foundation.

The East Metro Project Homeless Connect (PHC), held June 14 at the Saint Paul RiverCentre, gave the opportunity for individuals experiencing homelessness, or at risk for homelessness, to connect with health care professionals, legal services and a variety of other social services they may otherwise not be able to receive.

Thirteen United Hospital employees, including nurses and interdisciplinary staff, volunteered their time and talents to provide a Wellness Fair for the one-day, one-stop event.

The United Hospital staff worked in partnership with Health Care for the Homeless and provided the following: blood pressure screening, blood glucose screening, stroke education, foot care and BMI screening and education.



More than 1,500 individuals attended PHC and the United Hospital Wellness Fair served approximately 200 of the guests.

Continues >

Summer 2010

### IN THIS ISSUE:

2010 Nurses Week	3
Reduction of Heart Failure Readmission Rates	4
Quiet Time	4
New Clinical Nurse Specialists and Nurse Clinician	5
Latin American Clinicians Visit United Hospital	7
Service to Humanity Gala	7
Making a Difference in Earthquake Torn Haiti	8
New Partnership with Concordia University	9
Enrichment Education for Registered Nurses	10
Celebrations	11
Policy Procedures	12

## East Metro Project Homeless Connect continued

Along with the staff volunteering their time, a hospital-wide drive was held to collect socks and t-shirts that were distributed to those in need. In addition to United Hospital's small donation to Health Care for the Homeless, several departments donated equipment and supplies for the event.

The guests who visited the wellness tables also received rain ponchos and manicure kits donated by United Hospital.

United Hospital PHC volunteers noted that it was a humbling experience and a valuable opportunity to make a difference in the community.

While the event may be over until next year, staff volunteer efforts to support the homeless community are ongoing. United Hospital nurses continue to provide screenings and health education at the Listening House, a day/evening shelter in St. Paul and there are plans to host Wellness booths at other St. Paul events during the summer. In addition, the hospital will hold a blanket drive later this year for those affected by homelessness.



Thank you to the United Hospital nurses and other staff members who volunteered their time and talents!

Karen Argo, RN, Float  
 Laura Carlson, RN, MHS  
 Patty Carlson, Project Coordinator  
 Robin Henderson, RN, OR  
 Mary Hendrickson, Care Management

Brenda Larsen, RN, Float  
 Susan Loushin, RN, Professional Development  
 Queen Obasi, RN, Float  
 Maren Nelson, RN, MHS  
 Norma Roberts-Hakizimana, RN, 4500

Laurie Sampair, RN, 3400 NHC and son  
 Jennifer Wolf, Finance  
 Wendy Wimmer, RN, United Pain Center

# 2010 Nurses Week at United Hospital, May 3-12

“CARING TODAY FOR A HEALTHIER TOMORROW”

The 2010 Nurses Week began with a presentation on pain management by Todd Hess, MD, medical director, United Pain Center. The attendance for the rolling half-hour sessions was wonderful and nurses expressed great interest in best of practices for pain management. Several RN participants commented that “Dr. Hess is wonderful”, “so knowledgeable on the best evidence-based pain management” and that “we need more time with him.”

The Excellence in Nursing Awards presentation and luncheon held on May 6 was a highlight of the 2010 Nurses Week. Nearly 180 United Hospital nurses, leaders and other staff attended the event which recognized the 2010 Excellence in Nursing Awards recipients.

Nearly 70 RNs and LPNs were nominated for the Excellence Awards by their peers. All nominees that present at the celebration were also recognized at the event.



Those in attendance enjoyed lunch including a delicious cake. Attendees also viewed a commemorative DVD featuring the 2009 Nursing Excellence recipients and members of the Jane Kostecka and Ann Shiely families

as they described the excellence in nursing at United Hospital. Spirit of Nursing Excellence displays were featured in the main lobby all week

On May 10 nearly 160 nurses from across Allina (and even some from other hospital systems) attended the presentation “ECG Interpretation and Case Studies” by Dr. Barbara Drew, professor of nursing at UCSF. United is one of only a few hospitals enrolled in a national PULSE study. Dr. Drew is one of the investigators of the study and our own Maureen Smith and Kristin Sandau are assisting with the study.

