

HARTFORD HOSPITAL Nursing

SPRING 2007



 HARTFORD
HOSPITAL

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



Hartford Hospital Nursing

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*Hartford Hospital Nursing is a twice-
yearly publication of the Hartford Hospital
Department of Nursing and the
Alumnae Association of the Hartford
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Hartford Hospital Nursing

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

Volume III, Issue 1, Spring 2007

CONTENTS

- 2** To Our Readers
Messages from Hartford Hospital's CEO and its Vice President of Nursing
- 3** Nursing News and Notes
This year's Nightingale winners – and more.
- 4** LIFE STAR: Connecticut's Airborne ICU
Stroke. Heart attack. Trauma. When every second counts, the region counts on LIFE STAR.
- 7** Ready and Able
A bioterrorist attack is just one of the disaster scenarios Hartford Hospital is drilling, training and preparing for.
- 10** Research
New fellowship aims to put research into practice.
- 11** Focus on Alumnae
A message from the President, plus, check out the Bed Fund.
- 12** Alumnae Spotlight
Volunteering is a way of life for a long-time Hartford Hospital nurse.
- 13** A Look Back
Yesterday a student nurse, today a centenarian.
- 14** The PILLBOX Alumnae News
News and notes from classmates.
- 16** In Memoriam
Honoring those we knew and will remember.

To Our Readers

Emergencies Demand Nursing's Unique Skills

This issue's two feature articles—on LIFE STAR and our Bioterrorism Preparedness Program—illustrate the vital role Hartford Hospital and its nurses play in the region's ability to plan for and respond to emergent events of all kinds.

An emergency may involve one individual who has suffered a stroke, heart attack or traumatic injury. Or it may be a sudden catastrophe affecting hundreds or even thousands of people. While the scale may be different, both situations demand an instantaneous, effective, well-rehearsed and well-coordinated response in order to save lives and minimize injury. The people of Hartford Hospital work with other hospitals, the pre-hospital system, government agencies and many others to ensure that we are ready and able to meet this challenge.

The programs you'll read about provide diverse career opportunities for nurses. LIFE STAR flight nurses collaborate with



John Meehan, President and Chief Executive Officer, Hartford Hospital

respiratory therapists, physicians, flight crews, EMS personnel and hospital departments to create a first-rate program and provide unsurpassed critical care in situations where every second counts. Nurses will find exciting career options in initiatives aimed at preparing for and responding to events such as a terrorist attack, widespread disease outbreak or other sudden disaster. In both areas, nurses are active in education and outreach activities designed to inform and involve other medical and health professionals and the community at large.

Hartford Hospital is proud to be a Center of Excellence in EMS/trauma and in disaster preparedness. And we are proud of the many nurses who make our leadership possible.

A handwritten signature in black ink that reads "John Meehan".

Celebrating the Past, Present and Future of Nursing

This issue of *Hartford Hospital Nursing* captures what our great hospital does so well—provide excellence in complex tertiary care that extends beyond the hospital walls. Nurses in emergency medicine and emergency preparedness are at the forefront as first responders, teachers and exemplary caregivers when emergencies of all kinds occur. Not everyone can serve in such capacity, because these roles demand the ability to take risks, to be in harm's way when trying to save another, and to accept the challenges of always living on the edge and having to perform quickly at all times. Nurses and other members of the health care team that willingly accept these challenges deserve to be commended for taking this "road less traveled."

With professionals like these on staff, it is easy to understand why Hartford Hospital has been deemed Magnet status for three years. This year, we will begin to prepare for our re-designation, which is scheduled for review in mid-2008. Our preparation began with Magnet Forums on each patient care unit throughout the shifts, where nurse leaders and staff reviewed the 2006 Nursing Annual Report, the progress report submitted to the Magnet office for this same time period and our nurse-sensitive



*Laura Caramanica, RN, PhD
Vice President, Nursing,
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outcome indicators. Together we are charting a year of performance improvement and capturing nurses' work and achievements for our upcoming magnet application. I hope all nurses will enter their contributions on this important document that will keep visible nursing's contribution to the patients and communities we serve.

It is rewarding to hear from all of you that *Hartford Hospital Nursing* is being well received. This publication is more than another magazine that fills our reading tables. It serves as a vital link between nurses in practice today and our rich history of nursing contributions. It also represents a collaborative partnership between Nursing and alumnae of the Hartford Hospital School of Nursing.

