

Baystate Health

Scholarly Commons @ Baystate Health

Nursing Newsletters

Newsletters, Blogs, and Journals

4-2024

Nursing News & Views - April 2024

Joanne Miller RN

Follow this and additional works at: https://scholarlycommons.libraryinfo.bhs.org/nursing_newsletters



Part of the [Medicine and Health Sciences Commons](#)



Nursing News & Views

Transformational Leadership | Structural Empowerment | Exemplary Professional Practice
New Knowledge, Innovations & Improvements | Empirical Outcomes

Volume 3, Issue 4
April 2024

A Note From the CNO

Dear colleagues,

The April issue of *Nursing News & Views* celebrates and recognizes many, but certainly not all, of our engaged nurses. These stories illustrate how our nurses are advancing care, enhancing lives, and truly improving the camaraderie with each other and colleagues on their care teams.

The adjectives I think of to describe our nurses and the nursing care that we provide include remarkable, shining, supportive, resilient, adaptable, kind, devoted, and outstanding. Each issue of *Nursing News & Views* includes a section titled **Voices of our Caregivers and Patients** and there, others, including our patients and patients' families, convey their own heartfelt adjectives. In this issue, you'll hear from a patient (who happens to be a 40-year nurse) describe the nurses as attentive, highly skilled, kind, patient, respectful, professional, and caring. When we hear from patients who take the time to share how our nurses make them feel, it is incredibly rewarding and reminds us of why we entered the best profession in the world.

The Baystate Health nurses mentioned in this issue include Erika Gayle, Kyah Flores, countless nurse whose abstracts were accepted for national presentations, our newly board-certified nurses, and all twenty Integrative Healing Arts Academy graduates.

A special thank you to all of our nurses for choosing nursing and choosing to work at Baystate Medical Center, you are making a difference and helping to make Baystate a destination for nurses to grow, learn, and thrive in our ANCC Magnet® environment and as together we advance holistic nursing practice.

Beginning next week, the 2023 Nursing Report **Planting the Seeds of Nursing Excellence and Innovation** will arrive in the mail at your home. You will find testament to our nurses' unwavering commitment to nurturing growth, fostering creativity, and cultivating a culture of continuous improvement in nursing practice. I sincerely hope that you enjoy reading the incredible nursing accomplishments and share this with your loved ones.

With pride and gratitude,

Joanne



Erika Gayle RN, BSN: A Remarkable Succession Story

Erika's journey at BMC began in 2002, when she worked as a per-diem cafeteria aide in the North Cafeteria. She vividly recalls checking the job posting board outside the cafeteria daily, all while nurturing her dream of becoming a nurse. However, life took an unexpected turn when Erika became a single mom. Faced with the need for a full-time job with benefits, she accepted a position in the Health Sciences Library at Baystate Health.



After giving birth to her daughter, Erika had a change of heart. The challenges of motherhood made her rethink her nursing aspirations. But her dedication to Baystate Health remained unwavering. Over the years, she held various registration and secretary roles, each contributing to her personal growth. In 2008, Erika embarked on college courses, driven by her desire to work in healthcare.

A pivotal conversation with a nursing school classmate opened her eyes to the diverse world of nursing, and she realized that there were countless nursing specialties. Inspired, Erika took the leap and pursued nursing. After completing her second semester of nursing school, she applied to be a patient care technician (PCT) at BMC. In 2012, she graduated and joined the S3 Medicine Unit as a registered nurse.

In 2018, as her daughter entered middle school, Erika sought more structure and routine. She transferred to Outpatient Neurology, prioritizing family time without weekend shifts. And in 2019, her passion for inpatient nursing led her back to the Flex Team at BMC. Erika's journey exemplifies resilience, adaptability, and a commitment to patient care.

In 2021, following her professional and personal emergence from the pandemic, Erika received an intriguing proposition: stepping into a leadership role. Fear of the unknown no longer held her back, and she embraced the opportunity. Erika accepted the position as the assistant nurse manager (ANM) on S6400, where she quickly discovered her passion for leadership.

Over the next two years, Erika immersed herself in the role, guided by her manager and mentor, Diane Pilletere. Her S6400 team and the broader Medicine division provided invaluable support. And now, Erika faces a new challenge: the interim role of nurse manager of W3. Each day brings fresh learning experiences, reinforcing her commitment to growth and excellence.

Please join us in welcoming Erika into her new position as nurse manager of W3. Erika's journey exemplifies resilience, adaptability, and the courage to step beyond comfort zones. As she continues to learn and lead, her impact at BMC remains steadfast.

Photo courtesy of Brionna Rose Photo.



**Congratulations to Kyah Flores from LDRP
Baystate Medical Center's March DAISY Award Honoree!**



The nomination was submitted by a patient of Kyah's and read:

I would like to nominate nurse Kyah due to the incredible kindness and care she took of me during the delivery of my 28-week-old stillborn baby boy Alan Javier. When I arrived at the hospital to check on his health, we found out that he had passed and that I had to deliver him that day. Nurse Kyah received me and my husband with so much softness and helped me prepare for the most difficult moment of my life. As if I was part of her family, she was so understanding of what I was facing and made sure I felt taken care of. When the time came to push, our midwife and husband were on the receiving end waiting for my baby boy and Kyah was helping to clean as everything went down. During the last push though, she saw I was tired and broken in every sense of the way, so she dropped everything she was doing to come and hug me while my husband was cutting the cord. That hug of support has been ingrained in my brain since. I don't think she knows how much I needed that in that moment. I know our angel boy put her there for a reason and knows how grateful I am that nurses like her exist.



