



UNITED
HOSPITAL

Allina Hospitals & Clinics

Nursing Notes

A quarterly publication for United Hospital Nurses

Nursing fairs to remember

5TH ANNUAL BIRTH CENTER FAIR

The Birth Center RN Unit Practice Council hosts a yearly fair to raise awareness of changes in practice and equipment.

The 2010 fair focused on updating staff on the use of breast pumps, medication reconciliation, antepartal bedrest exercise DVD, postpartum hemorrhage basket, staff loss trays, fingerprint necklaces for patient loss, Care Board usage, pain medication documentation on the Care Boards (aka white boards), SIDS bassinet that featured a “what’s wrong/risks with this bassinet” , and a poster with updates on nursery orders and protocols. Nearly 50 nurses and other caregivers attended the fair. The next fair will be November 2011.



NASSEFF HEART CENTER EDUCATION FAIR

The NHC RN Practice Council hosted its first ever education fair. The fair featured posters and education to enhance safe patient care in the critical care and telemetry units.

Telemetry topics were:

- cardiac procedures
- cardiovascular health
- acute coronary syndrome



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**SPECIAL INSERT: University of MN School of Nursing Research Day

Continues >

Spring 2011

Nursing fairs to remember continued

- Accomplishments of council 2010 (staffing/acuity guidelines, pre-procedure checklist, pre-operative heart checklist), What Else Happens at RN council (visitors, regular agenda items etc.)
- Information on an angio caremap being developed for patients.

The CCU posters featured:

- Early Mobility in ICU
- Donation of supplies for mission work
- Mentoring
- Universal Protocol for surgery and bedside procedures
- Patient flow Time Study
- Oral care for patients on ventilators

SPIRIT OF NURSING EXCELLENCE FAIR

The United Magnet Champions (AKA Spirit of Excellence Champions) hosted a fair in recognition of the extraordinary contributions United Hospital nurses make to patients, each other, and the nursing profession on January 12, 2011.

The main feature was stories from the bedside posters from nearly all units. The stories demonstrate the true spirit of nursing excellence that exists at United Hospital. Fair attendees were treated to popcorn, lunch (courtesy of Walden University), slideshow of all the great 2010 accomplishments, as well as a demonstration of bedside barcoding for medication administration. Approximately 120 nurses and other staff attended the event.



Show me the evidence

The purpose of the United Nursing Research Council (NRC) is to encourage and support evidence-based practice (EBP). In an effort to bridge the gap between EBP and research, the NRC finds, reviews, and critiques nursing research articles. In the first quarter of 2011 the co-chairs of the NRC have coordinated article reviews on various topics brought forward either by the NRC members or other hospital committees such as the pain management committee, the patient experience steering committee, etc.

At the January meeting the NRC reviewed the literature (nine different articles) on tools used to assess inpatients for anxiety and depression and the relationship of those tools to pain intensity. The Hospital Anxiety and Depression Scale (HADS) is a 14-item questionnaire that is valid for use in inpatients. There is some support that increased anxiety and depression as measured by the HADS is associated with increased pain levels.

The NRC will search for more literature to further support this tool and its usefulness to guiding nursing interventions in patients with pain. This review and critique of the nursing

literature will be reported to the Pain Committee.

During the February meeting the topic of the literature review was centered on nursing teamwork. The NRC reviewed an exploratory study that looked at a teamwork survey tool (NT) that evaluated five factors: trust, team orientation, backup, shared mental model, and team leadership. The NRC determined that the NT is easy to use and can provide benchmark data for nursing units. The tool can help identify strengths and areas for improvement within nursing units.

