Board of Trustees 34th Annual Excellence in Nursing Practice Awards

The yearly recognition of nursing excellence occurred in Stern auditorium with Mount Sinai Health System Board Members, nurse and physician leaders, colleagues, friends and families of many of our 2015 winners in attendance.

Out of 32 nominees, we celebrated 21 winners with a spirit of joy, gratitude and pride in accomplishment and quality. These are nurses at all levels who are nominated for their excellent nursing contributions. They exhibit collaboration, professionalism, devotion, dedication and passion for their patients and families and for the health care team.

LeAnn Thieman
Nurses Week Keynote Address

Inside the Magnet Newsletter

Mount Sinai Appoints Carol Torchen as Vice President of Women and Children’s Services

Nursing Self-Care: Your Most Important Patient...You!

19th Annual Poster Session Highlighting Nursing Practice

Madison 5’s MVP Clinical Nurse Leader: Mary Joy Adverderada
Dear Readers:

We live in a society that is filled with gossip and rumors. Every day there are opportunities to talk about others. If we are not careful, we will get pulled in and become carriers of the busybody’s poison.

My Dad always tells me that every person carries a bucket of gasoline and a bucket of water. And when you hear gossip and rumors, you can either pour your gasoline on it, add fuel to the fire and make it worse, or you can pour water on it, not say a word and put it out. Unfortunately, too many people are using their gasoline bucket.

When you are protecting someone’s reputation, you are also protecting your own. The next time you hear juicy information that is hot off the press, ask yourself the following questions: “Do I know beyond a shadow of a doubt that this is really true, or have I heard it third and fourth hand? Even if it’s true, is it absolutely necessary to repeat it? Do I really need to... or do I just want to?”

If you hang around gossippers, you will become a gossiper. If you hang around fault finders, you will become one. Be kind, be respectful, but do not associate with a busybody. If they talk about somebody in front of you, do not be fooled, they will talk about you in front of somebody else.

It’s just as wrong to listen to gossip as it is to repeat it. It takes two to tango: the mouth and the ears. So remember, the next time you hear toxic words against your family, friends, or coworkers be disciplined and choose the bucket of water, not gasoline. By doing this, you are showing Magnetism!

With my best wishes for you and those you love,
Carla Alves, RN, MS
LeAnn Thieman
Continued from Page 2

She encouraged us to keep a sleep diary if you are unsure of your sleep habits. If you have sleep difficulties, take time to examine why. She gave many suggestions on how to improve the quality and quantity of sleep we get. For example, turning off electronics, decreasing caffeine intake, and practicing a “wind down” routine like taking a hot bath, sipping a cup of chamomile tea, practicing prayer or meditation before bed.

Eating Right
As nurses, we all know about a healthy diet. We teach our patients about the food pyramid, portion control, healthy fats, whole grains and fiber, fresh fruits and vegetables. We know that 6 to 8 glasses of water each day is important for many bodily functions. Still we frequently make poor choices, skip meals and drink 6 cups of coffee or soda instead of water.

4 is for “Breathe”
Take slow deep breaths, four at a time, to quiet our anxious minds. When Ms. Thieman presented the Breathe part of her talk, I thought about all the other times I had heard this same message. Any movement instruction directs us to link our breath with our effort. Yoga, swimming, dance, running, biking, Qi Gong, martial arts all involve breathing a certain way. Childbirth, Lamaze, moving post-operatively and pain management focus on breath and breath control. Meditation and mindfulness instruction includes concentrating our attention on each breath, in and out. This “dials down our nervous system” as one of my yoga teachers, Michael Gilbert, likes to say. He goes on to tell his students that our nervous system does not know the difference between thought and reality. It only knows to fire up or dial down, and slow deep breaths always help dial down the stress.