Scenes from the Magnet Garden



***"A shining example of
Baystate Health nurses,
Lighting the Way with
Resilience, in all ways,
always."***





Gina St. Jean, RN; Al Bui, program coordinator; and Sarah Freeman, RN, Nursing Professional Practice and Nurse Residency Program.



Katy Patrick, RN and Heather Walker, program coordinator, Nursing Outcomes Improvement.

Ragan Workplace Wellness Awards

Baystate Medical Center was recognized as Honorable Mentions for two awards:

- **Worklife Balance: Healing the Healer**
- **Professional Wellness: Healing the Healer**

To see the full list of winners and honorable mentions please visit this website:

[Workplace Wellness Awards 2023 Winners - Ragan Communications](#)



Here is the application that was submitted for the Ragan Award:

Our nurses have been recognized by US News and World reports, American Nurses Credentialing Center (ANCC) as a four-time Magnet hospital, Watson Health Top 50 Awards, and 2023 Institutional Excellence in Holistic Nursing Practice Award from the American Holistic Nurses Association. We excel at delivering a higher state of caring and providing our patients with award winning care. Resilience is the ability to face challenges and recover from adversity by accessing needed resources. Resilient nurses and teams can effectively cope, adapt and thrive in the face of adversity. Nurses and other healthcare workers need access to psychological, social, cultural and physical resources that must be present in the environment to sustain wellbeing. The **goals** of the holistic program are to enhance the wellness, mental resilience and support self-care activities of all healthcare workers with a focus on the nursing workforce.

Over the past seven years, BMC nursing leadership has **strategized** and prioritized wellness through an innovative holistic program that focuses on the professional development and training of direct care staff on various wellness initiatives to encourage self-care and ultimately support a resilient workforce. The various **tactics** included wellness trainings supporting mental resilience including mindfulness and breathing techniques such as box breathing and deep breathing. New graduate nurses as well as our tenured nurses are given aromatherapy inhalers to support stress reduction at work. BMC has 13 Renewal Rooms to encourage mental health restoration. The Renewal Rooms are private, locked rooms with soft music, dim lighting, yoga mats, and massage chairs. The rooms provide direct care staff an opportunity to reset, renew and rest and enhance well-being.

In January 2023 and February 2024, we held an interdisciplinary holistic retreat focusing on supporting wellness and self-care of staff. The retreats provided a healing environment

through intention, presence, peace and a sense of community. During the retreat the team emphasized that self-care activities are essential to support a foundation of established behaviors that ensure one's well-being. Self-care is not only a solo activity but can be engaged in the community through the retreat. A team BH team of volunteers provided support and expertise in a multitude of integrative modalities, including meditation, sound bowl healing, art therapy, pet therapy, Reiki, and M Technique®.

In an effort to spread the importance of self-care and wellness, a podcast was created called Elemental Healing (Baystate) by Caitlyn on Spotify. The focus of the podcast is to promote self-care practices and teach healthcare workers how to incorporate various wellness techniques during their workday and at home. The target audience for the podcast is all healthcare workers at BMC and throughout the country.

Results: Aromatherapy use with our direct care staff has shown positive outcomes in reducing stress levels of nurses at BMC. In the Pediatric Emergency Room, nursing staff participated in a pilot study which measured the perceived stress of nurses using personal aromatherapy inhalers with essential oils. The study demonstrated a lower perceived stress after the use of the personal inhaler. Additionally, a pilot was also completed with the Flex Team RNs, who are triaged to many different units in the hospital, which demonstrated similar outcomes with lower perceived stress scores with the use of aromatherapy. Specifically, 50% of nurses felt aromatherapy benefited their mental well-being and would like to continue to use it as a part of their daily practice.

With regards to the renewal rooms, we measured the perceived stress of staff before and after the rooms were used. Of the 34 multidisciplinary participants there was a significant drop in stress by staff.

The Holistic Retreat also demonstrated a more positive sense of well-being as measure through a survey. The attendees (n=34) were asked "What is your current level of perceived overall sense of well-being on arrival today" (1=low, 5=high). Pre-retreat, 80% of respondents stated they were at a 3 or 4. Post retreat, 90% reported a 4 or 5 perceived sense of well-being.

This past year we measured the resilience of our nursing staff using the decompression indicator of our engagement survey. In 2022, our overall resilience score was 3.94 and has increased to 3.99 in 2023. The decompression items which focus on the disconnection from work improved from 3.4 to 3.48 in 2023.

Congratulations to the entire nursing team for their dedication to Healing Our Healers. We were recognized as an Honorable Mention for a very competitive award.

History of Nursing



Wesson Memorial Hospital was opened in 1900 by Daniel B. Wesson, one of the co-founders of Smith and Wesson. In 1976, Wesson Memorial merged with the Medical Center of Western Massachusetts that later formed Baystate Medical Center. A newspaper clipping from the Sunday Republican from April 13, 1980 was shared for the History of Nursing section by Traci Leary, nurse educator, Wesson 3 and Wesson 4, about her mother Charmaine Leary, one of Baystate Health's incredible Emergency Department nurses who worked at Wesson Memorial 44 years ago. During her career, Charmaine's coworkers frequently referred to her as the "heart and soul" of the department. Her peers shared the vivid memories of seeing Charmaine ensure each of her homeless patients were assisted

with hygiene and foot care, not out of obligation, but because she genuinely cared. The newspaper clipping from 1980 demonstrates Charmaine's unwavering commitment to compassionate and loving care on the night shift in the old Wesson Memorial Hospital. During National Nurses Week in May, we will be giving out the first-ever **Charmaine Leary Legacy Award** to a nurse who demonstrates kindness and devotion to all. We thank you Charmaine for your dedication and deep compassion.

