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Culture of Safety: It Starts with YOU!

Dear Colleagues,

Last year, the Chief Nursing Officer of Press Ganey, Inc. gave a presentation at CentraState Medical Center. Her message emphasized that patients need to feel safe. When a patient feels safe, it positively correlates with patient satisfaction. CentraState nurses worked hard to implement best practices for improving patient safety throughout 2016.

Prevention of catheter associated urinary tract infections (CAUTI) was a safety focus. Because proper urinary catheter insertion is known to prevent CAUTIs, nurses had to demonstrate their competency for urinary catheter insertion to a clinical leader, designated RN or nurse educator on their unit, or at one of the simulation labs that were held throughout May and June. In addition, nursing management made CAUTI prevention rounds to assure that urinary catheters were discontinued as soon as possible. CAUTIs decreased by 60% in 2016.

Central line associated blood stream infections (CLABSIs) were another area of focus for patient safety. To prevent infection, all central line dressing changes were standardized to be done on Wednesdays, using dressings that include a chlorhexidine patch over the insertion site. Femoral central lines also were avoided, when feasible. All central lines were discontinued as soon as possible. CLABSIs decreased by 50% in 2016.

The nursing staff received ongoing education on pressure ulcer prevention, staging and care. Hospital acquired pressure injury rates decreased in 2016.

Patient education was emphasized. Patients need to know the actions and side effects of their medications. The Progressive Care Unit developed an excellent congestive heart failure patient education program. The Total Joint Center staff gave patients, having total hip and knee replacements, extensive pre-operative and ongoing education. Ellen Ciacciarelli, RN, APN, Stroke Coordinator, provided stroke prevention education to staff, the community, and patients and their families.

Over the year, clinical nurses were consulted for suggestions about many other safety issues. After literature was reviewed, new or revised processes were implemented, such as the vancomycin order workflow and a revised preoperative checklist. Improvements in stroke care included changes in heparin administration and dysphagia screening. Diabetes education and patient hand-off communication were enhanced. Infection prevention and control practices were audited on an ongoing basis.

I want to thank CentraState nurses for making our patients safer through nursing processes and ongoing implementation of evidence-based practices.

Sincerely,

Linda Geisler, DBA, MNEd, RN, NEA-BC, FACHE

Vice President, Patient Services
NURSING MISSION
Our mission is to support the organizational mission by consistently providing holistic, personalized, quality nursing care.

NURSING VISION
Our vision is to be recognized by the community as committed to providing the highest quality nursing care in a respectful, caring and healing environment.

NURSING PHILOSOPHY
We believe in . . .
- The caring art and human science that is nursing in our delivery of care across the continuum.
- Fostering a collaborative, interdisciplinary approach.
- Delivering compassionate, culturally sensitive, holistic care.
- The strength of our diversity.
- Achieving excellence in patient outcomes through continuous performance improvement using evidence-based practice.
- Following ethical principles to protect the health, safety and rights of our patients and colleagues.
- Patient and family education to promote an optimum level of health and wellness.
- Fostering open, respectful communication to enhance the patient experience, interpersonal understanding and healing.
- A culture that supports empowerment and accountability.
- Continuing education that fosters professional growth, competence and critical thinking.
- An environment that nurtures and supports accomplishments, self esteem and a love of nursing.
- Us.
The 3 North team collaborated with members of the Manor to complete a Virtual Dementia Tour in preparation for becoming an Acute Care for the Elderly (ACE) Unit.

The Ambulatory Services Department moved into the newly expanded and renovated Short Stay Unit in May. The renovation improved services by offering more privacy for patients, improved workflow and increased the number of beds.

Cardiology Services and Oncology Services staff developed a partnership for periodic monitoring of breast cancer patients receiving chemotherapy or radiation to the chest.

Critical Care Unit nurse leaders collaborated with Human Resources to develop a Clinical Mentor position to support the transition of new graduates to critical care nurses. Marilen Rodriguez, RN, was hired into the new role.

Progressive Care Unit received approval for a new Cardiac Coordinator RN position. Kelly Collazzo, RN, was hired into the role.

The Medical Librarian, an RN, created a new library website to improve access to online resources and received more computers for availability of nurses going to school to access resources.

The Medical Library received a grant that allowed CentraState to offer a free, 13-week program to help adolescents with autism spectrum disorder to enhance their social skills.

Progressive Care Unit collected school supplies for a 3rd grade class in Lakewood.

Progressive Care Unit held a Breast Cancer Awareness Day on the unit and donated proceeds to the National Foundation for Breast Cancer.

Progressive Care Unit collected gently used coats for a coat drive to benefit the Jersey Shore Rescue Center in Asbury Park.

Women’s Health Unit nurses participated in Cancer Survivors Day.

Cardiac Catheterization nurses assisted Tushar Tripathi, MD, endovascular surgeon, with performing the first fenestrated endovascular aortic aneurysm repair (EVAR) in Monmouth County.

Information Systems nurses coordinated submission for meaningful use for the Family Practice of CentraState.

Interventional Radiology nurses learned and assisted radiologists with 14 new specialty procedures in 2016.

Progressive Care Unit nurses participated in a trial of Practice Unite for confidential cell phone communication with physicians.

Inpatient 73rd percentile (NJ Peer Group)

Outpatient 91st percentile (NJ Peer Group)

Emergency Department 85th percentile (50k+ Peer Group)

Ambulatory Surgery 79th percentile (AHA 2 Peer Group)

Behavioral Health Unit staffing was converted from 8-hour to 12-hour shifts.

The Critical Care Unit practice council opted to eliminate visiting hours; this initiative has been well received by patients and their families.

The multidisciplinary ED Patient Experience Committee was initiated to analyze processes and create performance improvement plans to improve quality of care and the patient experience.

ED nurses did a research study and gave two poster presentations on the New Graduate Orientation; Lori Impastato, RN, presented an overview of the program at a New Jersey Council of Magnet Organizations (NJCOMO) seminar.

To expedite workflow, a designated transport staff member was assigned for interventional radiology patients.
Three orthopedic RNs participated in the interdisciplinary Total Joint Center Bundling Initiative to develop care paths for hemiarthroplasty patients.

A Comprehensive Joint Replacement (CJR) Bundling Initiative began in the 2nd quarter and led to a reduction of nearly $13k/episode of care by the end of the year.

CCU worked with the Health Engagement Network (HEN), through the New Jersey Hospital Association, to reduce central line associated blood stream infections (CLABSIs) and catheter associated urinary tract infections (CAUTIs). In 2016, the CCU had just one CLABSI and one CAUTI.

Efforts of the CAUTI/CLABSI Committee, as well as clinical nurses and physicians, resulted in a 10% decrease in urinary catheter days, a 60% decrease in the number of CAUTIs, a 0.01% decrease in device utilization, a 1.9% decrease in ED Foley insertions and a .91% decrease in the overall CAUTI rate. CLABSI occurrences decreased by 50% in 2016.

STEMI: The median time from ED door to EKG was six minutes and the median time from door to administration of TNKase was 27 minutes; more than 12 ST-elevation myocardial infarctions (STEMIs) were identified as a result of implementing a repeat EKG after one hour of the initial negative EKG.

Inpatient and outpatient care was enhanced by upgrading to the Phillips MX-400 cardiac monitoring system.

Maternal Child Services completed the AWHONN Tri-State Collaborative for post-partum hemorrhage.

Maternal Child Services completed the Perinatal Collaborative Comprehensive Unit-Based Safety Program (CUSP) through the New Jersey Hospital Association.


PCU was awarded a grant to continue the Get with the Guidelines (GWTG) program for Heart Failure.

Sharon Lorfin, RN, APN, is the Nurse Navigator for Thoracic Oncology Services. She coordinates and operates the low-dose CT lung screening program at the Statesir Cancer Center. Sixteen cancers would have continued to grow undetected and would have presented at a later stage had it not been for the lung screening program.

Chris Butka, RN, and Terre Heck, RN, attended the Association of Clinical Documentation Improvement Specialists Conference and returned with new information, education and ideas.

Professional Development nurse educators were joined by clinical leaders and other nurses to conduct simulation labs on bedside shift report, indwelling urinary catheter insertion and care, and medication education.

Cathy Janzekovich, PhD, RN, AVP, Nursing, completed a PhD in Health and Medical Sciences from Seton Hall University.

4 East Total Joint/Stroke Center successfully achieved Joint Commission Disease Specific Certification for Joint Replacement.

CentraState was recertified by The Society of Cardiovascular Patient Care as an Accredited Chest Pain Center of Excellence.

The Progressive Care Unit earned recertification for heart failure by The Joint Commission.

CentraState received the American Heart Association/American Stroke Association Get with the Guidelines Stroke Gold Plus Achievement Award.

“It is when we include caring and love in our science; we discover our caring-healing professions and disciplines are much more than a detached scientific endeavor, but a life-giving and life-receiving endeavor for humanity.”

— Jean Watson
3 North Medical-Surgical
Edna Aguilar, BSN, RN-BC
Jaclyn Bergamo, BSN, RN
Jacqueline Blackwood, BSN, RN
Lisa Blissenbach, BSN, RN-BC
Maria Calleen, RN-BC
Chung Choi, BA, RN
Erin Cilino, BSN, RN-BC
Meghan Daley, BSN, RN-BC
Linda DeLuca, MSN, RN
Debra Duke-Issifu, BSN, RN-BC
Karen Fabiny, RN-BC
Jane Galus, BSN, RN, CMSRN
Maureen Gianna, RN-BC
Kimberly Monahan Glaubinger, BSN, RN-BC
Cathy Glowenski, BSN, RN-BC
Christina Haddad, RN
Brittany Horan, RN
Nicolle Morbidelli, RN-BC
Encarnacion Olavides, BSN, RN, WCC
Theresa Pearman, BSN, RN
Janice Perrone, BSN, RN-BC
Tanya Pickard, BSN, RN-BC
Suzanne Reddy, BSN, RN
Maria Reyes, BSN, RN, CMSRN
Linda Reynolds, BSN, RN
Shirielle Richard, BSN, RN
Amy Schwartz, BSN, RN
Iryna Shpott, RN-BC
Patricia Theocharous, BA, RN-BC
Karla Vitug, BSN, RN
Hazen Yu, BSN, RN-BC
Christina Zarnowski, BSN, RN

4 East Oncology
Virginia Bird, RN-BC
Rose M. Brown, RN-BC, OCN, ONS
James Archival Cava, BSN, RN
Dora Crowley, RN
Colleen Jones, BSN, RN
Michele Langevin, MSN, RN, NE-BCC
Jacqueline Lavigne, MSN, RN-BCC, AGPCNP-BCC
Megan Lukens, BSN, RN, OCN
MaryAnn Reilley, BSN, RN, OCN
Laura Murray-Rivera, RN, OCN
Olga Picciotto-Presier, RN
Denise Rodman, RN, OCN
Bridget Russell, BSN, RN

4 East Total Joint Center/Stroke Center
Christina Agzijian, BSN, RN
Patricia Barnosky, RN-BCC
Bette Becker, BA, RN-BCC
Lisa Beckerman, BSN, RN-BCC
Johanna Biddie, RN-BCC
Maryann Bonatikis, BSN, RN-BCC
Claudia Brremely, RN
Norma Concepcion, BSN, RN-BCC
Donna D’Alessio, BSN, RN
Margaret Guyette, RN-BCC
Dale Iserson, BS, RN-BCC
Rose Julewicz, RN-BCC
Melissa Mae Mapa, RN-BCC
Yolanda Melendez, BSN, RN
Sarah Moon, RN
Victoria Moon, RN-BCC
Claudia Nogueira, RN-BCC
Caitlin Raiten, BSN, RN-BCC

Demetra Rotsides, MPH, BSN, RN ▲
Meghan Ryan, BSN, RN
Christine Siele, BS, RN-BCC
Charina Tallo, BSN, RN
Donna Williams, BSN, RN-BCC

4 North Surgical
Meaghan Adinolfi, BSN, RN
Mary Aguilar, BS, BSN, RN
Jeffrey Anderson, BSN, RN
Kimberly Balagot, BSN, BA, RN-BCC
Amanda Booth, BSN, RN-BCC
Sheila Carcellar, BSN, RN-BCC
Joseph Dambroski, RN
Daniella Davis BSN, RN
Donna Deane, RN-BCC
Elizabeth Durazzo, BS, RN
Lisa Genovese, BSN, RN-BCC, CBN
Denise Gillman, RN
Caitlin Gorman-Farinella, BSN, RN
Baijinder Grewal, BSN, RN
Maya Jiries, RN-BCC
Lily Lies, BSN, RN
Leah Mendoza, RN-BCC
Laraine Mercereau, BSN, RN

Elizabeth Niederman, BSN, BS, RN
Laura O’Reilly, RN-BCC
Alícia Pagailaluan, BSN, RN-BCC
Janice Pascua, BSN, RN
Andrea Pascual, BSN, RN-BCC
Donna Roe, RN-BCC
Lynn Rosenzweig, BSN, RN-BCC
Susan Schneider, RN-BCC
Karen Stanisice, BSN, RN-BCC
Karina Swenticky, BSN, RN-BCC
Maribel Tablar, BSN, RN-BCC
Jenny Tang, MBA, BA, BSN, RN
Concepcion Teano, BSN, RN
Jennifer Tennaro, BSN, RN
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Charlotte Oualis, MA, RN, NA-BCC
Joy Rende, MHA, RNCC-MNN, NE-BCC
Lisa Rivera, BSN, RN, LNCC
Mary Szuszkowski, BS, RN

Ambulatory Surgery/MAB/Short Stay
Brie Adamczyk, BSN, RN
Eileen Ammon, BSN, RN, CNOR
Marian Bauman, RN
Nicole Buccino, MSN, BS, RN, CCRN
Lori Burrows, BSN, RN
Leticia Butay, BSN, RN, CPAN
Sally Castaneda, BSN, RN
Tracey Christensen, BSN, RN-BCC
Sandra Colon, BSN, RN-BCC
Maria Diaz, RN-BCC
Maria Lynn Fangon, BSN, RN
Lucy Furmanec, BSN, RN-BCC
Charlotte Greenwood, RN
Alícia Hancock, BSN, RN-BCC
June Mansfield, RN
Terri Lynn McNamara, RN-BCC
Karen Mirynowski, BSN, RN
Carole Negron, RN
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Behavioral Health Unit
Kathleen Bremer-Covitz, MSN, RN
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German Butay, BSN, RN-BC
Colleen Cannatelli, RN
Cheryl Anne Craig, BSN, BA, MA, RN
Lisa Davenport, RN-BC
Renie Ebree, MSN, PMHNP-BC, RN-BC
Chelsea Francis, BSN, BA, RN
Marina Ginzberg, BSN, RN
Edgar Ho, BSN, RN
Ilona Jurith, BSN, BA, RN-BC
Mikhail Karpov, BSN, RN
Nellie Macato, BSN, RN-BC
Vanessa Martin-Dennis, BSN, BA, RN
Carly Minniti, BSN, RN
Linda Morton, RN
Kristen Moskal, BSN, RN
Cecilia Mullanaphy, BA, RN
Divina Quezada-Acosta, BSN, RN
Jonathan Ralph, BSN, RN
Freddie Rodriguez, BSN, RN
Emily Rosenberger, BSN, RN
Louella Rowe, BSN, RN-BC
Betty Schwartz, RN
Louis Silvestri, BSN, RN-BC
Kimberly Thomas, MSN, RN-BC

Behavioral Health – ECT Services
Melissa Batong, BSN, RN
Lara Casalbore, BSN, RN
Amber Frischer, BSN, RN
Crisann Maher, BA, RN
Vivian Stanger, RN
Ruthann Thompson, RN-BC

Cancer Care Services
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Cardiac Catheterization Lab
Joel Balanon, BSN, RN, CCRN
Jessica Bonzenga, BSN, RN
Kathryn Gazdek, BSN, RN
Wayne Germinario, RN, CVRN, RCIS
Diana Paone, BSN, RN
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Cardiology Services
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Janine Eyd-Adonizio, BSN, RN
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Care Coordination
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Christine Bayer, BA, RN, CEN
Ellen Clark, BSN, RNC
Jill Cohen, BSN, RN, RN-BC, ACNP
Minerva Duque, BSN, RN, ACM
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Rosita Holloway, BSN, RN
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Patricia Hader, BSN, RN
Gloria Kleinknecht, RN
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Mary Van Der Net, RN
Donna Willis, RN, CCRN
Jackie Wolfe BSN, RN

