

Nursing Voice

June, 1993

Special Edition Salutes All in Nursing

National Nurses Week was May 6-12, 1993. As a way to celebrate this very special week, our Nursing Staff invites you to become more familiar with the role of the professional nurse. We dedicate this special edition of *Nursing Voice*, Lehigh Valley Hospital's professional nursing newsletter, to you, our public.



Mary T. Kinneman,
RN

In this issue, you will be introduced to nursing at Lehigh Valley Hospital. You will meet a few of our nurses and will be introduced to the varied roles they carry out, their professional accomplishments and the feelings experienced as they touch people's lives.

The theme for Nurses Week was "Nurses Share a Vision for America's Health." Jonathan Swift wrote that "Vision is the art of seeing things invisible." Indeed, nurses do have the propensity to see the invisible — from the nurse who instinctively knows exactly what the crying baby needs, to the nurse who assesses the critically ill adult and

implements the required treatment. In addition, nursing's vision goes well beyond the needs of our individual clients, to health policy development at the national level. *Nursing's Agenda For Health Care Reform*, a document endorsed by 65 national nursing and healthcare organizations, describes a refocus, restructure and reallocation of the nation's healthcare system.

As our Hospital's public, we want to share with you our nursing department's vision. This vision has a number of guiding principals, but utmost in our minds is our patient focus. We continuously strive to provide the highest quality of care to our

patients, their families and significant others. In addition to patient care which is respected, and is regarded as one of the major reasons patients come to Lehigh Valley Hospital, our goal is to be a major leader in nursing education, research and clinical practice. A lofty goal, yes, but one that our nursing staff has already begun to realize.

To honor Florence Nightingale's birthday, Nurses Week is always celebrated the first week in May. Miss Nightingale said, "Nursing is a progressive art in which to stand still is to go back." So, during Nurses Week 1993 and throughout the entire year, we attempt to fulfill Nightingale's vision of a profession which constantly moves forward, impacting positively on the public's health.

Mary T. Kinneman, RN
Senior Vice President, Patient Care Services

Two Nurses Receive Statewide Honors

Congratulations to Constance A. Molchany, RN, who was chosen to receive the Nightingale Award in Advanced Clinical Practice by a foundation organized specifically to recognize outstanding nurses in Pennsylvania.

Molchany, a cardiovascular clinical nurse specialist, is the first Lehigh Valley Hospital nurse to receive the award, which is given after an extensive statewide nomination and review process. Nominations are made by virtually all healthcare organizations and individuals throughout the commonwealth.

The selection process is complex, with all nominee materials carefully screened to remove any hint of individual identity or hospital affilia-

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Constance Molchany, RN



Eleanor Franges, RN

Two Nurses Receive Statewide Honors

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tion. The review committee first whittles the field down to just 18 top-scoring nominees and then chooses winners in six categories, including licensed practical nursing, registered nursing, advanced practice, administration, education and research.

Names of the winners are a closely held secret until the evening of the gala, held this year at Hershey Convention Center. Molchany says that each year, a Lehigh Valley Hospital nurse has been among the finalists, but until this year none have received the plaque, pin, crystal sculpture and cash award.

Congratulations also goes out to Eleanor Z. Franges, RN, director, Central Nervous System Unit, who was named a finalist in the category of nursing administration.

Other Lehigh Valley Hospital nominees this year included: Carol M. Diehl, RN; Marilyn A. Guidi, RN; Mae Ann Fuss, RN; Kathleen T. Lucke, RN, and Chell-Doree Miller, LPN.

Molchany was recognized for consistently demonstrating "quality patient care and excellence in the nursing process through direct patient care and role modeling, as well as

through consultations to nursing staff, ancillary hospital team members and physicians."

As an expert clinician and educator in her field, she launched programs such as a support group for recipients of Automatic Implantable Cardiac Defibrillators and a community outreach program, *Time is Muscle*, geared toward preventing heart attacks.

The preceptor model she conceived and designed has received national recognition and she has been actively involved with promoting collegial and collaborative relationships among all disciplines.

Franges was recognized for developing "creative, forward thinking unit goals which promote patient advocacy, staff nurse growth and empowerment, positive physician relationships and cost-efficient patient care."

