

MAGNET NEWSLETTER

SUMMER 2017



Reflecting on Nurses Week

By Frances Cartwright, PhD, RN-BC, AOCN

With National Nurses Week 2017 behind us, nurses are experiencing a renewed pride for their chosen profession. Because the theme of the American Nurses Association's (ANA) 2017 Nurses Week was "Nursing: the Balance of Mind, Body, and Spirit," nurses are also more acutely aware of just how important their own health is to both their personal and career success. As the ANA has dubbed this year the "Year of the Healthy Nurse," the annual honorary week (May 8th-12th) focused on celebrating those who lead the charge for health and wellness.

Mount Sinai Hospital celebrated National Nurses Week with numerous activities. All of these activities were focused on bringing honor and recognition to the contributions our nurses make every day to ensure excellent, safe, high quality patient-focused care. These events were also an expression of how we live the principles of our "Relationship-Centered Care, Professional Practice Model," including care of the patient/family, care of self, care of clinical colleagues, care of team members, and care of community. Below are a few examples of how all of our events expressed one or more of the tenets of our professional practice model.

Firstly, our Grand Round's featured Margaret Edson, who presented snapshots from her Pulitzer Prize winning Broadway play Wit. In one vignette, Nurse Susie shared an ice pop with Professor Bearing, her patient who is dying of ovarian cancer. Sharing the ice pop with this very stoic and hard to reach patient somehow starts to break through her tough exterior. Nurse Susie then shares a personal story about her experience with ice pops as a child, somehow transitioning the discussion to Professor Bearing being able to acknowledge her feelings about dying and stating that she wishes to be DNR. This is a very salient example of how our nurses live the first tenant of our practice model in action, "care of the patient." The scene could have been played by any one of our Mount Sinai Hospital nurses who help our patients and their loved ones grapple with difficult physical, emotional, psychological, social, and spiritual challenges every day.

Secondly, "care of the self," the other key tenant of our professional practice model, is essential so that we can restore our own balance and continue to do our important work. While Mount Sinai Hospital offers many resources that help individuals to care for the self, I especially enjoyed sharing a smoothie with several day and night shift nurses during the

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Group photo of the 2017 Excellence in Nursing Practice Awards

Board of Trustees 36th Annual Excellence in Nursing Practice Awards

By Eva Develleres, BSN, RN, CMSRN

"You don't build a house without its foundation. You don't build a hospital without its nurses." – Anonymous

In honor of one of its "foundations," on May 9th the Mount Sinai Health System celebrated the 36th year of its Board of Trustees Awards for Excellence in Nursing Practice. With a spirit of joy and pride, 15 winners were recognized in the Stern Auditorium for their outstanding dedication to their work, love for their patients, compassion towards others, and their spirit of openness and sensitivity. What touched me the most was not their similarity but in their differences—a spectrum of leaders in varying stages of their careers, from novice to longstanding expert, who symbolize Mount Sinai nursing's past, present and future.

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2017 Award Winners

Cynthia Bobadilla, BSN, RN, NICU
 Kerri Biktjorn, BSN, RN, Klingenstein Pavilion 5
 Carol Boyle, BSN, CCRN, CICU
 Elizabeth Cariseo, BSN, RN, CHPN, Palliative Care Unit
 Lydia Creary, BSN, RN-C, Guggenheim Pavilion 10W
 Ruth Directo-Arrezia, BSN, RN-C, Guggenheim Pavilion 9W
 Beata Fanzloch, Rittenberg Cancer Center
 Radley Flores, BSN, RN, Rittenberg Cancer Treatment

Katie Ip, MSN, BSN, RN, Guggenheim Pavilion 9C
 Brenda Luke, BSN, RN, CPAN, CAPA, PACU
 Kenny Ma, BSN, RN, Guggenheim Pavilion 9C
 Dominique Monsegur, BSN, RN, Guggenheim Pavilion 8E
 Carlie Regis, BSN, CCRN, Pediatric Intensive Care Unit

Overall Winner - Agnieszka Mieczkowska, BSN, RN-C
 Honorary Nurse 'Friend of Nursing' - Salvatore LaVecchia

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"Balance of Mind Body and Spirit" event offered during National Nurses Week. The brief mindful yoga sessions also provided reinforcement that Mount Sinai Hospital is committed to providing information and support that is focused on restoring and supporting our nurses quality of life.