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Jean Ho, BSN, RN
Alisha Hruschka, RN

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Maria Amoroso, BSN, RN
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Jennifer Barton, RN
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Shari Benson, MSN, RN, FNP-BC
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Agnes Bieniek, RN, CEN
Katherine Buffa, BSN, RN
Sara Buffa, BSN, RN
Deborah Burg, MSN, RN
Nicole Cannon, BSN, RN, CEN
Patricia Cassidy, BSN, RN
Jeanette Cinco, BSN, RN
Joann Clark, BSN, RN
Kristen Connors, MSN, RN
Sarah Conway, BSN, RN
Emily Demarco, BSN, RN
Donna Dolcemascolo, RN
Cheryl Feldman, BSN, RN
Pamela Flynn, BSN, RN
Leah Frangopolous, RN
Ariel Furlong, RN

REGI-stered Nurse CredEnTialis: degrees/CerTificAtions:

7
Laurie Gambardella, MSN, RN
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Karen Goglia, RN, CEN
Gina Guarriero, MSN, BS, RN
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Loretta Impastato, BSN, RN
Brittany Kerwin, BSN, RN

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Laura Guerriero, MSN, CEN
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Denise Hamill, BSN, RN, CCRN
Jessica Hladky, BSN, RN
Monique Ikan, RN
Loretta Impastato, BSN, RN
Brittany Kerwin, BSN, RN

Family Medicine Center
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Elizabeth Donahue, BSN, RN
Jennie Flanagan, BSN, RN-BC
Evangeline Santos, BSN, RN-BC

Float Pool
Colleen Anastasio, BSN, RN
Leah Banks, BSN, RN
Kendie Castillo, BSN, RN-BC
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Health Awareness Center
Judy Barros, MSN, RN, PNP-BC
Terri Brown, BSN, MS, RN, SANE
Josephine Chilton, MSN, RN
Maryellen Dykeman, MSN, RN
Elaine Dymyd, BSN, RN
DianneErrichetti, MSN, RN
Bella Grevesen, BSN, RN
Melanie Lorenz, BS, RN
Annie Neuman, BSN, MS, RN
Stephanie O’Neil, BSN, RN
Kathleen Prybyliski, RN, IBCLC

Infection Control
Jacqueline Breuer, RN, CIC
Karyn Young-Engelman, RN, CIC

Information Systems
Susan Hager, RN
Laurie Huryk, MSN, RN
Anna McSorley, BSN, MS, RN, NE-BC

Employee Health Services
Terry Parker, BSN, MPH, RN, COHN-S

Endoscopy
Helen Bueti, BSN, RN, CGRN

IV Therapy
Donna Betar, DC, BS, RN, CRNI
Carmen Canton, RN
Connie Lam, BSN, RN-BC
Glenda Ricker, RN, CRNI
Eileen Villacillo, BSN, RN, CRNI

Labor, Delivery, Recovery & Postpartum (LDRP)
Charlotte Ablilheira, RN
Sheena Ackerman, BSN, RN
Shadiye Ahearn, RNC
Amanda Aloisi, BSN, RN
Debra Ayres, RN
Jennifer Barnes, BSN, RN
Raye Buscaino, BSN, BA, RN
Jena Campanella, BSN, BA, RN
Cynthia Cannizzaro, RN, RN-BC
Danielle Cappelluti, BSN, BS, RN
Marci Clayton, RN
Marina Cordova, BSN, RNC
Debra Dafick, RN
Sarah Dalby, BSN, RNC
Theresa Faiella, RNC
Mary Foster, RNC
Jaymie Francisco, RN-BC
Sarah Freylicher, BSN, BA, RN
Patricia Hader, BSN, RN
Gabrielle Hallbauer, BSN, RNC
Tiesha Freeman, RN
Shastity Katamoty, BSN, RNC
Kara Kendall, BSN, RN
Dawn Kline, BSN, MHA, RN-BC
Marina Kovaleva, BSN, RN
Nicole Lewis, BSN, RN
Mycelcake Lima, BSN, RNC
Jennifer Lyons, BA, RN
Bobby Jo Maganza, BSN, BS, RN
Kim Martin, RN
Charlene Meza, BSN, RN
Sarah McnKnight, RNC
Allison Murphy, RN
Lisa Musante, BSN, RN
Astrid Noseal, RN
Bolanle Odehode, RN

Suzanne O’Donnell, RN
Jessica Orne, BSN, RN
Mary O’Rourke, BSN, RN
Michelle Osetkowski, BSN, RN

Employee Health Services
Terry Parker, BSN, MPH, RN, COHN-S

Endoscopy
Helen Bueti, BSN, RN, CGRN
Erin Phelps, BSN, RN
Tiffany Pomeroy, BSN, RN
Geralyn Rivera, BSN, RNC, HNC-BC
Terry Rosenberg, BSN, RNC
Merry Sanguino, MSN, RNC
Jennifer Sarapochillo, BSN, RN
Diane Savastano, BSN, RNC, IBCLC
Karen Shousha, BSN, RN
Kaitlin Shurgala, BSN, RN
Meghan Simonetti, BSN, RNC, C-EFM
Olga Simonovsky, RN
Lydia Sison, BSN, RNC
Anna Temchina, BSN, RN
Courtney Thomas, BSN, RN
Alison Weyersberg, BSN, RNC

Multiple Sclerosis Center
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Evangeline Hermansen, BSN, RN
Kim Tota, RN

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Virginia Carreira, DNP, RN, APRN, CDE
Alison Cleary, BSN, RN
Mary Kate Wehrhagen, MSN, RN, CDE

Nursing Administration
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Linda Geisler, DBA, MNEd, RN, NEA-BC, FACHE

Michele Ippolitto, BSN, RN
Cathleen Janzekovich, PhD, RN-BC, NEA-BC
Kim A. Kelly, MS, RN, NEA-BC, FACHE
Etelva Lleshi, RN
Carolyn Sellman, RN
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Barbara Yuhas, MSN, RN-BC, NE-BC

Observation Unit
Lita Abrazaldo-Richards, MSN, RN, FNP-BC
Raquel Castaneda, BSN, RN
Crazetti Cusi, BSN, RN
Anita Dagadu, BSN, RN
Carole Eisenman, BSN, RN-BC
Bonnie Fayer, RN
Anna McGill, BSN, BA, RN

Marie Nelson, BSN, RN
Carol Pacilio, RN

Operating Room
Sophia Balsirow, RN, CNOR
Jessica Baltadonis, BSN, RN
Danielle Blutstein, BSN, RN, CNOR
Juanna Buergo, BSN, RN, CNOR
Lauri Calderone, RN
Diana Carney, RN, CNOR
Lori Chavez, RN
James Dennis, BSN, RN
Patricia A. Dowalo-Boutote, RN, CNOR
Lisa Ford, RN, CNOR
Hanna Gerke, BSN, BS, RN, CEN
Jonathan Hamm, RN
Marie Ibarreta, BSN, RN, CNOR
Michelle Killian, BSN, RN
Rachel Kugler, BSN, BS, RN
Courtney Levy, BSN, RN
Cathy Lewis, RN, CNOR
Hannah Lidberg, BSN, RN
Kristine Maticka, RN, CNOR
Dolores Mordas, BS, RN, CNOR
Fe Moreno, BSN, RN, CNOR
Rebecca Norton, BSN, BA, RN, CNOR
Piyusha Parekh, RN
Alexandra Pospelova, BSN, RN
Tatiana Puerta, RN
Evelyn Relloma, BSN, RN, CNOR
Kenneth Saunders Jr, BSN, RN, CNOR
Kristen Spahn, RN
Greta Tedesco, BSN, RN, CNOR
Rosemarie Torcato, BSN, RN, CNOR

Post Anesthesia Care Unit (PACU)
Juvihlyn Apora, BSN, RN-BC
Virginia Argana, BSN, RN
Brigid Bambrick, RN, CCRN
Beverly Dey, BSN, RN, CPAN
Randi Eriksson, RN, CPAN
Maureen Fawcett, RN
Mary Jane Fornecker, BSN, RN, CPAN
Donna Forte, RN
Beth Gutierrez, BSN, RN, CCRN

Recynthia Henderson-Jones, RN, CCRN
Laurie Jaffe, BSN, BS, RN, CCRN
Ellen Kane, BSN, RN, CPAN
Melissa Koznieneksky, RN-BC
Michelle Kutner, MSN, RN-BC, FNP-BC
Bridget Mautone, RN
Monique Meagher, RN
Angela Post, BSN, RN, CPAN
Sheri Saker, BSN, RN, CCRN
Maria Schurott, RN
Kathleen Spall-Amaty, BSN, RN
Allison Steinitz, BA, RN, CPAN
Jennifer Tudor, BSN, RN, CCRN
Anesha Wigang BS, RN
Denise Zolnowski, BSN, RN, CCRN

Pediatrics
Christina Biondo, BSN, RN
Eileen Christie, MSN, RN-BC
Kathleen Clemente, RN-BC
Sandra Danias, BSN, RN
Arlene Duncan, RN
Patricia McCartney, BSN, RN-BC
Claire Meyer, RN, CPN
Edilly Peleo, BSN, RN
Judith Ralaya, RN
Cher Saccomagno, RN
Florence Swan, RN, CPN

Professional Development
Donna Baird, MPH, MSN, RN, NE-BC
Ruth Bihuniak, BSN, RN, CDE
Fiesta Clanton, MSN, RN, ACNS-BC
Sandra DiPisa, MSN, RN, CCRN
Nancy Engel, MSN, RN, ACNS-BC, APN-C
Annette Keller, MA, BSN, RN, CEN, CNL
Stephanie Loadholt, BSN, MS, RN
Angela Mills, MSN, RN-BC
Carol Robertiello, MSN, RN, ANP-BC, CCRN
Joan Sapienza, MSN, RN, ANP-BC, CCRN
Patricia Seaman, MSN, RN-BC
Kathleen Stanley, MSN, RNC, CNL
Rosanne Wike, BSN, RN-BC

Progressive Care Unit (PCU)
Samantha Agosto, BSN, RN
Sigrid Nolan, BSN, BS, RNC
Ashley Albro, BSN, RN
Eleanor Balmaceda, BSN, RN, PCCN
Matthew Breault, BS, RN, PCCN
Alexandrina Ceausu, BS, RN, PCCN
Veronica Cecil, BA, RN
Jenna Clark, RN
Maureen Colandrea, BSN, RN-BC
Kelly Collazo, BSN, RN
Janet Coonis, RN
Amanda Cotelo, BSN, RN
Lucita Cruz, BSN, RN

Post Anesthesia Care Unit (PACU)
IN LOVING MEMORY OF A SPECIAL COLLEAGUE

Diana Chiaro, MSN, RN, AOCN, APN,C

We were all deeply saddened when our colleague and friend, Diana Chiaro, passed away in early 2016 after a brief, but valiant fight with a rare form of cancer.

Diana touched the lives of so many of us! She was a new graduate when she began her nursing career at CentraState in 1987. Talented and filled with a passion for nursing, it wasn’t long before she returned to school, earned an MSN and became a certified clinical nurse specialist. Initially she focused on caring for cancer patients on 4 East Oncology, but as her career developed, she realized how much she enjoyed teaching others and joined the Professional Development Department as the oncology nurse educator. Eventually, she added the 4 East Total Joint and Stroke Center as a second specialty for education. Her presentations and projects were creative and inspiring.

One of Diana’s gifts was the ability to instantly connect with people on both a personal and professional level. She will be remembered by patients and staff for her compassion, clinical excellence and boundless energy.

Although Diana was dedicated to nursing, it was her beautiful ten year-old daughter who brought her the most joy. She often shared stories about Madison with love and pride. Diana is greatly missed. She touched the lives of so many patients and co-workers in her 29 years of service at CentraState Medical Center.
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3 North Accomplishments
Hazen Yu, BSN, RN-BC, Nurse Manager, 3 North

- Theresa Pearman, RN, was promoted to evening shift clinical leader. She is enrolled in graduate school for an MSN in Nursing Education.
- Jacqueline Blackwood, RN, and Brittany Horan, RN, graduated from nursing school, passed the NCLEX exams and transitioned from PCT, to nurse resident, to staff nurse.
- Theresa Pearman, RN, and Suzanne Reddy, RN, became ANCC board certified in Medical-Surgical Nursing.

4 East Oncology Accomplishments
Barbara Yuhas, MSN, RN-BC, NE-BC, Director, Medical-Surgical Nursing

- Staff nurses completed simulation labs for performing bedside shift report.
- The 3 North team collaborated with Helena Berardinelli, Director of Activities at the Manor, and Kathleen Morrison, Activities Specialist at the Manor, to complete a Virtual Dementia Tour in preparation for becoming an Acute Care for the Elderly (ACE) Unit.
- Clinical leaders completed a trial of the Microsoft Surface Pro 4 tablet for use during bed rounds and unit projects.
- Christina Zarnowski, RN, gave a poster presentation, “Pain in the Elderly,” at the CentraState Pain Fair.
- Nurses created The Top 50 Medications Administered in 3 North. The form lists the 50 most-used medications with their side effects. The form has been laminated and duplicated and is now located on top of medication CABS for easy access. It also has been shared with other departments.
- The 3 North lounge was opened for use by families and for various professional activities.

4 East Total Joint Center/Stroke Center
Barbara Yuhas, MSN, RN-BC, NE-BC, Director, Medical-Surgical Nursing

- The Unit Practice Council developed a welcome packet and letter for patients and families.
- Staff participated in The Joint Commission Preventing Falls Targeted Solution Tool (TST) initiative; a trending analysis of all falls was performed and staff prepared to trial various types of footwear.
70 percent of RNs hold national specialty nursing certifications; 52 percent participate in NEP and 96 percent are ACLS certified.

Staff nurses provide Total Joint Center (TJC) pre-operative education classes every two weeks for elective joint replacement patients.

Tabitha Encarnacion, RN, successfully completed the RN Resident Orientation Program.

Staff Nurses MaryAnn Bonatakas, RN, Patricia Barnosky, RN, Betty Becker, RN, Johanna Biddle, RN, Demetra Rotsides, RN, and Yolanda Melendez, RN, participated in an interdisciplinary committee with Dana Higley, CSW, Total Joint Coordinator, Alan Nasar, MD, Medical Director, and members of the Rehabilitation Department to develop hemiarthroplasty education materials.

MaryAnn Bonatakas, RN, Patricia Barnosky, RN, and Johanna Biddle, RN, participated in the interdisciplinary Total Joint Center Bundling project-to develop care paths for hemiarthroplasty patients.

Patricia Barnosky, RN, Betty Becker, RN, Yolanda Melendez, RN, and Vicki Moon, RN, participated in the Heart Walk Team, and MS Walk fundraising events.

Staff RNs and Dana Higley, CSW, collaborated with the Patient Education Committee to create and provide discharge classes for patients with elective total hip and knee replacement surgery, as well as for other orthopedic patients who are discharged home.

The unit successfully achieved Joint Commission Disease Specific Certification for Joint Replacement.

A Comprehensive Joint Replacement (CJR) Bundling Initiative began on April 1, 2016 and led to a reduction of nearly $13k/episode of care by the end of the year.