Through her positive management style, she has fostered a proactive setting in which the unit nurses are encouraged to use their expertise in decision making.

The unit is a leader in clinical research, both collaborative and nursing-focused. As described by one physician, "Her unit is so far ahead of other neuroscience units that they are not only blazing new trails, but are out ahead in the underbrush."

Molchany says "just to be nominated was a thrill" because it represents significant recognition for the hospital.

Franges agrees. "Awards of this magnitude reaffirm what we stand for as nurses. Any nurse attending the event would feel very special."

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Susan Busits O'Neill, RN; Ginger Holko, RN — Co-Editors

Editorial Board: Cathy Bachert, RN; Anne Brown, RN; Mae Ann Fuss, RN; Kim Hitchings, RN; Carole Moretz, RN; Rose Nourse, RN; Andrea Parry, RN; Darla Stephens, RN; and Cathy Weber, RN.

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Friends of Nursing Promote Profession

by Kim S. Hitchings, RN

A friend is someone who favors or promotes a cause - an advocate. For centuries, nurses have favored and promoted the causes of healthcare, health education, and the general well-being of humanity. Nurses have befriended individuals in all types of life's situations.

A highly valued role of the nurse has traditionally been a patient advocate for the patient's health and well-being. Although the nursing profession is changing rapidly to meet the healthcare needs of the public, this advocacy remains steadfast as an integral dimension of nursing practice.

Recognizing the fact that nursing had indeed been a friend and advocate to many, Duane D. Walker, RN, of Stanford University Hospital, believed that it was important to establish the other half of that relationship. Nursing needed a friend and advocate to ensure its continued viability and vitality, and to recognize excellence in nursing practice.

From this belief and need, Friends of Nursing was created at Stanford University Hospital in 1981. Lehigh Valley Hospital adopted the idea in 1987 and its program has grown with each year.

At Lehigh Valley Hospital, Friends of Nursing is

a philanthropic foundation to recognize and promote excellence in nursing practice, education, and research, and to enhance the image of nursing.

Activities to support these goals include:

- awards to recognize nursing excellence and distinct achievements
- seminars and educational programs
- fellowships for nursing research
- special nursing projects and
- other specific retention efforts.

The initial gift which launched Friends of Nursing was made by Hospital board member Richard Fleming and his wife Peggy. Subsequent donations have come from patients and families, community members, nurses and other healthcare professionals. To enhance these contributions, the nursing staff sponsors several fundraising activities throughout the year.

Friends of Nursing activities are directed by the Professional Nurse Council (PNC), a group of approximately thirty staff nurses, nurse educators, managers and community representatives. Gloria Hamm, RN, staff nurse in the Hospital's Burn Center and chair of the Council states "We believe our program is very important to nurses and that they should be active participants in the initiatives of Friends of Nursing. Our nursing staff identifies needs and determines priorities for which funds will be allocated."

While nurses oversee the program, donor input into fund allocation is actively encouraged. Donors are asked to support those clinical areas and activities which reflect their personal interests. For example, Peg Dorney, RN, director, Anesthesia at Lehigh Valley Hospital funded an award to recognize excellence in nursing anesthesiology. Frank and Betty Jane Reisner of Whitehall chose to support continuing education for nurses in the field of geriatrics. Other donors elect to contribute to the general Friends of Nursing fund and request PNC members to determine how their contribution will be utilized.

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Ruth Rappaport, RN, and Mary Jean Osborne, RN, confer about a Shock Trauma Unit patient. Rappaport was honored recently for her work with the Friends of Nursing Trauma Award.



Linda Marks, RN, and Margaret Carl, RN, review cardiac education flipcharts provided by Friends of Nursing.

Louise Drexinger, RN, director, Patient Care Services, 4-C, and chair of the PNC Finance Committee emphasizes that, "Donated funds are used to sponsor nurse-centered activities which would otherwise not be possible given normal budgetary constraints. For example, during this current year, Friends of Nursing will support approximately 150 of our staff nurses to attend continuing education conferences outside of our institution. In addition, we sponsor nationally recognized speakers to make presentations for our nursing staff here at the hospital, and support nursing research and patient-related projects."