Lastly, the third tenant, "care of clinical colleagues," was very obvious when we recognized so many of our own Mount Sinai Hospital nurses during the practice awards ceremony. Fifteen honorees were honored for excellence in nursing practice as evidenced by a comprehensive assessment of each patient's unique needs and the development and implementation of a personalized plan of care to meet those needs. They have excelled at demonstrating relationship-centered care. They have served as role models of professional practice for peers, new employees and students. They have also contributed positively to the professional practice environment.



(Above) Dr. Cartwright participating in a yoga session
(Below) Edgar Cullman, Jr. with overall nursing winner Agneiszka Mieczkowska



I want to thank each and every nurse for the outstanding work that you do every day and for the difference that you make in the lives of our patients and their families. I am very grateful for the opportunity to work with all of you. It's an awesome team.

Dear Readers:

As I reflect on my life, I can't believe how fast the years are passing by. I can vividly remember turning 25 years old, being in graduate school, living a carefree single life, and saying, "Wow. I have lived a quarter of a century." Seems like only yesterday. Now I'm 40-something, married with two small children and 22 years from now, I will be considered a senior citizen. Life is short.

I have learned that it's easy to go through life looking in the rearview mirror, focused on what did not work out, who might have hurt us, the mistakes we have made, and friends and family we have lost. I have learned that as long as we keep replaying the past, we will stay the same. It's time to move forward. And it all begins with moving forward in our thoughts.

In our car, there is a big windshield in the front and a very small rearview mirror. The reason why is because what's happened in our past is not as nearly as important as what is in our future. My dad always says, "Where you are going is more significant than where you have been."

At the start of the day, let go of the disappointments and setbacks from yesterday. How do we let go? Quit thinking and talking about it. When those pictures come up on the movie screen of your mind, change the channel. You have the remote control. The mind is very powerful. When we replay negative experiences, we reopen the wounds and they never heal. My message of inspiration to you is to start every morning fresh and anew. What's done is done. Life is too short and so precious.

With my best wishes for you and those you love,

Carla Alves-Miraldo, RN, MS, MSN, CHPN

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Nursing: The Balance of Mind Body & Spirit

By Sylvie Jacobs, BSN, RN, CHPN and Morgan Meinel, BSN, RN, CHPN

Friday morning of National Nurses Week found many people grabbing a smoothie on their way to work, sleep, meetings, you name it...they were rushing somewhere! A couple of dozen chose to take a few minutes to relax, take a breath and re-connect with themselves. Customized meditation and yoga practices were offered to those who came by Annenberg west lobby that morning. People's tension and stress could literally be seen melting away as they sat, moved and breathed with Morgan and myself. They arrived frowning and taut and left smiling and relaxed, visible proof as to the potential of the pause.



Nurses enjoying smoothies on Friday morning during Nurses Week

This was such a powerful validation of "you can't pour from an empty cup; take care of yourself first." Many of you may have not had the opportunity to participate, did not get a nurses week freebie, or felt the freebie you got was not to your liking. For you, I would say add gratitude practice to your daily pause. The mere fact that your eyes can see these words and your brain can make some sense of them is cause for celebration.

There are many formal resources in Mount Sinai Hospital to support employees, ranging from personal counseling services, mindfulness meditation and yoga classes to name a few.

Please take the few minutes each day to check in with yourself. Relax, clarify your experience and perceptions, connect with your heart's joy and passion, and find the humor and beauty in every little thing. Even in grief, you can find poignant reflection to soothe your heart. Pain is inevitable, suffering is an option. May all beings be happy, well and peaceful. May all beings be free.



Photo by:
Everlasting Photography, Brookfield, CT

Message from the Editor

Board of Trustees 36th Annual Excellence in Nursing Practice Awards

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The winners were surrounded by their colleagues, family, and friends. Among the leaders in attendance were Chief Nursing Officer Frances Cartwright, PhD, RN-BC, AOCN and President and Chief Operating Officer David Reich, MD. They were both joined by Trustee Edgar Cullman, Jr. to honor these nurses in memory of his father Edgar Cullman Sr. – a philanthropist who advocated for nursing and patient care since the founding of these awards.