4 North Accomplishments

Jeffrey Anderson, BSN, RN, Nurse Manager, 4 North

- Mary Agular, RN, and Karina Swenticky, RN, earned BSN degrees.
- Lily Lies, RN, spoke to nurse externs about her experiences in the Nurse Extern Program.
- Liz Durazzo, RN, graduated from nursing school, passed the NCLEX exams and transitioned from PCT, to nurse resident, to staff nurse.
- Jenny Tang, RN, graduated from nursing school passed the NCLEX exams and transitioned from volunteer, to nurse resident, to staff nurse.
- The percent of nurses with BSN degrees increased to 60% and 75% of nurses without BSN degrees are enrolled in BSN programs.
- All RNs became ACLS certified.
- 4 North became independent of PCU for telemetry monitoring.
- Kim Balagot, RN, clinical leader, and Angela Mills, RN, nurse educator, hosted several Peritoneal Dialysis (PD) inservices. They offered classes to PCU and helped them become certified in PD. 4 North became the PD resource for PCU.
- Nurses completed simulation labs for bedside shift report, indwelling urinary catheter, and medication education.
- Lisa Genovese, RN, staff nurse, and Angela Mills, RN, nurse educator, gave a Bariatric Certification Review Course in collaboration with Laurie Scurbe, RD, bariatric dietitian.
- Four additional cameras were purchased to monitor patients at-risk for falling.
- An upgraded monitor that provides higher definition was purchased to allow viewing ten rooms on one screen.
- Phillips telemetry monitors with centralized monitor viewing were installed.
- VS4 vital sign machines were purchased; some have capnography monitoring capability.
- Four HCAHPS domains were above threshold: Communication with Nurses, Pain Management, Discharge Information and Rate the Hospital.
- 4 North Falls with Injury rates were better than the NDNQI benchmark for three of four quarters.
- Nurses improved patient education by writing “Medication of the Day” and “Pain Goals” on white boards in patient rooms.
- Staff participated in Paulette’s C of Blue Colorectal Walk, the Food Drive at Easter for Monmouth County Food Bank and the Toy Drive for RWJUH Pediatric Center.
- Jeff Anderson, RN, created a poster presentation for the CSMC Pain Fair, “It’s Not, You’re Not Due, But What Can We Do to Help Your Pain?”
- Initiated a program to have Convatec Starter kits sent to homes of new ostomy patients on discharge.
- A colostomy education video was added to the TIGR patient education channel.
- The 4 North Unit Practice Council helped develop the End of Shift Wrap Up (EOSWU) form to communicate with management about their needs for the unit.
- 4 North won the 2016 Nurses Week competition Most Creative category by making a song/video that represented our unit (I Will Survive).
Ambulatory Services: Endoscopy, Jean Mehr Outpatient Infusion Services (OPIS), MAB, Minor Surgery, Short Stay Accomplishments
Nicole Buccino, BA, MSN, RN, Nurse Manager, Ambulatory Services

• The Ambulatory Services Department moved into the newly expanded and renovated Short Stay Unit in May. The renovation improved services by offering more privacy for patients, improving workflow and increasing the number of beds.

• The Endoscopy team worked hard all year learning new procedures with our physicians. The department also went live with a new documentation system to enable reports to flow to the medical record for all providers to view.

• Endoscopy staff also participated in the annual Paulette’s C of Blue fundraising event for colorectal cancer.

• The OPIS remained in the 99th percentile for patient satisfaction in all four quarters of 2016. The staff participated in Survivors Day 2016, Relay for Life and Paulette’s C of Blue fundraising events.

Behavioral Health Unit Accomplishments
Cheryl Craig, BA, BSN, MA, RN, Clinical Director, Behavioral Health Services

• The Behavioral Health Unit welcomed new staff members: Tanisha Cheatum, PCT; Catherine Greffin, PCT; Edward Jones, PCT; Kathy Lopez, PCT; Angela Terraciano, PCT; Kathleen Bremer-Covitz, RN; Chelsea Francis, RN; Vanessa Martin-Dennis, RN; and Jonathan Ralph, RN.

• Behavioral Health Unit staffing was converted from 8 hour to 12 hour shifts.

• Behavioral Health Unit staff collaborated to re-assess group offerings and inservice educations and initiated a new patient group offering: Drumming Group.

• Nurses were active in strategic planning to facilitate the department’s adherence to existing, revised and other Hospital-Based IP Psychiatric Services (HBIPS) indicators.

• Staff provided behavioral health expertise and collaborated with nurses throughout the medical center about code gray emergencies.

• Inservice education topics were provided: Working with Patients Experiencing Dementia, Working with Difficult People, and Autism Spectrum Disorders.

• The unit hosted Rutgers University, St. Francis School of Nursing, and Jersey City University nursing students throughout 2016 to provide education and mentoring in collaboration with nursing instructors.

Cardiac Catheterization Lab (Cath Lab) Nursing Accomplishments
Kathryn Gazdek, BSN, RN, Nurse Manager, Cardiac Catheterization Lab

• The Cath Lab team performed more than the required number of left heart catheterizations this year, thus achieving non-conditional licensure.

• Nurses assisted Tushar Tripathi, MD, endovascular surgeon, with performing the first Fenestrated EVAR (Endovascular Aortic Aneurysm Repair) in Monmouth County.

• Nurses from the Short Stay and Progressive Care Units were educated to perform post-procedure transradial (TR) band removal.

Cardiac Services Accomplishments
Marcia Schaefer-Noto, MSN, RN-BC, NE-BC, Director, Cardiac Services

• Cardiac services participated in the National Wear Red for Women initiative and offered various classes and demonstrations to CentraState employees and the community in February. The month-long calendar of fun and educational activities was developed in collaboration with Employee Wellness, Cardiac Services, the Health Awareness Center and the CentraState Fitness & Wellness Center.

• Coordinated the annual Cardiology program for Freehold Regional High School District students. Speakers included a nurse informatics specialist, a registered dietician, the Women’s Heart Program nurse practitioner and the Director of Cardiology. For the first time, students had a hands-on experience inside the Cardiac Catheterization Lab.

• Facilitated the development of a cardio/oncology partnership between Cardiology and Oncology services. Echocardiography protocols (global longitudinal strain and 3 dimension echo) were initiated for periodic monitoring of breast cancer patients receiving chemotherapy or radiation to the chest.

• Marcia Schaefer-Noto, RN, was company co-leader in the annual Shoreline American Heart Walk in September. CentraState placed fifth in Monmouth and Ocean counties for raising money in the behalf of the American Heart Association.
The IRB added seven new members to the roster: Donna Baird, RN, Cathy Janzekovich, RN, Barry Asch, Shari Adams, Christine Forbes, RN, Kim O’Connor and Karen Hoffman, RN.

Twelve new research studies were approved: six studies for multiple sclerosis (MS); one for physical therapy, one for nursing (cancer), one for interventional radiology (cancer), and three PhD/Capstone projects.

Twenty-eight patients were entered into clinical trials in 2017: Seventeen in MS studies, six in cancer studies, and five in the stroke study.

The third annual Research Day was held in September.

The Cardiac Rehabilitation Department hosts a quarterly Mended Hearts Support Group for the community with supportive lectures in the Zen room.

Marcia Schaefer-Noto, RN, participated on the inter-professional team to bring the HRS Telehealth program to CentraState, where it is utilized as a population health initiative to prevent 30-day readmissions for Heart Failure patients.

Marcia Schaefer-Noto, RN, was co-chair of the Heart Failure Team and actively participated in TJC recertification processes; she also was co-chair for the successful re-accreditation of the Inpatient Heart Failure Program in December.

Marcia Schaefer-Noto, RN, achieved ANCC board certification as Nurse Executive.

Mary Jane Saada, RN, was awarded Level IV, Mentor, in the Nurse Excellence Program (NEP) clinical ladder.

Cardiac Rehabilitation is in process of resubmitting for program recertification.

The Cardiac Rehabilitation Department hosts a quarterly Mended Hearts Support Group for the community with supportive lectures in the Zen room.

The Cardiac Rehabilitation Department hosts a quarterly Mended Hearts Support Group for the community with supportive lectures in the Zen room.
• CCU nurses participated in monthly CLABSI/CAUTI webinars and presentations. They learned about PureWick®, an alternative to indwelling catheters for females. The Materials Management Department supported a trial of the PureWick® device. PureWick® is now a reliable alternative to an indwelling catheter for females and is available to all units.

• The CCU staff acknowledges Cathy Janzekovich, PhD, RN, AVP, Nursing, for leadership and commitment to reducing hospital-acquired infections. Cathy Janzekovich conducted daily rounds to ensure that catheters were discontinued in a timely manner and that central lines were maintained according to policy. The support of Dr. Beauregard and the medical staff is also appreciated.

• CCU nurse leaders collaborated with Human Resources to develop a clinical mentor position to support transition of new graduates to critical care nurses. Marilen Rodriguez, RN, was hired into the new role. Her experience in evaluating new nurses at the end of their orientation will assure that they are technically skilled and possess the critical thinking needed to care for critically ill patients.

• In October, three new graduate residents were hired. In addition to classroom education for EKG interpretation and critical care courses, Marilen provided orientation to the unit, to computerized documentation and backup paperwork. She spent a week with each resident to evaluate their progress and address individual needs until they were ready to practice independently.

• CCU staff looks forward to expanding the unit to the step down side of the hall after the Observation unit relocates to the third floor.

Emergency Department (ED) Accomplishments
Laurie Gambardella, MSN, RN, Administrative Director for Emergency Services / Observation

- The multidisciplinary ED Patient Experience Committee was initiated to analyze processes and create performance improvement plans to improve quality of care and the patient experience.
- The overall ED patient satisfaction scores: 1st quarter, 75 percent; 2nd quarter, 90 percent; 3rd quarter, 91 percent; 4th quarter, 90 percent
- Educated staff and implemented a Just Culture environment
- The Opioid Overdose Recovery Program (OORP) was implemented in affiliation with the Barnabas Health Institute for Prevention; this two-year pilot program will provide recovery support for individuals after reversal from an opioid overdose.
- Wellsoft enhanced assessments were initiated for Primary and Secondary Screening of Suicide Risk, Delirium and Confusion Assessment Method (CAM), a Sedation Scale and Nurse Protocol Orders for C diff and UA.
- CentraState held the 7th Emergency Nurse (CEN) Certification Review class; 26 percent of ED RNs are certified.

Information Technology Nursing Accomplishments
Anna McSorley, BSN, MA, RN, Manager, Clinical Applications

- IT Nurses serve on several committees, including the Nursing IT Committee, Nurse Managers Meeting and Clinical Leaders Meeting to share anticipated system upgrades, changes and enhancements, and to give troubleshooting guidance.
- Monthly electronic documentation updates were sent to all staff in the form of an education guide for any changes, new features and Tips-N-Tricks.
- Computer education was provided for all newly hired nurses, support staff and physicians.
- Supported all staff issues related to the computer systems and the Help Desk.
- System analysts were responsible for system upgrades, changes, enhancements, and troubleshooting.
- Coordinated submission for Meaningful Use for the Family Practice of CentraState.
- Supported NextGen computer systems.
- Coordinated implementation of new NextGen features and upgrades.

Interventional Radiology Accomplishments
Mandi Wortman, Clinical Director, Radiology Services

Interventional Radiology (IR) nurses expanded their clinical knowledge by learning new IR procedures. With the addition of Theresa Aquino, MD, an interventional radiologist, the department experienced significant growth and increased procedures. Additional staff nurses were recruited in order to sustain this growth.

- Jean Ho, RN, received a Nursing Excellence Award Certificate of Excellence, for Runner-Up, Extended Nursing Services.
- Patient care was enhanced by upgrading to the Phillips MX-400 cardiac monitoring system.
• The volume of moderate sedation procedures increased.

• A new CAB was obtained for medication administration that enables IR nurses to scan medications and patient ID bands during procedures. A new Omnicell was installed.

• A new electronic patient information board was obtained to coordinate procedure scheduling and facilitate intra-departmental communication.

• An efficient shelving system for files and new nurse work/computer stations were installed.

• IR nurses collaborated with the Anesthesia Department for cases requiring sedation and general anesthesia, and assigned a designated day per week for anesthesia cases to be done in the department. A plan is in effect to obtain a portable anesthesia machine to facilitate anesthesia administration in the IR Department.

• To expedite work flow, a designated transport staff was assigned for IR patients.

• Nurses held quarterly Allergic Reaction Mock Drills.

• IR nurses learned and assisted with 14 new specialty procedures in 2016.

Maternal Child Health (MCH) Accomplishments
Dawn Kline, BSN, MHA, RN-BC, Director Maternal Child Health

• Completed the AWHONN Tri-State Collaborative for Post-Partum Hemorrhage.

• Completed the Perinatal Collaborative Comprehensive Unit-based Safety Program (CUSP) through the New Jersey Hospital Association.

• Achieved continued designation as a Baby Friendly Hospital after review of QI Audit results.

• The MCH units received high HCAPHS scores.

• Staff participated in two baby fairs.

• Staff participated in the annual “Walk to Remember” held in October.

• Two RN residents completed their orientations for MCH areas.

• Nurses completed interdisciplinary, simulation-based emergency drills for the obstetric patient for cord prolapse and for shoulder dystocia.

• Two Code Amber drills were conducted.

• There were no early elective deliveries.

• Implemented Soarian documentation of Standard of Care for LDRP and Special Care Nursery.

• Initiated “Gentle C-Section” to promote maternal/infant bonding after c-sections.

Medical Library Accomplishments 2016
Christine Forbes, MLIS, RN, AHIP, Medical Librarian

• Participated in Nursing/Technical Skills Day to demonstrate how to use library resources.

• Created a new library website to increase access to online resources.

• Created an online directory of continuing education resources for nurses.

• Added nursing leadership resources to the library collection.

• Presented at the Medical Sciences Specialized Learning Center Sophomore Career Day.

• Received a grant that allows CentraState to offer a free 13-week program to help adolescents with autism spectrum disorder to enhance their social skills.

• Contributed to a poster, “Managing Depression in the Elderly: A Literature Review of Nonpharmacological Techniques,” presented at the Integrative Health Symposium at Rutgers School of Health Professions.

• Created an online component for CentraState’s continuing medical education programming by developing online modules from live seminars.
• Dolores Mordas, RN, and Rebecca Norton, RN, won the Clinical Excellence Award for their poster, “The Post-Case Wrap Up: A Tool for Improving Communication and Workflow; Decreasing Errors & Issues” at the AORN National Conference. A photo with a description of their project was published in the June 2016 issue of the AORN Journal.

• Kenneth Saunders, RN, is attending Kean University for an MSN degree.

• Danielle Bluststein, RN, is attending Drexel University for an MSN degree.

• Dianna Carney, RN, is studying for the RNFA certification.

• Juana Buero, RN, is attending Drexel University for an MSN degree.

• Lori Chavez, RN, completed the DaVinci robot training and certification program.

• Michelle Killian, RN, is attending the Monmouth University certification program.

• Danielle LaFalce, RN, earned an RN degree.

• Kristine Maticka, RN, is attending New Jersey City University for a BSN degree.

• Radcliffe Moral, RN, became licensed as an RN in New Jersey.

• Rebecca Norton, RN, is attending Drexel University for an MSN degree.

• Piyusha Parekh, RN, is attending NJCU for a BSN degree.

• Michelle Kutner, RN, graduated from the Family Nurse Practitioner program at Thomas Jefferson University in August and passed the board certification exam in October.

• Denise Zolnowski, RN, became certified as a health coach.

• Sheri Saker, RN, and Recynthia Henderson-Jones, RN, each celebrated 35 years of employment at CentraState Medical Center.

• Kelly Collazo, RN, received the Nursing Excellence Award, Medical-Surgical Nurse of the Year.

• Jenna Clark, RN, Amanda Cotelo, RN, Tracy Laroc, RN, Angela Lee, RN, and Jacqueline Sullivan, RN, graduated with BSN degrees.

• PCU nurses attended multiple cardiac medication inservices throughout the year.

• PCU was awarded a grant to continue the Get with the Guidelines (GWTG) program.
• Clinical care was enhanced through purchases of the Accuvein vein visualization device, a new EKG machine and Phillips telemetry monitors.

• The unit earned recertification for heart failure by The Joint Commission.

• The heart failure teaching plan was implemented in the Soarian clinical documentation system.

• Staff trialed PureWick® Female External Catheters and found them to be successful for reducing the use of indwelling catheters and recommended the catheters for purchase.

• A Circle of Communication was held between day shift and night staff.

• Staff participated in a trial of Practice Unite for confidential cell phone communication with physicians.

• Tracy Laroc, RN, staff nurse, created the LAAF (Listen, Acknowledge, Action, Follow-up) acronym to improve communication.

• Staff participated in a food drive for the Freehold Area Open Door food bank.

• School supplies were collected for a 3rd grade class in Lakewood.

• PCU nurses gave a presentation about heart failure to residents at Monmouth Crossing.

• A new cardiac coordinator RN position was approved.

• PCU held a Breast Cancer Awareness Day on the unit and donated proceeds to the National Foundation for Breast Cancer.

• The staff held a Culture Day and brought in ethnic food items associated with their culture.

• Staff nurses, Kelly Collazo, RN, and Rowie Lanogan, RN, educated other units about the new heart failure teaching plan.

• Sherry Ervin, RN, designed a poster for the CentraState Pain Fair.