Clearly, patients benefit from the expertise gained by nurses at continuing education programs. An example of support for a special project was the allocation of funds to the 4-C nursing staff to produce visual aids utilized in group teaching classes for cardiac patients and their families. Another funded project was a music therapy program which supplied cassette players and a library of audiotapes for patient use.

All patients may benefit from the nursing research currently underway on sleep disturbances after open heart surgery, a study partially funded by Friends of Nursing. Nurses from across the United States recently heard Mary

Jean Osborne, RN, trauma clinical nurse specialist, speak on pulmonary contusions at a national conference in Chicago. Ms. Osborne's presentation at this conference was funded through Friends of Nursing.

The Friends of Nursing Program is a key ingredient in recruitment and retention of nursing staff. It allows the creation and maintenance of an environment which attracts nurses and fosters their continued professional practice. Linda Durishin, RN, education nurse specialist and recipient of an award for caring behaviors, describes the feelings associated with being recognized. "Receiving an award to recognize nursing excellence and distinct achievements replenishes the nurse. It reinforced my commitment to Lehigh Valley Hospital and the nursing profession."

As the largest group of health care professionals, nursing recognizes its responsibility to collaborate with people in the community to assure health needs are met. Friends of Nursing is one venture to accomplish this goal. The support of generous donors helps to assure a highly educated, resourceful, innovative nursing staff, continuously striving to deliver quality patient care.

"Sensitive, helpful and kind..."

Dear Lehigh Valley Hospital:

I wanted to write to you about the care I received while a patient in the labor, delivery, and maternity areas. I can not begin to praise the nursing staff enough. Each nurse that cared for me and my newborn son was special in their own way. They were all caring, sensitive, helpful, and kind. I heard about the excellent care others had received, but their praise did not do the staff justice.

Sincerely,

A patient in the Labor, Delivery
and Mother-Baby Units



Carole Moretz, RN, Albert Dommel and Kim Deluca, RN examine alternative ways to protect patients.

Using Restraint on Traditional Restraints

By Carole Moretz, RN

Principal Investigator, Restraint Free Project

"I couldn't move! I cried all night" is the poignant testimony of an elderly gentleman, restrained in his bed. An older patient is often frail. Nurses, doctors and his family worry about his safety. Will he fall and break a bone? Will he get up, walk away, and be lost? Will he become confused or interfere with his treatment? What is the best way to help him?

One answer to these questions is to restrain the person. It seems obvious that he is safer that way. He can't fall, he won't get lost and he can't pull out his tubes. The decision to restrain a person is a difficult one. It upsets the person and his family. At the minimum, the individual is embarrassed and scared. He may rip his skin or become anxious and, as a result, have trouble breathing. He cannot get to the bathroom or move around without assistance.

The process of limiting free movement is called "physical restraint". Nurses use it to keep patients safe but are coming to believe that it may do more harm than good. To help solve the problem of how to keep older patients safe without physical restraint, a special research project is being carried out at Lehigh Valley Hospital, supported by the Dorothy Rider Pool

"To understand God's thoughts we must study statistics, for these are the measures of His purpose." With these words, Florence Nightingale mandated nurses to use research as the foundation for nursing care for patients. With nursing studies like Carole Moretz's project for a restraint free environment, nurses do improve the care that is given to patients.

**Cecelia Gatson Grindel, PhD, RN
Nurse Researcher**

Health Care Trust. Three rooms are being built with a special design that will keep older patients safe without using restraints. The furnishings are minimal and not in the path of the bathroom. Corners are covered and padded, lighting is soft, and colored stripes in certain areas help patients to see better. Patients in the rooms wear a leg band which alerts the nursing staff via an alarm if they leave the room.

Staff members will assess patients every day to evaluate mental and breathing functions, skin condition, and the ability of the patients to care for themselves. Risk of injury assessments will also be completed.

At the same time, another group of elderly patients who are not in the special rooms will have the same evaluations made. After collecting data for 100 patients of each type, the project's results will be analyzed. If it is found that elders in the special rooms have better outcomes, the design of more rooms may be changed.