Together we are capturing the contributions of the past, present and future. This is legacy work, and there is more to do. But reaching our goals requires your active participation in this process and your financial contributions as well. Please consider giving to our special nursing funds (see information on the inside back cover). In the meantime, reunite, rejoice and read on!

A handwritten signature in black ink that reads "Laura Caramanica".

Nursing News and Notes

Congratulations to Hartford Hospital's 2007 Nightingale Award Winners!

Fourteen Hartford Hospital nurses have been named winners of the fifth annual Nightingale Awards for Excellence in Nursing program. Founded by the Visiting Nurse Association of South Central Connecticut, the Nightingale Awards program aims to encourage retention, attract young people to nursing, focus public attention on nurses' contributions and prompt licensed nurses to return to practice. Winners of the Nightingale Awards are nominated and chosen by their peers.



(1 to r) **Kim Beekman**, RN, BSN, CB 4; **Kathy Brandi**, RN, BSN, North 8; **Nicole Cronan**, RN, CB 5; **Mary DiPietro**, RN, Bliss 7I



(1 to r) **Mary Kate Eanniello**, RN MSN, OCN, CHPN, Oncology; **Sue Gallagher**, RN, BSN, Bliss 10I; **Louise Honiss**, RN, BSN, MSN, CCRN, CPN, PACU; **Nancy Kelly**, RN, Bliss 10E



(1 to r) **Jennifer Mazon**, RN, BSN, C9I; **Amanda Mugovero**, RN, BSN, North 9; **Mary Alice Smith**, BS, RNC, CADAC, Adult Day Treatment; **Mary Ann Steed**, RN, BSN, OCN, CHPN, Palliative Care; **Michelle Walsh**, RN, BSN, CLC, North 6 Labor/Delivery; **Diane Ward**, RN, BSN, OCN, CHESS Program



Members and patients of the Central Connecticut Cystic Fibrosis Center. Left to right: Stephen Ide; Faith Campbell, PCA; Stephanie Majochna, RN; Amy Mueller, MSW; Tessa Karabin, RD; Frederic Knauff, MD; Danette Alexander, RN, MSN; Rolland Van Epps; and Jenifer Ferullo, APRN, CNS. Mr. Ide and Ms. Van Epps are members of CCCFC's Patient and Family Advisory Board.

Cystic Fibrosis Center Accredited

The Central Connecticut Cystic Fibrosis Center (CCCFC), a collaborative effort of Hartford Hospital and Connecticut Children's Medical Center, has received accreditation from the nationally recognized Cystic Fibrosis Foundation. Only 117 centers in the country have earned this prestigious recognition.

Hartford Hospital's Pulmonary Unit on Bliss 11 East is the inpatient cystic fibrosis floor and an integral part of the Adult Cystic Fibrosis Center, Hartford Hospital's CCCFC component. B11East nurses have demonstrated commitment to CF patients. In addition to treating acute and chronic disease, the nursing staff has worked to establish standards of care with regard to transition of patients from pediatric to adult care, chronic disease management, infection control, evidence-based medicine, pain management and end-of-life-care. Nurses also participate in the monthly outpatient clinic.

Commitment is a must. "Cystic fibrosis patients require unique and specialized care," says B11East nurse Stephanie Majochna, RN. Nurses work with patients, families, respiratory therapists, physicians, nutritionists and social services to develop individualized care plans for each patient. Ms. Majochna notes it is very rewarding to be able to help a patient with cystic fibrosis have more control over the disease.

Oncology Nursing Group Honors Hospital

The Oncology Nursing Certification Corporation (ONCC) has honored Hartford Hospital with its 2007 Employer Recognition Award. The award is designed to recognize organizations that have provided sustained support for and recognition of oncology nursing certification. The hospital formally received the award at the ONCC's national meeting in Las Vegas in April. Pamela Vecchiarino, RN, MSN, CNAAC-BC, noted that Camille Servodidio, RN, MPH, CRNO, OCN, and Kathy Burns, RN, MSN, OCN, were instrumental in submitting the application that resulted in the award.