• Ashley Albro, RN, was chair of the Unit Practice Council for the first three quarters, followed by Karen Morgan, RN, interim chair.

• The Tele Talk newsletter was published quarterly by the PCU Unit Practice Council.

• Karen Morgan, RN, PCU Team Captain and 15 PCU walkers, participated in the 2016 American Heart Association Heart Walk event; all donations were given to the organization.

• PCU collected gently used coats in October & November for a coat drive to benefit The Jersey Shore Rescue Center in Asbury Park.

• The Survivorship Care Plan (SCP) is a record provided to cancer survivors to summarize and communicate what transpired during their active cancer treatment. It also reinforces education given to the patient about the importance of follow-up care and surveillance testing/examinations. The SCP also addresses post-treatment needs, such as diagnostic testing and physical examinations, referral for support services the patient may need and other information pertinent to improving short- and long-term health and quality of life.

• In July, Radiation Oncology Department nurses began providing SCPs to breast cancer patients to fulfill Oncology Quality: Commission on Cancer (CoC) Standards 4.3-4.8. The nurses presented data and participated in the CoC survey held in October. The required Target Rate set for SCPs by the CoC is 10 percent of all cancer cases and CentraState achieved 23 percent.

• The National Accreditation Program for Breast Centers (NAPBC) represents a consortium of national, professional organizations dedicated to monitoring outcomes and improving the quality of care for patients with breast disease. This mission is pursued through standard-setting, scientific validation, and patient and professional education. The NAPBC Board of Directors has worked diligently to ensure multidisciplinary leadership representation, and to include nationally recognized breast cancer quality performance measures in the NAPBC standards that serve as a platform for measuring quality improvement.

• Radiation Oncology nurses began presenting SCPs to Breast Cancer patients in July to fulfill Standard 2.20 for initial application to become accredited through the National Accreditation Program for Breast Centers (NAPBC). We participated and presented data during the application process. The Required Target set for SCPs by the NABPC is 50 percent of breast cases and CentraState achieved 69 percent.

• Sharon Lorfin, RN, APN, is the Nurse Navigator for Thoracic Oncology Services. She coordinates and operates the Low Dose CT Lung Screening Program at CentraState’s Statesir Cancer Center. Since its inception, the program has screened 619 patients, performed 1,152 total scans, found 98 abnormal findings and detected 16 cancers at their earliest stage. These 16 cancers would have continued to grow undetected and would have presented at a later stage had it not been for the lung screening program.
The Clinical Documentation Integrity (CDI) team strives to improve the integrity, completeness and accuracy of documentation in medical records to reflect the high quality of care provided to our patients. Clinicians are educated daily regarding the transition from ICD 9 to ICD 10 (International Classification of Diseases) and the need for increased specificity of diagnoses.

- The CDI Team grew this year as we welcomed Michael Rispoli, RN, to the team. He is an experienced CDI Specialist with a wealth of knowledge.
- A new CDI Team Lead position was created.
- Chris Butka, RN, and Terre Heck, RN, attended the Association of Clinical Documentation Improvement Specialists Conference and returned with new information, education and ideas.
- The team partnered with registered dieticians to educate clinicians about the increasing severity of illness and risk of mortality of patients cared for at CentraState. Awareness of malnutrition has improved, as evidenced by better documentation of the condition.
- The team partnered with Health Information Management (HIM) to provide clinical information about the appeals process for insurance denials.
- “It Takes A Village” about the positive effects of CDI partnering with the medical team was presented to Management Council. Real case studies demonstrated how the team was able to improve documentation.
- The team works closely with the Quality Department to assure that all medical records reflect possible hospital acquired conditions, patient safety issues and core measure failures are reviewed. Often, once complete and accurate documentation is achieved, these medical records do not have quality concerns.

Cancer Screenings and Education were done at the 9th Annual Choose Your Cover in Belmar, NJ, in collaboration with OMHA, 153 people screened, 31 biopsy recommended; participated in American Cancer Society and National Colorectal Roundtable for the 80% by 18 Campaign.

- Increased number of colorectal screenings in 2016 by 36 percent; developed screening surveys to evaluate effectiveness of preventive efforts and 17 cancer screenings/lectures were done with approximately 500 people screened and 67 positive results found.
- Immunizations: provided 152 flu/Tdap vaccinations.
- Holistic Programs were offered to improve mind, body and spirit with a specific focus on addressing heart health, diabetes and obesity. These include categories of Eat Well, Move Well, Relax Well and Manage Well.
- The AHA CPR Training Center certified 2,845 individuals in BLS, ACLS and PALS; staff facilitated certification for an additional 1,410 individuals in coordination with instructors aligned with our training center.
- Maternal Child Health collaborated with Labor & Delivery to provide baby fairs in the spring and fall; provided continued support to families with children through prenatal and postnatal programs and support classes.
- Collaborated with Freehold Township Mayor’s Wellness Alliance to develop content for an educational video (RN Health Coaches, Registered Dietitians, Physical Therapy, Sleep Center, and Cardiac Rehabilitation) for the populations we serve in the community.
- Student Health worked on drug prevention with the Freehold Drug Alliance to address the heroin epidemic and overall addiction issues with programs that target prevention, such as Botvin’s Life Skills program; held a Teen Summit with students from 10 school districts to address issues related to student wellness, such as suicide prevention, drug abuse, bullying and improving self-esteem.
- Summer camps: four camps combined learning and fun for students: Anatomy Academy, Leadership for Boys and Girls, Super Sitter Babysitting Safety Camp and HealthWorks Adventure Camp.
- Health Coaching: 1,116 individual health coaching sessions were held with RNs.
- Launched the CHF telehealth program in with the Progressive Care Unit, to help reduce readmissions by supporting CHF patients after discharge from the hospital.
- A trial Hypertension Health Coaching program was launched; after the program, 70 percent of participants had improved; 100 percent of participants did home monitoring and 54 percent enrolled in additional health education programs.
- A diabetes self-management program was offered to CentraState employees; it was facilitated by RNs trained in the Stanford University evidence-based program, “Take Control of Your Health - Diabetes Management.”

Immunizations: provided 152 flu/Tdap vaccinations.

- Holistic Programs were offered to improve mind, body and spirit with a specific focus on addressing heart health, diabetes and obesity. These include categories of Eat Well, Move Well, Relax Well and Manage Well.
- Collaborated with Freehold Township Mayor’s Wellness Alliance to develop content for an educational video (RN Health Coaches, Registered Dietitians, Physical Therapy, Sleep Center, and Cardiac Rehabilitation) for the populations we serve in the community.
- Student Health worked on drug prevention with the Freehold Drug Alliance to address the heroin epidemic and overall addiction issues with programs that target prevention, such as Botvin’s Life Skills program; held a Teen Summit with students from 10 school districts to address issues related to student wellness, such as suicide prevention, drug abuse, bullying and improving self-esteem.
- Summer camps: four camps combined learning and fun for students: Anatomy Academy, Leadership for Boys and Girls, Super Sitter Babysitting Safety Camp and HealthWorks Adventure Camp.
- Health Coaching: 1,116 individual health coaching sessions were held with RNs.
- Launched the CHF telehealth program in with the Progressive Care Unit, to help reduce readmissions by supporting CHF patients after discharge from the hospital.
- A trial Hypertension Health Coaching program was launched; after the program, 70 percent of participants had improved; 100 percent of participants did home monitoring and 54 percent enrolled in additional health education programs.
- A diabetes self-management program was offered to CentraState employees; it was facilitated by RNs trained in the Stanford University evidence-based program, “Take Control of Your Health - Diabetes Management.”
**Novo Nordisk Diabetes Center**

- Mary Kate Wehrhagen, RN, was honored by the Garden State Association of Diabetes Educators with the Diabetes Educator of the Year Award for 2016.

- 184 pro bono diabetes education sessions were provided to uninsured and underinsured consumers (DSRIP); programs were facilitated by an RN Certified Diabetes Educator (CDE) and a registered dietitian CDE; the program achieved $57,000 in savings per quarter by reducing ED visits and avoidable hospital admissions.

- Inpatient RN rounding was initiated to connect patients with the Novo Nordisk CDEs to improve outpatient follow up. RNs also rounded at the Wound Care Center.

**Women’s Health Center Accomplishments**

Mandi Wortman, Clinical Director, Radiology Services

- Numerous programs and events were held in 2016: Ladies Night Out activities were held several times with various organizations; Carl Goetz Middle School in Jackson; 30 faculty and staff received breast health education; an Event for NY retired schoolteachers was attended by 40 people; Mammography and Mimosa screening event; Nordstrom’s Department Store: table with breast health education and promotional items; Dr. Martucci spoke about breast health to the Jackson Women’s Club at Four Seasons; 100 women attended. The Women’s Health Center enrolled 68 new patients as a result of these community events.

- The Women’s Center nurses work to improve the patient’s experience with personal telephone calls. They make nearly 340 telephone calls per month to provide screening mammogram results. They also call the patient, the referring physician, and Centralized Scheduling to book appointments for patients who need to return for additional mammogram views. In 2016, 6,278 mammograms and 211 breast biopsies were done.

- A Women’s Center nurse accompanies the patient when the radiologist gives her suspicious mammogram or breast ultrasound results. Almost 10 of these patients are seen each month. The nurse contacts each of them to see if they need assistance with making arrangements for their biopsy.

- Women’s Center nurses track and then report stereotactic breast biopsy data to the Mammography Accreditation Program of the American College of Radiology. In addition, they do a quality improvement review with the lead mammography radiologist to ensure that all breast biopsy patients and referring physicians receive the pathology results.

- Staff participated in the Cancer Survivors Day fundraising event.

**The Wound and Hyperbaric Center Accomplishments**

Diane Yacono, MSN, RN, APN-BC, CWS, Manager, The Wound and Hyperbaric Treatment Center

The Wound and Hyperbaric Treatment Center provides individualized, multidisciplinary, clinical management of patients from surrounding communities, who have had chronic wounds for more than three weeks. In 2016, Janice Perrone, RN, joined the clinical nursing staff.
The APN Council promotes professional growth related to advanced practice nursing within the CentraState Healthcare System and surrounding communities. Members network, receive updates about national and state legislative changes related to APNs, and discuss issues concerning ethics and practice. Highlights from meetings that were held in 2016 include:

- Guest speaker Kim Simers, MHA, AVP, Integrative Health, provided updates on population health at CentraState with three target populations: obesity, heart disease and diabetes.

- Guest speaker Mary Krug, MSN, RN, Member, Board of Directors, NJSNA, gave an update on APN practice legislation, including new guidelines that permit APNs to sign death certificates and work being done on new legislation for APNs to practice autonomously in New Jersey.

- A focus in 2016 was the collaboration of APNs working at CentraState to share specialties and patients across the continuum of care.

The purpose of the Alarm Management Committee is to reduce false alarms in an effort to reduce alarm fatigue for the direct care provider. In 2016, the following items were discussed and acted upon:

- Progressive Care Unit (PCU) compliance with dating and timing cardiac electrode application reached 90%.

- In order to decrease false alarms, the PES/ED elopement alarms were evaluated to determine if they could be moved; this could not be implemented because of patient safety.

- The number of IV pump alarms was reduced by keeping heparin IV as floor stock.

- An analysis of refrigerator temperature alarms resulted in a significant decrease in false alarms for the facilities department.

- An analysis of certain alarms generated by IV Pumps, such as an upstream occlusion, demonstrated that the IV bag needs to be high enough from the bed in order to turn off the alarm.

- After new Philips cardiac monitors were installed, we were successful in reducing false alarms by placing several in default mode.
• Paulette’s C of Blue Run for Colorectal Cancer Awareness was held in May.

• CentraState continued to refer patients for screening in collaboration with the CEED Program and VNA.

• Cancer Navigator continued collaboration with patient referrals to Health Awareness Center programs.

• Programs, such as Look Good-Feel Better, were held in collaboration with the American Cancer Society (ACS).

• Survivor Day was held in June.

• Survivorship Services increased to include Lymphoma and Lymphedema Support Groups.

• The Women’s Center offered numerous events, such as ladies nights, screenings, mammograms and education.

• CentraState sponsored a survivor tent at the ACS Making Strides event in October; approximately 40,000 people attended.

• CentraState partnered with ACS in the 80% by 18 colorectal screening campaign, and pledged to increase the number of colorectal screenings performed. 145 take-home kits were distributed.

• CentraState partnered with Ocean-Monmouth Health Alliance in the 9th annual Choose Your Cover skin cancer screening on Belmar beach; 153 people were screened.

• The Health Awareness Center conducted 18 cancer screenings throughout the year, screening approximately 500 people for thyroid, prostate, colorectal, skin and oral cancers.

• The Molesafe® Program, an early melanoma detection program, screened 153 people.

• The committee collaborated with John McGeehan, Community Relations Coordinator, to review the community needs assessment.

• Staff participated in Relay for Life in Freehold.

• Managers collaborated with the Office of Medicaid Hearings and Appeals in the HPV initiative and made plans for 2017.

• CentraState had a successful review by the Commission on Cancer!

• The committee developed an Effectiveness Survey to determine the effectiveness of screening and education programs.

• The decision was made for IV Therapy RNs to be trained to remove femoral lines.

• At the recommendation of the committee, the central line dressing change kit was redesigned to contain the Biopatch for use by bedside nurses.

• The Oncology nurses identified that Mediport changes are an issue. Patients experience discomfort and don’t want their ports to be accessed every Wednesday, as per policy. They prefer the changes to be done weekly on the weekday that the Mediport originally was inserted. After careful consideration, this was accommodated. In addition, Anecream was provided as a topical anesthetic agent with a protocol order for nurses to be able to apply it for pain relief during a Mediport insertion. The Central Line Order form now contains this protocol order and nurses do not need to call the physician.

• Education instructions for patients requiring CHG baths were reviewed and changed for patients to easily follow when taking a CHG bath.

• Indwelling urinary catheters (Foleys) stored in the Omnicells were changed to #14 Fr. in order to reduce the risk of infection.

• Disinfectant caps are now placed on the foley catheter ports in order to maintain a clean environment for obtaining a urinalysis.

• Comparing 2015 to 2016, outcomes from these efforts resulted in a 10% decrease in urinary catheter days, a 60% decrease in the number of CAUTIs, a 0.01% decrease in device utilization, a 1.9% decrease in ED foley insertions and a .91% decrease in the overall CAUTI rate. CLABSI occurrences decreased by 50%.

The Competency Committee is a sub-committee of the Nursing Standards Committee. This committee oversees the process for competency assessment. Highlights from 2016 include:

• The committee welcomed M. McCusker, RN, Clinical Leader 4 East; there are six clinical nurses on the committee.

• In January, the committee held the 2016 Competency Workshop to identify yearly competencies. The theme, “Competency Beach Bash,” added some fun and warm sunshine to this serious workshop.

• The general and unit-specific yearly competencies for Patient Care Services and Clinical Services were developed or revised for 2016.
The Education Advisory Committee is an interdisciplinary committee that meets quarterly. The purpose of the committee is to review and coordinate evidenced-based, scholarly programs for staff of CentraState Healthcare System (CSHS) and the community. Committee members encourage the professional growth and development of the CentraState Medical Center (CSMC) nursing staff and other CSHS staff.

The committee members review evaluations from CSMC nursing contact hour programs and also discuss the monthly nursing updates from the computer information system. New programs presented by nursing, along with future programs planned by other departments for CentraState staff and for the community are highlighted. Library resources, customer service, patient education, and Health Awareness Center updates are discussed.

Members from long-term care bring their identified learning needs and educational accomplishments to the committee. Committee members offer suggestions for education and other presentations when needed.

One objective of the committee is to make education programs easily accessible to all CSHS staff. This is partially met by providing new program content on the Learning Management System (LMS) which all CSHS employees can access. The Education Advisory Committee continues to look for opportunities to expand the use of resources on the LMS by all CSHS staff on a more consistent basis.

Developed the 2016 validation form templates for job descriptions within the Patient Care Services and Clinical Services departments.

Copies of approved competencies and validation forms were placed on a CentraNet shared drive for access by nursing leadership.

The committee planned and prepared for the 2017 Competency Workshop in January 2017.

The committee revised or reviewed the following orientation competencies:
  - Clinical Leader
  - RN General
  - Patient Care Technician
  - Emergency Department Technician / Multi-skilled Technician
  - OR – RN
  - OR – ORA
  - OR – Scrub Tech
  - OR - Anesthesia Tech

Continued ongoing reporting to Nursing Standards, Education Advisory, and Professional Development Committees.