The Holistic Nursing Council hosted a booth outside the cafeteria, a labyrinth in the Miller Room and roved the hospital on May 11th from 8 am to 7 pm offering hand massage to nursing and other staff.

On May 12, Florence Nightingale’s birthday and International Nurses Day; United Hospital celebrated by hosting International Nurses Night. United nurses presented on their community involvement. Linda Clute, Queen Obasi and Annie Retter shared pictures and stories from their recent trip to Namibia, Africa; Kathy Shimada shared her story and compelling pictures from post-earthquake mission to Haiti; Karen Argo updated the group on the efforts in St. Paul working with the homeless community; and Norma Roberts-Hakizimana shared her work with the master gardeners on creating Community Gardens.

UH nurses are truly living this year’s message of “Caring Today for a Healthier Tomorrow.”



Pat Stoj, RN ACM, post-surgical Excellence in Nursing Leadership



Nancy Ingham, RN, 2300, Birth Center Excellence in Nursing Practice & Service



Christie Frid, RN, CNS, Oncology Jane Kostecka Excellence in Teaching & Mentoring



Mickie Fischbach, LPN, Post-surgical Excellence in LPN Practice & Teamwork



Karen Argo, RN, Float pool Ann Shiely Excellence in Community Involvement

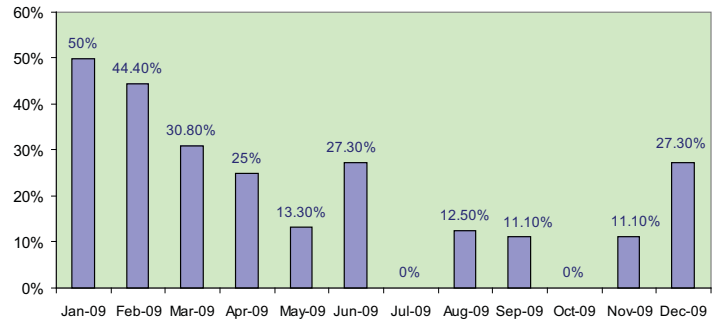
# Reduction of Heart Failure Readmission Rates in Patients Discharged to Skilled Nursing Facilities

Barbara Jacobs, RN, and Ernest Bennett, RN, United Hospital Care Coordinators, had their abstract, "Reduction of Heart Failure readmission rates in patients discharged to skilled nursing facilities (SNF)", accepted for the poster presentations at the American Nurses Credentialing Center (ANCC) National Magnet Conference® held October 13-15, 2010 in Phoenix AZ.

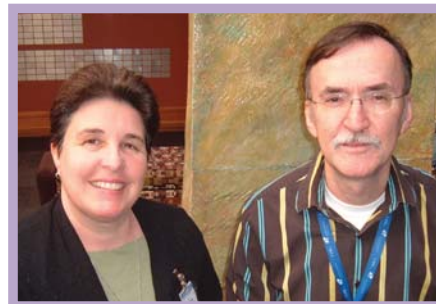
At United Hospital the baseline SNF medical center readmission rate, which is a Centers for Medicare & Medicaid Services and Joint Commission core measure, was 50 percent. Nursing developed a process of follow-up phone calls between hospital and SNF staff that has resulted in a current readmission rate of 20 percent.

The calls presented the opportunity for a question and answer time between hospital and SNF RN/LPNs that resulted in improved continuity of care, and clarification of discharge orders. The just in time education also helped strengthen relationships. A significant reduction in the readmission rates was seen in within six months.

**Heart Failure Skilled Nursing Facility Readmissions**



**Table 1**



Barbara Jacobs, RN, and Ernest Bennett, RN, United Hospital Care Coordinators

## Quiet Time

The Nursing Research Council (NRC) would like to thank you all for your efforts to decrease the noise levels in the hospital.

After several months of reviewing the literature the NRC brought forth evidenced-based interventions to lower the noise levels in acute care settings. These included: being aware of ones own noise levels and keeping conversational volumes down,

turning pagers and phones to vibrate when possible, providing ear plugs to patients, having noisy equipment serviced, and observing Quiet Time from 1445-1545 and 2245-2345. Keep up the great work in creating a healing environment!