This is just one of many nursing research studies that nurses at Lehigh Valley Hospital are conducting. It clearly illustrates Nightingale's mandate that nurses use research as the foundation to assure optimal care to our patients.

Nursing Inside Out...

Over the years the nursing profession has undergone many changes, but for the most part, those changes have been visible to only those on the "inside".

The last half century has flown by as medical science and technology have literally exploded. Health care in general has been turned upside down. Nursing has also exploded in this changing environment and expanded into areas never thought possible or "appropriate" for the nurse.

For some nurses this evolution is only part of their nursing history class. For others it has been a process that we have lived with and been part of since we began our nursing careers. We have grown and diversified into many areas that before now were "physician only territory".

Our conversations with nurses having many years of nursing experience provided some interesting contrasts between what nursing was when they first began and what nursing has become today.

As Suzanne Corriere, RN, a nurse of 25 years makes rounds on the busy medical/surgical unit she manages, she can remember when patients had no intravenous therapy on units like hers. "And", adds Judy Cihylick, RN "not only were IV's non-existent, but blood transfusions were always managed by a physician". Today intravenous therapy is not only commonplace, it has become an extremely complex treatment requiring sophisticated equipment. Administration of medications, fluids and nutrition is the responsibility of the nurse, and blood transfusions are managed exclusively by the professional nurse.

Loretta Sargent, RN, a night supervisor, observes that the steady escalation in the level of illness of patients within the hospital setting has made it essential for the nurse to have the ability to respond quickly to subtle changes in a patient's condition. Such responsibility requires in-depth nursing knowledge and advanced skills from the very start of a nurse's career.

Sharon Spagnola, RN, remembers when the nurse was required to complete such tasks as washing medication glasses, a most frightening



A recent luncheon, hosted by Lehigh Valley Hospital nursing staff members for Rep. Paul McHale illustrates the nursing profession's involvement in healthcare reform.

thought in today's disposable world! Today, Sharon can spend her time planning, providing and evaluating the care of her patients. She is able to include the patient and their family in her assessment, diagnosis and treatment of the patient's care needs, developing her treatment plan based upon her nursing diagnosis of the patient's needs. As she delivers her care throughout her day, Sharon is continually evaluating the effectiveness of her plan of care, making changes and revisions as she goes.

The concept of nursing diagnosis began as an idea in the 1960s and became part of everyday nursing practice in the 1980s. The nursing diagnosis is a statement that describes an actual or potential alteration in one's life processes or health state and is used to guide the nursing plan of care in much the same way as the medical diagnosis guides the medical plan of care. Once the health problem is clearly identified and stated, the nurse defines nursing interventions that will improve, eliminate or prevent the altered health state.

The use of nursing diagnoses is very much a part of clinical practice today and is an essential part of the education of the professional nursing student who will one day assume independent responsibility for the care and treatment of our patients.

...Evolution Spurs Autonomy

For many years, there was only one educational choice for those considering nursing as a career choice. Nursing education was provided solely in hospitals and taught primarily by physicians. Graduates received a diploma in nursing upon completion of rigorous 24-36 months.

Today, prospective nurses have three types of educational programs from which to choose, all of which are taught primarily by nurses. Although less prevalent than before, hospital-based diploma programs continue to prepare professional nurses for practice. Other available options include a two-year community or junior college program which awards an Associate Degree in Nursing or a four year program offered at a college or university which awards a baccalaureate degree in nursing.

Since the late 1970s the American Nurses Association has been working toward standardizing nursing educational programs and has recommended baccalaureate preparation as the entry level for the professional nurse. Colleges and universities have also developed advanced degree programs in a variety of subjects which allow nurses to obtain their masters degrees in many areas of nursing.

Constance Molchany, RN, a masters-prepared

nurse in the area of cardiovascular nursing and a clinical nurse specialist, emphasizes the importance of continuing education for nurses. She points out the fact that a growing number of professional nurses today are seeking advanced educational degrees. "Continuing education provides the avenue which enables nurses to diversify their practice as educators, researchers, clinical specialists and nurse practitioners."

"Additionally", Connie observes, "advanced education has provided the knowledge and opportunity for nurses to enter the political arena and become active in working towards effecting positive healthcare reform".