Mind Our Minds
We can encourage mindfulness by using four avenues: 1) breath to control stress; 2) positive thinking and visualization to manage our natural tendency toward negativity and fear; 3) laughter which boosts our immune systems, increases cancer killing cell production and promotes endorphin release, and 4) forgiveness. Ms. Thieman got very quiet at this point in her presentation. She reminded us how it is necessary to forgive ourselves first, then move on to forgiving others. She reiterated a teaching from Buddhist writings about how anger and “holding grudges” hurt us, not those with whom we are angry.

Exercise
We should exercise at least 5 times per week. Ms. Thieman pointed out that nurses are not afraid to work hard. So we should get out and work hard for our health. Find the type of movement that brings you joy while strengthening your body. Some of us enjoy group classes and socialization, some of us like biking or perhaps swimming that allows us to experience a Zen-like freedom in the repetition and breathing in and out. Whatever you enjoy, make time for your participation and be grateful for the body that performs your ADLs.

The final part to the affirmation: “living our priority” is a powerful reminder to pay attention to what we are doing. If we are checking Facebook 20 times a day, we are making social media our priority. Is that what we intend? Or have we just bought into an addictive, ego-gratifying, attention-grabbing activity that makes us oblivious to what really matters in our lives.

You may ask why should we listen to Ms. LeAnn Thieman? Listening to her story of how she helped save 300 Vietnamese orphans during the war, reveals her character. She adopted one of those orphans herself and her own daughter continued the tradition by adopting two African babies. This shows that she does not just author books, but she also lives her beliefs. Her message of self-care for nurses and caregivers everywhere revealed a truly wise and compassionate being. Ms. Thieman also pointed out that her invitation to speak at Mount Sinai Hospital was an indication of how much our nursing leaders care for our well-being. So say “today I will CARE4ME and truly live my priority” and practice making healthy, balanced choices to optimize your health.

One-on-One with LeAnn Thieman
By Carla Alves-Miraldo, RN, MS

On a warm spring evening, I had the privilege of having dinner with Ms. LeAnn Thieman, author of Chicken Soup for the Nurse’s Soul: Second Dose at the Parlor Steak House in Manhattan. I was among the 17 nurses invited to have dinner with Chief Nursing Officer Carol Porter and Ms. Thieman. It was a lovely night and got better when Ms. Thieman approached me and said, “You must be Carla Alves from palliative care.” We then spoke about our common interest in hospice and palliative care.

The following day, I had the pleasure of being with her during her book signing. We talked about how she tries to inspire nurses to care for themselves as they care for others. We also talked about another book she wrote, This Must Be My Brother, which details her daring adventure of “Operation Babylift,” the humanitarian effort responsible for rescuing hundreds of orphaned children from Saigon at the close of the Vietnam War. After this story was featured in Chicken Soup for the Mother’s Soul, Ms. Thieman went on to coauthor over 10 more Chicken Soup books.

While she signed the books, she inspired nurses to read one story a day to help them balance their lives, truly live their priorities and make a difference in the world.

In addition to her books, Ms. Thieman has a “Sip of Soup” monthly email which brings her inspiring insights and life-balance tools directly to your inbox each month—like a rejuvenating s-ip of Chicken Soup for the Soul. To sign up for her monthly newsletter, visit https://www.leannthieman.com/contact/sip-of-soup/

After spending these two days with Ms. Thieman, I felt re-energized, recharged and recommitted to providing excellent nursing care.

Ms. Thieman reminded us that we have special hearts that allow us to do the extraordinary work to relieve suffering and promote healing. She said that everything we do matters and quoted Mother Teresa, “each small thing is great if done with great love.”
Excellence in Nursing Practice Awards