Most recently, the NRC has reviewed literature searches on topics such as warming techniques during intraoperative and postoperative periods as well as the effects of health literacy on patient education. The committee is open to reviewing articles request by staff nurses throughout United Hospital by re-installing the Burning Questions. Starting in March, envelopes will be posted on each nursing unit so that staff RNs can submit burning research questions which will be reviewed by the NRC. Finally, the NRC members strive to share their knowledge and experience with co-workers by posting key points from monthly meetings on nursing units

In addition to reviewing on various nursing topics, the NRC is continuing efforts to reinforce the importance of respecting Quiet Time and other noise reduction efforts initiated in 2010. The NRC posted large signs in the lobby and entrances to United Hospital and is working with Mary Jo Wolters from the patient experience steering team to further disseminate the message to ancillary groups aside from nursing. The NRC will continue to evaluate the effectiveness of Quiet Time and noise reduction efforts on patient satisfaction and the work environment.

Recent articles reviewed in 2011 meetings include:

Kalisch, Lee, & Salas (2010). The Development and Testing of the Nursing Teamwork Survey. *Nursing Research*. 59(1),42-50

Parker et al. (1995) The Test of Functional Health Literacy in Adults: A New Instrument for Measuring Patients' Literacy Skills. *Journal of Internal Medicine*. 10(537-541)

Wagner,K., Swanson, E., Raymond, C., Smith, C. (2008). Comparison of two convective warming systems during major abdominal and orthopedic surgery. *CAN J Anesthesia*. 55:6(358-363)

Resiliently yours

By Verlyn Hemmen, D. Div., Program Manager, United Chaplaincy

PERSONAL VISION

In the last issue of Nursing Notes (winter 2010) I began a series to explore the dimensions of being resilient in the midst of challenging times. The theme of the first column was on the importance of self-assurance. Today's column will explore a second dimension of developing resiliency– the importance of having personal vision or purpose.

We can never over estimate the power of personal vision. Vision directs us toward a goal and without a goal, we can drift aimlessly. A goal focuses our attention and our energy. Think of those who put their minds to putting a person on the moon. Think of the effort of a guy like Thomas Edison. How many things did he try before he got that light bulb to work?!? Think of what it took for you to become who you are today! Without a vision for any of the above, little would happen. With a focused vision, there aren't many limits on what can happen!

A few years ago I decided to buy a Harley – a gift to myself for my 50th birthday. I have to tell you that for months, the thought of buying that massive, powerful, thundering machine was all I could think about. I even dreamed about it. My wife had serious concerns about my mental health. But I've been a motorcycle rider since I was 13. There is something about the freedom of riding and the feel of the road that just calls to me. Owning a HOG was a life-time dream. I was willing to do a lot to buy that bike! My energy was focused. I don't care if my

wife called it "obsession," I called it focus!

No doubt you can relate to the power of a vision or goal like that. You've wanted something and you've sacrificed and labored to make that vision a reality. Sometimes, after you've accomplished your goal, you wonder how on earth you were able to muster the energy to pull it off. But having a goal can call forth energy you didn't even know you had.

Even more, a goal can help you deal with adversity or stress. Just think about your next vacation. Where will you be? What will you be wearing? What wonderful foods will you be sampling? Listen for the sounds and notice the smells. As you hold that image, notice how much you have relaxed. Is that a smile on your face? If you can bring that picture to mind in the middle of a stressful time, guess what. The stress just doesn't seem as big.

Resilient people keep a clear vision of where they want to be and how they want to be. That vision makes all the difference – especially when stresses and strains come along. Resilient people know the stresses are going to be there, but they also know that the vision they have is worth the stress. In fact, a vision without stress is just a thought. So keep seeing the big picture. Keep the vision of United Hospital as a place where you love to come to work and where patients find the best possible care!

Emerging Trends in health care sponsored by the MNA Labor Management Committee

United Hospital employees had a special opportunity to dialogue with Kao Kalia Yang, author of *The Latecomer: A Hmong Family Memoir*, on December 17, 2010. Ms. Yang captivated the audience with the story of her family's heartbreaking history through the bomb-infested forests of Laos to a refuge camp in Thailand and finally through treacherous territory as a first generation Hmong family in America.