The Diabetes Network Committee (DNC) is an interdisciplinary committee that meets to improve diabetes care and education throughout the medical center. In 2016, the committee was instrumental in educating nurses about the clinical conditions for holding or giving insulin to hospitalized patients.

A tip card was created with recommendations for when “To Hold or Give Insulin.” The card was endorsed by the committee. Most units began using a smaller, laminated version attached to their medication cabs for quick reference.

Units that don’t use medication cabs post an 8”x10” laminated “To Hold or Give Insulin” tip sheet in all medication rooms.

The DNC members also educated their peers about appropriate documentation when holding insulin and stressed the need to notify the prescribing physician of any instances.

The Diabetes Network Committee (DNC)
Chair: Ruth Bihuniak, BSN, RN, CDE, Inpatient Diabetes Educator
Co-Chair: Kathryn Poznanski, RN, Staff Nurse, Critical Care Unit

The Diabetes Network Committee (DNC) members integrate holistic nursing practices with the Caring Science Theory of Jean Watson, PhD, RN. Members educate the staff about holistic nursing practices and holistic nursing modalities. They promote healing, caring environments and establish caring relationships for themselves and others. Highlights from 2016 include:

In March, the committee held a Holistic Nursing Open House in the Cardiac Services Zen Room during the Nursing and Technical Skills Days. Topics and demonstrations included healing labyrinths, total body relaxation, breathing techniques, sound healing, aromatherapy and hand massage. Posters explained holistic nursing and holistic nursing modalities, Jean Watson’s caritas processes, and labyrinths as meditation for healing. A holistic recipe book was provided. The open house was attended by 25 nurses.

Holistic Nursing Committee
Chair: Donna Baird, MPH, MSN, RN, NE-BC, Magnet Program Coordinator/Nurse Educator
Co-Chair: Karen Stanisce, BSN, RN-BC, Staff Nurse, 4 North

Holistic Nursing Committee (HNC) members integrate holistic nursing practices with the Caring Science Theory of Jean Watson, PhD, RN. Members educate the staff about holistic nursing practices and holistic nursing modalities. They promote healing, caring environments and establish caring relationships for themselves and others. Highlights from 2016 include:

In March, the committee held a Holistic Nursing Open House in the Cardiac Services Zen Room during the Nursing and Technical Skills Days. Topics and demonstrations included healing labyrinths, total body relaxation, breathing techniques, sound healing, aromatherapy and hand massage. Posters explained holistic nursing and holistic nursing modalities, Jean Watson’s caritas processes, and labyrinths as meditation for healing. A holistic recipe book was provided. The open house was attended by 25 nurses.
In May, Cindy Henderson-Jones, RN, and Sophia Balsirow, RN, with support of Kenneth Saunders, RN, Nurse Manager, OR, held a Perioperative Holistic Open House as an OR staff meeting. Perioperative nurses and HNC members offered Reiki, healing sounds, labyrinths, progressive relaxation and a meditation. Additional presentations were on sleep and water, one-minute yoga to de-stress at work, hand massage, aromatherapy, and an herbal tea station with refreshments. The HNC posters were also presented. Nineteen perioperative nursing staff attended. All evaluations were “Excellent.”

HNC member Alice Johnson, RN, arranged for a contact-hour presentation, Holistic Nursing: Using Complementary Therapeutic Modalities for Self-Healing and Patterning Wellness in Others. Anne Lefferts, RN, of the VNA Health Group and Suzanne McMurray, RN, of the Center for Conscious Caregiving presented the program in the Health Awareness Center.

A Holistic Nursing Open House was held during the November Nursing and Technical Skills Days in the ambulatory conference center. Reiki and guided imagery, progressive muscle relaxation, hand massage, breathing, meditation, intention setting and the holistic nursing committee posters were offered.

Medication Safety Committee
Chair: Donna Keehn BSN, RN, Coordinator, Performance Improvement/Patient Safety

Highlights from 2016 include:

- Automated dispensing cabinets were installed hospital wide.
- A full-time pharmacist position was approved for the Emergency Department.
- Medication error trending continued monthly and improvements were implemented, as appropriate. As a result of reporting, we created a rolling action plan for trends and improvements.
- A quarterly review of the Institute for Safe Medication Practices (ISMP) Action Agenda was done to proactively assess the processes in place and determine what processes should be improved.
- The yearly evaluation of the Medication Management Safety Committee was done.
- A Failure Mode Effects Analysis (FMEA) was completed for a near miss medication issue.

Noise Control Committee (Quiet Initiative)
Chair: Elizabeth Baker, BSN, RN-BC, Senior Administrative Coordinator

The interdisciplinary Noise Control Committee meets to examine trends and respond to issues related to the “Quiet at Night” domain of HCAHPS. Highlights from 2016 include:

- Committee members reviewed current organization and unit-specific HCAHPS scores and specific patient comments to identify patterns.
- Current quiet initiatives were examined to identify actual and perceived barriers and develop change processes to reduce and control noise throughout the medical center.
- The committee recommended the replacement of carts used by the Laboratory and Housekeeping Departments because of the noisy wheels on the old carts. The new carts are constructed with plastic wheels that don’t make as much noise.

Magnet nurses partner with patients, families, support systems, and interprofessional teams to positively impact patient care and outcomes.

— 2014 Magnet Manual
The Nursing/IT Committee is responsible for reviewing, redesigning, testing, and approving all nursing electronic documentation, including assessments and workflow alerts. Members include a staff RN from each unit/department, a clinical leader, a professional development clinical educator, the director of medical-surgical nursing, and information systems analysts. Highlights from 2016 include:

- CAM Assessment
- Skin Risk/Pressure Ulcer Workflow
- PCA Flow Sheet Assessment
- Redesign of the Medical Surgical and Behavioral Health Restraint Flow Sheets
- POLST/MOLST information and population on transfer forms
- POC and SOC display in the Soarian POC
- Implantable Devices
- Steroid/Hyperglycemia Workflow
- RN swallow revision using the 3 Oz water swallow challenge screening tool

The Nursing Quality and Performance Improvement Committee meets monthly to work on quality issues that pertain to nursing. Each nursing unit reports on unit-specific quality indicators. Units with common performance improvement issues may work collaboratively for improvement. Highlights from 2016 include:

- The Medical-Surgical Units and the Progressive Care Unit (PCU) worked on fall prevention, using The Joint Commission’s Preventing Falls Targeted Solution Toolkit® (TST). The nurses submitted falls data for analysis and received evidence-based solutions. This process identified that some medications could have caused some patient falls. In collaboration with a clinical pharmacist, a computer alert was developed to help the nurses identify these medications. Falls rates declined after the alerts were introduced.

- Falls data were submitted to the National Data Nurses Quality Indicators (NDNQI), outcomes were compared to national benchmarks and results were reported to the committee on a quarterly basis.

- TJC Targeted Solutions Tool for Improving Hand-off Communication® was another collaborative project that led to several new initiatives:
  - The Emergency Department, the Medical-Surgical Units and PCU revised the SBAR hand-off tool and clinical leaders coached their staff whenever they observed a discrepancy in hand-off reporting.
  - The Operating Room, Pre-operative Holding Area, and Post Anesthesia Care Unit (PACU) nurses worked collaboratively to improve communication throughout the perioperative areas. A new communication tool was initiated and surveillance was done to ensure compliance.
  - An Interventional Radiology (IR) nurse collaborated with the inpatient units to improve adherence of the policy to send a printed SBAR with patients going to IR for procedures.

- Pressure ulcer prevention was monitored. 3 North and PCU nurses audited skin assessment documentation on admission for patients deemed at high risk for skin breakdown. They also monitored whether high risk patients were placed on specialty beds and if nurses documented turning and repositioning these patients. The NDNQI unit-based data on pressure ulcers were reported on a quarterly basis.

- The Diabetic Educator collaborated with nurses on many units and worked to enhance documentation of education to the newly diagnosed diabetic patients. This process improvement initiative continues in 2017.

- A new tool for distress screening of cancer patients was started. The Oncology Unit and Out-patient Infusion Center audited this to ensure all patients, with the diagnosis of cancer within the last six months, were screened for signs of distress and proper interventions were put in place.

- Out-patient/Ambulatory areas, such as Cardiac Services, worked on improving documentation of strength training and the nursing assessment in Cardiac Rehabilitation. The Multiple Sclerosis Center worked on improving the number of referrals to the Wellness Center for patients who had additional needs and would benefit from other outpatient services provided at CentraState.

- Behavioral Health has many quality indicators that are mandated through the Department of Health. Some important indicators from 2016 include:
  - Documentation of patient education about medications.
  - Accurate assessment and administration of the pneumonia vaccine.
  - Care plan reflects changes in the patient’s condition.
  - Nutritional status included in the patient’s treatment plan.
  - Completion of falls assessment and appropriate falls prevention interventions are documented in the electronic medical record.
  - Restraint usage.
  - 1:1 observation record completion.
  - Sleeping medications administered between 2100 and 0200.
  - Psychosocial assessment completed within 72 hours of admission.
  - Initiation of a collateral contact within 72 hours.

- The Cardiac Catheterization Lab collaborated with PCU, Short Stay Unit, and PACU to ensure adherence to a new process for removing the transradial band on patients who had a transradial heart catheterization.
- The Critical Care Unit audited the titration of sedation medications to ensure congruence between the neurological assessment, the hemodynamic assessment, and the appropriate titration of sedation.
- 4 East Total Joint/Stroke Center and Emergency Department patients diagnosed with transient ischemic attack or cerebral vascular accident were audited for dysphagia screening to ensure that they received care that followed the American Heart Association’s Get With the Guidelines Stroke Program. If a patient received tPA, the flow sheet was audited to ensure that the treatment plan was accurately ordered and documented. National Institute of Health Stroke Scale (NIHSS) documentation by the nurse was also audited.
- Alarm fatigue is a national patient safety initiative. The PCU audited alarms in their area and identified that there were “noise” alarms. To help reduce some distracting alarms, an action plan and additional auditing took place to make sure that the electrodes placed on the patient were dated and changed within 72 hours, per manufacture recommendation.
- Mother-baby nurses focused on patient education as an area for improvement. Their goal was to provide adequate information to increase the mother’s knowledge, improve skills, review prescribed treatment, and enhance her psychosocial well-being.

**Nurse/Physician Collaborative Practice Committee**

Co-Chair: Linda Geisler, DBA, MNEd, RN, NEA-BC, FACHE, Vice President, Patient Services

The Nurse/Physician Collaborative Practice Committee meets every other month. Its purpose is to improve the delivery of patient care and the work environment at CentraState Medical Center. Membership includes nurses from various units and departments, physicians, a family practice physician resident and administration. Some of the topics and actions taken in 2016 include:

- Medication reconciliation; implementation and opportunities for improvement.
- TeamSTEPPS communication in Maternity with improvement in physician and nurse collaboration.
- A pharmacist located in the Emergency Department and the related positive impact on home medication lists.
- Unit and department relocations and renovations.
- The implementation of Practice Unite communication devices and nurse satisfaction with turnaround time.
- Implementation of weight-based medication dosing in the Special Care Nursery.

**Nursing Research Committee**

Chair: Jayne Craig, PhD, RN, Manager, Research

The Nursing Research Committee reviews all nursing research proposals for studies to be conducted at CentraState prior to submission to the Institutional Review Board (IRB). Members foster nursing research and evidence-based practice (EBP) throughout the organization by guiding nurses to perform research the correct way and use evidence when making practice changes. Highlights from 2016 include:

- A patient “glossary” was developed to explain commonly used hospital terms in eighth grade language.
- An EBP project was done to assess efficacy of the Practice Unite communication program for physicians and nurses.
- The committee approved the following studies which were then submitted and accepted through CentraState IRB: Aramis Stroke Study, Ellen Ciacciarelli, MS, RN, APN, Primary Investigator (PI); Phenomenology Study for 4E Oncology, Jayne Craig, PhD, RN, PI; Nursing Competency in Hospital Evacuation, Cindy McVeigh, MSN, RN, Wagner College, Capstone Project.
- The third Annual Research Day was held in September.
- A Standard of Care Letter was developed for researchers from outside the organization to outline the process for IRB approval.
- A 12-month contact hour packet was developed utilizing The Inquisitor newsletter model and installed online in nursing portal.

**Nursing Standards Committee**

Chair: Patricia Seam an, MSN, RN-BC, Nurse Educator, CCU and PACU

The Nursing Standards Committee reviews all policies that pertain to nursing. The goal is to ensure that updated or changed policies are evidence-based. The Nursing Standards Night Shift Sub-Committee meets and gives valuable input. The Competency Committee is a sub-committee of the Nursing Standards Committee that provides annual updates of new or revised competencies. Highlights from 2016 include:

- The Allow Natural Death and Physician’s Order for Life Sustaining Treatment (POLST) policies were reviewed.
- A Delirium Evaluation and Management Protocol and a Delirium Order Set were reviewed. The protocol provides nurse-specific interventions for patients who are at risk for delirium.
- A policy for a new encrypted mobile texting service was worked on and collaboration was necessary to ensure the policy reflected The Joint Commission standards.
- Dr. Beauregard, Physician Quality Liaison, developed several multidisciplinary patient-centered policies, such as Diabetes Management: Inpatient and Sepsis Evaluation and Management.
- The High Risk Assessment Tool for Respiratory Depression Due to Opioids policy was approved. It provides the evidence-based Berlin Tool to help identify sleep apnea.
A policy and protocol for opioid antidote is awaiting Pharmacy and Therapeutics Committee review.

The Protocol for Gastric Tubes and Enteral Tube Feeding policy was revised to require an x-ray to confirm tube placement.

Psychosocial Distress Screening policy was approved for cancer patients who have had cancer in the past 6 months or who are currently undergoing cancer treatment.

A new cardiac monitoring system was installed in the Progressive Care Unit, Critical Care Unit, Emergency Department and units with remote telemetry, requiring new processes for receiving data and documentation of cardiac rhythm strips.

The Urinary Catheter Care and Maintenance protocol was changed to include obtaining a urine specimen when inserting an indwelling urinary catheter. Providing and documenting patient education was also added.

Several policies for central venous catheter management and care were combined into one comprehensive policy. This required collaboration from nursing, the lab, and the IV team, as well as the Catheter-Associated Blood Stream Infection Task Force and the Standards Committee.

Two policies were combined to form the Oral Care Hygiene policy. New assessment documentation screens were put in the clinical documentation system.

A new policy was approved regarding the Purewick External Female Urinary Catheter, a new device used on some incontinent patients.

The Medical Response Team policy and documentation form were revised to include the qSOFA tool to aid staff in identifying a patient with sepsis.

Policies for the Home Choice PD Cycler and peritoneal dialysis management of the patient were combined for easier reference.

A bed chart was developed by the committee to help nursing staff determine which bed is advantageous for patients with various conditions. The bed rental order form was also revised. The descriptions of the rental beds were enhanced to help nurses rent the correct bed for the clinical indication.

The committee created and distributed a one-page education handout that illustrates the difference between moisture associated skin damage (MASD) versus stage II pressure injury.

Members of the committee completed four quarterly wound prevalence studies; the data were submitted to NDNQI.

The interdisciplinary Pain Resource Committee meets to focus on methods to improve pain management and provide evidence-based resources and education to clinical staff, physicians, patients and families about safe control of pain without increasing side effects. Highlights from 2016 include:

- The committee reviewed New Jersey State guidelines for pain management and initiated changes to current computer documentation to improve compliance.
- HCAHPs data related to pain management were reviewed and recommendations were made to improve patients’ satisfaction with managing their pain.
- The committee started creating and distributing a Tip of the Quarter flyer to update clinical staff on an approach to take or a best practice for pain management. One tip was about setting expectations for pain management.
- Initiated documentation of pain goals on the white boards in patient rooms.
- The committee hosted a Pain Management Poster Presentation Day to increase awareness of various methods of pain management.

The Patient Care Leadership Committee meets quarterly to share nursing and patient-related information to nurses throughout the CentraState Healthcare System. The following are some of the topics covered in 2016:

- Safe lift education was provided to prevent employee injuries.
- Urinary catheter insertion simulations were provided by Professional Development to help prevent urinary tract infections.
- Medication simulations were provided to help nurses increase patient knowledge and patient satisfaction scores.
The Health Awareness Center provided a congestive heart failure (CHF) telehealth program, a hypertension education program and employee health coaching.

