

Nursing

FOR HARTFORD HOSPITAL NURSES AND ALUMNAE OF THE HARTFORD HOSPITAL SCHOOL OF NURSING

AUTUMN 2012





On the cover:

Jenifer Ash, APRN, MPH, clinical nurse specialist for medical nursing.

This page:

Lauren Baltrucki, RN; Stephanie Wills, RN; Martin McDonald, RN; and Agnes Reynolds, RNC, BSN, participate in emergency skills competency training in the simulation lab at the Center for Education, Simulation and Innovation.

Photos by Lanny Nagler

Hartford Hospital Nursing

For Hartford Hospital Nurses and Alumnae
of the Hartford Hospital School of Nursing

Volume VIII, Issue 2, Autumn 2012

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**Hartford
Hospital**
A Hartford HealthCare Partner

Nursing

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The Core of Our Care

When patients think about hospitals, the image of a nurse and the care and compassion he or she provides invariably comes to mind. Nurses are the core of the care we deliver. They often are closer to our patients and our patients' families than any other caregivers and represent to them what we stand for as a hospital.

We believe that what Hartford Hospital stands for is excellence—excellence that is reflected in our values, which are the foundation of our culture. Our values of integrity, caring, excellence and safety shape our environment and direct us in how we approach our work every day. Our values also help patients, their families and our community members know what to expect from us. They can expect to receive the right and best care in the most compassionate and safest way. This is what all of us work toward every day through H3W and what nurses reflect as they deliver care.

This issue of *Nursing* magazine highlights some of Hartford Hospital's accomplishments in nursing in terms of our values and includes stories about nurses who exemplify our values and serve as outstanding examples for all of us. Our values truly are the foundation of our work and our continuing journey to become one of the top medical centers in the nation. Thanks to our nurses—as you will read in this issue—we are taking giant steps on that journey.

Jeffrey A. Flaks
President and Chief Executive Officer



Achieving Balance

It would take a much larger magazine than this one to highlight all the examples of the phenomenal work done by the front-line nurses of Hartford Hospital this year. But the stories you'll read here provide good examples of how, by exemplifying our core values, nurses make a difference in patients' lives every day.

When I think about our values, I see them in terms of the art and the science of nursing. Integrity and caring relate to the art of our profession—listening to our patients, advocating for them, and treating them and their families with sensitivity and compassion. Excellence and safety, on the other hand, suggest the science of nursing—the application of evidence-based practice, the focus on patient outcomes and the rigorous pursuit of continuous improvement. Both the art and the science are indispensable to superb nursing care. As with most things in life, our goal as nurses is to achieve balance—meeting unique human needs while consistently employing the best practices known to our profession today.

This year, we took steps to further strengthen the science of nursing at Hartford Hospital, and we'll continue that process in the year ahead. We do this for just one reason: to achieve the best outcome possible for every patient whose life we touch.

Cheryl Ficara, RN, MS, NEA-BC
Vice President, Patient Care Services



Nursing News & Notes

We Congratulate These Hartford Hospital Nurses on Their Recent Achievements

Advanced Organ Support/Transplant

Brenna Earle, APRN, MSN, graduated from Quinnipiac University, May 2012.

Emergency Services/LIFE STAR

Sarah Bradbury, RN, received her BSN.

Laura Thomasson, RN, became a Certified Flight Registered Nurse.

Isabella Veillette, RN, obtained her CEN.

Medicine, Oncology, IV Therapy

Ruth Amador, RN, earned her BSN.

Danette Alexander, RN, BSN, MSN, NEA-BC, appointed nurse director.

Lanetta Gann, RN, earned certification in gerontology from SNCC.

Kaitlin Olson, RN, earned certification in med-surg.

Marlene Silvis, RN, MPH, OCN, GI Oncology Nurse Navigator, passed the certification exam for Hospice and Palliative Nurses.

Claire Williamson, PCA, became a Certified Hospice and Palliative Nursing Assistant.

Neuro-Trauma Intensive Care Unit

Susan Clark, RN; Stefanie Denis, RN, BSN; Ashley Didonna, RN, MS, MPH; and Jessica Smith, RN, BSN, earned CCRN certification.

Jarad Goldberg, RN, BSN, earned his CEN.

Nursing Administration

Susan Gallagher, RN, received her master's degree in nursing education, earned certification from the End-of-Life Nursing Education Consortium and the Simulation Innovation Resource Center and made a poster presentation at the University of Hartford in May on Using Simulation to Educate Nursing Students on Peri-Death Scenarios.

Sue Williamson, RN, MHA, MS, NEA-BC, graduated from the University of Connecticut acute care APRN program and was awarded the Sigma Theta Tau International award for nursing scholarship and leadership.

Psychiatry

Ellen Blair, APRN, NEA; Karen Larsen, RN; and Cynthia Belonick, APRN, contributed a chapter, The Patient in Pain, in a book entitled *Inpatient Psychiatric Nursing: Clinical Strategies and Practical Interventions*. With others, they contributed a second chapter entitled Management of Barriers to Being Therapeutic.

Ellen Blair, APRN, NEA, published an article on Understanding Depression: Awareness, Assessment, and Nursing Intervention, in the *Clinical Journal of Oncology Nursing*, 16 (5), 1-3.

Ellen Blair, APRN, NEA; Bonnie Szarek, RN; and Stephen Woolley, DSc, in collaboration with Theodore Mucha, MD; Olga Dutka, MSN, MBA; Harold Schwartz, MD; and John W. Goethe, MD, gave a poster presentation on Variables Associated with Falls among Psychiatric Inpatients: The Institute of Living Falls Intervention Initiative, at the annual meeting of the American Psychiatric Association.

STAR Team

Amanda Hall, RN, earned her APRN and passed her board examinations.

Mari Scalesse, RN, obtained CCRN.

Surgery/Wound Care

Lisa Q. Corbett, APRN, CWOCN, was an invited oral presenter of *Far from Zero: Measuring Actual Occurrence of Hospital Acquired Pressure Ulcers in Acute Care* at the Symposium on Advanced Wound Care in April 2012. She was appointed Nurse Member, Curriculum Committee for the American College of Wound Healing and Tissue Repair (ACWHTR) and was the advanced practice nurse representative at the first Patient Centered Wound Outcomes Summit held at the ACWHTR meeting in Chicago, Ill., July 2012. She was an author of the Association for the Advancement of Wound Care Venous Ulcer Algorithm, which was accepted for publication on the Agency for HealthCare Research and Quality National Guidelines Clearinghouse website, www.guidelines.gov, August 2012. She was also a finalist in the Spectrum (Nurse.com) New England Region for her contribution to inpatient clinical care, May 2012.