To highlight several winners:

- Salvatore LaVecchia, VP of Labor Relations/Human Resources was honored the “Friend of Nursing Award” and Beata Fanzloch, received the “Supportive Staff Award” from the Ruttenberg Cancer Center.
- Representing the young nurse leaders of Mount Sinai Nursing were Agneiszka Mieczkowska, BSN, RN-C, from 8 West, who won the “Magnet Nurse of the Year Award,” and Elizabeth Cariseo, BSN, RN, CHPN, from Palliative Care Unit, who won the “Excellence in Nursing Practice Award.” They both began their journey as volunteers at Mount Sinai Hospital before being encouraged to pursue careers in their respective units.
- Joining the cast of new graduates, were Kenny Ma, BSN, RN, from 9 Center, who won “Rookie of the Year Award,” and Cynthia Bobadilla, BSN, RN, from NSICU, who won “Excellence in Nursing Practice Award.” She was the unit’s first ever new graduate hire to win an award.
- Among the established nurse leaders commemorated was Katie Ip, MSN, BSN, RN, who won the “Nurse Leader Award.”
- Radley Flores, BSN, RN, from RTC infusion, is no stranger to winning awards. He celebrated his second win, being honored with the “Excellence in Nursing Practice Award.” His first win was in 2011.
- Ruth Directo-Arreza, BSN, RN from 9 West, won the “Excellence in Nursing Practice Award” in her last month before retiring a 20+ year service at Mount Sinai Hospital. According to many 9 West staff members, “It was the best gift we could think to give her before she left”

In conclusion, what makes great Mount Sinai nurses are their spirit of community, their spirit of compassion and collaboration, their spirit of nursing, and their spirit of the family of Mount Sinai Hospital. Please join me, along with the Board of Trustees and our health system in congratulating and commemorating the contributions of these nurse winners.

Come Out, Outcome; Go In, Ingo - Margaret Edson: Teaching Us the Lessons of *Wit*

By Christine Seidler, BSN, RN

We set the opening scene: Mount Sinai Hospital in the Davis Auditorium of the Hess Building on Thursday, May 11th, noon time. A group of nurses are seated, curiosity piqued about what the Keynote Speaker Margaret Edson - playwright and teacher - will have to say.

Enter stage right: Chief Nursing Officer Frances Cartwright, PhD, RN-BC. She welcomes all to the event and invites President and Chief Operating Officer David Reich, MD, up to the podium to say a few words. Dr. Reich describes the nurses as everyday heroes of Mount Sinai and says that nurses are the “heart and soul” of what it is that takes care of our patients. In addition, from safety, to efficiency, to operations, nurses are the leaders of Mount Sinai, and the role of the nurse is the most critical one in the health system.

Dr. Cartwright then welcomes Margaret “Maggie” Edson, whose play *Wit* - about a literary professor facing the challenges of ovarian cancer - won the 1999 Pulitzer Prize for Drama.

Ms. Edson did not start out as a playwright. She graduated from Smith College in 1983 with a degree in history. After trying many other jobs, she became a unit clerk in an AIDS/Oncology unit of a Washington DC research hospital. Using her experiences in the Oncology Unit, Ms. Edson wrote the first draft of her play in the summer of 1991. Seven years later, it opened in NYC at the MCC Theater before moving to the Union Square Theater. *Wit* is her first and only play. Ms. Edson has since left the stage and now teaches 6th grade Social Studies in Atlanta, GA.

During her keynote address, Ms. Edson shared with the nurses how she has developed a way to handle moments when there is no real word for what she needs to say. Her solution is to practice neology, the creation of new words.

Here is just a sampling of new words that Ms. Edson shared from her personal dictionary:

Ingo: “What can I do?” You can work on yourself, your approach, your presence and clarity of vision, your ability to improvise and to think in the moment. Work on what it is you can bring to an encounter, a relationship, an experience. She describes this as “when the results may be beyond me but the moment is within me.”

Ms. Edson explained that we cannot always control the outcome as much as we may like to think we can, or wish that we could. You can plan a wonderful picnic, but you cannot stop the rain. We can work towards the outcome, but the product is beyond us. Thus, we should stay focused on the process, the journey within us.