If you have any questions please contact a NRC member.

### Nursing Research Council

Julie Becker

Sharon Carlson

Amy Clark

Susset Escoto

Kristine Faschingbauer

Sarah Franklin

Christie Frid

Melissa Fritz

Susan Gatzert-Snyder

Mary Goering

Laura Ingalsbe

Sharon Kambeitz

Julie Larson

Jennifer Maresch Conley

Mary Milligan

Linda Phalen

Sue Reichow

Julie Sabo

Megan Savage

Coleen Scheffknechtz

Maureen Smith

Ekua Taylor Kregel

Katie Westman

Katrina Williams

# United Hospital Welcomes New Clinical Nurse Specialists and a Nurse Clinician to CNS group

A clinical nurse specialist (CNS) is an advance practice nurse (APN) whose care focuses on a specific patient population. A CNS can specialize in certain types of diseases, such as diabetes or cardiovascular disease and can work in many different medical environments, including the operating room, emergency room or critical care. The UH nurse clinician II is a BSN prepared nurse who is considered an expert in a nursing specialty and will be furthering education to become a CNS.

## THE NEW CLINICAL NURSE SPECIALISTS



### **Christie Frid, MS, RN, ONC CNS (Oncology)**

Christie recently graduated from Winona State University with a Master of Science, Advanced Practice Nursing—Adult Health. She is a member of Sigma Theta Tau.

Prior to obtaining her CNS, Christie held a position as nurse clinician II for Oncology.

Christie can be reached at 651-241-9091 or by pager 612-510-3998.



### **Melissa Fritz, MS, RN, CNS (Neuroscience)**

Melissa recently graduated from the University of Minnesota with a Master of Science, Advanced Practice Nursing—Adult Health. She is a member of Sigma Theta Tau.

Prior to obtaining her CNS, Melissa held the position of nurse clinician II for Neuroscience.

Melissa can be reached at 651-241-7318 or by pager 612-580-3785.

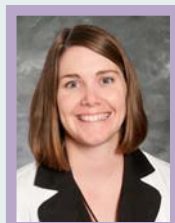


### **Katie Westman, MS, RN, CNS (Medicine)**

Katie recently graduated from the University of Minnesota with a Master of Science, Advanced Practice Nursing—Adult Health. She is a member of Sigma Theta Tau.

Prior to obtaining her CNS, Katie held the position of nurse clinician II for SMOONE.

Katie can be reached at 651-241-4832 or by pager 612-510-4807.



### **Jodie Leise, MS, RN, CNS (Perioperative)**

Jody recently graduated from Winona State University with a Master of Science, Advanced Practice Nursing—Adult Health. She is a member of Sigma Theta Tau.

Jody comes to us with 10 years experience as a registered nurse. Her most recent position was in surgery as a Circulating Nurse in the Operating Room. She has experience in Day Surgery, PACU, ICU/Med-Surg and Emergency Room nursing as well.

Jody can be reached at 651-241-8342 or by pager 612-510-8840.

[Continues >](#)

# Clinical nurse specialists continued

## Susan Gatzert-Snyder, PMH-CNS (Mental Health)



Susan recently joined the United Nursing team to work collaboratively with nurses and other staff to solve challenging patient care issues and crisis in order to improve patient care. She enjoys crisis intervention, providing education and group work. Susan has worked in psychiatry for over 30 years. Her experience spans everything from direct patient care, to supervising, consultation liaison and education.

Susan can be reached at 651-241-8507 or by pager at 612-580-9297

## Laura Donatelle, BSN, RN, Trauma Program Manager and Nurse Clinician II (Emergency)



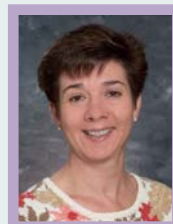
Laura recently began her position as the Trauma Program Manager and ED Nurse Clinician. She has four years experience as an RN at United Hospital. She started her career on the Medicine unit and the last three years she's been in the Emergency Department as staff nurse and assistant clinical manager. She plans to start graduate school next year to obtain a DNP-CNS degree.

Laura can be reached at 651-241-5599 or by pager at 612-613-0152.