Women's Health

Susan Ekwall, RNC, BSN, became unit leader for N6.

Jennifer Moller, RN, received her MSN.

Denise Puia, RN, had a manuscript accepted to MCN. It is entitled A Meta-Synthesis of Women's Experiences of Cesarean Birth and will be published in the January/February 2013 issue.

Lauren Rosario obtained her RN-MSN.

Noraliz Santa-Grondin, RN, earned her BSN.

Joanne Auger, RN, MSN; Deborah Gingras, MS, RN, CSN; Carolyn Bauer, RN; Elizabeth Brinkley, RN; Mary Ekwall, RN; Hattie Grant, RN; David O'Sullivan, PhD; Tanya Riddick, RN; Megan Ruppenicker, RN; Theresa Schneider, RN; Michelle Walsh, RN; and Sara Young, RN, MSN, won a prestigious award for their poster presentation at the 2012 Association of Women's Health, Obstetric and Neonatal Nurses Conference.

Joanne Auger, RN, MSN, and Deborah Gingras, MS, RN, CSN, published "Fall Risk Prevention in Postpartum Patients" in the *AWHONN Special Issue: Convention Proceedings*, June 2012.

Congratulations to those who earned nursing degrees.

Kylene Fritsch, Suzana Qeriqi, Amanda Daley, Angela Massa, Brittany Menta, Christina Camp, Christine Tetreault, Joanna Ryan, Morgan Denno, Sharisse Ziomek, Melissa Brousseau, Ruekia Serrano, Michael Stowe, Sarah Levick, Kim Silverman, Hannah Staffaroni, Melissa Regan, Sarah Napolitano, Jennifer Andrews, Lindsey Brunick, Jennifer Bergeron, Lucie Ping, Abby Baecker, Kayla Lunt, Marcin Wozniacki, Katherine McGuire, Michelle Martins, Shoushounova Dallas, Christine Sutay, Amanda Sullivan, Anna Petrowski, Monica Moquin, Marissa Wnuk, Juan Maldonado, Cristina Scalise, Brittany Dumont, Mary Fearon and Sara Silva.

Living the Values

Jenifer Ash, APRN, MPH, exemplifies the values that distinguish Nursing at Hartford Hospital.

Jenifer Ash, APRN, MPH, received a singular honor this year when she was named the New England winner of Nursing Spectrum's 2012 Nursing Excellence Award for inpatient clinical nursing. But she's quick to point out that the credit is not hers alone.

"It's all about teamwork and collaboration," Ms. Ash says. "The only way any of us, including the patient, succeeds is through teamwork and collaboration—through problem-solving, listening, respecting everyone's contribution, keeping an open mind and integrating evidence-based practice into daily best practice."

Ms. Ash, the clinical nurse specialist for medical nursing, works in partnership with the Department of Medicine and is team leader for the APRN team. She says she is always mindful of Hartford Hospital's core values—caring, safety, excellence and integrity—as she marshals the talents and insights of colleagues to make a positive difference in the lives of patients and families. Continuously improving care and the patient/family experience involves change, and Ms. Ash says she finds her motivation in "seeing the favorable impacts of changes."

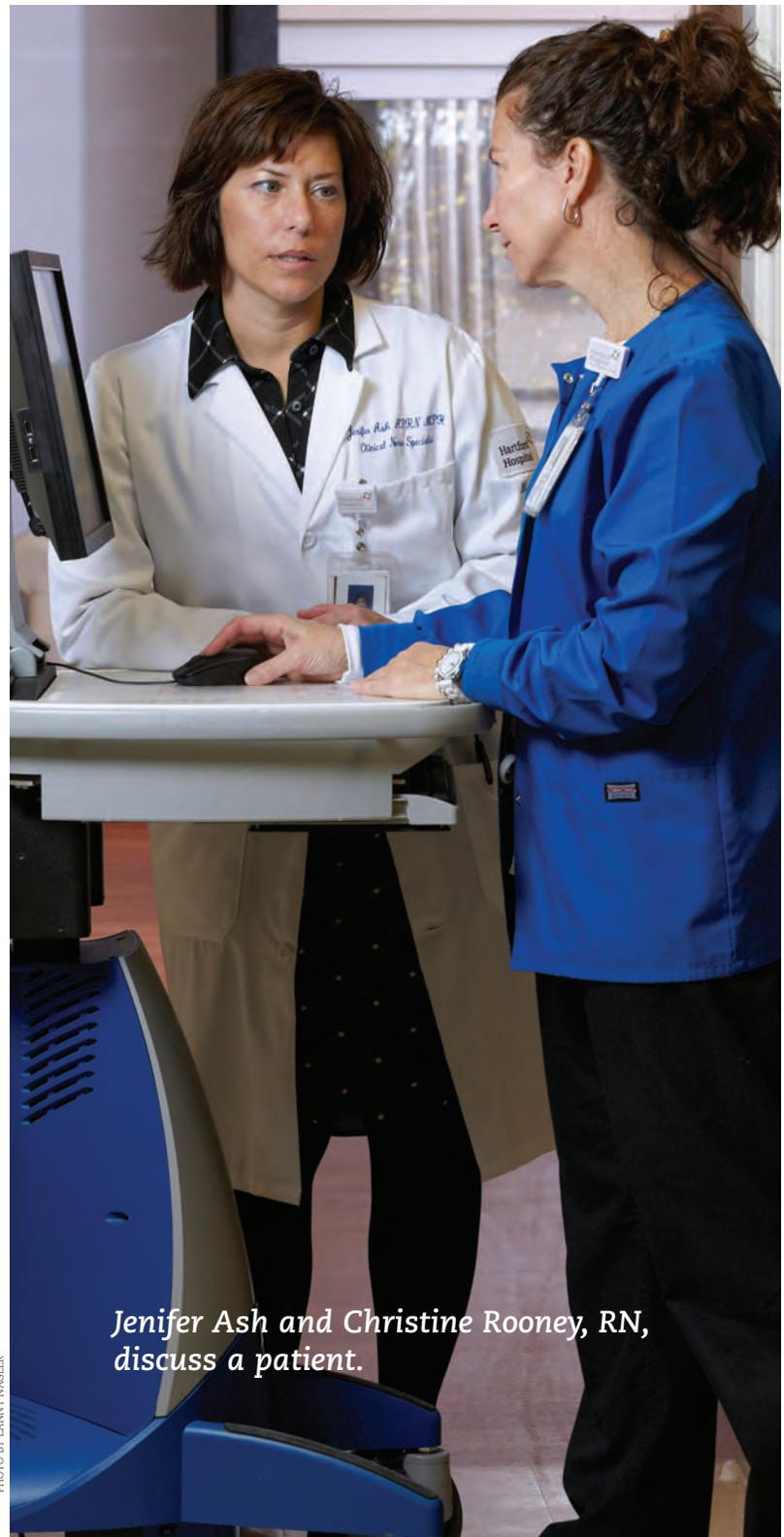
"Seeing patient outcomes improve, seeing teams grow, seeing nurses grow professionally and personally—I find that very motivating," she says. "We're always in pursuit of making things better. It's not OK to be just OK. We need to seek improvements to meet the changing needs of health care and the diverse population we serve."