Talklusion: “The occlusion of talk.” Those who do not want to talk are often the ones that really need to talk. Our job is to open the atmosphere, find ways to encourage the person to talk.

Specimentality: When we think of someone only as their illness, or as a specimen instead of a person. Examples include thinking of a student as “a B student” or a patient as the “pneumonia in room 21.”

Popsoscopy: The moment that occurs when making a connection opens a world of meaning. It could be just a split second when you find a way to reach each other. Ms. Edson claimed that just two professions have the privilege to achieve this moment: teachers and nurses.

Elotion: Feeling another’s emotion and knowing what to do.

Actresses Cynthia Nixon and Carra Patterson then joined Ms. Edson on an impromptu stage, and with a table doubling as a hospital bed, they showed us what her “words” mean to human interaction. Performing several scenes from *Wit*, Cynthia played the role of Vivian Bearing, a professor of 17th century poetry who is now in the hospital receiving care for ovarian cancer, and Carra portrayed Susie, Vivian’s nurse. With each interaction - retrieving an emesis basin, spending a few minutes talking together, or giving witness and reacting to Vivian’s anger, frustration, or fear, their relationship grew. These scenes showed us what can unfold when you make that connection with another person, when you take the time to see beyond what is being said, and when you know and anticipate what someone needs before they know it themselves. A simple moment when Vivian and Susie shared popsicles to ease Vivian’s throat pain became a revelation of suffering, sharing, acceptance, elotion and popsoscopy. It was seeing a person as their whole human self and knowing how to respond and what to do.

And with that final scene, our curtain closes. After her presentation, nurses gathered around Ms. Edson to share their experiences, to pose for pictures or ask for an autograph, and to comment on what her play meant to them personally and professionally.



From Left to Right:
Margaret Edson, Maureen Leahy and Dr. Frances Cartwright

Breaking the Silence on Ovarian Cancer

By Godsfavour Guillet, RN

The Women's Health Unit, KP4, at Mount Sinai Hospital demonstrated community advocacy for gynecological cancer patients in May. The team representing the gynecology/oncology unit consisted of Dr. Stephanie V. Blank, Clinical Nurse Manager Godsfavour Guillet, KP4 registered nurses, Micaela Cruz and Arlyn Pagala. Armie Pagala, sister of Arlyn, joined the team in support. The group participated in the National Ovarian Cancer Coalition 2017 Run/Walk to break the silence on ovarian cancer. The run/walk, which was a 5k, was held on May 6th at Liberty State Park, NJ and the entrance fee went towards supporting ovarian cancer research.



From left to right: Godsfavour Guillet, Micaela Cruz, Arlyn Pagala, and Armie Pagala

Members of the Mount Sinai Hospital community were invited to attend, and a total of \$811.00 was raised by "Team Mount Sinai" and "Team Godsfavour Guillet". Participants wore a name tag with, "I'm running/walking in honor of..." We filled in the blank with 'Our KP4 Patients'.

Great fun was had by all. I really felt like I was doing something important for the patients I take care of on a daily basis, and I was proud of my team for their enthusiasm and generosity. It was a great way for the staff who care for oncology patients every day to do something different and fun to raise awareness and give money to fund research that would help their current and future patients. There were pamphlets handed out on how to detect gynecological cancers with lists of signs and symptoms to help with self-monitoring.

As a member of the NOCC Medical Advisory Committee, I know it's important to raise awareness for gynecological cancers like ovarian because, unlike breast cancer which is well known, there is a lack of knowledge around ovarian cancer and identification of symptoms and risk factors is poor.

Patient Spotlight: Getting to Know Eleanor Miller

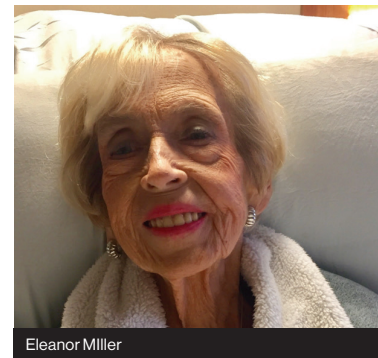
By Morgan Meinel, BSN, RN, CHPN

It is with great joy that I introduce to you Eleanor Miller, fondly known to staff and her loved ones as "Ellie." For a multitude of reasons, Ellie was chosen for this issue's Magnet newsletter 'Patient Spotlight' at Mount Sinai Hospital, and it is truly an honor to be able to share her story with you all.