The newspaper article below shows a feature on Charmaine Leary. Click on either image below to read both articles.



What Would Florence Do?

May 12, 1820 marks another birthday for Florence Nightingale. We spend most of the month of May honoring Florence as a pioneer of modern nursing. During National Nurses Week, I would like you to take some time and learn about the Black Angels; a group of nurses who dedicated their lives to care for patients with tuberculosis.



In April, a team of Baystate Health nurses attended a moving and riveting presentation by Maria Smilios, author of *The Black Angels: The Untold Story of the Nurses Who Helped Cure Tuberculosis*. The powerful narrative takes us into the halls of Seaview Hospital on Staten Island, where the Black Angels – a courageous group of black nurses – devoted 20 years of their lives caring for tuberculosis patients. Their incredible journey is a testament to their perseverance and dedication, and its their efforts that led to a cure for this devastating disease.

“What impacted me the most in the is presentation was that similar to the pandemic we just came through, these nurses demonstrated how our profession puts patients first; Despite unsafe working conditions, discrimination, and disparities,” said Cinnamon Desgres RN, MSN.

“It was fascinating to explore the stories of the Black Angels – individuals who, despite being overlooked and marginalized, made invaluable contributions to the healthcare landscape and the management of tuberculosis. It was eye-opening to learn about their contributions, and I left feeling inspired to learn more about these remarkable individuals who played such a significant role in shaping modern healthcare but went completely unrecognized for so long,” said Alina Capatina, MSN, LSSBB.

Please take a moment and read about the Black Angels. This story was never told until author Maria Smilios unearthed their story. Thank you, Maria for spending eight years

researching this incredible group of nurses.



Cinnamon Desgres, Amy Struzziero, Maria Smilios (author), Alina Capatina, and Cidalia Vital.

New Knowledge, Innovation, and Improvements



Congratulations to the following nurses who will be presenting a poster at the 31st Annual Conference for Nurse Educators in May 2024.

Transformation of a System-Wide Nursing Team Orientation: Bridging the Past with the Future

Authors: Arlene Kruzel, MSN, RN, NPD-BC, MEDSURG-BC, Nursing Professional Practice educator, Baystate Medical Center and Stephanie Swan, MSN, RN, CMSRN, manager of Nursing Education and Patient Care Float Pool, Baystate Franklin Medical Center.

Breaking New Ground: An Innovative Approach to Standardizing Behavioral Health Onboarding Education in the Pediatric Emergency Department

Authors: Kristen Whitehead MSN, RN, CCRN and Mikaela DeCosmo BSN, RN; Elizabeth M. Farrell BS CCLS.

Supporting Onboarding & Achieving Role Readiness Education Program: Nurse Residents "SOARR" into NSI Speed Dating

Authors: Julie Racicot, MSN, RN, NPD-BC, CCRN.

Congratulations to the following nurses who will be doing a podium presentation at the Magnet Conference in New Orleans in October.

Journey to Magnet 5! Enhancing Nursing Research

Presenters: Cidalia Vital, PhD, RN, CNL, CRRN and Karen Giuliano, PhD, RN.

Academic-Clinical Practice Partnerships: Engaging Clinical Nurses in Research and Healthcare Innovation

Presenters: Cidalia Vital, PhD, RN, CNL, CRRN and Karen Giuliano, PhD, RN.

Congratulations to the following nurses who have published a manuscript:

[Lessons From COVID-19: Holistic Nursing is a Necessary Ingredient for Acute Care Hospitals in the Beginnings Journal](#)

Authors: Cidalia Vital, PhD, RN, CNL, CRRN and Connie Blake, EdD, MSN, HNB-BC, RNC-OB

ERAS® Cardiac Society Turnkey Order Set for Surgical Site Infection Prevention: Proceedings from the AATS ERAS Conclave 2023.

Author: Cheryl Crisafi, MSN, RN, CNL

Full Citation: Crisafi, C., Grant, M. C., Rea, A., Morton-Bailey, V., Gregory, A. J., Arora, R. C., Chatterjee, S., Lother, S. A., Cangut, B., & Engelman, D. T. (2024). ERAS® Cardiac Society Turnkey Order Set for Surgical Site Infection Prevention: Proceedings from the AATS ERAS Conclave 2023. The Journal of Thoracic and Cardiovascular Surgery.

<https://doi.org/10.1016/j.jtcvs.2024.03.027>

April 2024 Clinical Informatics Tip of the Month 2:1 Special

- [Labcorp And I&T Projects](#)
- *Please see two updated videos for preceptors and travelers for initial [easy EMR start up](#)*
- Setting up [customization and shortcuts](#)

If you have questions, trouble accessing material or suggestions for future tips, email trainingevents@baystatehealth.org.