Kathy Lucke, RN, is an example of a nurse who is now a doctoral candidate in the areas of research and ethics. Kathy is currently a clinical nurse specialist in Neurosciences as well as a member of the hospital's ethics committee. The ethics committee provides guidance to physicians, nurses, and families facing the most difficult of healthcare choices. Kathy reflects on her own nursing practice and sees the continued evolution of nursing education as essential to the advancement of the profession. Kathy comments that "the challenges facing today's nurses will continue to become increasingly complex, which only heightens the need for well educated and prepared professional nurses at all levels of practice".

Nursing leadership has also taken on a whole new look. In the 1970s, nursing departments of hospitals were led by single directors of nursing who had little control over what happened within their department or the hospital. In most institutions today, the top nursing leaders hold executive-level positions and are responsible for the nursing as well as other hospital departments. Their responsibilities include control of the financial and human resources of the entire nursing department and they take part in the executive planning and decision making for the entire organization.

Nurse managers, as well, have diversified and added more responsibility. Exit the head nurse

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Staying current for Mary Alexander, RN, Emergency Department, means keeping abreast of sophisticated information management systems from Jan Wilson, RN, manager, Nursing System Development.

...Evolution Spurs Autonomy

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of the '70s, whose prime responsibility was being the charge nurse and completing time schedules. Enter the nurse manager of the '90s. Nurse managers of today have the responsibility for managing their individual unit's financial and human resource budgets, hiring new employees, evaluating and coaching current employees, and developing new programs. The prospective nurse employee of yesterday was briefly interviewed by the director of nurses and never saw their nursing unit until their first day on the job. Today, the prospective employee is interviewed and selected solely by the nurse manager, or in some cases the staff of the unit on which they will work.

While increased responsibility, independence and autonomy are evident at all levels within nursing, it seems most notable for the staff nurse. Staff nurses today are responsible for their own work schedules, creating them as well as changing them to meet the staffing needs of the unit and their own individual preferences. Staff nurses everywhere are involved in redesigning their patient care delivery systems to reflect a

more patient centered focus. Quality improvement activities often begin at the bedside with the staff nurse who wants to make things better for their patients. In short, staff have begun to govern themselves with only limited guidance and assistance from their nurse managers.

Nursing has truly evolved in recent years. While nursing practice of yesterday was very task oriented and under direct physician supervision, nursing today has taken charge of shaping its own destiny. Nurses are a group of highly skilled individuals working in collaboration with physicians to give patients the best possible care. We are a creative and resourceful group with a clear focus on our patients. While we as nurses sometimes view the evolution of our profession with some degree of sentimentality, we can embrace the challenges of the future with the confidence and pride of a professional who is certainly a valuable player of the healthcare team.

— Compiled by Ginger Holko, RN; Louise Drexinger, RN; and Maryanne Falcone, RN

Dear Lehigh Valley Hospital...

Recently, I was a patient in the burn unit of your hospital. I would like to commend the hospital for having such a great unit and to praise all of the wonderful staff. I believe I was given the very best treatment and care. Everyone was cheerful, which kept me in good spirits. These actions led me to my speedy recovery. Thank you very much.

Sincerely,

A patient in the Burn Center

Please be advised that the quality of care rendered to our son on the Pediatrics Unit has been superb. More importantly, the warmth and support that literally radiated from the nurses was heartwarming and impressive. We have been

involved in Lehigh Valley healthcare for 15 years; rarely, if at all, have we seen a difficult pediatric situation handled so beautifully. Kudos are richly deserved.

Sincerely,

Parents of a patient on the

Pediatric Unit

You are to be commended for the people you have working in the cardiac rehabilitation unit. At all times during my multiple contacts with the staff they displayed helpful, friendly, and completely professional attitudes.

Sincerely,

A patient in the Cardiac Rehabilitation Service

PersonalizATIONS Of Our Nursing Staff

Compiled by: Mae Ann Fuss, RN and

Linda Drexinger-Durishin, RN

SensATIONS

Kathy Lucke, RN, Neuroscience Clinical Nurse Specialist, is a doctoral candidate in the School of Nursing, University of Maryland, Baltimore.