Ms. Yang poignantly described her "American years" growing up in St. Paul as difficult—"it was hard not knowing the language and customs, but being singled out for being different caused me shame." Throughout her presentation Kalia conveyed a sense of pride in the Hmong culture and traditions as well as the importance of relationships.

The Latino Gang Unit of the St. Paul Police Department presented *State of the Streets: An overview of Latino gangs and gang culture* for the second part of the day. Officers Tony Spencer, Tim Pinoiemi, and Matt St. Sauver shared their experiences and knowledge about Latino Gangs. They illustrated, through stories and pictures, the risk factors for gang membership, current Latino gang trends and culture, importance in identifying gangs and gang activity, and impact of gang violence on community health.



Current nursing research studies at United Hospital

ICU FAMILY SUPPORT GROUP

By Becky Sharpe, RN, NHC, Critical Care Unit

This qualitative study will examine the impact of family support groups in the ICU. The study, pending approval by the Allina/United Institutional Review Board, will begin in the spring 2011 with a goal of ten patients.

UNITED MENTAL HEALTH RESEARCH STUDY: USE OF SECLUSION: FINDING THE VOICE OF THE PATIENT TO INFLUENCE PRACTICE.

By Kristine Faschingbauer, BSN, RN and Wendy Tempel, RN, MHS

This study focuses on recovery and healing capacities of individuals and families. By identifying patient perceptions associated with seclusion, these stories can be shared with mental health clinicians in an effort to change the culture.

As a result, this research may lead to proactive interventions to prevent, and therefore, reduce the use of seclusion in hospitalized psychiatric inpatients. Preventing seclusion allows patients to continue on their path to recovery without experiencing setbacks or regression from the negative emotional

impact associated with being secluded. Thus, by focusing on healing capacities, patients will have increased support as they make steady progress towards meeting their therapeutic goals and return sooner to their families and communities.

Currently there are nine participants (12 are needed) who have agreed to tell of their lived experience after being placed in seclusion. Mental Health Services staff nurses, Kristine Faschingbauer and Wendy Tempel are working with Cynthia Peden-McAlpine, PhD, ACNS, BC, Associate Professor at the University of Minnesota, to analyze interviews and identify themes.

Themes found during analysis include lack of respect during event, inappropriate staff behaviors, length of time spent in seclusion longer than needed, comfort measures missed, feelings of seclusion and what could have made the experience better for the patient. Common themes about patient experiences will be used in staff dialogue in an attempt to develop pro-active measures that may diffuse volatile or harmful situations before they escalate to the point where seclusion is necessary.

Nurses making a difference in the health of the community

BIRTH CENTER STAFF SERVES ABUSED WOMEN AND CHILDREN IN ST. PAUL



Led by Labor and Delivery staff nurse, Mary Ann Russo, the United Hospital Birth Center is collaborating with the Women's Advocate Center on Grand Avenue.

The center serves abused and homeless women and children of St. Paul. These families usually arrive at the shelter with nothing. The shelter provides a safe place for the families to stay, along with food, personal hygiene products, clothing, linens and baby supplies. They are also connected with an advocate who helps them get back on their feet.

This has been a wonderful opportunity for the staff of the Birth Center to get involved in our community to make a difference in the lives of people less fortunate.

For more information on the program and how to volunteer, visit the organizations website. www.wadvocates.org.

HELPING CHANGE THE LIVES OF CHILDREN IN PERU

United nurses Cathy Colletti, Kathy Schowalter, Marcia Woell and Joyce Monnihan recently participated in a medical mission trip to Peru to help children with facial deformities.

This team was part of the San Francisco de Asis Program, which brings skilled doctors to Peru to operate on children with cleft lips, cleft palates, burns and other deformities. These families have limited financial resources for medical care, so often, this is the only opportunity to access this type of care.

The trip is led by Dr. Pilney, who 30 years ago first organized a group of plastic surgeons, with a team of anesthesiologists, nurses, a dentist and other volunteers to go to Peru.