### OTHER MEMBERS OF THE CLINICAL NURSE SPECIALISTS GROUP:



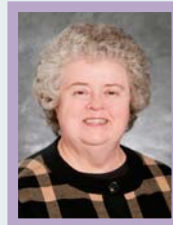
Mary Goering, MPH, RN-C  
Birth Center  
Mary can be reached at 651-241- 6434 or  
by pager 612-654-4034



Julie Sabo, MN, RN, CS-BC  
Director of Practice  
Julie can be reached at 651-241-8378 or  
by pager 612 654-3517



Susan Loushin, MA, RN  
Professional Development  
Susan can be reached at 651-241-8240 or  
by pager at 612-665-8376



Maureen Smith, MS, RN, CCRN,  
Nasseff Heart Center  
Maureen can be reached at 651-241-8229  
or by pager 612-654-0557

## United Hospital Hosts Educational Opportunity on IV Therapy for Latin American Clinicians

A group of seven Latin American nurses and physicians recently spent half-a-day at United Hospital observing and learning about IV therapy protocols, equipment and best practices.

During the visit, the clinicians were hosted to breakfast during which Linda Phalen, RN, CRNI, Assistant Clinical Manager of the Float Pool, presented “Save the Line: preventing catheter related bloodstream infections” and demonstrated the equipment and supplies utilized by United.

Phalen also conducted a hospital tour for the group and arranged shadowing experiences with nurses in the CV Lab/SDIU, GI Lab/IR, Infusion Center, and with the IV resources nurses. The clinicians were very impressed with the skill and knowledge of the staff nurses on not only IV insertion but PICC line insertion and care as well.



The nurse clinicians from Latin America.



Linda Phalen, RN, CRNI, Assistant Clinical Manager of Float Pool, presents “Save the Line”.

The group was connected to United Hospital by Gaston Cartagena, Skin and Wound Care International Educator at 3M. Afterward, Cartagena sent a thank you letter to United that included the following:

“I only have words of thanks and appreciation for the marvelous learning opportunity that you provided to several Latin America clinicians on May 13 at United Hospital. The Latin America clinicians were very impress (sic) with the patient safety approach and IV therapy standards in your Institution. You should be proud of your team and health care organization. Thank you so much for your professionalism, educational skills and availability.”

The educational opportunity hosted for the Latin American clinicians is just one of many educational and outreach events United Hospital nurses either conduct or participate in throughout the year.

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## Service to Humanity Gala is Sept. 25

The Saint Paul RiverCentre will once again be filled with glitz, glamour and giving hearts as the United Hospital Foundation hosts the 26th Annual Service to Humanity Gala on Saturday, Sept. 25, 2010.

If you are interested in attending, tickets to the 2009 Gala are \$65 per person for employees. To reserve tickets, call 651-241-8022 or visit [unitedhospital.com/unitedfoundation](http://unitedhospital.com/unitedfoundation). The Foundation is also seeking volunteers to assist that evening. Volunteers assist with registration, silent and live auction, car raffle ticket sales and can enjoy dinner free of charge. If you are interested in volunteering, call 651-241-8022.



## United Nurses Making a Difference in Earthquake Torn Haiti

Nurses across the U.S. immediately mobilized to offer aid to people in Haiti as the earthquake tore apart the small country. While reports say the immediate humanitarian needs have been met, nurses know that the need continues for health care, shelter, food, and clean water. Here are the stories of two UH nurses, Chris Tupy, BSN, RNC, 3300 and Kathy Shimada, BSN, RNC, 3500 who gave of their time and talents to provide much needed support and relief to the Haitian people.

### KATHY SHIMADA

Arriving in Haiti in late February, Kathy Shimada, BSN, RNC, NHC 3500, was unprepared for just how bad conditions were. She signed up with World Wide Village to spend nine days in Leogone, the epicenter of the earthquake. The Hospital St. Croix was destroyed during the quake so a group of sixteen, equal numbers of nurses and doctors, worked out of a hospital tent. They arrived on a rainy evening and early the next morning the group quickly gravitated to an area they were “comfortable” with; although all were providing care outside of their normal scope of practice. Kathy worked in the recovery room caring for patients after many types of surgery including amputations, crushing injuries and hydroceles resulting from filariasis (elephantitis). There was no water or electricity so the team relied on a generator and water well. In order to treat a patient for pain, Kathy had to carry a bucket of water in to the tent, treat it for two hours in order for the water to be safe so a patient could take a pill! Although there were many supplies donated, the troop had to figure out how to “make do”. Since there was not a bathroom or commode the nurse had to help patients sit on a bucket or use the one available bedpan.