Barbara Moyer, RN, Educational Nurse Specialist, Nursing Education Department, is a doctoral candidate in the School of Education, Lehigh University, Bethlehem, for the Ed.D. in Foundations of Education.

Edith Gray, RN, Clinical Coordinator Nurse Specialist, Emergency Medicine Institute, is a doctoral candidate in the School of Nursing, Widener University, Chester.

RepresentATIONS

Michelle Stuart, RN, Staff Nurse, 4S, has been representing the Nephrology Unit in the "Predialysis Education Program" at Lehigh Valley Hospital for the past three years. This is a special service reaching dialysis patients and their families in the Lehigh Valley.

FascinATIONS

Jen Houpp, RN, and Lori Reiner, RN, Staff Nurses, SCU, coordinated the development of a cookbook entitled, *Selected Cuisine Unlimited*. SCU staff members contributed recipes for the book. All proceeds from the sale of the book will benefit Dream Come True, Inc., a volunteer nonprofit organization which fulfills the dreams of seriously, chronically and terminally ill children in the greater Lehigh Valley. A copy of the cookbook can be obtained by calling SCU at 402-8730.

InspirATIONS

As a volunteer with the Lehigh County Conferences of Churches, Bonnie Graboski, RN, Staff Nurse, PACU, has been involved in providing medical outreach to migrant farm workers for

the past five years.

The nurses of the Intensive Care Unit wanted to maintain the memory of Tammy, a 16-year-old child with Down's Syndrome who passed away in the Spring of 1991. The staff cared for Tammy over the course of three years, and inevitably, grew to love her. Funds were collected for a tree which was planted at the Lehigh County Vocational Technical School. Today a picnic area surrounds their "Tammy Tree," a place for her schoolmates to play, enjoy and remember her.

PublicATIONS

Terry Ann Capuano, RN, Administrator, Mary Agnes Fox, RN, Administrator and Bruce Gresh, Director, Systems Management co-authored an article in *Nursing Management*, October, 1992, titled, "Staffing nurses according to episodic census variations."

Kim Hitchings, RN, Manager, Professional Development, wrote a chapter, "Organization of staff development activities," in the 1992 Mosby-Year Book publication, *Nursing staff development - Strategies for success*.

Marian Hoffman, RN, and Daniele Shollenberger, RN, Educational Nurse Specialists, have coauthored three chapters in various Springhouse publications. Their most recent chapter, "Gastrointestinal crisis," appears in the 1993 edition of *Advanced skills: Responding to the patient in crisis*.

Bonnie Kosman, RN, Home Care Nursing Supervisor and Barbara Moyer, RN, Educational Nurse Specialist, coauthored a chapter, "Endocrine and metabolic crisis," in the 1993 Springhouse publication, *Advanced skills: Responding to the patient in crisis*.

ResuscitATIONS

As a part of the Parish Nurse Program, St. Francis Assisi Church, Allentown, Nancy Scheck, RN, Staff Nurse, Emergency Department, teaches CPR to the congregation.

Members of the Nursing Education Department not only provide CPR certification to the Lehigh

PersonalizATIONS Of Our Nursing Staff

Valley Hospital family, but to the community as well. Barbara Moyer, RN, teaches CPR at Allentown College of St. Francis de Sales; and Daniele Shollenberger, RN, and Alice Vrsan, RN, teach infant CPR to young mothers at the Interim School, Allen High School, Allentown. Barbara also volunteers her time as a healthcare provider with Cetronia Ambulance Corp.

PresentATIONS

Many Lehigh Valley nurses have been busy making presentations at local, regional and national forums this past year.

Susan Holecz, RN, Staff Nurse, Emergency Department, was chosen by the Emergency Nurses' Association as a national speaker on Emergency Pediatric Care for regional instructors.

Poster presentations describing nursing research studies were made at a regional Sigma Theta Tau Research Conference in Danville, PA, by Mary Jean Potylycki, RN, Clinical Nurse Facilitator, 4C and Mae Ann Fuss, RN, Educational Nurse Specialist.