Every year, there are many returning compassionate and dedicated volunteers including Dr. Destache, Dr. O'Connor and Dr. Koelz from anesthesia.

Despite the extremely long and hectic hours, the nurses and other volunteers feel very fortunate to be involved. Their lives have been touched deeply, helping these children and families.



Celebrating National Nurses Week

Nurses Week will be celebrated May 6-12, 2011. A lunch and program honoring the 2011 excellence in nursing award recipients will be held on May 10.

Nominations must be received by March 16, 2011. The 2011 Nursing Excellence Nomination form can be found on the AKN, Policies, Forms, & More, United Hospital, Forms, and then Miscellaneous.

Watch for fliers and table tents for the other Nurses Week activities.



Enrichment opportunities

NURSING GRAND ROUNDS: POST-PARTUM DEPRESSION

By Rosalyn Voigt, MS, RNC, CLC

There are many exciting things to experience when welcoming a new baby into your home, however postpartum depression is an unwelcomed guest for any new mother. It comes uninvited and threatens to interfere with all interactions and activities of daily life for the new mother and baby. Mothers often say “this isn’t what I expected” when experiencing postpartum depression.

There is no known cause for Postpartum Depression (PPD) though rapid and significant hormonal shifts after giving birth are often identified as a source. Often it is a combination of symptoms that is unique to the mother which become the “perfect storm” for her. Initially, the new mother may experience symptoms of anxiety rather than depression. She may feel overwhelmed with the responsibility of caring for the new baby. She may have little support from family and friends which may contribute to feeling overwhelmed. She may also experience other symptoms such as:

- irritability
- anger
- loss of appetite
- inability to sleep when given the opportunity
- difficulty with breastfeeding
- difficulty with attaching to the baby
- fear that something is wrong with her baby
- negative thinking such as “I am a terrible mother...”
- intrusive thoughts (morbid, strange thoughts)
- fear of telling someone - being afraid of what they will think or being afraid that they will take her baby away

Early identification of this mental health concern is most advantageous to the new family. Mothers who seek treatment right away often recover quickly. Treatment for postpartum depression can be in the form of therapy and/or use of medication(s). One form of treatment is to find a therapist. Another form is to seek out a support group.

A support group is a place where a mother can talk about her symptoms. She can find information about what she is experiencing and encouragement from other mothers who are experiencing postpartum depression which often helps to decrease her sense of isolation.

The PPD support group goals are to offer validation (“You are not alone.”), reassurance (“You are not to blame”) and hope (“Your experience is real, it is treatable and you will be well”).

Allina Hospitals & Clinics offers two Postpartum Depression Support groups that meet weekly.

- Tuesday, 1:30 – 3:00 p.m., Abbott Northwestern Hospital
- Wednesday, 1:30 – 3:00 p.m., Dakota County Northern Service Center in West St. Paul

These support groups are free. Please call 612-863-4770 to register or ask questions regarding PPD. Visit allina.com for more details.

LUNCH & LEARN SERIES: PAIN MANAGEMENT: BASIC PRINCIPLES AND PRACTICES

By Mark Willenbring, MD

More than 60 participants (nurses, physicians, and interdisciplinary staff) packed the Bentson Family Conference Room on January 5, 2011 for a well received presentation on pain management by Mark Willenbring, MD, staff psychiatrist at United Hospital.

Dr. Willenbring explored the definition of pain. The brain modulates the perception of pain and for all patients experiencing pain, pain is real. The exception may be the malingering patient. The basic principles of pain management include staying ahead of the pain; put the patient in control of medication as much as possible, as they will use less opioid than asking the RN for medication. Give the expectation and certainty medication will help with the pain. The ideal goal for pain management is 3 or less, or in an alert patient the absence of intolerable discomfort.

It is imperative to incorporate non-pharmacological treatment such as heat/cold, massage, provide reassurance and relaxation training. Relaxation training, such as mindfulness and yoga, increases tolerance and the ability to tolerate pain.