A great nurse, Ms. Ash says, is one who "puts the patient at the center of decision-making." This is certainly true of her. In nominating her for the Nursing Excellence Award, her colleagues wrote: "Jenifer Ash is a superbly effective leader in nursing at Hartford Hospital. She consistently places the patient at the center of any initiative or intervention. She maintains a vigorous commitment to excellence in everything she does."

Wide-Ranging Role

Ms. Ash is an integral part of the department's leadership team, which includes Michael Davis, RN, BSN, MBA, Michael Lindberg, MD, and Ajay Kumar, MD, as well as nurse managers, educators and APRNs.

As team leader, Ms. Ash is very involved in clinical care, working with her colleagues to optimize patient care and constantly considering the medical needs of



Jenifer Ash and Christine Rooney, RN, discuss a patient.

PHOTO BY LANNY NAGLER

patients. She leads the inpatient glycemic task force focused on the needs of diabetic medical patients and chairs some of the pneumonia readmission committees. She heads the department's health care team, which aims to ensure the use of evidence-based practice. With Dr. Lindberg, she co-chairs the department's H3W team.

Providing excellent care—and maximizing hospital efficiency—means ensuring that patients advance appropriately through the process of care and not have unnecessarily long lengths of stay. To this end, Ms. Ash was instrumental in instituting multidisciplinary clinical progression rounds several years ago. Today, with her physician partners, she is spearheading the process of integrating physicians into this model.

Experienced in care of patients with cystic fibrosis, Ms. Ash works closely with the CF team. She is part of an inpatient task group made up of nurses, patient care assistants and patients. The group aims to identify and meet the needs of CF patients. “We developed a self-management protocol to empower patients to transfer from the hospital to the home setting and be proficient in what their home regimen is in terms of medications and therapies,” she explains. “We start that here and help them take control of their disease and be proactive.”

Under Ms. Ash's leadership, Hartford Hospital's inpatient pneumococcal vaccination rates have risen to top- or near-top-decile levels. She was recently asked to speak at a national conference to share with others how this was achieved.

In the Community

Ms. Ash's positive influence goes beyond the hospital walls. She annually leads the collaboration between the hospital and the City of Hartford to support influenza and pneumococcal immunization clinics. She and other volunteers go to soup kitchens, shelters and other locations to provide vaccinations to underserved members of the community. She volunteers at the city's annual health fair, collaborates with local universities in their community outreach programs and serves on several health-oriented boards.

Personal and Professional Growth

A Massachusetts native, Ms. Ash received her BSN from Boston College in 1993 and her MSN and APRN from the University of Connecticut in 2002. She went on to earn a master's degree in public health at the University of Connecticut Health Center in 2005 to gain a better understanding of chronic disease management and factors contributing to healthy communities. With one brief exception, Ms. Ash has been with Hartford Hospital since 1996.

She continues to learn every day, both from colleagues and others. “My patients have taught me some of my greatest lessons along the way,” she says. “They've helped me grow.”



PHOTO BY LANNY NAGLER

Jenifer Ash meets with other members of the Department of Medicine's leadership team: Michael Davis, RN, BSN, MBA; Ms. Ash; Michael Lindberg, MD; and Ajay Kumar, MD.

• INTEGRITY

Doing What's Best for Living Donors

Donating a kidney is an incredible gift, one that can save the life of another human being. But for the living donor, it is a profound decision with physical, financial and psychological implications. Donors must be comfortable with their decision, understand the risks and effort involved, and receive support every step of the way. At Hartford Hospital, Coleen Smart, BSN, RN, and Audrey White, RN, CDE, are dedicated to making sure we always do the right thing for every potential donor.

As the living donor coordinator, Ms. Smart works with each potential donor from the earliest inquiry through evaluation by a multidisciplinary team and ultimate surgery, then follows up with them for two years after surgery. She educates potential donors, making sure all their questions and concerns are addressed.

"Each donor is unique," Ms. Smart says. "I work with each of them one-on-one to determine what the right thing is for that particular donor."

Ethical issues in transplant abound: Is the donor being pressured to donate? Does the donor have concerns they would prefer to share only with a health care provider? To ensure the highest level of protection for the donor, Audrey White serves as the independent living donor advocate. An experienced



Audrey White, RN, CDE, at left, and Coleen Smart, BSN, RN, talk with a potential donor.

transplant nurse who now works in diabetes education, Ms. White is not connected to the transplant program in any way. This helps ensure integrity, because her intervention focuses on the donor, not the recipient. Mindful of transplant ethics, she makes sure donors are making their decision freely and with a thorough understanding of its ramifications. She visits them after surgery to find out if the experience was what they expected and to provide ongoing support.

Hartford Hospital is one of the only transplant programs in the region that has a transplant coordinator dedicated exclusively to living donors. The living donor advocate role takes our ethical obligation to do the right thing to the next level.