There is no doubt that whoever walked into Ellie's room was immediately invited in with a smile and expression of gratitude. Her room was often a place of peace and sanctuary for anyone who had the good fortune of entering it. Ellie was always smiling. Balloons, cards, books, paintings, and an array of beautiful flowers surrounded her in her hospital room. Ellie was always kind enough to invite the staff members of the Palliative Care Unit to sit down with her and spend quality time, and they never left her room quite the same.

Ellie would share with us many valuable life lessons and stories. One of my favorites is an experience she had at Mount Sinai Hospital, while visiting her husband, Bob. As she was purchasing coffee for herself and family, a Starbucks employee immediately recognized her and told her that she was his favorite customer (which of course is no surprise to us!). When Ellie asked why, the man replied, "Because you spoke to me." As Ellie was recounting this story, she had tears in her eyes. She was grateful for the man's kind words and reflected on how essential it for us to just simply be kind to one another.

Ellie had a way of positively influencing those around her by reflecting on just how precious life is. Ellie often spoke lovingly of her family and how incredibly special they are to her. When asked what keeps her inspired and positive each day, she responded with, "The love that I see surrounding me. The love of my daughter, love of my son, love of my husband, and love of my grandchildren. I am overwhelmed by the generosity and care they have shown me. It is so



Eleanor Miller

meaningful. If you just permit yourself to be open, you can allow yourself to be whatever you want to be...if you just give yourself a chance."

Ellie shared with me that she and her husband were in love at first sight. The first night that she met him, she shared with her Mom that she had met the "most wonderful man." She described her husband as a very good man, with whom she felt very fortunate to have shared a life.

Ellie's son, Christopher, spoke of how devoted and loyal Ellie is to his Dad. Ellie has been an incredible support to Bob, through his own health challenges in recent years, often sitting at his bedside night and day to keep him company. Ellie and Bob's marriage has been one of devotion, unconditional love, and support. Each morning on the Palliative Care Unit, Ellie would call Bob to tell him she loved him and wish him a good day.

Ellie then reflected on what a positive and powerful influence her parents have had on the way she lived her life. Coming from a very modest upbringing, Ellie's father Adolf and mother Alice, managed to make do with whatever they had. Although they did not have much material wealth, they had hearts of gold and would always extend generosity and kindness to others. Ellie expressed that her parents have been a strong inspiration to her and for all of her life she has tried to live up to the same standard of being kind and warm-hearted to others, helping in whatever

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Learning from Each Other: Nurses Week Poster Session

By Stephen Ryan, BSN, RN, MSW, CHPN

One of the many events surrounding National Nurses Week was the 21th Annual Poster Session held in the lobby of the Guggenheim Pavilion at Mount Sinai Hospital. Nurses throughout the health system came to display their posters and discuss topics including best clinical practices, quality improvement strategies and patient comfort and safety. This forum created an opportunity for nurses to share information between hospitals across the health system.

Nurses from Mount Sinai Queens, NY Eye & Ear, Mount Sinai Beth Israel, and Mount Sinai Hospital were represented in the session. The topics covered were broad ranging with practical implications for practice within

the framework of shared governance, safety, patient experience, infection control, quality improvement, evidence based research, workflow, communication, and education.

To highlight one of the many outstanding posters, nurses from Mount Sinai Queens' emergency department presented a model they developed for successful huddles that is interdisciplinary rather than discipline specific ("Huddle: Use of Structured Interprofessional Team Communication To Support Culture of Patient Safety, Teamwork, and Coordination of Emergent Care in Community-Based Emergency Department"). The authors presented a step-by-step guide to create and implement a successful interdisciplinary huddle. What is so beneficial

about this poster is that the model can be easily tailored to apply to almost any care setting. Melanie Droz, a co-author of this poster, noted the team communication as the most substantial benefit of this practice, stating, "As we effectively communicate with the interprofessional team at our designated times we promote a culture of patient safety that allows an improved daily workflow, care coordination, team communication and overall excellent patient experience."