With opioids and pain management:

- Use opioids effectively not minimally.
- Titrate to efficacy- in the absence of intolerable adverse effects
- Schedule pain meds rather than as needed, prn, dosing.

Dr. Willenbring also recommended letting the patient determine the weaning schedule as much as possible and he believes patient’s will wean off pain medication faster.

Behavioral Dynamics of pain management were also discussed. Using short acting pain meds increase the patient's acting out for pain medication plus variation in knowledge, beliefs and attitudes of staff from shift to shift, MD to MD leads to poor pain control, less patient satisfaction and prolonged hospital stays.

For patients incurring pain, Dr Willenbring recommends the book *Your Guide to Pain Management: A Road Map for pain ACTION.com* by Kevin L. Zacharoff, MD, ISBN # 978-0-9740093-3-9.

If you were unable to attend this fascinating and informative presentation, the DVD is available on the AKN. On the AKN, go to the *Education & Research* tab, United Hospital and then look under the Video section. Or, once you are on the AKN page type this URL: <http://akn.allina.com/united/trainingeducation/index.htm>

DIABETES IN PREGNANCY SERIES

By Brian Swiglo, MD and Luke Benedict, MD

Nurses and other interdisciplinary staff received valuable education on gestational diabetes mellitus and medication for treatment of diabetes in pregnancy on January 26 and 28, 2011.

Brian Swiglo, MD and Luke Benedict, MD, endocrinologists, United Medical Specialists provided the education. The purpose of the series was to provide education on the advancements in the treatment of women experiencing diabetes during pregnancy. Both programs are available in Allina Learning Management system (LMS-SABA). Other programs already available in SABA are listed on the AKN under the United Education and Research self-directed learning, enrichment opportunities section at: http://akn.allina.com/content1/groups/non-patient-care/@akn-united/documents/training_materials/183984.pdf

Meet the Allina Learning & Development team (formerly known as Education Services)

United Hospital maintains a site-based central education department to meet system and local needs. Allina Learning and Development - United continues to support and promote nursing excellence through mandatory education, orientation, competency assessment, new product implementation, and staff development.

Some of the core accountabilities of the team include:

- RN/LPN Mandatory Education Day
- NA/PCA Mandatory Education Day
- Orientation for nursing staff
- Quarterly self-study for nurses now provided through e-learning
- BLS classes
- Academic affiliations



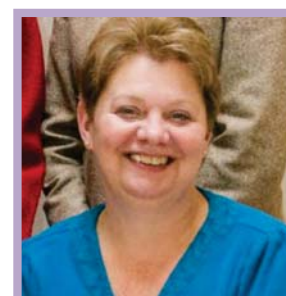
Susan Rainey,
United Site Manager



Lynn O'Donnell,
Learning & Development Specialist



Mollie Kaiser
Learning & Development
Specialist



Gretchen Behrens
Education Program Coordinator

Nursing Education Fund

Preparing the Next Generation

Purpose

- Support nursing employees in their nursing education leading to bachelor, graduate, post-graduate, masters and doctoral degrees in nursing, and/or support education for advancing nursing practice at United Hospital.

Funding

- Over \$7,000 granted
- Over \$12,000 raised during the 2009 Employee & Community Giving Campaign

How to Apply

- Grant application available on the AKN — under miscellaneous forms

How to Contribute

- Via the annual Employee & Community Giving Campaign (runs September - October)
Write in 2300/Nursing Education Fund

Questions — Contact Cindy Early x18027

Thank you to our United Hospital employees who support this fund during the campaign which helps further clinical and professional development of our dedicated nurses.

Testimony

“The process for applying for the Nursing Fund grant was fairly easy. The funding I received will allow me to continue my education in the profession of nursing. I believe the fund through the United Hospital Foundation demonstrates the hospital’s commitment to the professional development of its employees.”

Robin Henderson, RN, Main OR

unitedhospital.com/unitedfoundation



UNITED HOSPITAL
FOUNDATION

Bedside Barcoding Scanning

United Hospital nurses set the bar for Allina by being the first hospital to successfully implement barcode scanning for patient medications in all inpatient areas.