Educational offerings were provided by Cardiac Services in February during Heart Month.

Evening yoga sessions were offered to employees.

Registered dieticians were trained and received approval to provide total parenteral nutrition (TPN) orders.

New forms, protocols, and orders were disseminated, such as “Doctor’s Orders for End of Life Care,” “C-diff Guidelines,” “Standing Indwelling Urinary Catheter Orders,” “Suicide Screening Tool,” “Antibiotic Stewardship Policy,” “Doctor Orders for Post tPA,” and the “Sepsis Protocol.”

The Targeted Solutions Tool® (TST) Joint Commission program to assess falls and provide preventative measures was presented.

The CAUTI and CLABSI rates were discussed.

Nursing research studies were reviewed.

The new bereavement group was described by Pastoral Care.

Palliative care and bioethics presentations were discussed.

The Pain Fair was held on June 15.

May was Stroke Month and many related activities were held.

The Patient Education Committee supports interdisciplinary patient and family education by evaluating all patient education materials to assure that they are evidence-based and meet Joint Commission and other regulatory agency requirements. Highlights from 2016 include:

Reviewed the Wound Care Committee’s brochure “Protecting and Healing Your Skin” and made recommendations for revisions.

An Ad Hoc Committee was formed to develop a Patient Discharge Instruction binder. A prototype was created and a cost analysis was completed; both were submitted for approval.

The committee approved the “Neonatal Abstinence Syndrome (NAS)” trifold brochure that provides information about the signs and symptoms of drug withdrawal in newborns.

The committee reviewed the CDC handout, “Prescription Opioids: What You Need to Know,” an evidence-based teaching guide for nurses, patients and families. The committee approved the handout for distribution to patients with their medications.

Patient Safety Committee
Chair: Donna Keehn, BSN, RN, Coordinator, Performance Improvement/Patient Safety

Highlights from 2016 include:

- National Patient Safety Awareness Week was an educational success: staff received education about O2 Tank Safety, High Alert Medications and Medication Safety.
- A task force addressed implantable pumps; the process and policy were developed.
- Participated in the CUSP4MVP-VAP National Project with Johns Hopkins and the Armstrong Institute for Quality and Safety which was finished in February.
- The Opioid Risk Assessment was developed and built in the Soarian computer system. Capnography equipment was purchased and staff was educated on the new equipment. Ongoing monitoring of Narcan administration continues.
- Hosted a webinar in February with NJHA on Opioid Management in Hospitals.
- Continued the NJHA Partnership for Patients initiative; reporting Warfarin indicators.
- Science of Safety videos were posted on CentraNet for staff review.

Perinatal Nurse/Physician Collaborative Meeting
Jena Campanella, BSN, BA, RN, Staff Nurse, LDRP

Highlights from 2016 include:

- Developed a policy for Perinatal Management of Substance Abuse/Use to help identify neonates at risk for neonatal abstinence syndrome.
- Clearly defined the on-call role of family practice physician residents in LDRP department.
- Identified the need and recommended infant code carts in multiple areas of LDRP department.
- Collaborated with anesthesiologists to identify the need for improved communication, developed the Communication in L&D policy and created an algorithm that clearly defines time from admission to procedure.
- Discussion led to implementation of the hypertension bundle in the Hypertension in Pregnancy Management Guidelines policy.
- The need for staff simulations involving the OR/ Crash C-Section was identified through multidisciplinary discussion.
Structural Empowerment Nursing Committees

Professional Practice Council
Chair: Lisa Morrell, MSN, RNC, Staff Nurse, Special Care Nursery
Co-Chair: Maria Elena Rodriguez, MSN, RN, CCRN, RN Clinical Educator, Critical Care Unit

Professional Practice Council (PPC) members are representatives from inpatient and outpatient clinical areas who meet to identify, communicate and resolve problems and issues that influence nursing professional practice and retention. The council also administers the Nursing Excellence Program (NEP), the CSMC professional nursing clinical ladder. Highlights from 2016 include:

- Council members, by peer review, approved 106 registered nurses for one of four NEP levels.
- Council bylaws were reviewed and revised.
- The New Family Practice Physician Resident Orientation program was updated by the council and presented to incoming family practice physician residents in July. The program also was revised and presented to medical students.
- PPC members attended career day at a charter high school to promote nursing as a career.
- Members did a peer review of nominations and selected the 2016 Nursing Excellence Award winners.
- The council agreed to create a newsletter. What’s the Buzz? The Professional Practice Council Wants You to Know was published in November.
- Cathy Janzekovich, PhD, RN, AVP, Nursing, asked the council to work with Ellen Ciacciarelli, RN, APN, to present a nursing education program in spring of 2017. A Nursing Grand Rounds format was selected.
- A subcommittee was formed and chaired by Lisa Morrell, RN, to review and update the NEP clinical ladder. A literature review was done before the end of the year.

Responsiveness Domain Committee
Chair: Barbara Yuhas, MSN, RN-BC, NE-BC, Director, Medical Surgical Nursing

The interdisciplinary Responsiveness Domain Committee meets to improve patient satisfaction related to the responsiveness of staff to patients’ needs. Highlights from 2016 include:

- HCAPHs responsiveness scores remained better than the benchmark throughout the year.
- At the recommendation of the committee, units trialed a dedicated rounder and different call bell processes. These efforts decreased the time to answer the call bell from five minutes to three minutes.
- Staff continues to use the no-pass zones to help the person answering the call bell to determine how to mobilize the patient.
- The committee has enlisted the services of volunteers to round on units to assist with timeliness of answering call bells and has proposed expanding this through implementation of the Hospital Elder Life Program (HELP).

Restraint Committee
Chairpersons: Angela Mills, MSN, RN-BC, Nurse Educator, 4 North and Behavioral Health and Cheryl Craig, BSN, BA, MA, RN, Clinical Director, Behavioral Health Unit

The Restraint Committee is a sub-committee of the Patient Safety Committee. Members review all restraint data to identify patterns, trends and benchmarks related to the use of restraints at CentraState Medical Center, and always seek opportunities to reduce the use of restraint. The committee recognizes that clinical circumstance and nursing assessment may result in the use of restraint as the intervention of last resort when alternatives were attempted and unsuccessful. Highlights from 2016 include:

- The committee focused on identifying available products and best practices that offer the greatest safety to patient and staff members when employing a restraint.
- All nurses and patient care technicians were provided hands-on restraint application and removal training at our annual skills days.
- A restraint education module was collaboratively developed and placed on CentraNet in the Learning Management System as part of our organizational annual mandatory trainings.
- Review of the Joint Commission and CMS regulations related to the assessment and re-assessment of patients in restraints that result from behavioral disturbances prompted a revision of the organizational policy broadening the required one-hour, post-application assessment provider to include trained registered nurses. Training sessions and post-tests were conducted and the role of the nurse in the restraint assessment process was expanded to facilitate greater patient safety and seamless regulatory adherence.

Safe Patient Handling Committee
Chair: Barbara Yuhas, MSN, RN-BC, NE-BC, Director, Medical Surgical Nursing

The Safe Patient Handling Committee explores practices within the medical center and at CentraState’s senior services facilities. At the end of December, the committee decided to hold separate monthly safe patient handling staff meetings at each entity. The Director of Nursing at each facility will report at the quarterly Administrative Safe Patient Handling Committee meeting. The new monthly committee is interdisciplinary and made up of staff that mobilize patients. In 2016 we purchased an additional Vanderlift™ for 3 North. Ongoing trials are done to evaluate specific devices for use in the medical center.
The interdisciplinary Stroke Advisory Committee meets every other month to promote a strong commitment to the stroke program at CentraState. Highlights from 2016 include:

- Held an interdisciplinary Nursing Grand Rounds program on the care of the ischemic stroke patient.
- Stroke order sets were revised.
- Staff was educated about permissive hypertension for ischemic stroke patients.
- All clinical staff attended the 2016 Skills Day presentation on stroke.
- Staff from the Patient Experience Department initiated discharge calls to all stroke and TIA patients after discharge.
- To close the communication circle, the Stroke Coordinator collaborated with staff at the Health South Acute Rehabilitation facility to receive feedback on patients that were transferred to their care.
- Achieved the 2016 Target Stroke Gold Plus Honor Roll.
- Added stroke education to the daily stroke report for better review and compliance.
- CentraState Medical Center is participating as a research site in the ARAMIS study.
- The committee participated in multiple community events to disseminate stroke education on risk factors, prevention and recognition.

The multidisciplinary Value Based Committee's purpose is to identify opportunities to increase patient satisfaction. A number of the opportunities were implemented to provide the staff with best practices for patient satisfaction. In 2016, the following initiatives were implemented:

- Walking discharge rounds
- Follow-up phone calls to patients utilizing Specialty Scripts pharmacy
- Communication rounds with surgeons
- New desserts and packaging for Maternal Child Health parents
- Rounding and bedside shift reports
- Orthopedic discharge classes
- A new visiting hour policy
- The Room a Day Program
- The removal of soiled linen barrels from patient rooms
- Several signage projects throughout the medical center
- Social work/discharge planners make first appointments for Family Medicine Center patients before discharge
- Medication sheet information was changed to include all medications
- Clara Link discharge phone instructions were removed, due to the lack of patient use
- The Huron Consulting group visited to help identify, address and resolve inefficiencies in order for staff to spend more time with patients.
- The evolution of the Patient/Family Council Meeting
- A reference card for RNs, The Top 50 Drugs: Their Use and Side Effects, was provided
- A new discharge/transitions folder was standardized
- Simulations surrounding communication were conducted for the nursing staff

Ambulatory care registered nurses, acting as partners and advisers, assist and support patients and families to optimally manage their health care, respecting their culture and values, individual needs, health goals and treatment preferences.

— American Academy of Ambulatory Care Nursing
The CentraState Professional Practice Model (PPM) has three levels that demonstrate how nurses practice, collaborate, communicate, and develop clinically and professionally to provide the highest quality care for our patients, their families, and the surrounding communities. Clinical nurses selected Jean Watson, PhD, RN, and Patricia Benner, PhD, RN, as the nurse theorists whose ideas best represent nursing at CentraState. Watson’s “Caring Science” philosophy and Benner’s “Novice to Expert” concepts are represented throughout the model. Each level of the model depicts a different element of professional nursing at CentraState.

Level I. CSMC-Nursing Governance Model
Level II. CSMC-Nursing Patient Care Model
Level III. CSMC-Nursing RN Professional Model

Each level is represented by circles that are created with dots to signify the influence and flow of people, information, technology, supplies and equipment.

Caring Science
Caring has been described by Jean Watson, PhD, RN, as the essence of nursing. Caring Science encourages all nurses to develop helping-trusting, human-caring relationships in all patient interactions. Nurses are asked to be open and present with their patients and to accept each person as he or she is at the moment. By genuinely caring, nurses promote healing, health, individual/family growth, a sense of wholeness, and an inner peace that transcends the crisis and fear of disease, diagnosis, illness, traumas, or life changes. Caring Science is reflected in our nursing mission and philosophy, in our nursing units and our plans of care.

Examples of Caring Science in 2016:
- The Holistic Nursing Committee (HNC) celebrated Caring Science by holding Holistic Nursing Open Houses during Nursing Skills Days. Participants enjoyed total body relaxation, breathing techniques, healing labyrinths, sound healing, aromatherapy, hand massage, and setting intentions.
  - Spring Open House: 17 nurses attended
  - Fall Open House: 35 nurses attended
- A Holistic Nursing Perioperative Open House was held with assistance of HNC members to teach perioperative clinical staff about holistic nursing practices and demonstrate holistic modalities. Staff enjoyed brief sessions on Reiki, healing sounds, labyrinths, progressive relaxation and meditation, as well as presentations on sleep and water, one-minute yoga to de-stress at work, hand massage and aromatherapy.
  - Perioperative Open House: 19 clinical staff attended

Novice to Expert
The “Novice to Expert” framework of Patricia Benner, PhD, RN, has five stages that represent the growing competence of nurses as they add to their knowledge, skills, and education over time. Each stage increases in complexity and reflects how the nurse gradually develops skills and a greater understanding of patient care needs. Each nurse gains experience over time and can progress from beginner to competent practitioner to proficient practitioner, and may eventually become an expert in his or her chosen specialty.

Examples of Novice to Expert in 2016:
- The annual Nursing Excellence Awards give recognition to clinical nurses and advanced practice nurses who exemplify the highest standards of nursing practice through clinical competency, professional development and improvement of patient outcomes.
- The Student Nurse Extern Program: Nursing students, about to enter their senior year in a BSN program, spend 10 weeks of their summer at CSMC working with a preceptor in a nursing unit and receiving additional lectures and clinical learning experiences.
- The Nurse Residency Program: An extended orientation for newly graduated registered nurses to ease the transition from student to professional nurse; experiences include lectures, hands-on demonstrations and increasing responsibilities in clinical care of patients.
- The number of clinical RNs in the Nursing Excellence Program (NEP), the clinical ladder for nurses: 106 RNs

Patient-Focused Care
“Patient-Focused Care” means that the patient and family are at the heart of all nursing decisions and actions. Patient care assignments are made according to the severity of each patient’s condition and the complexity of nursing care required. The patient and family are included in developing and implementing the plan of care. Patient care is individualized and includes educating the patient and family about care requirements after discharge. Our patients and families are the focus of each nursing unit and area of practice, no matter what the clinical specialty.

Level I. CSMC-Nursing Governance
The first level represents the shared governance of the Nursing Department. Nurse leaders and clinical nurses are members of the three key committees: Professional Practice Council, Nursing Standards Committee, and Performance Improvement Committee. These committees exchange information and participate in decision-making in collaboration with the Unit Practice Councils. The committees are supported by nursing management, the Professional Development Department and nursing committees. The Nursing Department is affected by organizational processes, strategic planning, and regulatory agencies.

Level II. CSMC-Nursing Patient Care

This level represents the nursing unit or patient care area. The patient and family are the focus of all nursing care and clinical decisions. Clinical nurses participate in their Unit Practice Council, practice according to their specialty standards and guidelines, and take part in evidence-based practice and research activities. The staff is supported by nurse managers, staff meetings, care coordinators, and unit-based educators. The Nursing unit is influenced by the three governance committees, plus members of other disciplines, administrative coordinators, multidisciplinary committees, resource nurses and internal consultants.

Level III. CSMC-Nursing RN Professional

Level III represents the individual registered nurses who practice at CentraState. Each RN is influenced by achieving general and unit-specific nursing competencies and participating in the Nursing Excellence Program. RN practice is affected by upholding the ANA Code of Ethics, the ANA Scope and Standards of Practice, the New Jersey Nurse Practice Act, by attaining specialty certification; and by membership and participation in nursing organizations. The nurse’s level of education, as well as involvement in evidence-based practice projects and nursing research, helps to shape his or her nursing practice. Professional nursing practice is also supported by nurse mentors and preceptors, continuing education, committee membership, and collaboration with other nurses and other disciplines. It is also influenced by nurse administrators, nurse managers and leaders, and nurse educators.