"Having a truly independent living donor advocate adds another layer to the integrity of the transplant program," Ms. White says. "As nurses, we always want to do the right thing for patients, and this is a tremendous way to do that."

A Model for Nursing Practice

At the July combined Nursing Council meeting, nearly 100 Hartford Hospital registered nurses began the process of creating a nursing practice model for Hartford Hospital. The development of the model is one of the items on Nursing's balanced scorecard for this year.

Why create a nursing practice model? "The model provides a framework by which nursing care is

delivered," explains Mary Kate Parker, RN-BC, MS, one of the many nurses participating in the process. "By developing a nursing practice model, we ensure that our practice is consistent across all specialties, practice variations are minimized and goals are clearly defined."

Once the initial group identified essential elements of the model, a subgroup of 15 nurses from various specialties continued to work on it and have completed a draft. The

hospital's core values—integrity, caring, excellence and safety—form the foundation and "enhancing the human health experience" is at its core. Main features relate to the science, art, ethics and advocacy of nursing as a profession.

"The model continues to evolve," says Ms. Parker. "Numerous people have contributed their ideas and insights, and we welcome others who would like to take part."

• EXCELLENCE

Simulation Promotes Competence

2012 marked a significant shift in how a nurse's competence with emergency skills is evaluated at Hartford Hospital. Competency is now evaluated in a way that more closely resembles real-life situations: using the high-tech simulation manikins at Hartford Hospital's Center for Education, Simulation and Innovation (photo, inside front cover). In taking this almost unprecedented approach, Hartford Hospital is forging a new path for nursing education in hospitals.

Teams of nurses are tested by responding to the pre-programmed manikin's "cardiac arrest." The manikin responds as a real patient would, and its software generates data on the nurses' performance as it relates to timeliness in calling for help and initiating CPR; rate and depth of CPR compressions; ventilations; and defibrillation.

"In addition to these skills, we can now evaluate nurses' abilities to work as a team and to give constructive, timely feedback during a critical situation," says CESI Nurse Educator Liza Nowicki, RN, MSN. "We had not been able to evaluate that with the previous validation format."

Many nurses say the training is more meaningful to them. Even those whose teams didn't perform optimally are glad to have had this realization with the manikin rather than a real patient.

"We're trying to get folks to think in terms of the patient's outcome and get away from the individual nurse's knowledge of what to do," says Ms. Nowicki. "Many nurses can independently perform a skill, but we want to test a team's ability to ensure all the right and safe things are done for our patients during these high-risk situations."

Over the past year, a team of Hartford Hospital nurses conducted a pilot research project on the effect of therapeutic activities on agitated patients. Their findings revealed vital new information that will affect practice hospital-wide and brought them national attention.

The Therapeutic Activity Program—or TAP—was spearheaded by Patricia Veronneau, RN, BSN, MSN. She conceived the idea after hearing comments in H3W meetings about continuous observation. Staff were concerned that "sitters" were not sufficiently engaged. Sitters said continuous observation meant long hours with little to do. Ms. Veronneau wanted to see if engaging sitters and patients in individualized therapeutic activities could resolve those issues while benefiting agitated patients. She assembled a team that included former STAR Team Manager/Educator Karyn Therrien, RN, MSN, Geriatric Nurse Practitioner Christine Waszynski, RN, MSN, GNP-BC, and three STAR Team PCAs and nursing students, Melissa Brousseau, Sarah Levick

PHOTO BY LANNY NAGLER

Therapeutic Activity Gets Results



Sarah Levick, RN, engages in a TAP activity with patient Virginia Jedziniak.

and Angela Massa. All three students have since graduated and are now RNs at Hartford Hospital, on CB5, N12 and B9E, respectively.

The team obtained a cart through Perioperative Services and stocked it with various activities, such as checkers, playing cards, stuffed animals and CD players. They researched the literature and developed a Personal Approach Form to gather information about the patient's interests. They measured each patient on the Agitation Behavior Scale before, during and after the individualized therapeutic activity.

The results were impressive. Seventy-three percent of patients had decreased agitation scores during the activity, and 64 percent maintained the increased calmness for several hours. Improvement in patients' behavior brought positive comments from patients, families and staff.

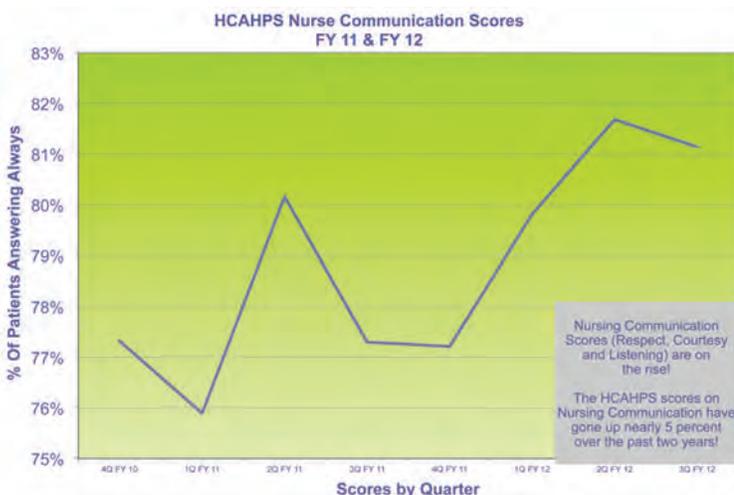
The TAP team won Hartford Hospital's Full Circle Award. They also presented their work to more than 1,000 nurses at the national NICHE conference in New Orleans in March and via webinar.

Fostering Compassionate Care

Training for graduate nurses historically has devoted little time to the subject of compassion. Yet it's well-known that patients and families place a high value on compassion as a component of nursing care. Plus, says Cynthia Belonick, APRN, nurse educator at the Institute of Living, "Compassion skills are ... the hallmark of not only an exceptional nurse, but of an exceptional organization." So this year the nurse educators on the residency planning committee decided to develop a pilot program to raise graduate nurses' awareness of the importance of compassionate care and equip them with skills to integrate compassion into daily practice.