The applicability of all of the presented posters to other care settings, between specialties and across the health system, is reflective of the spirit of collaboration and collegiality that nurses week embodies.

Nursing Excellence Award Recipient Speech Excerpts



Brenda Luke, BSN, RN, CPAN, CAPA

"I am the third of fifteen siblings and the first to migrate from Guyana to the USA. I graduated from LIU in 1980 and came to Mount Sinai Hospital. Here is where I learned the true meaning of excellence in nursing practice.

I was blessed to work with Patricia Liang in the PACU for seventeen years. She was exceptional. She was the calm in the midst of chaos. She was very generous and when she worked on the weekends, she made yogurt pie for everyone. I still wish to get that recipe. We honor Patricia for the excellence she brought to the PACU. I thank my colleagues and the Nursing Recognition Committee for choosing me for this prestigious award."



Carol Boyle, BSN, RN

"I am so humbled to be recognized for something I truly love to do. It is beyond my expectations. As much as I appreciate this award, and as grateful as I am to receive it, the greatest reward I have ever been given, is to help patients and their families recover from serious illness. I would like to

thank some of the people who have made it possible for me to achieve this award. Thanks to the Nurse Recognition Committee, Dr. Davis, Dr. Reich, Dr. Beth Oliver, and my very good friend Ellen Hughes. I have enjoyed a 39 year career here at Mount Sinai Hospital, most of it spent in the CTICU, which I think is the best ICU in New York, perhaps the whole country. My longevity at Mount Sinai Hospital would not have been possible without all my coworkers, the RNs, the PCAs, the BAs, the SAs, the MDs, and the PAs. I want to thank my amazing family. My niece Kelly has just started her nursing career here at Mount Sinai Hospital in the NICU. I can only hope she has half as wonderful and rewarding career as I have had here at Mount Sinai Hospital. It is truly a wonderful place to work."



Lydia Creary, BSN, RNC

"I'm truly humbled and honored to be getting this award. Nursing is my passion and purpose and I'm so grateful to be working at this institution for 18 years. I'm grateful to my A plus team and work family on 10 West and all of the people who have nominated me. Thank you to all the RNs,

PCAs, BAs, SAs, SWs, administrators, Clinical Coordinator Gina Phillips, Nurse Educator Emma Rafol, Assistant Director of Nursing Nicole Wells, my past Clinical Nurse Managers Marjorie Byfield and Illya Evangelista for supporting and believing in me. I wouldn't be getting this recognition without all of your love and support. I love and appreciate all of you.

Thank you to my amazing leader and Clinical Nurse Manager Suzanne Cushine who has been a motivator and a supportive mentor to her staff. You inspire and encourage your staff to grow professionally. You are the quintessential supervisor that any staff could ask for. You are a blessing of our unit. I want to thank my family, Margaret, Andrea and Oniel for your prayers, love and steadfast support over the years. I couldn't have done it without you all. I will continue to do my best."

Celebration and Appreciation on the Menu

By: Kimberley Ennis, DNP, ANP-BC

Each year, Mount Sinai's leadership, the Magnet Committee, and the Recognition Committee inaugurate the celebration of National Nurses Week by hosting an Appreciation Breakfast to celebrate Mount Sinai nurses' immeasurable contribution to the nursing profession. On Monday, May 6th, 2017, from 6:45am-9:00am hundreds of nurses from various departments and shifts streamed into the Annenberg west lobby to upbeat music and warm greetings from the dedicated members of the Nursing Recognition Committee.

The lobby's entrance was decorated with poster boards highlighting several nurses and nursing leaders from different departments. These nurses

"It's great to feel acknowledged and the annual breakfast is always a great way to start nurses week. It serves to set the tone for the week's activities."

were recognized and honored for their excellence in nursing practice. Nurses enjoyed getting their picture taken with a giant size superhero poster board themed "What's your superhero?! Mine is nursing." Nurses also enjoyed writing thank you messages to their units and individual nurses on the "Thank a Nurse Today" message board.