When the hospital ran out of soap and they were therefore unable to wash sheets; Kathy and the team improvised by cutting up surgical gowns. Despite the difficult situations the team somehow pulled together to make do.

Kathy shared, “The Haitians couldn’t have been more wonderful. They were so appreciative of the care we gave. I felt like I was given back much more than I gave. I left Haiti feeling like we accomplished so much but yet it was minute compared to what yet needs to be done. Perhaps I will be for-



Top photo: Kathy Shimada holding a baby she helped deliver  
Bottom photo: Chris Tupy with a little girl who.

tunate enough to be blessed with another experience like the one I had.

### CHRISTINE TUPY

This past March, Christine Tupy, BSN, RN, NHC 3300 co- led a medical team to Lougou, Haiti. This was her third trip to this small village on the southern coast of Haiti. After the devastating earthquake in January it was very difficult to wait until March before the team could get into the country.

[Continues >](#)

## Making a Difference in Haiti continued

Chris traveled with a medical team from her church and through COFHED (Christian Operation for the Health and Educational Development of Haiti).

They were able to bring about 3800 pounds of medicine and supplies to these people. The group set up a clinic in the village and saw about 1300 people from the surrounding area in 6 days

Their first views of rubble in Port-au Prince were quite shocking. Even though Chris had been there before, she could not imagine Haiti in a worse state than it had already been. There was such a look of hopelessness on the face of the Haitians that it made her heart break. The village of Lougou was structurally intact. Their devastation was from loss of friends and family who lived in Port-au Prince. They lost their connections for food and supplies as well as their opportunity to find work or education. The team treated several people with PTSD and insomnia. For most people this is their yearly visit with a doctor. The team was able to give everyone vitamins, treat their worms, malaria, typhoid, infections, stomach ailments and pain. In addition, they were able to treat some people who had seizures and asthma. They saw some injuries from the quake and treated a wide variety of ailments related to malnutrition. COFHED was very instrumental in getting food deliveries to the people and helped them buy seeds to plant for this coming growth season.

Chris shared, "It was good to see how the children's health has improved over the past three years. COFHED supports a school, goat project, and feeding program in the village. The people are very gracious and I always leave more blessed than when I came. The elderly are very frail like the young. Their diet is very limited yet they walk miles to come to the clinic, dressed in their best clothes. They are a resilient people and their inner strength is amazing. Their faith in God sustains them unlike anything I have ever experienced. Haiti's public health system was minimal at best and hopefully some improvements will come about after the quake that will help improve this situation."



## United Hospital Forms New Partnership with Concordia University

United Hospital employees can receive a tuition discount of \$2,000 through a new partnership between United Hospital and Concordia University-St Paul. The goal of this joint relationship is to build the leadership capacity of UH employees by providing educational programs that give employees practical and applicable experiences.

Concordia University is located in St Paul and offers both online and blended programs, in undergraduate and graduate levels. One of the new study focus areas offered by Concordia

is the associate degree in respiratory therapy to a Bachelor of Science/pulmonary science degree (RT to BS/PS).

### WANT TO LEARN MORE?

Contact Concordia University, Jennifer Rostami at [Rostami@csp.edu](mailto:Rostami@csp.edu) or 651-603-6249. You can also contact United Hospital, Susan Loushin at [Susan.loushin@allina.com](mailto:Susan.loushin@allina.com) or ext. 1-8240. Visit Concordia's website at [www.csp.edu](http://www.csp.edu) to learn more about new cohorts forming!

# Enrichment Education for Registered Nurses

The purpose of the continuing educational opportunities and Nursing Grand Rounds (NGR) is to inform staff nurses and other interested practitioners on current trends and issues in the care of patients experiencing specific disease processes or undergoing specific procedures so that staff can deliver safe, best-of-practice care and enrich their practice.