Join an Upcoming Skin Integrity Bootcamp Class



**SKIN INTEGRITY
BOOTCAMP
EDUCATION**

Fun, hands-on skin education activities provided by the Wound Care Clinicians

****THIS IS A REQUIRED CLASS FOR ALL SKIN CHAMPIONS AND NURSE EDUCATORS****

SIGN UP VIA ELSEVIER

Course Code : SKIN
Course Name: Skin Integrity Bootcamp



LOCATION

Chestnut 2 & 5
Classrooms

Maximum class
size: 25

Questions?
Email
heather.walker@baystatehealth.org

2024 DATES

Tuesday, February 20
Monday, March 25
Tuesday, April 16
Tuesday, May 21
Tuesday, June 18
Tuesday, July 23
Tuesday, August 20
Tuesday, September 17
Tuesday, October 22
Tuesday, November 19
Tuesday, December 17

**ALL CLASSES ARE
9-11A**

CHOOSE ONE DATE

Upcoming 2024 Nursing Grand Rounds

Held on the first Wednesday of each month via Zoom from 12-1 p.m.

Month	Presenter	Title
April	Pat Coffelt	Using the 4M's to Support an Age-Friendly Health System AVAILABLE ON DEMAND
May	Peter Depergola	Requests, Refusals, and Revelations: Navigating the Moral Terrain of Contemporary Healthcare Delivery
June	Jordon Bosse	Reckoning with Transphobia in Healthcare: Experiences of Transgender and Nonbinary Patients and Nurses
July	Jennifer Sawyer Pat Coffelt	Delirium: The Under-Recognized Danger to Your Patient's Life
August	Ellen Smithline & Ellen Benjamin	Nursing Prioritization of Waiting Room Patients: A Descriptive Observational Study
September	Alyssa Reardon	The Use of Reiki in the Acute Care Setting
October	Robin Pleshaw	Ambulatory Care Nursing
November	Brodi Willard	Creating a Culture of Kindness
December	Jenn Holley	Implementation of the Modified Dionne Egress Test on an inpatient medical and geriatric hospital and its impact on fall rates

JOIN VIA ZOOM HERE EACH MONTH

Did you miss the last Nursing Grand Rounds?
Nursing Grand Rounds is now available to employees ON DEMAND!

Sessions

Session	Date
Nursing Perceptions of Robotic Technology in Healthcare	02/07/2024 - 12:00pm to 1:00pm EST
Healing Hands, Resilient Hearts: A Nurse's Experience and a Survivor's Triumph in the Trauma ICU	03/06/2024 - 12:00pm to 1:00pm EST
RECORDING- Nursing Perceptions of Robotic Technology in Healthcare	03/14/2024 - 12:00pm EDT to 04/14/2024 - 1:00pm EDT
RECORDING- Healing Hands, Resilient Hearts: A Nurse's Experience and a Survivor's Triumph in the Trauma ICU	03/14/2024 - 12:00pm EDT to 04/14/2024 - 1:00pm EDT
Using the 4M's to Support an Age-friendly Health System	04/03/2024 - 12:00pm to 1:00pm EDT
Requests, Refusals, and Revelations: Navigating the Moral Terrain of Contemporary Healthcare Delivery	05/01/2024 - 12:00pm to 1:00pm EDT

You can access the Nursing Grand Rounds with the following link:

[Continuing Interprofessional Education | \(baystatehealth.org\)](https://www.baystatehealth.org/continuing-interprofessional-education). Look for the Nursing Grand Rounds with the word **RECORDING** to watch the On Demand Sessions.

1. To watch the video, scroll down to the bottom of the page and click TAKE COURSE.
2. Select the recording, either in video or YouTube link, hit the START button.
3. Staff must watch the entire video, complete the evaluation, claim credit and print certificate.
4. The recording is only available for contact hours for one month from the date it is posted.

Reminder that staff will need an ETHOS account to watch the videos.

SCHWARTZ ROUNDS
Beyond the (Cis) Gender Binary:
Trans-Inclusive and Gender Affirming Care at Baystate Health
Monday, May 13 from 12-1 p.m.



Presents:

**Beyond the (Cis) Gender Binary: Trans-Inclusive and Gender Affirming
Care at Baystate Health**

Monday, Date May 13, 2024, 12-1 PM

Join us **IN PERSON!** BMC Chestnut 1 A&B/lunch provided

OR via Zoom: US +13126266799 | Meeting ID: 932 9440 2080 | Passcode: no pass code needed (no RSVP required)
[Schwartz Rounds Zoom Link](#)

Facilitated by: Reva Kleppel, MSW, MPH

Clinical Research Manager

Program Goals

The goal of this program is to support and advance compassionate health care in which caregivers, patients and their families relate to one another in a way that provides hope to the patient, support to the caregivers and sustenance to the healing process.

Target Audience

This educational activity is designed for Schwartz Center Rounds® sessions are open to ALL employees, affiliated clinicians, trainees, and other authorized personnel.

Learner Objectives

By participating in this continuing education program, the attendee should be able to:

- 1 | Review Baystate Health's commitment to Diversity, Equity, and Inclusion as it pertains to gender affirming care.
- 2 | Review gender-affirming and inclusive policies and practices implemented at Baystate Health.
- 3 | Identify common barriers to accessing high-quality healthcare faced by transgender and nonbinary patients
- 4 | Describe a spectrum of "better practices" for trans inclusion
- 5 | Identify examples of gender-inclusive health communication (e.g. ways to talk about body parts and conditions without ascribing gender to the patient)

Faculty Disclosure

The design and content of Baystate Continuing Interprofessional Education (CE) activities support quality improvement in healthcare and provide fair and balanced views of therapeutic options. Any relevant financial relationships are mitigated prior to the educational activity.