Nurses celebrating at the Nurses Week Breakfast event, taking photos in the Superhero photo booth and at the "Thank A Nurse" Message Board



The breakfast area had a table from the ICARE team and a fluid resistant antimicrobial scrub vendor who gave nurses the chance to enter and win a prize. Nursing leaders were draped with serving aprons and serving gloves as they stood behind the trays of hot food with smiles and wishes of "Happy Nurses Week." Nursing leadership was thrilled to serve plates of hot food to each nurse. The morning continued with echoes of laughter, happy smiles from nurses enjoying the celebration. The nurses thoroughly enjoyed the time spent having breakfast with their peers. Chief Nursing Officer Dr. Frances Cartwright also joined the celebration and made her way across the lobby and around the breakfast tables to greet and thank nurses for their hard work, compassion, and dedication to patient care. Dr. Cartwright took pictures and interacted with the nurses.

Shirin Agay, a Mount Sinai RN of 15 years, was asked what she felt about the celebratory breakfast. "It's great to feel acknowledged and the annual breakfast is always a great way to start nurses week. It serves to set the tone for the week's activities. However, the best part of the breakfast for me is the brief moment I spend enjoying a meal with my colleagues and knowing that they appreciate each other's hard work and dedication."

The event was a great start to National Nurses Week and a wonderful reflection of Mount Sinai's spirit. It was a morning filled with appreciation, joy, celebration, comradery and another year of memories. Nurses form the backbone of healthcare and are heroes in disguise, and the annual seven-day celebration will never be enough to show appreciation. The breakfast just serves as a small gesture of gratitude for the work that is simply immeasurable.

Nurses Week Raffle Winners

Starbucks Gift Card	Oscar Abarento	Michael Kors Bag	Mina Song
Bicycle	Stephen Ryan	Uniform Gift Certificate	Zunilda Vargas
Starbucks Gift Card	Kerane Brown-Providence	Yoga Mat and Blocks	Josephine Hernandez
Bliss Gift Certificate	Mark Anthony Estaban	Bookstore Gift Certificate	Margaret Kraus
Stethoscope	Antoinette Lowe	Wit Signed Copy	Helen O'Keeffe
Aroma Diffuser	Gail-Luz Luzuriaga	Bookstore Gift Certificate	Elsie Reyes
Magic Bullet	Valerie Tambe	Citi Bike Gift Certificate	Linda Sobers
Starbucks Gift Card	Lystra Wiltshire	Starbucks Gift Card from TIAA	Joseph Thomas
FitBit	Carolyn Stephenson		

Talking About Incontinence-Associated Dermatitis and Moisture Associated Skin Damage

By Sylvie Jacobs, BSN, RN, CHPN



Dr. Mikel Gray

On May 3rd, Mikel Gray, PhD, FNP, PNP, CUNP, CCCN, FAANP, FAAN, a professor from the University of Virginia's Department of Urology, School of Medicine, Department of Acute and Specialty Care and School of Nursing, lectured with great enthusiasm and passion about Incontinence-Associated Dermatitis (IAD) and Moisture Associated Skin Damage (MASD) Prevention, Treatment and Evidence Based Practices. IAD results after irritating moisture causes inflammation, erosion and can result in bacterial (coliform) or fungal (candidiasis) infection. Loose, liquid stool is especially powerful in "eating" away skin with its lipases and proteases.

Pulling up patients in bed adds friction resulting in shear

and further skin damage.

Dr. Gray, or "Mikel", as he referred to himself, pointed out that scrubbing with soap and water damages fragile skin. He presented a study that showed that soft, pre-moistened washcloths impregnated with a skin protectant (dimethicone) reduced IAD prevalence and severity. He emphasized how preventing IAD can prevent pressure ulcers that originate from the top down. The use of barrier devices such as rectal seals prevent skin exposure to liquid stool. Educating and supporting our PCA staff to gently cleanse and moisturize perineal areas and to report redness and irritations are vital to our Pressure Ulcer Prevention (PUP) efforts.

Dr. Gray concluded by reiterating that to prevent pressure ulcers we need to prevent IAD and to prevent IAD we need to keep the skin gently cleansed, protected and moisturized. He went on the say that caring for patients means caring for all parts of them, including their skin. Diligent turning and repositioning will protect areas over bony prominences. In addition, Dr. Gary said that incontinence is an equal risk factor for pressure ulcers as immobility. Therefore, gentle cleansing, protecting and moisturizing skin exposed to urine and feces will decrease IAD prevalence which will, in turn, decrease pressure ulcers. Working together we can help our patients have the best outcomes.