A multidisciplinary group made up of Ginger Goddu, RN, MSN; Mary Kate Eanniello, RN, MSN; Evan Fox, MD; the Rev. Jay Cooke and Ms. Belonick created a compassion curriculum based on review of the literature and their own experience. The curriculum was piloted in December 2011 and April 2012 to the 62 graduate nurses in the residency program. A subsequent survey showed that the overwhelming majority of participants felt the course had a positive effect on their ability to integrate compassion into their care.

The nurse educators, along with Tara McLaughlin, senior researcher and consultant to the group, were invited to give a poster presentation on the pilot at the hospital's 16th Annual Evidence-Based Practice Conference in October. They plan to modify the curriculum based on feedback and incorporate it into the 2013 residency program.



REACHING

The caring that Hartford Hospital nurses bring to their patients also extends to those beyond hospital walls. This year saw nurses make numerous contributions to the health of the community.

Hartford Hospital nurses raised more than \$11,000 during Nurses Week 2012 and donated the funds to benefit people throughout the community. The Nursing Department donated half of the funds to the Hartford Public High School Nursing Academy, a program for students interested in pursuing nursing careers after graduation. "We wanted to give to our future," says Libby Brinkley, MSN, RN-C, who chaired the Nurses Week committee. "The school will use the funds for equipment, uniforms and transportation for the students." The other half of the funds were donated to the hospital's Employee Disaster Relief Fund.



Hartford Public High School Nursing Academy students Arielys Martinez and Stacey Ann Wright, along with the school's Administrator of Nursing Deborah Blazys, RN, MSN, accepted the Nurses Week donation from Cheryl Ficara, RN, MS, NEA-BC, vice president of patient care services at Hartford Hospital.

OUT TO OUR COMMUNITY

Sandra Monteiro, RN, and Susan Smith, RN, organized Hartford Hospital's second annual bone marrow registry drive. Their first drive, in 2011, resulted in 227 new donors. This year, again in partnership with Be the Match, they extended the drive to the Hartford Public Library and other Hartford HealthCare partners. The drive enlisted almost 100 additional registered donors. The passion and hard work of these nurses will help save many lives.

Heather Machado, RN; Mary Kate Parker, RN; and Diane Wilson, RN, spearheaded a scrub drive to collect slightly used scrubs for distribution to students and health care workers in Greater Hartford. The drive, held on Aug. 15, 16 and 17, collected 1,000 scrubs, which were then delivered to six community organizations for distribution. They have partnered with volunteer Peggy Eberlee to have a quilt made from some of the patterned donated tops. "The fabric in our quilt is a reflection of the love, gifts, talent and energy each person brings to our community at Hartford Hospital," says Ms. Machado. The donated scrubs, she says, will help recipients "embark on their own journey of compassionate patient care."

Individual Hartford Hospital nurses work in countless ways to improve the lives of others, both here and abroad. Christopher Rusate, RN, is a singular example. Mr. Rusate, named a 2012 Healthcare Hero by the Connecticut Hospital Association, has traveled on medical missions to Haiti twice a year for six years. In addition to providing care, screenings, and education, he works with local medical staff to improve the quality of care and has even been involved in building village wells.



Sandra Monteiro, RN, and Susan Smith, RN, second and third from left, received Hartford Hospital's Full Circle Award for leading the bone marrow registry drive. With them are Jamie Roche, MD; Jeffrey Flaks, Hartford Hospital president and CEO; and Elliot Joseph, president of Hartford HealthCare.



PHOTO BY LANNY NAGLER

Heather Machado, RN, left, delivers some of the donated scrubs to Deb Sheldon of the Town of Windsor's Social Services Department.



Christopher Rusate, RN.

More Progress in Preventing Falls

This year, innovations recommended by the Fall Prevention Committee resulted in a continued decrease in falls, and a team of nurses in Women's Health won a national award for reducing falls among postpartum patients.

Increasing patient mobilization has emerged as a core element of best practice. But with increased mobilization comes an increased risk of patient falls. The Fall Prevention Committee last year began to focus intensively on the number of falls occurring while staff were assisting patients in walking.

"Through a mini root-cause analysis, we discovered that patients often were not given the support they needed—proper equipment, correct hold by staff member, for example—to transfer or ambulate safely," says committee leader Christine Waszynski, APRN.

The team worked to increase awareness among staff and to encourage the use of rolling walkers

for support when mobilizing a high-fall-risk patient. Today, the hospital has gone from an average of seven assisted falls a month to two. The committee is distributing gait belts to each unit, and staff will be using them as an additional safety measure.

The team has created a patient/family fall prevention video that is available on patient TVs, portable computers and DVD players. Another video is planned to increase the awareness of fall risk among visitors and staff. It will be played in the public areas.

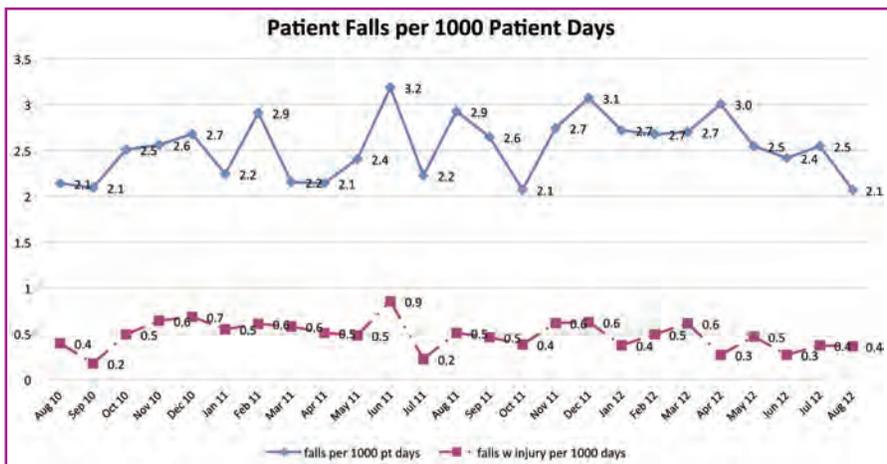
In Women's Health, nurses found that 57 percent of falls were among women who had had epidurals during labor and whose legs—usually the left—gave out when they were being helped to the bathroom for the first time. In collaboration with Ms. Waszynski and Carolyn Kelly, PT, Joanne Auger, RN, led a team of nurses in a research project aimed at reducing such falls. The team, the Women's Health Services Evidence-



Amy Doucette, RN, uses a gait belt and rolling walker to help patient Zoila Borda ambulate safely.