2015 Winners:
Maria Almirante, BSN, RN
Geetika Arora, BSN, RN
Irene Braccia, BSN, RN, OCN
Sandra Brumsey, MSN, RN, CCM
Ralston Dangcalan, BSN, RN
Elizabeth Dyll-Smolarek, BSN, RN-BC
Ilya Evangelista, MA, RN, CMSRN
Renee Gilbert, BSN, RN, KP6
Caroline Handschu, CNM, RN
Felina Jimenez, BSN, RN
Elizabeth Macleman, BSN, RNC – Mary Mendes Award
Megan McCarthy, BSN, RN - Rookie of The Year
Anicia Obispo-Lopes, BSN, RN
Monica Philogene, MA, RNC
Shane Princesa, MS, RN - Pat Liang PACU Award
Maria Rodriguez, BSN, RN
Arlene Travis, MSN, RN
Kimberly Zafra, BSN, RN - Rookie of The Year

Yonnette Ferdinand, RN, CNOR
Mount Sinai of Queens
Barbara Zimmer, MS, RN, NE-BC
Mount Sinai of Queens

Departmental Winner:
Matthew Gayton, BSN, RN, SICU

This annual ceremony, made possible through the support of the Board of Trustees, provides us with a moment of reflection for what we, as nurses, do for our patients. Trustee Edgar Cullman, Jr. spoke eloquently about his father’s vision in establishing the Cullman Patient Service Center as he relayed his “thank you” to all our Mount Sinai nurses.

Dr. Dennis Charney, Dean of the Icahn School of Medicine at Mount Sinai, President for Academic Affairs of the Mount Sinai Health System, and co-author of Resilience: The Science of Mastering Life’s Greatest Challenges, described the Mount Sinai nurses as the “glue of the health care team” and the most important component in the patient experience.

Dr. Carol Porter, DNP, RN, FAAN, the Edgar M Cullman, Sr. Chair of the Department of Nursing, Chief Nursing Officer and Associate Dean of Nursing Research and Education, outlined the Quality of Care indicators in the successful Third Magnet Re-designation survey in July 2014. She also highlighted the recent JCAHO, LVAD and Stroke Center Designation surveys and voiced her pride in our Magnet, Pain, Skin and Falls Champions. She reminded us that the ANA Code of Ethics stresses nurses’ “duties to selves as well as to others” a theme that was also highlighted in the Nurses’ Week celebration. Quoting from the book on Resilience by Drs. Southwick and Charney, Dr. Porter appealed to all the Mount Sinai nurses, “to make each day our masterpiece.”

Ms. Margaret Grogan, CNM and representative from the Nurse Recognition Committee, introduced the 2015 winners. The themes of humility, gratitude, devotion to service, intelligent and disciplined practice, and mature resilience were woven through many of the speeches from the winners. It made me proud to be a member of the Mount Sinai family.

Renee Gilbert, BSN, RN
“As a palliative care nurse, I provide an extra layer of support for patients as well as their families. Caring for a young adult with metastatic cancer that is at the end of their road, allows me to have a deeper appreciation and value for life. To be recognized for something I love is truly remarkable but the most rewarding gift of all is to hear the families and friends of whom you are caring for say “thank you.” And today I say thank you to you for trusting me to care for your loved one. Let’s strive to take a moment to encourage and lift each other up. We all have the potential to be leaders of tomorrow.”

Shane Princesa, BSN, RN
Pat Liang PACU Winner
“My inspiration in choosing my profession is my mom, who is also a nurse. I was by her dedication and great work ethics. I have been a nurse for ten years and my experiences here at MSH has been both challenging and rewarding. Just a simple “thank you,” a smile or a gesture of gratitude from my patients and their families gives me a profound feeling of happiness and appreciation that somehow I have brought them comfort in the times when they need it most.”

Ralston Dangcalan, BSN, RN
“Growing up in a family of nurses and doctors, it was a no brainer that eventually I would choose nursing as my profession. Or could it be that the profession chose me? For me it was a calling, in a way I can help and save people’s lives. Nursing can be complex and challenging, but I have been taught that every day is a learning experience. For me, it has always been a holistic approach, ensuring quality care based on individual’s physical, emotional, psychological, intellectual, social, and spiritual needs.”