This has been a collaborative effort by nurses and pharmacists to enhance patient safety with medication administration.

As one nurse said, "It takes a little time but I really like it." Another nurse commented, "This takes patient safety with medication administration to the next level."



Celebrations

HONORS & AWARDS

Joint Commission Certification

United Hospital received Disease-Specific Care Certification for:

- Primary Stroke
- Inpatient Diabetes
- Heart Failure



Achievement of Joint Commission certification demonstrates that United continues to make exceptional efforts to foster better outcomes for disease-specific care and it signifies to the community that the quality of care provided by United nurses and staff is effectively managed to meet the unique and specialized needs of patients.

HONORS

Linda Christinsen-Rengel, RNC, MS, CNP Nurse Practitioner

United Hospital Breast Center received the Metro Minnesota Chapter of the Oncology Nursing Society Outstanding Staff Nurse Award for 2010. Linda was recognized for leading the team in the development of the Breast Health & Breast Cancer Program at United Hospital and for providing excep-

tional care. She is a role model of the impact nurses have on improving patient care.

Bernadine (Bunny) Engeldorf, BA, RN, ACM, Mental Health Services

Bunny received from the Minnesota Nurses Association (MNA) the Audrey Logsdon-Geraldine Wedel Award. This honor is for the nurse that has made significant contributions to nurses and nursing through involvement in the Minnesota Nurses Association (MNA) Economic and General Welfare Program.

Robin Henderson, RN, OR

Robin was selected as one of the recipients for the 2011 Allina Uncommon Caring Award for 2011. This award recognizes employees who demonstrate exceptional care to our patients, our communities and each other and is the highest honor Allina bestows. Robin is receiving this award in recognition of her ongoing commitment to help individuals affected by homelessness in our community.

Celebrations

SCHOLARSHIPS

NURSING EDUCATION FUND

From 2010 to present, \$12,700 has been disbursed to support United Hospital employees who are pursuing their nursing education, leading to bachelor, graduate, post-graduate, masters and doctoral degrees in nursing, and/or to support education for advancing nursing practice at United Hospital.

The following staff has received support for their nursing related education for first quarter of 2011

- Katy Holets, RN, Patient Care Manager, RN to BSN, Walden University
- Gina Hartman, RN, Main Operating Room, RN to BSN, Augsburg College
- Karen Wilson, RN, Safety
- Naomi English, RN, Float Pool
- Elnora Thomas, PCA

To access the fund grant application go to Miscellaneous Forms on the AKN. Donations to support this fund can be directed to United Hospital Foundation - Mail Stop 60134. (See page 8 for Nursing Education flier)

PUBLICATIONS & PRESENTATIONS

Publications

Barbara Jacobs, MHA, BSN, PHN, RN, case manager (2011), Reducing heart failure hospital readmissions from skilled nursing facilities Professional Journal of Case Management: the leader in evidence-based practice, 16(1), 18-26. Published February 2011.

Presentations

(Poster and Presentation) Susan Loushin, "The Caring Connection: Using Leadership Metis to Facilitate Community Outreach with Hospital-Based Nurses at the April 2011 University of Minnesota Nursing Research Day.

(Poster) Laura Lathrop, DNP, NP, Palliative Care Service, presented a poster on her evidence-based practice project Integrating palliative care into the ICU: a nurse led quality improvement project at the Minnesota Nurse Practitioner Conference in November of 2010.

The outcomes of this continuous quality improvement project, conducted at United Hospital, were a reduction in length of stay in the ICU and nurse reports of improved understanding of advance directives and proxy as well as discussion with patients about care goals.

Tina Olson, RNC Birth Center and Mary Goering, RN, MPH Moms-to-be exercise DVD: empowering women to take charge will present at the AWHONN 2011 Convention, June 25-29, 2011, in Denver, Colorado.