None of the planners or faculty for this educational event have commercial relationships to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Credit



Accreditation Statement

In support Baystate Health is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME), to provide continuing education for the healthcare team.

Physician

Baystate Health designates this live activity for a maximum of 1.0 AMA PRA Category 1Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurse

Baystate Health designates this activity for 1.0 contact hours for nurses. Nurses should only claim credit commensurate with the extent of their participation in the activity.



This activity was planned by and for the healthcare team and learners will receive 1.0 Interprofessional Continuing Education (IPCE) credit for learning and change.

Specific Aids or Services

If under the Americans with Disabilities Act, you require specific aids or services during your visit to this continuing education program or for additional information on learner objectives, course content, faculty credentials or disclosure or level of instruction, please contact Tammy Sharif at 413-794-8343.



The Pulse on Nursing Practice

Great Catch During Bedside Handover!

Congratulations to Infants and Childrens for identifying an infiltrate during bedside handover. Early detection prevented harm to the patient. Thank you for your commitment to best practice and patient safety!

Be sure to send us your stories of great catches during bedside handover!

New Defibrillators Coming Soon

Classes are available for signup during the month of May. All nurses can sign up through Elsevier. Please see your manager or educator for help.



Professional Nurse Recognition Program (PNRP)

It's time to start working on those portfolios! The PNRP program has portfolio prep sessions if you are looking for assistance. Please sign up in Elsevier. Remember that all professional nurses advanced (former RN III) and professional nurse experts (former RN IV) are required to reapply every year to maintain their level. For more information, please go to The HUB>Departments>Nursing>BMC>PNRP.

The Professional Nurse Recognition & Advancement Council
PRESENTS
Portfolio Prep Sessions



SIGN UP IS ON ELSEVIER COURSE CODE: 2024 PNRP
*Are you looking for assistance with your portfolio?
ALL RNs who are looking to maintain/advance are invited to join.*

FRIDAY	•	MONDAY
5/3/24		5/13/24
2P-3P		10A-11A

****Registration is required****
For any questions, please contact Alison.Bui@baystatehealth.org

Holistic Corner

**Congratulations to Nurses From Cohort 6 of the
Integrative Healing Arts Academy**



Twenty Baystate Health nurses graduated from Cohort 6 of the Integrative Healing Arts Academy on Friday, April 12 in the presence of friends, family, and colleagues. The Integrative Healing Arts Academy, led by the BirchTree Center, is an in-depth program in which participants are engaged in creating caring cultures and healing environments.



This includes:

- Preparing nurses for holistic practice in all healthcare settings across the continuum of care
- Developing knowledge and competency in evidence-based holistic practice and integrative modalities suitable for clinical practice
- Synthesizing the overlapping concepts of employing holistic nursing practice with providing an exceptional patient experience

During the ceremony, each graduate received specific recognition from the instructors about their strengths and growth and each were pinned. Upon completing the program, participants are now eligible to sit for holistic nursing certification. Congratulations to all!

Jacky Fouche, CARE Unit
Colleen Bennett, PANU
Shannon Dube, SW5
Cidalia Vital
Rosie Leach, SW6
Mary Godin, ED
Krystal Aguayo, D5A
Brooke Chisholm, Springfield 3 Oncology
Shelby Lauer, M5
David Bennett, M7
Heather Lopardo, M7
Ilene Matos, M7

Tom Tente, ED
Janine Cardello, HVCC
Brenda Jones, NICU
Jennifer Marion, NICU
Amy Belanger, NICU
Julie Merritt, NICU
Amy McCoy, Baystate Franklin
Jodi Fortin, Baystate Franklin

Presentations

SIPS OF JOY

JUST BREATHE

A MINDFUL MOMENT

CARING MOMENTS FOR HEALTH CARE STAFF ON AN ACUTE CARE FLOOR





To see all the photos from the commencement please click on the link below:
<https://photos.app.goo.gl/RZUnSc9fDJxovvzk8>

Elemental Healing Podcast Interview about NODA

The *Elemental Healing Podcast*, started by Caitlyn Waddell, RN of MM7, focuses on education about holistic and self-care practices, as well as ways to incorporate them into work and personal life.

"The goal is to ultimately broaden the knowledge about what holistic means and ways to incorporate holistic care and self-care into practice for any and all interdisciplinary team members."

Compassion is a very important characteristic in the holistic community and we strive to provide compassionate care and build compassionate connections with all of our patients.

It can be very difficult to be with our CMO/hospice patients as often as we would like because we have several other patients to care for, so a great resource is NODA (No One Dies Alone). The intention of this interview with Rev. Ute Schmidt is to broaden awareness on the NODA program offered here at Baystate Health. Rev. Schmidt started this program some years ago with fellow colleagues; however, COVID-19 affected the program along with everything else. As we continue to recover from the after effects of the pandemic, the NODA program continues to grow in volunteers who are eager to provide our terminal patients with compassion, comfort, and company. We need to broaden the awareness about this program to help increase utilization for our patients who could genuinely benefit. [Check out the interview here.](#)

Clinical Aromatherapy for Health Professionals

*Are you interested in taking an advanced aromatherapy course?
See the brochure below for more information.*



Jane Buckle PhD RN

Dr. Buckle created this course following extensive clinical aromatherapy training. Dr Buckle carried out one of the earliest aromatherapy clinical trials in a hospital. She has a B Phil in Complementary Medicine (UK), MA in Clinical Aromatherapy (UK) a PhD in Health Management (USA) and was an NIH-funded Research Fellow in CAM at the Center for Clinical Epidemiology and Biostatistics, University of Pennsylvania. She is the author of Clinical Aromatherapy: Essential Oils in Healthcare. Churchill Livingstone.