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Madison 5’s MVP
Clinical Nurse Leader:
Mary Joy Adverderada
By: Melody Cubas, BSN, RN-BC and
Marielle Cabalquinto, BSN RN

As we celebrate Nurses Week, we would like to pay tribute to an outstanding nurse leader who truly deserves the spotlight in our hearts. It is with great honor and pleasure that we present to you our nominee for the 2015 Clinical Excellence Award, Ms. Mary Joy Adverderada, Clinical Nurse Manager on Madison 5 and Psych ED. She may not have won this year, but in our hearts and minds, she is and always will be a winner.

Mother of two beautiful and successful daughters and grandmother of three smart and loving grandchildren. Joy, as she likes to be called, is a native of Davao, Philippines. She obtained her Bachelor’s of Science in Nursing in 1983 at Brokenshire College, Davao, Philippines. Joy completed her Masters of Science in Nursing in 1993 at Hunter College, NY. She became a CNM at St Claire’s Hospital from 1990-1995. She emigrated to the U.S. and worked as a staff nurse in 1986 at Woodhull Medical and Mental Health Center, and St Claire’s Hospital from 1987-1989. She became a CNM at St Claire’s from 1990-2003. In 2004-2005 she started working here at Mount Sinai Hospital as CNM on 7N (Inpatient MICA unit). We have had the pleasure to be managed by her since 2005.

Advocates not only for her patients and staff, but for the community as well. She volunteers through her church on medical missions in underserved communities. She sponsors an international scholar student. She has been to Egypt to help with wellness care, where she gave her time and financial support. As a leader in PPC, she organizes school supplies collection and food drives for organizations supported by the Mount Sinai community (such as the Veteran’s residence on the upper east side), exemplifying Mount Sinai’s Relationship Centered Care. “She is also a strong advocate for nurses to be certified and pursue higher education. She feels that this increases their professional practice and patient outcomes,” said Ken Larock, NP.

Respected and motivated professional whose ultimate objective is to ensure that excellent care is provided to the patients in her units is how Kathy Clancy, RN, describes her.

Your ideal mother, friend, mentor, and manager.

Joy. Her name says it all. She is the star of our unit. Her presence on the unit gives us light, hope, and joy. When she is around, we know we are going to be fine. Her love, care, and support are comforting, reassuring, and undeniably priceless.

Openhearted, kind, and generous. She treats her staff as her family. She is a mother to us all.

Young at heart with a youthful appearance.

Available. Whenever staff needs her, whether it is work related or just an ear to listen, she is always there. It is because of her long hours spent on the unit, working beyond her shift, working weekends and holidays, and often into the night where we see Joy’s positive impact on all levels of staff.

Diligent worker. Not simply a manager on days, she can be found working at all times. Striving to meet budget demands, staffing, administrative, and all of various deadlines.

Vibrant and vitalizing. Joy is a valuable leader.

Exemplary and empowering nurse leader. Joy is an experienced and knowledgeable leader. She has been in the Mental Health field for over 25 years and this experience has given her the knowledge of how to care for our patients, no matter how ill, with respect.

Results-oriented professional whose ultimate objective is to ensure that excellent care is provided to the patients in her units. She is a natural leader who is able to motivate her staff and create a real sense of personal responsibility with each and every individual working on her team.

“She works tirelessly and performs at the highest level at all times and expects the same from her dedicated team,” Kathy Clancy, RN.

Devoted. She makes herself available even when she’s not at work.

“She can be called upon for guidance whenever there is a need on her unit,” Merle Joseph, PCA.

“She is the finest example of a kind hearted, empathetic, nonjudgmental manager. She understands that unexpected, unpredictable last minute life events arise in staff member lives. Joy always manages to rearrange schedules to manage the staffing shortfalls, while honoring and respecting the personal and family needs of each level of employee,” Getl Kasper, RN.

Encouraging, engaging, energetic and always enthusiastic.

Resourcefully provides excellent care for our patients.