Based Practice Group, found that the assessments being performed prior to ambulating post-epidural patients were not identifying patients who lacked muscle strength or coordination. They implemented a change: performing Dionne's Egress Test before allowing these patients to walk with assistance for the first time post-delivery. After this intervention, the number of falls decreased significantly, accounting for only 14 percent of falls during the nine-month study period.

Postpartum falls are a major problem nationally, and the team's work represents a major advance in addressing it. In recognition of their achievement, the group was honored with the Innovation Program Poster Award at the 2012 Association of Women's Health, Obstetric and Neonatal Nurses Convention held in June in National Harbor, Md. Their poster was selected from 500 entries.



Falls with serious patient injury have steadily declined on the inpatient units over the past two years.

The award-winning team that researched postpartum falls included (shown at right) Joanne Auger, Megan Ruppenicker, Patricia Kaehrl, Sue Ekwall, Carolyn Bauer, Carolyn Kelly, Michelle Walsh and Debra Gingras, as well as (not shown) Elizabeth Brinkley, Hattie Grant, David O'Sullivan, Tanya Riddick, Theresa Schneider, Sara Young and Christine Waszynski.





From the Alumnae Association Presidents



The Outgoing President

The last six years as president of the Alumnae Association of the Hartford Hospital School of Nursing have flown by! Our organization continues to grow in numbers as well as in enthusiasm.

There have been many changes and improvements in our Alumnae Association. One of the first was moving the "Bed Fund" into our own investment account. This allowed

members to use funds for a variety of medical needs anywhere in the country. The resource has been renamed the "Alumnae Medical Fund."

We continue to support many charities, including the Alzheimer Association, National Multiple Sclerosis Society, Interval House, Haiti Hurricane Relief (through the American Red Cross) and others. In addition, we continue to support the Hartford Hospital Nursing magazine. At last year's annual Alumnae Banquet we presented a check for \$50,000 to Hartford Hospital to support nursing at Hartford Hospital.

In June of 2011 we celebrated the rededication of the nursing statue in its new location in the lobby of Hartford Hospital. Many alumnae turned out for that joyful event.

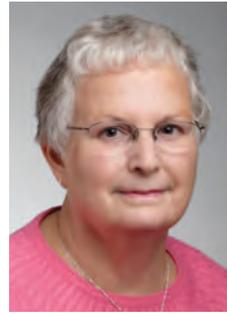
This year the Board of Directors approved reducing membership dues to \$10 annually, which also includes membership in the "Alumnae Medical Fund." We hope this will encourage members to participate in our organization and make use of the fund.

I would like to thank the board for its support over the past six years. We could not have accomplished so much without their dedication.

Please join me in offering a warm welcome to Betty Ann Fusco as she assumes the duties of President of our Alumnae Association.

Karen Stinson Mazzarella

Karen Stinson Mazzarella, RN, BA (HHSN 1969)
Outgoing President, Alumnae Association of the
Hartford Hospital School of Nursing



The Incoming President

Thank you for the opportunity to serve as president of the Alumnae Association of the Hartford Hospital School of Nursing. My goal will be to safeguard the legacy of HHSN and continue to make nursing and our association viable and visible in the community. I look forward to collaborating with you.

Let me tell you a little about my background. I have worked at Hartford Hospital since graduation except for a seven-month experience of living and nursing in California. I was an Assistant Head Nurse on C7L (Neurosurgery) before it moved to N9, expanding to include the Neurology, ENT and Trauma Services. I left N9 four years ago and now work per diem in the Assessment Center at Hartford Hospital.

I have been a member of the Alumnae Association since graduation and have been chairman of the Scholarship Committee since its beginning four years ago. Along with Karen Mazzarella and Gail Rapoza, I was instrumental in preserving "our statue" by working with administration to position "her" inside the new hospital lobby.

I am an active member and past president of the Wethersfield Rocky Hill Professional Nurses Association. I previously earned certification as Master Trainer by The National Girl Scout Board of Directors and received the "Honor Pin" from the Connecticut Valley Girl Scout Council. I have belonged to the First Church of Christ in Wethersfield for over 50 years.

It is an honor to be your new president.

Betty Ann Fusco

Betty Ann Fusco, RN (HHSN '66)
President, Alumnae Association of the
Hartford Hospital School of Nursing

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Join Your Alumnae Association

Become one of the nearly 600 HHSN graduates who belong to the Alumnae Association of the Hartford Hospital School of Nursing. Membership dues are only \$10 per year and include membership in the Alumnae Medical Fund. Members are eligible to apply for scholarships.

To join, simply mail your \$10 non-tax-deductible check (payable to the Alumnae Association of HHSN Inc.) to the address below, along with your full name, class year, mailing address, telephone number and e-mail address.

For more information, please contact Betty Ann Fusco, President, at betty_ann_fusco@sbcgloabl.net; Pat Ciarcia, Executive Director of Alumnae Affairs, at patciarcia@snet.net; or visit www.HHSNalumnae.org. You can also write to the Alumnae Association of the Hartford Hospital School of Nursing, 560 Hudson Street, Hartford, CT 06106.



Alumnae Spotlight

A Pioneer in Her Field

Mary Roth Burns, RN, BS, today, and at her HHSN graduation in 1950



Mary Roth Burns, RN, BS, (HHSN '50) is recognized around the world as a leader in pulmonary rehabilitation. She didn't set out to achieve that status, but she embraced opportunities, worked hard, and in the process, discovered a passion for pioneering ways to help people with lung disorders protect their health and breathe more easily.

Shortly after graduating from HHSN, Ms. Burns relocated to California. After taking time off for marriage and family, she returned to nursing and, at the urging of a hospital cardiologist, began working in a coronary care unit (CCU). It was an intensive learning experience. "This doctor believed that every nurse on the unit should know as much about cardiology as any resident he supervised at UCLA," Ms. Burns recalls.

She had been working in coronary care for six years when, in 1976, a pulmonary physician at Little Company of Mary Hospital, in Torrance, Calif., asked her to start a Pulmonary Rehabilitation Program. He said it was a field few people were knowledgeable about, and she would have free rein to shape the program. She

agreed to start what would be the first outpatient program in the country for pulmonary rehabilitation.