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ways she could. She described her parents as selfless and loyal, qualities that she, too, very evidently embodies.

Perhaps having such beautiful role models as parents was one of the reasons Ellie decided to become an early education teacher. Ellie recognized from the very beginning of her career that so many of the children she taught had special needs, and throughout her life she dedicated much time and devotion to creating an environment for her students that was equally as supportive as it was empowering, loving and caring. Anyone can tell immediately that Ellie had an essence about her that was nurturing, caring, and inspiring. Ellie also spoke of how much she loved working as a teacher in NYC, where she had the opportunity to meet people of many different cultures. She loved merging and sharing different viewpoints, which was an avenue of give and take – learning and enriching each other's lives through the unique differences of her and her students.

As our interview was coming to an end, I asked Ellie if it would be possible for her to share one bit of wisdom that has guided her throughout her lifetime thus far. She responded with, "Always hold close your nearest and dearest family because the joy they give to you is the joy that you reflect back to them...and each day that goes on, your life becomes more enhanced, more meaningful." Each and every one of us can certainly benefit and gain from Ellie's wisdom and kind heart.

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Nursing Excellence Award Recipient Speech Excerpts

Agneiszka Mieczkowska, BSN, RNC

"I am proud, honored and overwhelmed to be named the recipient the first Mount Sinai Hospital Magnet Award. However, I am accepting this award on behalf of all the Magnet nurses at Mount Sinai Hospital. We are all in this together and together we will continue to work and sustain those qualities that represent a Magnet Institution.



The five Magnet components are the forces and drivers of our practice. Our nursing leadership has given us the opportunity to work within this framework to become change agents no matter where we practice. We need only to take advantage of the riches we have at Mount Sinai Hospital. I am especially proud to have been a part of the Magnet journey from 2004 to present and I wish to continue on this journey throughout my career at Mount Sinai Hospital."

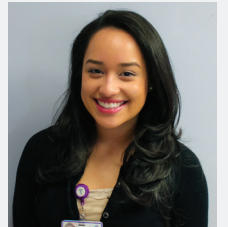
Dominique Monsegur, BSN, RN

"I am so humbled, honored and grateful to be standing here in front of all of you receiving this prestigious nursing award. I would like to thank my family, Clinical Nurse Manager Megan Valvano, Clinical Coordinator Brianna Rush, Assistant Director of Nursing Nicole Wells, 8 East RNs, PCAs, BAs, PAs, SWs, PTs, and SAs. To be recognized for something that I loved to do is beyond expectation. I would not be here today without the support and inspiration of my family and colleagues."



Cynthia Bobadilla, BSN, RN

"I would not be here without the overwhelming support, teaching, and encouragement from Dr. Errol Gordon and Dr. Neha Dangayach; my leader and Clinical Nurse Manager Elka Riley; my Nurse Educator Golda Boahene-Nartey, and former Nurse Educator Susan Nevins; and our incredible multidisciplinary NSICU team. I would also like to thank my former Clinical Nurse Managers Mignon Guishard-Pole and Sonia Nelson for putting their faith in me and giving me the opportunity to work with this excellent, never-settling team.



When I became a patient in this hospital. Your hard work and perseverance was not only evident to me, but to my family. Words cannot describe the beauty behind the attention and care I received. Mount Sinai nurses bring life and color to the words 'compassion,' 'relationship-centered care,' and 'teamwork.'

To my fellow nurses receiving this award, congratulations! We are part of the greatest team and health system, making a difference for our patients, their families, and our community. I couldn't be more honored to be a Mount Sinai Nurse." I share this award with the Mount Sinai Hospital nursing community. This award is a reflection of you.

Kerri Biktjorn, BSN, RN

"I want to thank my Clinical Nurse Manager Ann Clampet, our Labor Management Consultant Regina Censullo, and my amazing coworkers on KP5. Together, we have worked extremely hard implementing Purposeful Hourly Rounding on our unit and I am so proud of our success!"