Accommodating. She is a manager who truly understands the journey of a health care worker.

“She is kind and always accommodating with our requests and never loses patience with us,” Joniel Villanueva, RN.

Delightful and determined. Joy is a determined manager who demands that we do our best when caring for our patients. She insists that we always maintain a high level of care. Her determination drives us to be our best.

Appreciative. She appreciates her staff. On occasion, she buys the staff lunch, not only for doing a good job, but “just because,” she appreciates us. She expresses her appreciation frequently and is very proud of the team she leads on Madison 5.
Nursing Self-Care: Your Most Important Patient...You!

By Sylvie Jacobs, BSN, RN, CPAN

In theory, we all agree that in order to give to others, we must first take good care of ourselves. Gone are the days of martyrdom, of the caregiver being an archetype of feminine compassion, of selfless devotion to the needy. Perhaps in some religious communities, this vision is still persists. In the modern world, the concept of nursing has evolved with the profession. According to the Merriam-Webster dictionary, nurses are people who care for the sick or infirm, are licensed health-care professionals who practice independently or are supervised, and who are skilled in promoting and maintaining health.

The airline industry has taught us for years to place the oxygen mask over our own faces before helping with our child’s mask. Common sense, right? Who would not agree that it’s better to maintain consciousness in order to save the life of another? We, as nurses, must think like this, too. Why then is it so difficult for us to take care of our physical, emotional and spiritual needs so we can take care of others? I am guessing that we are taught that it is better to think of others before ourselves, even if that flies in the face of logic. I am also guessing that it is hard work to really commit to self-care. It requires regular exercise, meal planning, time and energy, commitments for church or support groups, and the courage to face our deepest fears and desires and then to address best courses of action in our personal lives.

We all face change, physical pain, and the emotional pain of dealing with relationships. Most of us have moments in which we feel alone or lonely. In our very busy, multi-tasking, do-it-all world we prioritize outcome and accomplishment over reflection, silence and rest. This costs us in many ways, not least of which is our health, which is somewhat ironic since we are called to “promote and maintain” the health of others.

If we are honest with ourselves we would see that our choices are based on unexamined habits and illusory obstacles. We tend to perceive that what we do does not really matter or at least just this once will not make a difference. Or we “blame” our physical problems, emotional difficulties or spiritual disconnection on something outside ourselves, our genetic make-up, our social situations, our mistreatment by others, and our stress.

To paraphrase a Magnet tenet: If the nurses are happy, the patients are too. Feeling cared for, feeling well and healthy and feeling spiritually connected are sure ways to get to happy. It’s then that we can develop a strong, sturdy gratitude practice. I challenge you to feel depressed and grateful simultaneously. It’s very hard to do.

I will not insult you by suggesting ways to increase your self-care efforts. I have too much respect for you. I know there is more than enough of information available to you. Information and education are not our barriers. The problem lies with our moment to moment choices, our conscious decisions, our motivations, and a tendency to avoid honest appraisal of our state of health. It is our willingness to look at ourselves and finally deal with the sticky issues that holds us back. Our problematic relationships, our repetitive challenges and our self-defeating behaviors point to areas need the most work. And finally it is our getting over our egos and pride to recognize that none of us are perfect. We all have dark places that prevent us from becoming free to feel happy, peaceful, free and energized.

I challenge you, my esteemed colleague, to take time to figure out how to promote and maintain your health. Patient outcomes would be improved because the collective nursing staff would have more energy, vibrancy and positivity to bring not only to patient care, but also to our quest for new nursing knowledge and our fellow nursing communities. With decreased absenteeism, morale would improve since we all know that it is easier to deliver care on our units when the full staff is present. But most of all do it for you. We all deserve to be loved, to be happy, to be healthy and to be safe. We are all interconnected, so your health affects mine. Do it for us.