Kathleen Duffy LPN MH CCAP-I
Kathleen is a nurse, medical herbalist, Certified Clinical Aromatherapy Practitioner-Instructor for RJBA since 2000..

INSTRUCTOR

Kathleen Duffy LPN MH CCAP-I
Aromaherb123@aol.com

CO-ORDINATOR logistics/directions:

Cidalia Vital PhD, RN,CNL, CRRN
Cidalia_Vital@baystatehealth.org

Location and Dates

Baystate Medical Center
Springfield, Mass.

MOD I May 18 & 19, 2024
MOD 2 Sept 14 & 15
MOD III Dec 7 & 8
Mod I V March 22 & 23, 2025

EXAM : To be announced



**CLINICAL
AROMATHERAPY FOR
HEALTH
PROFESSIONALS**

Cost: \$375 per module

Four modules over 12-15 months
plus exam

Endorsed by AHNA

14.33 Contact hours per module

DEPOSIT

\$150.00 deposit (refundable if
course does not proceed) is
required before Apr 1, 2024

Please write check to:
Clinical Aromatherapy LLC

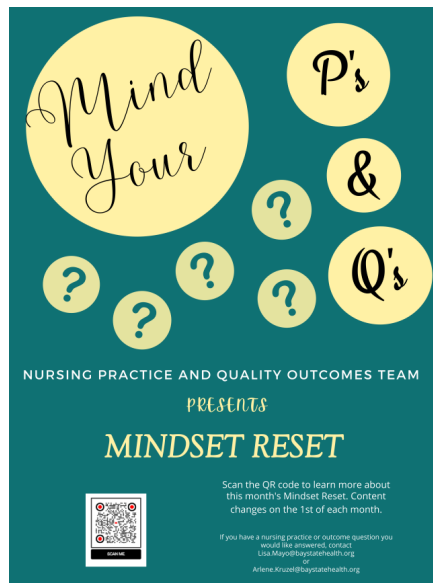
Mail to:
Kathleen Duffy
95 Dunphy Drive
Florence, MA 01062

Welcome to This Month's Mindset Reset

The Nursing Practice and Quality Outcomes Dept. will use this medium to dispel practice myths and validate inquiries. The goal is improved nursing and patient outcomes through knowledge sharing. Scan the QR code each month to discover a new practice fun fact, myth buster, or pearl of wisdom. The topic will change on the first of every month.

If anyone has ideas or questions they want answered related to best practice, contact Lisa.Mayo@baystatehealth.org or Arlene.Kruzel@baystatehealth.org.

Click on the flyer at right to enlarge.



Educate. Innovate. Celebrate!



Certified Nurses Day!

Over 600 certified BMC nurses were recognized and celebrated during Certified Nurses Day on March 19. The Recruitment, Retention, and Recognition (RRR) council kicked off the celebrations with a Thankful Thursday event dedicated to the commitment to excellence demonstrated by our professional board-certified nurses! All certified nurses received a

special gift as a token of appreciation.

On campus parking spots were raffled off and three lucky certified nurses were randomly chosen!

- Carter Schoenborn, RN SW6
- Janine Cardello, RN MM6
- Izabela Corbin, RN SW5

Congratulations to Patricia Saia, certified ambulatory care RN on S1500, for winning the certified nurse's day "Make Yourself a Priority" raffle prize!

[INTERESTED IN GETTING CERTIFIED? CLICK HERE FOR MORE INFORMATION](#)

Congratulations to our Nurses who obtained professional board certification in March!

Meredith Townsley, Cardiac/Vascular
Zachary Ramos, CCRN
Victoria Egan, CEN
Amanda Pretty, CCRN Adult
Jessica Vadnais, Gero-BC
Joshua Lariviere, CCRN Adult
Julie Judd, CAPA
Lauren Liberti, CPN
Nikolette Lacey, Inpatient OB
Adrienne LeBlanc, Transcultural Nursing
Cassandra Lyons, CPAN
Jennifer Siewers, CNL
Sydney Slattery, Inpatient OB

Wound and Ostomy Nurse Week April 16-20

On April 14-20, we celebrated Wound, Ostomy and Continence nurses across the country. At Baystate Medical Center, we have a dynamic Inpatient Wound and Ostomy Team that consists of four full-time wound nurse clinicians: Cheryl Ruta, RN, BSN; Taylor Heck, RN, BSN, WOCN; Ashley Cava, RN, BSN, WON; and Jung Hee Lee, RN, BSN, GERO-BC. Their role within the organization is vital to prevent pressure injuries; collaborate with the patient care team to determine treatment plans; and educate patients, caregivers, and teams on wound and ostomy care and so much more. They support ongoing nurse education, providing Skin Bootcamp, SOARR, and shadowing experiences for nurses to learn more about wound and ostomy care. The Inpatient Wound and Ostomy Team guides the Skin Prevalence Day four times a year and the Skin Integrity Committee which meets monthly. We are so proud of their dedication to this specialty knowledge and necessary role to improve patient care and safety.