The program was a huge success. People lined up to get into it. Physicians came from around the world to learn about it. Ms. Burns and her team cared for patients with emphysema, severe chronic bronchitis, asthma, pulmonary hypertension and restrictive lung disease. Ms. Burns got involved with lung transplantation and the beginnings of lung reduction surgery. She participated in research projects and spoke at numerous professional conferences.

"It was very exciting," Ms. Burns says. "There was always something new going on, and I loved it. I learned so much from the patients, and I met some wonderful people."

Ms. Burns became a preceptor for nurses in the master's program at the UCLA School of Nursing and became an assistant clinical professor of nursing. She was involved with experiments in sleep research and obstructive sleep apnea—research funded by the National Institutes of Health.

In the mid-1980s, the husband of one of Ms. Burns' former patients began the

Pulmonary Education and Research Foundation to advance knowledge in the field. Ms. Burns served as its first president. In 2000 the foundation established at Harbor-UCLA Research and Education Institute the world's first chair dedicated to the study of pulmonary rehabilitation. They named it the Alvin Grancell/Mary Burns Chair in Rehabilitative Sciences. "The research being done there is on practical things that will help patients in the short term," Ms. Burns says. "It deals mostly with oxygen, exercise and education. Doctors come from around the world to study there."

The list of honors and awards Ms. Burns has received is breathtaking in itself. Most recently, she was presented with the California Society of Pulmonary Rehabilitation Lifetime Achievement Award. She has published widely, lectured all over the world and helped teams overseas set up their own pulmonary rehab clinics.

Now 82 and retired, Ms. Burns continues to be active. She is the executive vice president and acting secretary of the Pulmonary Education and Research Foundation. She swims laps every day from May to November, walks with two different walking groups and attends a senior exercise class.

"I've been very fortunate, and I've had fun," Ms. Burns says. "It was hard work—especially at the beginning, learning CCU and then about the pulmonary conditions—but it all came together. You might not realize at the beginning that all the work you put in will have such benefits."

A Look Back

A Long Life of Caring

Hartford Hospital School of Nursing graduates always look forward to gathering with classmates at the annual spring alumnae banquet. One of the most faithful attendees was Edith Lucille More Hardman, RN, of the Class of 1935, who celebrated her class's 75th anniversary at the 2010 banquet.

"One thing she always did, even when we were little, was go to the banquet every year," says Mrs. Hardman's daughter, Diane Loughran. "She kept in touch with quite a few of the people she was in school with."



Edith More Hardman '35 at her 74-year HHSN anniversary

Mrs. Hardman passed away at age 98 on Feb. 13, 2012.

The youngest of five children, Mrs. Hardman followed her sister into training at HHSN. Originally, she planned to be an obstetrical nurse. But while she was still a student, she witnessed a case in which a baby died. The experience was so painful that she decided to take a different path. After graduation, she chose private-duty nursing.

"She felt she wanted to take care of one patient," Mrs. Loughran says. "She felt that she could give one patient the very best of care. Usually they were critically ill patients." In the days before intensive care units, such patients required constant attention, and Mrs. Hardman was vigilant in meeting their needs. She routinely worked 12-hour nights, sometimes in the hospital and sometimes, for less critical patients, in their homes.

In later years, Mrs. Hardman would tell her family stories about working with Dr. Thomas Hepburn, who established Hartford Hospital's Department of Urology, and about seeing his famous daughter, Katherine, come into the hospital, always wearing her signature—and at the time unconventional—trousers.

In 1940, Mrs. Hardman married and moved back to Massachusetts, where she'd grown up. While rearing three children, there was little time for nursing. But in 1955, when her youngest

child was 5, a nurse friend who was a colonel in the U.S. Air Force encouraged Mrs. Hardman to take a private-duty case caring for a child with meningitis at the Westover Air Force Base.

From that point on, she regularly did private duty at the Sisters of Providence and Holyoke Hospitals, as well as in homes. She always chose the 11 p.m. to 7 a.m. shift.

"She was a loving, caring mother and she was very good to her patients," says Mrs. Loughran. Some patients became friends. One, an older German lady, would make gingerbread houses for Mrs. Hardman's children. In the 1950s, Mrs. Hardman cared for a little boy who had a concussion. Because he had to remain quiet, she borrowed her daughter's transistor radio so he could listen to it in bed. Her careful observation and quick action saved the life of one of her patients, a 3-year old boy hospitalized after a tonsillectomy, whose breathing became obstructed.

Family meant the world to Mrs. Hardman. She could always be counted on to care for family members who were ill. In the days before husbands were allowed into delivery rooms, she frequently supported young women relatives through childbirth. Family gatherings to celebrate Christmas and other occasions were usually at her home.

"She was a very loving person," says Mrs. Loughran. "She really kept the family together. She will be missed."



Edith More Hardman's 1935 HHSN graduation photo

THE HAMILTON ARCHIVES AT HARTFORD HOSPITAL

Alumnae The Pillbox

People shown in photos are all identified left to right.



2012 Scholarship Recipient,
Ruth Amador, RN

The Alumnae Association of the Hartford Hospital School of Nursing awarded Ruth Amador a scholarship to pursue her nursing education. Ruth received her AD in nursing from Holyoke Community College in 2005 and is currently enrolled in the RN to BSN to MSN program at Elms College in Chicopee, MA. She has worked part time at Hartford Hospital on C12 for the past six years and also works at the University of Massachusetts as a public health nurse. Ruth holds a degree in psychology from Boston College and is the first licensed Hispanic funeral director and embalmer in the state of Massachusetts. She is the first generation in her family to attend college. Ruth is a single parent and has two children, ages 16 and 22, the oldest of whom is also pursuing her college degree. She also helps to raise her 3-year-old grandchild.



SCHOLARSHIP COMMITTEE: **Betty Ann Vose Fusco '66** Chairperson, **Terry Gwozdz '76**, **Alfie Plikaitis Junghans '66**, Ruth Amador, scholarship recipient, **Jerri Saltus Sicaras '63**, **Gail Pendleton Rapoza '66**, **Karen Stinson Mazzarella '69**. Missing from photo: **Marilyn Miller '73** (who took this photo), **Christine Johnson '61** and **Mary Jane Pappalardo Densmore, '69**.