During Nurses Week, many nurses lined up for activities that replenished their own heart with love and joy at Annenberg West Lobby. They were spoiled with massages, facials, smoothies and Zumba workouts. By taking time out, they created space for relaxation, happiness and rejuvenation in their lives. We give to ourselves so that we may truly and effectively give to another.
19th Annual Poster Session
Highlighting Nursing Practice

By Carla Alves-Miraldo, RN, MS

The profession of nursing is changing and developing as we care for patients with increasingly acute and chronic conditions in a variety of environments. The Mount Sinai Health System is committed to the value of research for practicing nurse and encourages nurses to embrace evidence-based nursing practice. This year’s poster session highlighted examples from those changing nursing practices based on current evidence.

The Poster Session is a forum for nurses to present their research through poster presentations. It is an excellent opportunity to inform the Mount Sinai community of the wealth of research being done by our nurses and to highlight their dedication and accomplishments in their area of interest.

While walking around the poster display, three presentations caught my eye.

1. Enhancing Patient Experience through Fortification of Quiet Time in a Community Hospital
   Dechen Lama, BSN, RN; Tania La Rochel, BSN, RN; Anna Lee, BSN, RN; Claudine Brown, MS, RN, NE-BC; Elizabeth Rolston, MA, MED, RN, and Anthony Auditore, MNSt, RN.

   This poster focused on sustaining a culture of healing for patients through promotion of Quiet Time within the hospital. To ensure enculturation of Quiet Time, patient satisfaction score was monitored and reviewed weekly; Quiet Time was changed from 1 pm to 2 pm; new employees were introduced to Quiet Time during orientation; and Quiet Time education sessions were provided to all staff.

   This project led to the expansion of Quiet Time to all clinical units. In addition, overall patient satisfaction within the nursing composite was improved.

2. Enculturating Relationship Centered Care through Fortifying Tree of Life in a Community Hospital.
   Raynier Buzainz, BSN, RN; Sujin Kwon, BSN, RN; Kyeong-Hwa Kim, BSN, RN; Elizabeth Rolston, MA, MED, RN; and Anthony Auditore, MNSt, RN.

   The purpose of Tree of Life is to increase patient satisfaction and enhance the therapeutic relationship with patients and families. Tree of Life is a pictorial representation of the patient’s social support systems. To ensure enculturation of Tree of Life, patient satisfaction score was monitored and reviewed weekly; Tree of Life was completed during admission and transfer to unit; new employees were introduced to Tree of Life, and education sessions on Tree of Life were given to staff.

   This project led to the expansion of the Tree of Life initiative to all clinical units. The project continues to provide positive patient experiences, strengthens the Mount Sinai Health System commitment to Relationship Centered Care, and builds therapeutic nurse-patient relationships.

3. Advancing Relationship Based Nursing Care Through Enculturation of Ask A Nurse in a Community.
   Shanique Campbell, BSN, RN; Ruzanna Garvyelova, BSN, RN; Barbara Zimmer, MS, RN, NE-BC; Elizabeth Rolston, MA, MED, RN; Anthony Auditore, MNSt, RN; and Sharon Stahl Wexler, PhD, RN, BC.

   The three-part purpose of this project to ensure enculturation of Ask A Nurse within inpatient units was to a) increase patient’s perception of nurse as an educator, b) increase nurses’ feelings of satisfaction and c) ensure patients were adequately prepared for discharge.

   This project led to Ask A Nurse to be extended to all clinical units. Staff expressed satisfaction in the ability to have dedicated time to teach patients. Overall patient satisfaction within the nursing composite and explanation component was increased.