Each educational session is one-hour in length and each NGR is one-half hour in length. At the completion of the activity and evaluation; you will receive from

Contact Hours: 0.5- 1.0 ANCC Continuing Education Credit (equivalent to 0.5 or 1.2 MN BON contact hours).

## EDUCATIONAL SESSIONS (1 HOUR)

### Diabetes Series

Basal Bolus Insulin & Oral Diabetic Medications: Saba course offering number: 00225754

Diabetes Education Survival Skills: Saba course offering number: 00228476

Diabetes Treatment at United Hospital: Saba course offering number: 0222136

Diabetic Ketoacidosis: Saba course offering number: 00222869

Insulin Pump Management: Saba course offering number: 00218680

### Mental Health

Autism: update on definition and treatment: Available as a DVD date TBD

### Neuroscience

Stroke Imaging Updates: Saba course offering number: 00232419

### Surgery

Abdominal Pain: Bowel Obstruction & Incarcerated Bowel: Saba course offering number: 00231185

Robotic Prostatectomy: Saba course offering number: 00229491

Updates in Bariatric Surgery at United Hospital: Saba course offering number: 00229514

### Nursing Grand Rounds (1/2 hour)

Save the Line (IV therapy):Saba course offering number: 00230486

## ALLINA-WIDE SPECIALTY CERTIFICATION EXAM PREP COURSES FOR REGISTERED NURSES

The specialty nursing certification exam prep courses provide an opportunity for RNs to prepare for a specialty nursing certification examination.

Contact hours will vary with each specialty certification exam preparation course. See specific brochure for the contact hours assigned to the course. For more information check the brochures or contact Krista Lee at [Krista.a.lee@allina.com](mailto:Krista.a.lee@allina.com) or call ext. 2-5038 OR for United information contact Susan Loushin professional development specialist at [susan.loushin@allina.com](mailto:susan.loushin@allina.com) or call ext.1-8240

## 2010 COURSES

**Gerontology:** Gerontological Review Course / August 2 & 3 / Allina Commons

**Medical/Surgical:** Med Surg / October 18 & 19 / PEI

**Neuroscience:** Neuroscience Review Course / November 10 & 11 / PEI

**Obstetrics:** Advanced Fetal Monitoring / April 15 & 16 / The Hilton (by Allina Commons) AND High Risk Critical Care OB / September 30 & October 1/ Allina Commons

**Oncology:** Oncology Review Course / April 29 / Unity Hospital

**Pain Management:** Pain Management Review Course/ October 25 & 26 / PEI

# Celebrations

## SPECIAL PROJECTS/PARTNERSHIPS

### **Bethel University Nursing Program**

The United Nursing Research Council (NRC) is pleased to announce a third year of partnership with Bethel University. Graduate nursing students from Bethel University conducted a literature review and analysis based on practice questions provided to them by the NRC. The students worked on this review as their Capstone project for the entire 2010 Spring semester. This year's questions focused on the utilization of acupressure and post-operative nausea and assessment and management of delirium in the acute care setting. The Bethel students presented their findings to the NRC during the May meeting. The council was very impressed with the work of the students; the students spoke with grace and confidence on their topics. The NRC is planning to create an Evidence-Based Practice foundation based on the findings of the Bethel students. Look for more to come when the NRC reconvenes this October.

### **Quiet Time**

After several months of reviewing the literature the NRC brought forth evidenced-based interventions to lower the noise levels in acute care settings.

These included: being aware of one's own noise levels and keeping conversational volumes down, turning pagers and phones to vibrate when possible, providing ear plugs to patients, having noisy equipment serviced, and observing Quiet Time from 1445-1545 and 2245-2345.

### **Test of Change**

The nursing staff of 4500 conducted a test of change with the UHS physicians in an effort to improve communication between the two disciplines. When the UHS MD comes to the unit, they ask for the nurse caring for the patient that the MD is seeing. Together they make rounds on the patient. The effort is to break the communication gap and engage the patient in their care. The process was done over the month of May with the intention of enhancing communication not only with the patient but between the two disciplines. The test of change will be evaluated based on patient satisfaction data and feedback from the MD and RN staff.