Clinical RNs with Specialty Certification and Levels of Education in 2016:

- Clinical nurses who hold a national specialty Nursing Certification 49%
- Percent of clinical nurses with Diploma as highest nursing degree 12%
- Percent of clinical nurses with ADN as highest nursing degree 23%
- Percent of clinical nurses with BSN as highest nursing degree 60%
- Percent of clinical nurses with MSN as highest nursing degree 5%
Nursing Excellence Awards (Presented During 2016 Nurses Week)

Juana Buergo, BSN, RN, CNOR, Staff Nurse, Operating Room
Perioperative Services Award

Eileen Christie, MS, RN-BC, Staff Nurse, Pediatrics
Maternal Child Health Services Award

Kelly Collazo, BSN, RN, Cardiac Coordinator Nurse, Progressive Care Unit
Medical Surgical Services Award

Laurie Huryk, MSN, RN, Clinical Information Analyst II, Healthcare Information Exchange
Extended Nursing Care Services Award

Award Runners Up

Theresa Faiella, RNC-OB, LDRP
Maternal Child Health Services Award

Jean Ho, BSN, RN, Diagnostic Imaging
Extended Nursing Care Award

Alice Johnson, BSN, RN, CCM, Care Coordination
Extended Nursing Care Award

Michelle Mahler, BSN, RN-BC, Cardiac Services
Extended Nursing Care Award

Terri McNamara, RN-BC, Ambulatory Services
Perioperative Award

Angela Post, BSN, RN, CPAN, Post Anesthesia Care Unit
Perioperative Award

Esta Ross, BSN, RN, Special Care Unit
Maternal Child Health Services Award

Meghan Simonetti, BSN, RNC-OB, LDRP
Maternal Child Health Services Award
Honored for Dedication to CentraState

40 Years of Service
Donna Bates, BSN, RN

35 Years of Service
Recynthia Henderson-Jones, RN, CCRN
Sheri Saker, BSN, RN, CCRN

30 Years of Service
Laura O’Reilly, RN-BC
Margaret Salamone, BSN, RNC
Eileen Villacillo, BSN, RN, CRNI

25 Years of Service
Cheryl Eitel, RN
Susan Shu-Chen Houn, RN
Denise LaValle, BSN, RN
Josephine Ramos, BSN, RN
Eileen Rice, BA, RN-BC
Laura Murray-Rivera, RN, OCN
Ruthann Thompson, RN-BC

20 Years of Service
Shari Benson, MSN, RN, FNP-BC
Michele Boyle, RN
Theresa Faiella, RNC
Maria Louella Rowe, BSN, RN-BC
Merry Sanguino, MSN, RNC
Betty Schwartz, RN

Promotions/New Positions

Carrie Liming, BSN, RN-BC, CCRN
Clinical Leader, 4 East Total Joint/Stroke Center

Michelle McCusker, MSN, RN-BC, CEN
Clinical Leader, 4 East Total Joint/Stroke Center

Theresa Pearman, BSN, RN
Clinical Leader, 3 North

Patricia Seaman, MSN, RN-BC
Nurse Educator, Progressive Care Unit and Critical Care Unit

Rosanne Wike, BSN, RN-BC
Nurse Educator, Oncology and Total Joint/Stroke Center
Awards/Special Recognition

Virginia Carreira, DNP, RN, APRN, CDE, Diabetes Educator, Novo Nordisk Diabetes Center
Award: One of 12 applicants selected to participate in the American Academy of Nurse Practitioners (AANP) Leadership Program

Dolores (Dee) Mordas, BS, RN, CNOR, Nurse Educator, Operating Room;
Rebecca Norton, BSN, BA, RN, CNOR, Staff Nurse, Operating Room
Award of Excellence for Clinical Improvement and Innovation: “Post-Case Wrap-UP: A Tool for Improving Communication and Workflow; Decreasing Errors and Issues”

Anne Shelton, MSN, BS, RN, CCRN, Nurse Manager, Critical Care Unit
Award: Nurse Clinical Mentor, AHRQ Safety Program for ICUs CLABSI/CAUTI Initiative, New Jersey Hospital Association

Mary Kate Wehrhagen, MA, RN, CNS, CDE, Diabetes Educator, Novo Nordisk Diabetes Center
Award: Nurse of the Year for 2016, from Garden State Association of Diabetes Educators

2016 Graduates

Mary Aguilar, BS, BSN, RN, Staff Nurse, 4 North
Degree Attained: BSN, New Jersey City University

Jacqueline Blackwood, BSN, RN, Staff Nurse, 3 North
Degree Attained: BSN, LaSalle University

Nicole Buccino, MSN, BS, RN, CCRN
Degree Attained: MSN, Thomas Edison State University

Ellen Clark, BSN, RNC, Care Coordinator, Care Coordination Department
Degree Attained: BSN, Thomas Edison State College

Kristin Connors, MSN, RN, Staff Nurse, Emergency Department
Degree Attained: MSN, Jacksonville University

Elizabeth Durazzo, BS, AD, RN, Staff Nurse, 4 North
Degree Attained: AD, Brookdale Community College

Brittany Horan, AD, RN, Staff Nurse, 3 North
Degree Attained: AD, Brookdale Community College
Cathleen Janzekovich, PhD, MA, RN-BC, NEA-BC, Assistant Vice President, Nursing  
Degree Attained: PhD, Seton Hall University

Tracy Laroc, BSN, RN, Staff Nurse, Progressive Care Unit  
Degree Attained: BSN, Kean University

Angela Lee, MA, BA, BSN, RN-BC, Progressive Care Unit  
Degree Attained: BSN, Grand Canyon University

Lauren Pellicane, DNP, BA, RN-BC, Staff Nurse, Float Pool  
Degree Attained: DNP, Rutgers University

Louis Silvestri, BSN, RN-BC, Clinical Leader, Behavioral Health  
Degree Attained: BSN, Chamberlain College of Nursing

Danielle Slipstein (LaFalce), AD, RN, Operating Room  
Degree Attained: AD, St Paul’s School of Nursing

Karen Stanisce, BSN, RN-BC, Staff Nurse, 4 North  
Degree Attained: BSN, University of Louisiana

Karina Sventicky, BSN, RN-BC, Staff Nurse, 4 North  
Degree Attained: BSN, Thomas Edison State College

Jenny Tang, MBA, BA, BSN, RN, Staff Nurse, 4 North  
Degree Attained: BSN, Seton Hall University (12/2015)

Deborah Wallace, MSN, RN, Staff Nurse, Special Care Nursery  
Degree Attained: MSN, Chamberlain College of Nursing

“The formal education associated with obtaining the BSN is desirable for a variety of reasons, including ensuring that the next generation of nurses will master more than basic knowledge of patient care, providing a stronger foundation for the expansion of nursing science, and imparting the tools nurses need to be effective change agents and to adapt to evolving models of care.”

— Institute of Medicine
Podium Presentations

**Program: NJHA Surgical Safety Symposium**
- Eileen Ammon, BSN, RN, CNOR, Surgical Clinical Case Reviewer, Quality “SSI and Colon Bundle”

**Program: 2016 Nursing Leadership Retreat, CentraState Healthcare System**
- Carl Ausfahl, MSN, RN, CPHQ, AVP, Quality/Performance Improvement “Leapfrog Star Rating System”
- Donna Baird, MPH, MSN, RN, NE-BEC, Magnet Program Coordinator, Nurse Educator “Updates from Magnet Conference”
  - Maryann Bonatakas, BSN, RN-BC, Staff Nurse, 4 East Total Joint and Stroke Center; Michele Langevin, MSN, RN, NE-BC, Nurse Manager, 4 East Total Joint and Stroke Center “Total Joint Initiative (Comprehensive Care for Joint Replacement Model; CCJR)”
  - Jacqueline Breuer, RN, CIC, Infection Control Coordinator; Hazen Yu, BSN, RN-BC, Nurse Manager, 3 North “C. diff Initiative”
  - Alison Cleary, BSN, RN, Manager, Population Health “Update on Population Health Initiatives”
  - Kelly Collazo, RN, Staff Nurse, Progressive Care Unit “CHF Pre-/Post-Hospital Initiative”
  - Jayne Craig, PhD, RN, Manager, Clinical Research “Research, EBP and New Knowledge at CSMC”
  - Linda Geisler, DBA, MNEd, RN, NEA-BC, FACHE, Vice President, Patient Services “Nursing/Vision/Philosophy” and “Annual Goals/Organizational Direction”
  - Cathleen Janzekovich, PhD, RN-BC, NEA-BC, Assistant Vice President, Nursing; Anne Shelton, MSN, BS, RN, CCRN, Nurse Manager, Critical Care Unit “CLABS/ and CAUTI Initiatives”
  - Dolores (Dee) Mordas, BS, RN, CNOR, Nurse Educator, Operating Room; Rebecca Norton, BSN, BA, RN, CNOR, Staff Nurse, Operating Room “Post-Case Wrap-UP”

**Program: Nursing Grand Rounds: Care of the Ischemic Stroke Patient**
- Melanie Baccoli, MSN, BS, RN, CCRN, Clinical Leader, Critical Care Unit “Care of the Stroke Patient for the First 24 Hours in CCU”
- Kathleen Baranyai, BSN, RN-BC, Care Coordinator “Discharge Planning and Options for the Post-CVA Patient”
- Bette Becker, BA, RN-BC, 4 East Total Joint and Stroke Center; MaryAnn Bonatakas, BSN, RN, Staff Nurse, 4 East Total Joint and Stroke Center “Employing Standards of Care with Stroke Patients on the Patient Care Unit and when Educating Patients and Families”
- Brittany Bonner, Speech/Language Pathologist, Rehabilitation “Importance of the Swallow Screen, Physical Therapy, and Occupational Therapy in Stroke Patients”
- Ellen Ciacciarelli, MS, RN, ACGNP, CCRN, SCRN, Stroke Coordinator “Stroke Risk Factors and Recognition of Stroke”
- Glenda Lawson, BSN, RN, Charge Nurse, Emergency Department “Stroke Alert: Immediate Care of Patient with Suspected Ischemic Stroke”
- James Ware, MD, Neurologist “tPA: Inclusion and Exclusion Criteria for Administration”

**Program: 2016 Student Nurse Extern Summer Program, CSMC**
- Donna Baird, MPH, MSN, RN, NE-BEC, Magnet Program Coordinator, Nurse Educator “Patient Rights and Legal Aspects” “Magnet and CSMC Professional Practice Model”
- Ruth Bihuniak, BSN, RN, CDE, Inpatient Diabetic Educator “Diabetes”
- Jayne Craig, PhD, RN, Manager, Clinical Research Nursing Research and Clinical Trials
- Catherine Breuer, RN, CIC, Infection Control Coordinator “Infection Prevention”
- Ellen Ciacciarelli, MS, RN, ACGNP, CCRN, SCRN, Clinical Leader, Neurology “Stroke”
- Mary Ann Cole, RN-BC, Palliative Care Nurse; Vikranta Sharma, MD, Palliative Care Physician “Palliative Care/A.N.D./POLST”
- Jayne Craig, PhD, RN, Manager, Clinical Research Nursing Research and Clinical Trials
Podium Presentations

- Nancy Engel, MSN, RN, ACNS-BC, APN-C, Nurse Educator, 3 North
  “Welcome to Extern Program”
  “Patient Safety: Call Lights, Falls, Restraints”
  “Patient Safety: The Josie King Story”

- Angela Mills, MSN, RN-BC, Nurse Educator, Behavioral Health and 4 North
  “Improving Skin Care Outcomes”

- Kathleen Stanley, MSN, RNC, CNL, Nurse Educator, Maternal Child Services
  “Baby Friendly Organization”

Program: 2016 New Family Practice Physician Resident Orientation Program

- Donna Baird, MPH, MSN, RN, NE-BC, Magnet Program Coordinator/Nurse Educator;
  Victoria Moon, RN-BC, Staff Nurse, 4 East Total Joint Center/Stroke Center
  Lisa Morrell, MSN, RNC, Staff Nurse, Special Care Nursery
  Nayna Patel, RN-BC, Cardiac Diagnostics Coordinator, Cardiology Services
  Denise Zolnowski, BSN, RN, CCRN, Staff Nurse, PACU
  “What Staff Nurses Want You to Know”

Program: Peritoneal Dialysis Update 2016, CentraState Medical Center

- Kim Balagot, BSN, RN-BC, Clinical Leader, 4 North
  Angela Mills, MSN, RN-BC, Nurse Educator, Behavioral Health and 4 North
  Patricia Seaman, MSN, RN-BC, Nurse Educator, Progressive Care Unit and Critical Care Unit
  “Performing Peritoneal Dialysis Safely”

Holistic Nursing Committee: “2016 Holistic Nursing Spring and Fall Skills Day Open House”

- Sophia Balsirow, RN, Staff Nurse, CNOR
  “Intention Setting”

- Shelly Botwinick, Community Health Instructor, Health Awareness Center
  “Sound Healing”

- Cindy Cannizzaro, RN, HN-BC, Staff Nurse, LDRP
  “Breathing”

- Recynthia Henderson-Jones, RN, CCRN, Staff Nurse, PACU
  “Labyrinths for Healing” with Video
  “Intention Setting”

- Kathy Lee, RN, PCCN, Staff Nurse, Progressive Care Unit
  “Progressive Muscle Relaxation”

- Mary Jane Saada, BSN, RN, CCRP, Staff Nurse, Cardiac Services
  “Hand Massage”

- Karen Stanisce, RN-BC, Staff Nurse, 4 North
  “Reiki/Guided Imagery”

Program: 2016 Sweet Retreat: Do You Know What You Don’t Know to Manage Care of Your Diabetic Patient?

- Ruth Bihuniak, BSN, RN, CDE, Inpatient Diabetes Educator
  “DKA versus HHS: How to Tell Them Apart”
  “Insulin and Anti-Hyperglycemia Agents: To Hold or Not to Hold?”
  “Pre- and Post-op Management of Patients with Diabetes”
  “Grooming Diabetes Champions”

- Sandra DiPisa, MSN, RN, CCRN, Nurse Educator, Critical Care and Progressive Care Units
  “Diabetes Heart Health”

- Zeeshan Kahn, MD, Family Practice Physician Resident
  “Oral Anti-hyperglycemic Agents; Cautions”

- Michelle McCusker, MSN, RN-BC, CEN, Staff Nurse, Emergency Department
  “Glucose Control with Renal Failure”

- Angela Mills, MSN, RN-BC, Nurse Educator, Behavioral Health and 4 North
  “The Diabetic Foot”

- Jennean Schram MS, RD, CDE, Dietetic Instructor, Novo Nordisk Diabetes Center
  “Medical Nutrition Therapy: Plate Model”

- Mary Kate Wehrhagen, MA, RN, CNS, CDE, Diabetes Educator, Novo Nordisk Diabetes Center
  “Ominous Octet (Pathophysiology of Diabetes)”

Program: 2016 Annual Walk to Remember, CSMC

- Cynthia Cannizzaro, RN, HN-BC, Staff Nurse, LDRP
  “Bereavement Loss”

Program: Long Branch Women’s Club Meeting

- Virginia Carreira, DNP, RN, APRN, CDE, Diabetes Educator, Novo Nordisk Diabetes Center
  “Breast Cancer Signs & Symptoms”

Program: 2016 Medical Surgical Certification Review Course

- Fiesta Clanton, MSN, RN, ACNS-BC, Director, Professional Development Department
  “Test Taking Skills”
Podium Presentations

- Angela Mills, MSN, RN-BC, Nurse Educator, 4 North and Behavioral Health
  “Psychosocial Issues,” “Homeostasis, Fluid and Electrolytes and Pain,” “Professional Practice: Ethics, Research, Legal and Cultural Issues,” “Respiratory System,” “Integumentary System,” “Neurological System,” “Age Related Changes and Pharmacology”

- Maria Elena Rodriguez, MSN, RN, CCRN, Clinical Educator, Critical Care Unit
  “Endocrine System” and “GI System”

- Patricia Seaman, MSN, RN-BC, Nurse Educator, Progressive Care and Critical Care Units
  “Renal System” and “Cardiovascular System”

- Rosanne Wike, BSN, RN-BC, Nurse Educator, Oncology and Total Joint/Stroke Center
  “Hematology/Oncology Systems” and “Musculoskeletal System”

Program: Bariatric Certification Review Course
- Lisa Genovese, BSN, RN-BC, CBN, Clinical Leader, 4 North;
  Angela Mills, MSN, RN-BC, Nurse Educator, 4 North and Behavioral Health;
  Lori Skurbe, MPH, RD, CDE, CHES, Bariatric Dietician, Community Wellness Program
  “Preparation for the Bariatric Certification Exam”

Program: The Future of Nursing from Novice to Expert, Including Hot Topics in Magnet Organizations, New Jersey Council of Magnet Organizations
- Loretta Impastato, BSN, RN, Clinical Leader, Emergency Department
  “Novice Onboarding: Preceptor Education and Nurse Mentorship”

Program: 2016 Capital Health Research Day; Nursing Research: Roots of Excellent Nursing Practice
- Cathleen Janzekovich, PhD, RN-BC, NEA-BC, Assistant Vice President, Nursing
  “Exploring the Prevalence of Horizontal Violence in Nursing Between Magnet and Non-Magnet Hospitals”

Program: Raritan Bay Medical Center; 2016 Nursing Research Day: Research in Action
- Cathleen Janzekovich, PhD, RN-BC, NEA-BC, Assistant Vice President, Nursing
  “Exploring the Prevalence of Horizontal Violence in Nursing Between Magnet and Non-Magnet Hospitals”