CERTIFICATIONS

Holistic Nursing Certification

- Sarah Lake, RN, ED

ANCC Nursing Case Management

- Peggy Speaker, RN, care management

ANCC Gerontological Nursing Certification

- Wendy Wimmer, RN, United Pain Center

Advanced Fetal Monitoring

- Melissa Bahlmann, RN, Labor & Delivery
- Jodi Lebo, RN, Labor & Delivery
- Mary Swenson, RN, Labor & Delivery

EDUCATIONAL ADVANCEMENTS

BSN

- Debra Raptis, Director, ED, Chamberlain College
- Kristine Faschingbauer, MHS, Augsburg College
- Pamela Burns, Oncology, Augsburg College

DNP

- Laura Lathrop, RN, NP, University of Minnesota

TWIN CITIES ADULT EDUCATION ASSOCIATION (TCAEA)

A TCAEA table will be outside the United cafeteria from 10:30 am – 1:00 pm to provide information on:

- RN to BSN completion programs
- RT to Bachelor's degree in Pulmonary Science
- MBA with health care emphasis and many more!

See the Education display in the hallway across from Security for the 2011 TCAE Calendar.

Interested in advancing your education or certification?

SPECIALTY NURSING CERTIFICATION

Achieving nursing certification provides nurses with the ability to increase their professional growth, career satisfaction, credibility, and competency. Becoming certified makes you a role model in the healthcare community. The following are Allina-wide specialty nursing certification exam prep courses for nurses:

- Ambulatory Care ANCC Review Course / March 30 & 31 / Allina Commons
SABA course number: 00243898
- Oncology Review Course / April 5 / Allina Commons
SABA course number: 00243901
- CNOR Operating Room Review Course / April 8 OR 9 / United Hospital Conference Hall
SABA course numbers:
April 8: 00243902 & April 9: 00243905
- Gerontology ANCC Review Course / April 19 & 20 / Allina Commons
SABA course number: 00243908
- Pain Management ANCC Review Course / May 4 & 5 / Allina Commons
SABA course number: 00243909
- Certified Emergency Nurse (CEN) / May 11 & 12 / Allina Commons
SABA course number: 00243914

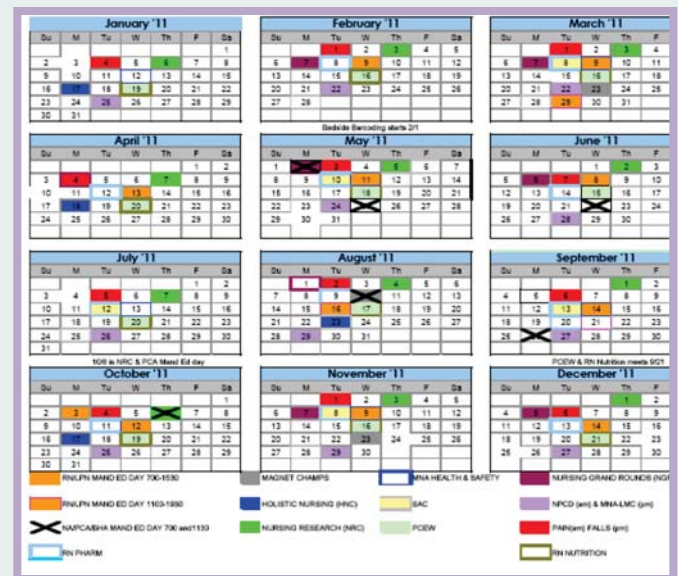
The following courses are NOT in SABA; registration is through the organization (see brochures or fliers in Education Services or contact Susan Loushin EXT 18240).

- Maternal Newborn Review Course / April 6-9 / Allina Commons
- Inpatient OB Certification Review & Exam / May 16-18 / Allina Commons
- Advanced Fetal Monitoring / October 24 & 25 / Allina Commons
- ASPAN Perianesthesia Review Course / May 7 / Allina Commons

New nursing meeting calendar on AKN

To find this new resource go to:

AKN/United/Nursing Practices & Resources/Nursing Organizational charts, councils & more/Nursing Meeting Calendar 2011



Stories from the bedside

DAY SURGERY CENTER (DSC) WHAT? WHERE? WHO?