Dr. Robert Gallagher, cardiothoracic surgeon and guest speaker at the banquet, poses with **Louise Wasilewski Honiss '71**, retired PACU nurse. Dr. Gallagher gave an interesting presentation about the Robotic Program at Hartford Hospital.

CLASS OF 1938



Stefanie Druzolowski Kaminski, RN, '38 is the oldest alum at the banquet as she celebrates 74 years since graduating from HHSN.



Stefanie Druzolowski Kaminski, RN, '38 plays the tambourines with Sam Pascoe and his Band.

CLASS OF 1940



Gert Stickney Lilliendahl '40, **Miriam Sihvonen '40** and **Margaret Hall Carpenter '40** celebrate their 72-year HHSN anniversary.

CLASS 1947



Johanna Deutsch Meisterling '47, Jane Kearney Keena '47, Catherine Allen Thomas '47 and Mary Lou Lynch Bathelt '47 celebrate 65 years.

CLASS OF 1952



Class of 1952, ringing in their 60th anniversary! Ethel Mlynar Tomolonis '52, Janet Rowley '52, Lois Schurman Barlow Cox '52, Helen Riker Dyar '52, Ruth Cambell Thayer '52, and Thelma Peterson Youngs '52.

CLASS OF 1953

Barbara Woodburn Smith '53 and her husband Edmund graduated from the same high school and have been married for over 56 years.

CLASS OF 1956 AND CLASS OF 1967



Sisters Annie Howe Snow '56 and Shirley Howe Koehler '67 enjoy family time at the banquet!

CLASS OF 1957

Jeannette Berger Reese '57 and Ann Tomasek Staub '57 share thoughts as they celebrate their 55-year anniversary.



CLASS OF 1962



Twenty-five members of the Class of 1962 celebrated their 50th anniversary with a lovely luncheon at Hartford Hospital on Saturday and the alumnae banquet on Sunday. The group shared memories from their days at Hartford Hospital School of Nursing. A great time was had by all!

Cynthia Pelton Bazzano '62 and her husband Tom have five children, all of whom live close to them in Eastham, Mass. Their four daughters either make or sell donuts and other goodies while their son works in Orleans, building and repairing boats. She and Tom have had fun watching their grandchildren grow up.



The Class of 1962 had a unique Class Book, as displayed above. It was designed by Tom Bazzano, the husband of alum Cindy Pelton Bazzano '62. The class dared to be different by using this design versus going with the traditional Shield Class Book. The symbols on the right were taken from the early 60s TV show, *Ben Casey, MD*, and represent: Man, Woman, Birth, Death, Infinity.

Jean Barnes Rushen '62, retired ED nurse, enjoys the 50th anniversary festivities with her classmates.



CLASS OF 1967



The Class of 1967 celebrated their 45-year anniversary by using their student photos as a centerpiece for the table.



Class of 1967 had 25 alums on hand to celebrate their 45-year reunion.

CLASS OF 1972



Members of the Class of 1972 celebrate 40 years since graduating from HHSN. **Diane Woods Bronkie, Pat Rzasa Harlow, Joyce Alape Hansen, Sarah Scribner, Lynn Deubert Caparaso, Debbie Osborne, Althea Bean Bartlett, Judy Graves Henderson, and Alane Silver Strong.**

CLASS OF 1973



Celebrating 39-years. Front Row: **Cathy Matuszak Jeffery, Ann Dubiel Bonin, Carol Middleton Cascone and Patricia Runnals Griffith-Kruger.** Back Row: **Barbara Biel Nowak, Nancy LaFreniere Parker Moore, Sharon Kingston Scrivano and Marilyn Miller.**



Class of 1973

This photo was taken in 1970 as these freshman classmates (Class of 1973) began their first day of clinical. They were all decked out in their student uniforms and freshman caps, and were described as "being nervous." Pictured above: **Joyce Gorham, Holly Root, Jane Hurrey, Julia McPhee and Suzanne Krause.**

CLASS OF 1974

Betsy Gaudian '74 was recently awarded Diabetes Educator of the Year by the Connecticut Alliance of Diabetes Educators.



Jane Wallace Lasher '74 received a Hitchcock Chair for her 40 years of service at Hartford Hospital. She currently works in Radiology/Short Stay at the hospital.



IN MEMORIAM

Katherine Blozie Bolis '34
Wilhelmina Kania Curran '35
Harriett Steed '37
Edith Lucille More Hardman '38
Edna Adams Hille '39
Frances L. Watras '40
Dorothea Cooper Bartlett '41
Tessie Boden Rowe '41
Elizabeth Williams Wright '43
Mildred Coupe Carney '46
Mona Margaret Oshana Daniels '48
Marion Cook Marston '50
Janet Bratsnyder Crealey '51
Gloria Arena Linstone '51
Helene "Pat" Wasniewski Swider '51
Mary Ann Coe Tinker '68
Karel Langley Stibitz '74

PHYSICIAN
Dr. Richard Bagnall
Dr. Lawrence Carlton
Dr. Arthur Wolf

Let Us Hear from You!

We would love to receive photos and news from HHSN alumnae. Please mail information to the Alumnae Association of the Hartford Hospital School of Nursing, 560 Hudson Street, Hartford, CT 06106 or e-mail patciarcia@snet.net.

Request for HHSN Nursing Pins

We often receive requests for a replacement HHSN nursing pin. Since they are no longer made, the only way we can get a pin is if an alum is willing to donate one to the Alumnae Association. We would then give the pin to the alum who is requesting it. If you are interested in donating your pin for this purpose, please contact Pat Ciarcia at 860.563.2005 or patciarcia@snet.net.

Your contribution today will make a difference to our nursing education program. Mail your gift to Hartford Hospital, Fund Development, 80 Seymour Street, Hartford, CT 06102. You can act now and show your commitment to nursing education forever by including Hartford Hospital and/or the Alumnae Association of HHSN Inc. in your estate plans. For more information, please contact Carol S. Garlick, vice president, philanthropy, at 860.545.2162 or cgarlic@harthosp.org.

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THE HAMILTON ARCHIVES AT HARTFORD HOSPITAL

Fifty years ago, the Class of 1962 posed for its June graduation from the Hartford Hospital School of Nursing.