Program: 2016 Safety Program for Intensive Care Units Webinar, AHRQ
- Cathleen Janzekovich, PhD, RN-BC, NEA-BC, Assistant Vice President, Nursing;
  Anne Shelton, MSN, BS, RN, CCRN, Nurse Manager, Critical Care Unit
  “AHRQ Safety Program for Intensive Care Units: CLABSI/CAUTI”

Poster Presentations

Program: AORN Surgical Conference and Expo 2016; Clinical Improvement/Innovation Category
- Dolores (Dee) Mordas, BS, RN, CNOR, Nurse Educator, Operating Room;
  Rebecca Norton, BSN, BA, RN, CNOR, Staff Nurse, Operating Room
  “Post-Case Wrap-UP: A Tool for Improving Communication and Workflow; Decreasing Errors and Issues”

Program: 32nd Annual Symposium, Tri-State Society for Cardiovascular and Pulmonary Rehabilitation
- Mary Jane Saada, BSN, RN, CCRP, Staff Nurse, Cardiac Services
  “Meet a MET (Metabolic Equivalent) used in Assessing Exercise Capacity, a Patient Education Poster”

Program: 2016 Critical Care Symposium, New Jersey Hospital Association
- Annie Shelton, MSN, RN, CCRN, Nurse Manager, Critical Care Unit;
  Carol Robertiello, MSN, RN, APN,C, Nurse Practitioner, Critical Care Unit
  “Catheter Associated Urinary Tract Infections (CAUTI)”

Participation in Professional and Community Organizations

Donna Baird, MPH, MSN, RN, NE-BC, Magnet Coordinator, Nurse Educator
Member: American Holistic Nursing Association
Member: American Nurses Association
Member: Magnet Program Director Committee, New Jersey Council of Magnet Organizations
Member: New Jersey State Nurses Association
Member: Organization of Nurse Leaders New Jersey
Member: Sigma Theta Tau, International, Honor Society of Nursing, Lambda Iota Chapter

Fiesta Clanton, MSN, RN, ACNS-BC, Director, Professional Development Department
Board Member: Chamberlain College of Nursing
Member: Education and Development Committee, NJ Council of Magnet Organizations
Participation in Professional and Community Organizations

**Member:** Rater for Nursing, McMaster Online Rating of Evidence

**Member:** New Jersey State Nurses Association

**Cheryl Anne Craig, BSN, BA, MA, RN, Clinical Director, Behavioral Health Unit**
Member: New Jersey Hospital Association Behavioral Health Nursing Advisory Council
Member: New Jersey Hospital Association Behavioral Health Constituency Group
Member: Organization of Nurse Leaders New Jersey

**Sandra DiPisa, MSN, RN, CCRN, Nurse Educator, Critical Care and Progressive Care Units**
Volunteer: Faith in Practice, Medical and Surgical Mission to Guatemala

**Nancy Engel, MSN, RN, ACNS-BC, APN-C, Nurse Educator, 3 North**
Volunteer: Manalapan Day, Annual Event, Health Screening and Education

**Laurie Gambardella, MSN, RN, Administrative Director, Emergency Department**
Member: Mentoring Committee, Organization of Nurse Leaders New Jersey
Corresponding Secretary: New Jersey STEMI Coordinators Association

**Linda Geisler, DBA, MNEd, RN, NEA-BC, FACHE, Vice President, Patient Services**
Member: Advocacy Committee, Organization of Nurse Leaders New Jersey
Advisory Board Member: Thomas Edison State University

**Gabriele Hallbauer, BSN, RNC, Clinical Leader, Maternal Child Services**
Member, Board of Trustees: Central Jersey Family Health Consortium

**Cathleen Janzekovich, PhD, MSN, RN-BC, NEA-BC, Assistant Vice President, Nursing**
Member: Advocacy Committee, Organization of Nurse Leaders New Jersey

**Ellen Kane, BSN, RN, CPAN, Staff Nurse, PACU**
Vice-Chair: Freehold Borough Board of Health, Freehold, NJ

**Annette Keller, BSN, MA, RN, CEN, CNL, Nurse Educator, Emergency Department**
Member: American Association of Critical Care Nurses
Member: Association of Nursing Professional Development
Member: Emergency Nurses Association
Board Member: Society for Healthcare Education and Training of New Jersey

**Glenda Lawson, BSN, RN, Staff Nurse, Emergency Department**
Member: Education and Development Committee, New Jersey Council of Magnet Organizations

**Joan Leimbach, BSN, RN, ACM, Manager, Care Coordination**
Board Member-at-Large: American Case Manager Association, New Jersey Chapter

**Stephanie Loadholt, BSN, MS, RN, Orientation Coordinator/Nurse Educator**
Member: Association of Nursing Professional Development
Participant: Black Women's Healthcare Study, Phase 1, Conducted by Boston University

**Michelle Mahler, BSN, RN-BC, Staff Nurse, Cardiac Services**
Member: Tri-State Society for Cardiovascular and Pulmonary Rehabilitation

**Tricia Marceante, MSN, RN, APN-C, Nurse Practitioner, Women's Heart Program**
Member: New Jersey State Nurses Association
Member: Preventive Cardiovascular Nurses Association

**Karen Morgan, BSN, RN-BC, Staff Nurse, Progressive Care Unit**
**Team Captain:** America Heart Association, Heart Walk

**Rebecca Norton, BSN, BA, RN, CNOR, Staff Nurse, Operating Room**
Volunteer: Hernia Repair for the Underserved, Dominican Republic
Volunteer: Parker Clinic, Red Bank, NJ

**Denise Rodman, RN, OCN, Staff Nurse, 4 East Oncology**
Board Member: National Trainer; Medical Coordinator; Camp Quality, New Jersey

**Mary Jane Saada, BSN, RN, CCRP, Staff Nurse, Cardiac Services**
Member: Faith Community Nursing, St. Catharine’s Parish Nursing Ministry
Member: Spiritual Adoption Program, Respect Life Diocese of Trenton
Member: Tri-State Society for Cardiovascular and Pulmonary Rehabilitation
Participation in Professional and Community Organizations

Marcia Schaefer-Noto, MS, MSN, RN-BC, NE-BC, Director, Cardiac Services
Member: American Association for Cardiovascular and Pulmonary Rehabilitation
Member: American College of Cardiology
Company Leader: American Heart Association Heart Walk
Member: Sigma Theta Tau International, Honor Society of Nursing, Upsilon RH0 Chapter

Annie Shelton, BSN, RN, CCRN, Nurse Manager, Critical Care Unit
Member: Communication and Growth Committee, New Jersey Council of Magnet Organizations
Member: Finance Committee, Organization of Nurse Leaders New Jersey

Kathleen Stanley, MSN, RNC, CNL, Nurse Educator, Maternal Child Services
Member: Association of Women’s Health, Obstetric and Neonatal Nurses

Mary Kate Wehrhagen, MA, RN, CNS, CDE, Diabetes Educator, Novo Nordisk Diabetes Center
Member: American Association of Diabetes Educators

Adjunct Faculty Positions

Eileen Christie, MSN, RNC, Staff Nurse, Pediatrics
Adjunct Faculty: Clinical Instructor, Pediatrics
School: Ocean County College

Linda Geisler, DBA, MNEd, RN, NEA-BC, FACHE, Vice President, Patient Services
Adjunct Faculty: Mentor to Nursing Students, MSN Program
School: Monmouth University

Annette Keller, BSN, MA, RN, CEN, CNL, Nurse Educator, Emergency Department
Adjunct Faculty: Preceptor to MSN Student, Nursing Education Practicum, March-June
School: Grand Canyon University

Tricia Marceante, MSN, RN, APN-C, Nurse Practitioner, Women’s Heart Program
Adjunct Clinical Field Supervisor: Primary Care
School: Monmouth University

Patricia Seam an, MSN, RN-BC, Nurse Educator, Progressive Care Unit and Critical Care Unit
Adjunct Faculty: BSN Program, Health Assessment Course
School: New Jersey City University

Publications

Virginia Carreira, DNP, RN, APN, CDE, CCRN, Diabetic Educator, Novo Nordisk Diabetes Center
Article: “Teen Pregnancy Prevention Program”
Clinical Advisor, December 7, 2016

Dolores (Dee) Mordas, BS, RN, CNOR, Nurse Educator, Operating Room;
Rebecca Norton, BSN, BA, RN, CNOR, Staff Nurse, Operating Room
Article: “Research, Evidence-Based Practice, Clinical Improvement/Innovation Posters from the AORN Surgical Conference and Expo 2016”; “Post-Case Wrap UP: A Tool for Improving Communication and Workflow; Decreasing Errors and Issues”
AORN Journal, June 2016
The Nursing Excellence Program (NEP) is the professional clinical ladder for clinical registered nurses at CentraState. It was established over a decade ago and was revised in 2012 by the Professional Practice Council to correspond with components of the Magnet Model. The following registered nurses were approved for one of the four NEP levels in 2016:

**Level I, Proficient**
Debra Ayres
Jennifer Bruno
Veronica Cecil
Norma Concepcion
Crazette Crusi
Debra Dafick
Hanna Gerke
Jennifer Lyons
Sarah Moon
Bridget Moutone
Astrid Noseal
Carol Pacilio
Piyusha Parekh
Katherine Poznanski
Elizabeth Rego
Maria Schurott
Iryna Shpott
Kristen Spahn
Michelle Verona

**Level II, Advanced**
Ashley Albro
Samantha Barrett
Sandra Colon
Nicole Delcore
Janine Eyd-Adonizio
Beth Gutierrez
Leah Mendoza
Laura O’Reilly
Suzanne Reddy
Sherielle Richard
Demetra Rotsides
Heather Suchniak
Christina Zarnowski

**Level III, Expert**
Brigid Bambrick
Patricia Barnosky
Bette Becker
Donna Betar
Johanna Biddle
Virginia Bird
Helen Bueti
German Butay
Leticia Butay
Alexandrina Ceausu
Eileen Christie
Kelly Collazo
Sarah Dalby
Meghan Daley
Lisa Davenport
Donna Deane
Suzanne Devrous
Beverly Dey
Yolanda Donahue
Theresa Faiella
Mary Foster
Frances Franco
Amber Frischer
Lucy Furmanec
Cathy Glowenski
Margaret Guyette
Recynthia Henderson-Jones
Michele Jaffe
Ellen Kane
Glenda Lawson
Angela Lee
Kathleen Lee
Mychelle Lima
Megan Lukens
Crisann Maher
Michelle Mahler
Melissa Mapa
Terri McNamara
Victoria Moon
Karen Morgan
Lisa Musante
Claudia Nogueira
Beth O’Dwyer-Styles
Jessica Orne
Nayna Patel
Janice Perrone
Angela Post
Monique Raphael ▼

**Level IV, Mentor**
Mary Ann Bonatakis
Juana Buergo
Carole Eisenman ▼

Denise Rodman
Belisha Romeo
Terry Rosenberg
Esta Ross
Louella Rowe
Grace Santos
Susan Schneider
Christine Siele
Lydia Sison
Allison Steinitz
Anna Temchina
Madelaine Tricarico
Alison Weyersberg
Dorota Zielinski
Denise Zolnowski

Carole Reihing
MaryAnn Reilley
Geralyn Rivera

Lisa Morrell
Rebecca Norton
Maria Elena Rodriguez
Mary Jane Saada
Nursing Research and Evidence-Based Practice

At CentraState, registered nurses are encouraged to identify areas for evidence-based practice studies and nursing research. After reviewing the literature, they participate in evidence-based practice studies and generate new knowledge through research. Nurses are mentored to become principal and co-investigators in research studies. All nursing research studies at CentraState must be approved by the Nursing Research Committee and the Institutional Review Board (IRB).

Third Annual Research Day
The third annual interdisciplinary research day was held in September. Posters about nursing and medical studies done throughout the year were on display in the atrium of the Ambulatory Center.

Evidence-Based Practice and Nursing Research Studies

Practice Unite
Evidence-Based Practice Study: Completed
Physicians and nurses were queried as to the use and ease of Practice Unite, a confidential tool for telecommunication.
Study Coordinator: Jayne Craig, PhD, RN, Clinical Researcher

Study of Nursing Staff Employed In the Oncology Unit
Research Study: In progress
Principal Investigator: Jayne Craig, PhD, RN, Clinical Researcher
Sub-investigator: Sharon Douglas, BCC, Chaplain
Sub-investigator: Rosanne Wike, BSN, RN-BC, Nurse Educator

Comparison of Pain Levels in Single vs. Multiple-Site Laparoscopic Cholecystectomy Patients Research Study: In Progress
Principal Investigator: Jayne Craig, PhD, RN, Nurse Researcher
Sub-investigator: Rebecca Norton, BSN, BA, RN, OR Nurse
Sub-investigator: Amit Kharod, MD, General Surgeon

Addressing Real-World Anticoagulation Management Issues in Stroke
Research Study: In Progress
Principal Investigator: Ellen Ciacciarelli, MS, RN, APN, SCRN, CCRN
Co-investigator: Faith Conlon, BSN, RN-BC, Research Nurse

Innovations and Improvements: Post-Case Wrap Up

Dee Mordas, BS, RN, CNOR, and Rebecca Norton, BSN, BA, RN, CNOR, received an award for Excellence in Clinical Improvement/Innovation for their tool, the Post-Case Wrap Up, at the 2016 AORN Conference. The tool helps OR nurses capture, track and resolve issues identified at the end of OR cases, and was developed with input from the Manager of Sterile Processing, Cathy Volker-Lutz. By identifying and documenting surgical issues as they occur, the tool replaces anecdotal complaints with real data for timely and effective solutions. The OR team used the tool and tracked the outcomes for over a year and were pleased with the results. Dee and Rebecca gave a poster presentation about the Post-Case Wrap Up tool at the conference.
Direct Care Nurses with BSN Degrees

Patient care needs are complex. In addition to excellent clinical skills, registered nurses need essential competencies in leadership, health policy, system improvement, evidence-based practice, research, and teamwork, in order to assure safe, high-quality, patient-focused care. In 2010 the Institute of Medicine recommended that 80% of direct care nurses should have a BSN or higher nursing degree by 2020. Preparation at BSN and higher levels of nursing education gives nurses the ability to collaborate and coordinate patient care across teams of health professionals in multiple healthcare and community settings. At CentraState, the percent of RNs with BSN or higher degrees has been increasing annually. We are on the way to meeting the 2020 goal!

<table>
<thead>
<tr>
<th>Year</th>
<th>% Direct Care RNs with BSN</th>
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<tbody>
<tr>
<td>2011</td>
<td>42%</td>
</tr>
<tr>
<td>2012</td>
<td>46%</td>
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<tr>
<td>2013</td>
<td>46%</td>
</tr>
<tr>
<td>2014</td>
<td>57%</td>
</tr>
<tr>
<td>2015</td>
<td>63%</td>
</tr>
<tr>
<td>2016</td>
<td>65%</td>
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Time to Electrocardiogram (ECG)

The CentraState Emergency Department (ED) nursing staff knows that taking care of patients with chest pain is serious business. Many chest pain patients will suffer from an ST-Elevation Myocardial Infarction (STEMI). The ED staff knows that the sooner these patients receive treatment, the better their outcome is likely to be. Evidence-based guidelines have been created by the Society of Chest Pain Centers (SCPC) and the American Heart Association (AHA) to treat patients who complain of chest pain. One goal is for all patients with chest pain to have an ECG done in less than 10 minutes of arrival at the ED so that a correct diagnosis can be made and treatment can be prescribed immediately.

The Health Care Quality Assessment Hospital Performance Report defines Time to ECG as the average number of minutes before outpatients with chest pain or possible heart attack get an ECG (lower numbers are better). The benchmark for New Jersey is seven minutes, which is lower than the goal described above. For several years, the ED nursing staff has worked to follow this recommendation. The outcome is that patients arriving at CentraState Medical Center ED with chest pain had ECGs done faster than the state benchmark of seven minutes!
On the Cover: 2016 Nursing Excellence Awards Recipients (Left to Right): Juana Buergo, BSN, RN, CNOR - Perioperative Services Award; Eileen Christie, MS, RN-BC - Maternal Child Health Services Award; Kelly Collazo, BSN, RN - Medical Surgical Services Award; Laurie Huryk, MSN, RN - Extended Nursing Care Services Award