Nurses Week Raffle Winners

Monday
Ms. Gina Valencia, Clinical Nurse, PACU
Raffle prize: Wrist Fitbit

Tuesday
Ms. Karen Evelyn, Clinical Nurse, ED
Raffle prize: Dr. Dobbs Headphones

Wednesday
Ms. Lauren Maile, Clinical Nurse, P5
Raffle prize: Fitbit

Thursday
Ms. Bella Bimshtein-Heron, Clinical Nurse, RETU
Raffle prize: Gift certificate for massage and facial

Friday
Ms. Epifani Diaz-Armedilla, NP, Medicine.
Raffle prize: iPod Touch
Mount Sinai Appoints Carol Torchen as Vice President of Women & Children’s Services

By Carla Alves-Miraldo, RN, MS

Carol Torchen, DNP, RN, NE-BC, has been appointed as Vice President of Women and Children’s Services for The Mount Sinai Health System. She will collaborate with hospital and system leadership to integrate Obstetrical and Pediatric best practices and patient-flow strategies throughout the Mount Sinai Health System.

In addition, Dr. Torchen will develop and foster a seamless patient/family experience to provide exceptional care to women and children.

“This is an exciting time for us as we embrace the unique needs of women and children at Mount Sinai. I am looking forward to working with the existing leaders and staff to ensure we continue to provide the best care possible to our patients.”

This year the Mount Sinai Kravis Children’s Hospital will have a dedicated pediatric and neonatal transport team. The core team, comprised of a nurse and a respiratory therapist, will respond to transports within our health system and from hospitals outside the system as well. Complementing the team are nurses who have experience and a passion for neonatal and pediatric transport.

“The ideal patient experience is a priority throughout The Mount Health System and the same holds true for Women and Children’s Services. Nursing leaders representing Women and Children’s Services meet to discuss quality metrics, patient experience, and best practices. Ideas are shared and action plans are created.”

- Dr. Torchen

Since 2009, Dr. Torchen has served as Director of Women and Children’s Services at the Mount Sinai Hospital and Kravis Children’s Hospital at Mount Sinai.

Dr. Torchen received her Doctor of Nursing Practice from Case Western Reserve University in 2015. She attended the Wharton Nursing Leaders program in 2005.

She has been certified by the American Nurses Credentialing Center as a Certified Nurse Administrator for more than 20 years. She received her Master in Science in Nursing from Widener University, and her Bachelor of Science in Nursing from Villanova University.

Nursing Excellence Winner Excerpts

Continued from Page 4

Matthew Gayton, BSN, RN, SICU
Overall Departmental Winner

“The Choreographer Martha Graham said “Where a dancer stands is sacred ground.” I think where a nurse stands must be: sanctuary, protection, safety, and assurance. The polling company Gallup finds that we, nurses are consistently ranked highest on honesty and ethical standards among all professions. In other words, where we stand is trusted ground. To my fellow RNs, know that we truly are the most important person at the bedside. In the words of Schifrin lecturer Dr. Betty Ferrell from City of Hope, “We will do more to help humanity in one week than most people will do in their lifetime.” I didn’t know I was going to be a nurse. But I am so lucky and so privileged to be a nurse today and so thankful for this honor.”

Elizabeth Maclennan, BSN, RNC, NICU
Mary Mendes Award Winner

“I am grateful and fortunate to work in an environment that encourages growth and knowledge. Grace Marin, thank you for your confidence in my abilities. You gave me the push that I needed to go back to school and the opportunity to be part of the NRP program. It is a joy and a privilege to work with such a dedicated and cohesive team. Every day we are amazed and humbled by the resilience and fortitude of our patients and their families.”

Kimberly Zafra, BSN, RN, Rookie of the Year Award

“Growing up my dad would always tell me ‘If you can’t be an ocean, be a river, but be the best river you can be.’ I would brush him off thinking it was just another cliché motivational phrase, but as I’ve grown up, I’ve actually taken it to heart. When I first started working here, I was extremely shy. I wasn’t the biggest or strongest person on my unit. I wasn’t the best at inserting IVs. I wasn’t the most eloquent, but I did everything in my power to use my best qualities, my personal strengths in hopes to be the best nurse that I could possibly be for my patients. And without the constant encouragement and support from 10 Center, I wouldn’t be where I am today. I was able to strive and achieve so much in such little time.”