Structural Empowerment



Spring Basket Project 2024



The Nursing Quality Safety & Magnet Council lead their yearly Easter Basket Drive in March. A total of 21 locations throughout Baystate Health donated a grand total of 427 Easter baskets to benefit children in the greater Springfield area. The baskets were split evenly and donated to The Gray House and Helix Human Services.

The Gray House is a human service agency located in the North End of Springfield which serves over 13,000 unique individuals annually through their food assistance, adult education, and youth programs. The Easter baskets were given to children enrolled in their Kids' Club after school program, which serves Springfield youth in grades 2-5 from low-income families, along with their siblings, the children of their Adult Education students, and children living in the family shelter next door to The Gray House. In addition, Easter baskets were given to community children during The Gray House's weekly food distribution, which provides free, nutritious groceries to those facing food insecurity throughout the greater Springfield area.



Helix Human Services provide programs in the western Massachusetts area for children and families who are struggling to cope with behavioral, psychiatric, and cognitive issues related to trauma they have experienced. The Easter baskets that were donated benefited many children throughout their programs.

Thank you to all the teams throughout the various locations who donated supplies and helped assemble baskets. In addition, thank you to all those who helped pick up and deliver baskets this year. I'm extremely proud to have been part of such an unbelievable and

successful community project that brought joy and smiles to the ones that needed it most. We look forward to continuing this community project in the future, to further benefit the children in our community.

Submitted by Nicole Murray, RN, SW7



Professional Development Council (PDC)

PDC is a standing council on the shared governance model that meets monthly. This council provides a formal structure for both unit-based nurse educators and the nurse education specialists from Nursing Practice and Professional Development a (NPPD) to collaborate and address the developmental and learning needs of patient care services staff, as well as to promote continuous professional growth. Our goal is to provide a forum to establish general guidelines for the assessment, development, implementation and evaluation process for initial and ongoing educational programs, competencies, patient safety initiatives, and evidenced based practices for clinical nursing staff at Baystate Health. Attendees include nurse education specialists from NPPD; unit-based nursing educators; manager or designee from units without a nurse educator; directors from Professional Practice, Nursing Research and Quality. Recent initiatives include annual competencies, Intravascular Guide changes, wound documentation in CIS, diabetic class rollout, PCT class, charge nurse class and preceptor class. Some of our recent safety initiatives include medication scanning, critical lab reporting, and safe patient handovers.

Voices of our Caregivers and Patients



The Patient Perspective

Our mission is to improve the health of the people in our communities every day, with quality and compassion.

I just wanted to take a moment to share my feedback after being a patient on South Wing 7. I have been a registered nurse and a Baystate Health employee for over 40 years, so the experience of being a patient and having surgery was not something that I was eager to do. I had put it off for quite a while, but my knee was worn out and needed to be replaced so I had to face my fears and just get it done. Now looking back, I can honestly say there was no place better to have this surgery than Baystate Medical Center.

The pre-op education class was really helpful, even though I am a nurse I still learned a great deal which was helpful to me as I am now recuperating. Becky Brucker is an outstanding patient educator and welcoming representative for BMC.

The time that I spent in pre-op was excellent. Kudos to Darren, my nurse. He was really attentive, very skilled, and explained everything that was and would be happening as I was being prepared for surgery. The OR staff were kind, respectful and helped me to get through the spinal insertion with ease. Thanks to Dr. Lehman for his skill and expertise in the OR and for leading such an outstanding program. PACU was kind of a blur, but I do recall being greeted by many kind faces and feeling safe and cared for by friends.

Then to South Wing 7 where I was welcomed and cared for by an outstanding group of Nurses, PCTs, and PT and OT staff. Every single person that I met over the 24+ hours that I was there was helpful, kind, patient and respectful. It's humbling to be on the receiving side of nursing care. You are vulnerable, dependent and need help with the most private of things but the staff on SW7 made me feel so comfortable and respected. Whenever I rang my bell, they responded quickly and were always attentive and saw that all my needs were met. I cannot say enough how really professional they all were, and I am so thankful to every person I encountered during my stay.

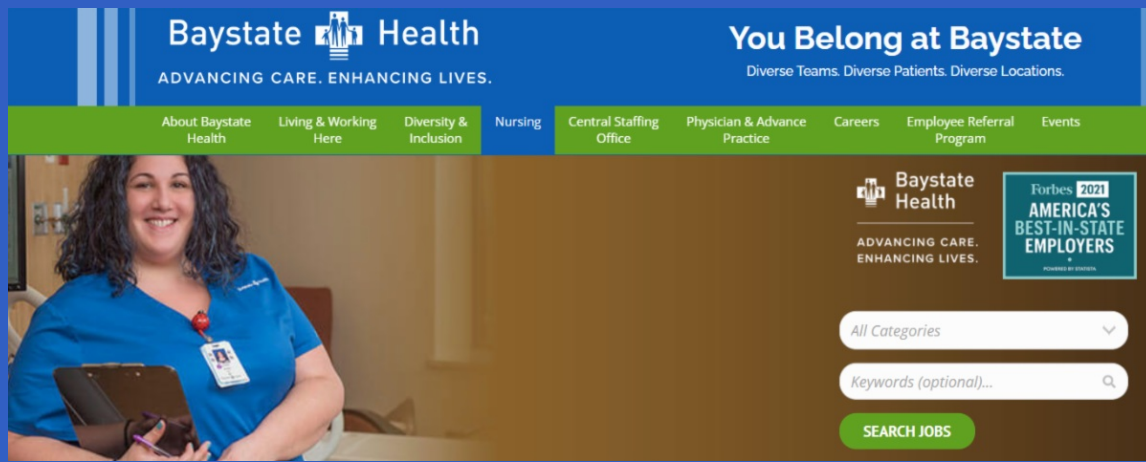
I want to send a special Thank-you to my Nurses, Ashley Girouard, Zarina Salmorbekova and Ashley Parastatidis and the PCTs, Esra Karaarslan, Deb Baker and Zee Cora. Understanding, kind, gentle, smart, encouraging, and highly skilled in getting me up and moving to be able to go home safely within a day of surgery. It was truly the best care that I could have hoped for.