The Day Surgery Center (DSC) is part of United's Surgical Care Center and Children's Surgical Services Department and is a "shared service" between United and Children's Hospitals.

DSC has eight operating rooms to provide services to more than 200 surgeons. The DSC staff provides care for patient's age six months to geriatric. The DSC scope of practice includes:

Ears, Nose and Throat	Eye	General
Gynecology	Orthopedics	Dental
Neurology	Urology	Plastics
Oncology/Radiation	Endoscopy	Podiatry

There are both adult and pediatric Preop/phase II areas and PACUs, all are equipped for routine and emergency care to all patients. All DSC RNs and staff are cross-trained to care for both pediatric and adult patients.

Stories from the bedside continued

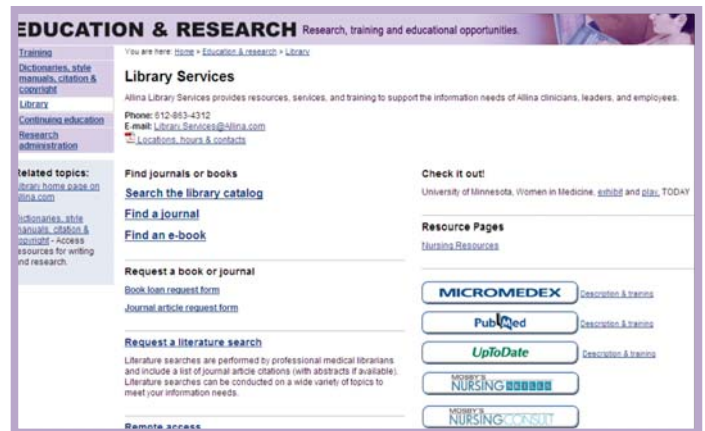
ADOLESCENT SPIRITUAL WELLNESS GROUP

The Adolescent Inpatient Mental Health program initiated spiritual wellness groups for adolescent patients with the chaplain interns on January 8, 2011. The purpose of the groups is to promote spiritual wellness, which means getting in touch with one's spiritual core. This could take the form of meditation and looking within to become more in touch with the spiritual dimensions of one's life. The hope is that through attending one of the groups, the adolescent patients will achieve inner peace and develop additional coping resources.

Policy and Procedure Updates-Spring 2011

POLICIES AND PROCEDURES THAT HAVE BEEN REVISED OR ADDED:

- Aromatherapy; Therapeutic Use of Essential Oils- **NEW!** Education in 1st Q packet
- Emergency Patient Care / Rapid Response Team Order Set-minor revision
- Medication Administration- minor changes for bedside bar coding
- Medication-Administration Transdermal Route
- Order Transcription and Implementation- minor revisions
- Pain Management/Internal Infusion Pumps **NEW!** How to's on getting internal pain management internal pumps refilled and interrogated through Walgreens Infusion Services
- Medication-Parenteral Drug Administration Policy & Table- minor revision- clarified LPN role in parenteral medication administration
- Patient Controlled Analgesia minor revisions
- Restraints – Non-Violent Behavior- (Med-Surg Restraints)- Allina wide policy
- Specimen Collection-Nasal Washing for Influenza Antigen Testing



In addition- all patient care policies (department specific) are now on the AKN! No more paper! All you need at your fingertips! Check out the new on line references Mosby Nursing Consult and Mosby Nursing Skills. Go to the AKN click Education & Research tab then click Library.

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Design: Creative Services

Nursing Notes is the official newsletter of United Hospital nurses. *Nursing Notes* is published quarterly by the United Nursing Care Delivery Board.

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

United Hospital, 333 N. Smith Avenue, Mail Route 61760, St. Paul, MN 55102

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