Mary Jean Potylycki, also presented her research study at the 7th Annual Research Conference at Penn State University, which was sponsored by the Beta Sigma Chapter of Sigma Theta Tau. Kim Hitchings, RN, Manager, Professional Development and Terry Capuano, RN, Administrator, presented their research at this same conference and at the Ninth Conference on Classification of Nursing Diagnosis, San Diego, CA.

Kim Hitchings also traveled to New Orleans to present "Writing for \$: Enhancing Programming through Successful Grant Development" at the 7th Annual Staff Development Convention.

Karen Landis, RN, Pulmonary, Clinical Nurse Specialist; Mary Jean Osborne, RN, Trauma, Clinical Nurse Specialist; and Pat Vaccaro, RN, Clinical Nurse Facilitator, Burn Center, presented papers at "Trends in Critical Care Nursing 1992" in Philadelphia.

Kathy Lucke, RN, Clinical Nurse Specialist,

Neurosciences, presented two papers at the 1993 American Association of Neuroscience Nurses Annual Meeting in Pittsburgh, PA.

Pat Matula, RN, Cardiovascular Resource Manager, will be presenting at the 11th Annual National Symposium Society for Vascular Nursing, Washington D.C. in June.

VaccinATIONS

The following staff members volunteered their time to administer flu vaccines to area Senior Citizens: Kelli Brown, RN, Clinical Nurse Facilitator, 5B; Ginger Holko, RN, Director, Patient Care Services, 5B; Pat Pavelko, RN, 7B; Donna Polaha, RN, 5B; Patty Tachayapong, RN, TOHU; Ok Yoon, RN, 4B; and Lois Zellner, RN, Director, Patient Care Services, TCU. The vaccines were donated by Spectrum Apothecary.

OrchestrATIONS

The Emergency Department again sponsored the annual "Overcoming the Odds" conference. Held at the Holiday Inn Conference Center, Fogelsville, this regional education program highlighted the latest trends in trauma and emergency nursing. Hospital nursing faculty included Tom Gavigan, RN; Beth Hyde, RN; Peg Parry, RN; Pam Prisaznick, RN; Joe Rycek, RN; Sharon Smith, RN; Norma Storer, RN; and Pat Vaccaro, RN.

For two days this past January, over 150 nurses from the middle Atlantic states listened to current topics in trauma care amid the winter splendor of the Poconos. Nurse presenters from the hospital included Craig Beil, RN; Laura Beil, RN; Janine Fiesta, RN; Marilyn Guidi, RN; Patricia Klotz, RN; Kathy Lucke, RN; Mary Jean Osborne, RN and Tammy Sands, RN. This comprehensive annual conference is made possible through the efforts of nursing staff in the trauma service areas.

ConsiderATIONS

Darlene Matthias, RN, Director, Patient Care Services, 5T, considered the community's health

PersonalizATIONS Of Our Nursing Staff

by volunteering to assist with the Prostate Screening Program.

The Professional Nurse Council considers the community's health by voluntarily providing free Blood Pressure screening to the public. It is offered quarterly in the lobbies of Lehigh Valley Hospital.

CelebrATIONS

Trauma Awareness Week at Lehigh Valley Hospital is an annual May event planned to coincide with National Trauma Awareness month. Coordinated by staff nurses from the Shock Trauma Unit, the goal of this week is to heighten trauma prevention and make the community aware of our never ending commitment to the trauma patient and the trauma system. Some of the activities which highlighted the 1992 week included a coloring contest for area second grade students, educational presentations by staff nurses and lobby displays. The culmination of the week was an evening reception attended by 225 people who represented past trauma patients, their families and the health care team that contributed to their care. Similar activities were planned for the 1993 event later in the month.

CommunicATIONS

Glenda L. Bonano, RN, Staff Nurse, OR-17, presented an OR Career Workshop to sixth and seventh grade Girl Scouts.

One hundred fifty high school students associated with the Hospital's Medical Explorer Post and their parents heard Kim Hitchings, RN, Manager, Professional Development, speak on "Career Opportunities in Nursing" at a recent meeting.

ExclamATIONS

Emergency Department nurses provided an outreach program to families, school nurses and day care workers on first aid titled, "Treating Common Household and Environmental Emergencies."