### **Heart Failure Readmission**

United Hospital, working with St. Paul Heart Clinic, has earned Disease-Specific Advanced Certification in Congestive Heart Failure from The Joint Commission, the Gold Seal of Approval™ for health care quality. This distinction recognizes United Hospital as having best practices and outcomes for patients suffering from heart failure.

## EDUCATIONAL ADVANCEMENT

### **Associate Degree**

Chippewa Valley Technical College

Cathy Seifert, LPN to ADN SKI Rehab

### **Baccalaureate**

Augsburg College

Kristine Faschingbauer, RN, BSN Mental Health

Jackie Ikobe, RN, BSN Nasseff Heart Center

Laura Mitricska, RN, BSN Neuro/Epilepsy

Lisa Savard, RN, BSN Medicine

Sonia Schaeffer, RN, BSN Medicine

### **Master's**

Bethel University

Ekua Taylor Kregel, RN, Birth Center Master of Science,  
Nursing Leadership & Education

University of Minnesota

Katie Westman, RN, Nursing Practice Master of Science,  
Advanced Practice Nursing—Adult Health Clinical Nurse  
Specialist

Melissa Fritz, RN, Nursing Practice Master of Science,  
Advanced Practice Nursing—Adult Health Clinical Nurse  
Specialist

Walden University

Tarloh Quiwonkapa RN Emergency Department Master of  
Science, Nursing Informatics

Winona State University

Christie Frid RN Nursing Practice Master of Science,  
Advanced Practice Nursing—Adult Health Clinical Nurse  
Specialist; Sigma Theta Tau

# Celebrations

## EDUCATIONAL ADVANCEMENT

### Master's

Winona State University  
Jody Leise RN Nursing Practice Master of Science,  
Advanced  
Practice Nursing-- Adult Health Clinical Nurse Specialist;  
Sigma Theta Tau Honor

## HONORS & SCHOLARSHIPS

### PRESENTATIONS

Katie Westman, MS, RN-C, Medicine CNS was a guest speaker at the Infusion Nurses Society annual meeting in Fort Lauderdale, FL. The educational session was titled "Metabolic Syndrome". Her talk centered on the pathophysiology of metabolic syndrome and treatment options. In addition, she addressed change theory and lifestyle modifications since the syndrome is reversible and caused mostly by lifestyle choices. The session consisted of a 50-minute presentation and 10-minute Q&A. Katie stated, "It was really a fun experience."

## AWARDS AND RECOGNITION

### Nursing Excellence: 2010 Award Recipients

Christie Frid, RN, OCN Practice  
Pat Stoj, RNC, Post Surgical  
Nancy Ingham, RNC, Birth Center  
Karen Argo, RN, Float Pool  
Mickie Fischbach, LPN, Post Surgical

## Policy and Procedure Updates Summer 2010

Policies and procedures that have been revised or added:

Change in Patient Condition (Rapid Response Team)-  
Allina-wide

- Intra-aortic Balloon Pump
- Peripheral Nerve Stimulator
- Pre-operative Care
- Seizure Precautions

In addition- all patient care policies (department specific) are now on the AKN! No more paper! All you need at your fingertips!

The screenshot shows the Allina Knowledge Network (AKN) interface. At the top, there's a search bar and navigation tabs for 'HOME', 'INSIDE ALLINA', 'TOOLS & SUPPORT', 'PATIENT CARE', 'EMPLOYEE RESOURCES', and 'EDUCATION & RESEARCH'. The main content area is titled 'UNITED HOSPITAL' and 'Policies, forms & more'. It lists several categories of policies and procedures, including 'New or updated policies & procedures', 'Hospital-wide policies & procedures', and 'Department specific policies & procedures'. There are also links to 'Related topics' and 'Protocols'. The page is organized into a grid-like layout with multiple columns of text and links.

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**Design:** Creative Services

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*Nursing Notes* editorial board reserves the right to edit material based on content and space and to change this policy at any time.

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*Nursing Notes* is also available under United/Employee Communications/Newsletters on the AKN.