I just want to also extend a thank you to the Physical Therapy and Occupational Therapy staff that worked with me in my room as well as in the gym. I'm sorry that I don't recall your names, but you are all rockstars in my book. I am using every bit of advice, coaching and guidance that you gave me during my stay. My walking, moving and bending that knee is getting easier everyday thanks to all your help.

Thanks again to everyone for your support and care.

Please enjoy this letter from a grateful family for the care their loved one received at Baystate Health.

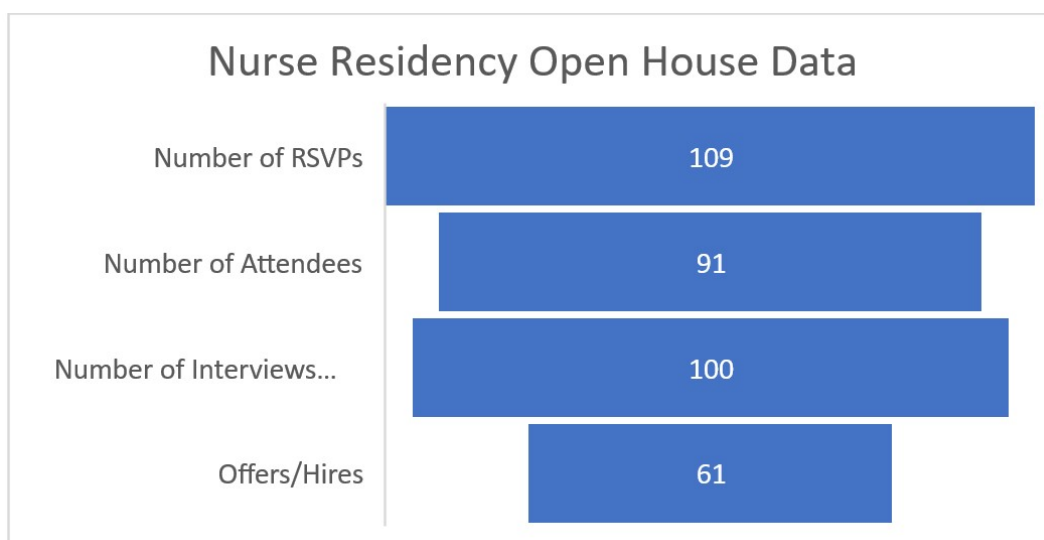
On behalf of my family, I would like to extend my deepest gratitude to Dr. Engelman, all the nurses in ICU, the technicians from Dialysis, respiratory, the cleaning lady who seemed to be there every day and the ladies at the desk outside the ICU door. Each and every person was so kind and understanding. Not only to my brother, but to all family members visiting. My brother was in ICU for over 60 days and received nothing but special care from everyone who entered the room. Please thank them all for their professionalism and kindness. They are really special.



Nursing Recruitment

Click [here](#) to visit Baystate Health's job site.

The RN Recruitment team continues to engage with candidates from the February Nurse Residency event, interviewing candidates, scheduling tours and shadowing, and making offers. Many of our candidates had the opportunity to interview on multiple units to help them decide their path. To date, 61 offers and or hires have been processed with more ahead of us in the coming weeks. The funnel below represents the path of our event attendees.



In addition to the Nurse Resident Open Houses held throughout Baystate Health, our team participated in several campus recruiting events throughout the region, including Goodwin

University, Fairfield University and Springfield Technical Community College. Our recruitment efforts have resulted in approximately 150 nurse resident hires, and the season has just begun! We are so excited for them to join us upon graduation in May!

Finally, we were so excited to have the opportunity to return to the AACN Horizons 2024 Acute and Critical Care Nursing Conference in early April. Monique Jesus, nurse recruiter, attended the conference with a booth in the trade show to promote our opportunities and share Baystate Health stories.



To submit an item for *Nursing News & Views*, please make your request [here](#). Please have your copy and any graphic/photo you'd like to include ready to add to the email. The deadline for submissions to *Nursing News & Views* is before 3 p.m. on the first Friday of each month.

Please do not unsubscribe from this email. Unsubscribing will remove you from receiving ALL Baystate Health communications. Thank you.

Baystate Health | 280 Chestnut St, Springfield, MA 01199

[Unsubscribe sue.fontaine@baystatehealth.org](mailto:sue.fontaine@baystatehealth.org)

[Constant Contact Data Notice](#)

Sent by bybhnewsflash@baystatehealth.org