ProclamATIONS

WHEREAS, "Time is Muscle" is a heart attack awareness program offered by staff nurses in the cardiac services at Lehigh Valley Hospital. Since its inception in January 1990, the program has been presented to over 1600 people throughout the Lehigh Valley. Facilitated by Pat Matula, RN, Cardiovascular Resource Manager and Connie Molchany, RN, Medical-Cardiac Clinical Nurse Specialist, the group hopes to increase the number of presentations in 1993.

WHEREAS, "Think First" is a head and spinal cord injury prevention program for school-age children. The program has two options - one for high school students and the other for pupils in grades 3 - 6.

Neuroscience nurses who developed and teach the program are Kathy Lucke, RN, Tracy Berlin, RN, Diane Kowalski, RN, Ann Fetchko RN, Carol Fox, RN, Sue DeSanto, RN, Carol McElroy, RN, Dennis Frederick, RN, Renee Costenbader, RN, and Alverta Stichter, RN. For information call the Neuroscience Center at 402-8270.

WHEREAS, "Tommy Trauma" is an educational offering to heighten trauma awareness in school-aged children. Sponsored by the American Trauma Society, this program is presented to elementary schools and community service groups throughout the Lehigh Valley.

Spearheaded by trauma nurses Mary Jean Osborne, RN, Chris Wargo, RN, Ruth Rappaport, RN, and Sue Steidel, RN, this offering has reached 2,500 children since its inception in 1989. With an underlying message of "How to STAY COOL at the Scene," the goals of this program are to show children how they can summon help, report information and stay calm if they are involved in an accident. Prevention is also stressed. Please call the Shock Trauma Unit at 402-8930 for more information.

Kudos to our nursing staff for their outstanding achievements!

Caring Comes First

by Rosemary Nourse, RN

Nurses in today's ever changing medical profession find themselves divided into many specialties, from emergency room nurses to neonatal intensive care nurses to psychiatric nurses.

The practicing of specialties has made nurses proficient and knowledgeable, enabling patients to receive the best care possible. But no matter what type of nursing, there is something that remains synonymous with the profession: giving and caring.

When times are difficult, caring is what sustains both patient and nurse. It does so on "4S," which has its own reasons for being a "tough" floor to work on. Commonly referred to as the nephrology unit, the nurses primarily work with patients suffering from renal failure and its complications.

"If patients are healthy and need only dialysis, they're not here. Our patients have other problems besides renal failure. Kidney disease ultimately affects all other body systems," explains Michelle Stuart, RN.

The routine is strenuous and patients must

adhere to strict diet and fluid restrictions, careful monitoring of their weight, specific drug therapy and care of the dialysis site while enduring the common side effects of dialysis such as fatigue, cramping or itchy skin. This challenges the nurses to meet diverse needs.

"There are so many needs for these patients and their families, at times it seems overwhelming. You want to be able to do it all," shares Nancy Kochenberger, RN.

"Most patients do have a problem sticking to their diet or it can really throw off their fluids and electrolytes. It's very hard for them; our dietitians really work with them," voices JoAnn Wieder, RN.

"Our patients are of all ages and from all walks of life," states Nancy.

At age 43, Jay Schlosberg can attest to that point. He is an active member of his community and church, a father, husband and businessman. He has also been a patient on "4S."

"I feel comfortable knowing how well the staff can take care of my needs. And I feel confidence in all of them - the social workers, doctors and nurses - and how they work together. This is like my home away from home," explains Mr. Schlosberg.

However, attending to the physical aspect of the patient is only one facet of his care.

"When patient's first come here, they're overwhelmed. They have a great deal to learn about their disease and also to accept what has happened," remarks Nancy. "We try to give them a lot of support."

"We really get to know these patients and their families - a lot of them stop in to see us. They're different. I don't know how to explain it - they're special," smiles Michelle.

"It is different, we can't make them completely well," Joann softly adds. "The patients will always require dialysis."



The team concept in healthcare is illustrated by this group, surrounding patient Jay Schlosberg (seated, center). Pictured are (standing, from left) Sonja Mendez, RN; Lisa Taylor, LSW; Lisa Bowers, RN; Shelley Mesics, RN; (seated) Linda Meyers, RN; Schlosberg, and Arthur Levine, MD.