This winter, ONCC's president visited Hartford Hospital to take part in a ceremony honoring three hospital areas, Hematology/Oncology, Radiation Oncology and Cancer Research, where 100 percent of nurses have achieved certification. Bliss 5 was also recognized for having roughly three-quarters of its nurses certified.

LIFE STAR: Connecticut's Airborne ICU



Stroke Center Medical Director Isaac Silverman, MD, and Stroke Center Coordinator Dawn Beland, RN, MSN, CCRN, CS, CNRN, review CT scan images of the brain of a possible stroke patient.

Long known for its role in trauma cases, Hartford Hospital's LIFE STAR Air Medical Transport Program is increasingly vital in ensuring fast, life-saving treatment for victims of stroke and heart attack.

Twenty-year-old Marissa Arnold was in a friend's dorm room at Mount Holyoke College in South Hadley, Mass., when suddenly her head began to throb and she became unable to speak or stand. Rushed by ambulance to the closest hospital, Holyoke Medical Center, she was diagnosed with a stroke and given the "clot-busting" drug tissue plasminogen activator (tPA). Thanks to a presentation by Hartford Hospital Stroke Center Medical Director Isaac Silverman, MD, a year earlier, Holyoke had an inter-hospital transfer contract with Hartford Hospital. So the Massachusetts facility called Hartford's toll-free Acute Stroke Hotline and reached Dr. Silverman, who, working with Hartford Hospital nursing managers, activated LIFE STAR, the hospital's critical care air medical transport service. Within seven minutes, the LIFE STAR helicopter and crew were in the air, traveling at 155 miles per hour. Once back at Hartford Hospital, Marissa was taken to the hospital's neuro bi-plane interventional radiology suite, where interventional radiologist Stephen Ohki, MD, removed the blockage from Marissa's brain using a device called the MERCI Retriever. Three days later, Marissa went home. Two weeks later, she was back at school. Today, according to her father, "She is totally fine."

Marissa was fortunate in many respects, including the fact that LIFE STAR was able to transport her rapidly to Hartford Hospital, one of only 215 hospitals in the country where the MERCI procedure is performed.

"Marissa's case reinforces the critical role of LIFE STAR in treating stroke," says Dr. Silverman. "Its role in early triage, critical care and rapid transit are simply essential. The therapies we offer at Hartford Hospital are often unique in Southern New England. Many patients could not access them within the first critical hours of a stroke without LIFE STAR transport."

When Every Second Counts

Coronary heart disease is the single leading cause of death in America. Americans experience 1.2 million coronary attacks per year. Thanks in large part to sophisticated new therapies such as cardiac catheterization, deaths from heart attack are declining. But these therapies can save lives and minimize heart damage only if the heart attack victim can get to the right facility—and fast.

"The longer a coronary artery is blocked by a clot, the greater the damage to the heart," says Paul Thompson, MD, chief of

Cardiology at Hartford Hospital. “The quicker we can get the patient into the Catheterization Lab and open the artery with a balloon catheter, the less damage the heart will suffer.”

As in the case of stroke, LIFE STAR makes a critical difference in heart attack victims’ ability to receive the right treatment right away.

“The majority of heart attack victims first go to a community hospital that doesn’t have a cath lab,” notes Hartford Hospital interventional cardiologist Raymond McKay, MD.

“LIFE STAR is critical because it provides fast transport from the community directly to the cath lab and has nurses and respiratory therapists on board with the skills to provide patients with appropriate care on the way.”

“The nurses and respiratory therapists on LIFE STAR are very adept at taking care of these very sick patients,” says Francis Kiernan, MD, director of Hartford Hospital’s cath lab. “They can often start therapy on the way so the patient lands on the roof and within a minute or two is in the cath lab. This is important, because every minute counts. Studies show that the more time that elapses between onset and treatment, the higher the mortality rate.”

Dr. McKay notes that the cath lab treats one heart attack victim a day, on average, and about one-third of them arrive by LIFE STAR.

LIFE STAR crew members are keenly aware of the importance of speed in their missions.

“Time is muscle, and time is brain,” says LIFE STAR Chief Flight Nurse Jim Marcelynas, RN, BSN, CCRN, CFRN, EMT-P. “Whether the patient is having a myocardial infarction or a stroke, the faster we get them to treatment, the better their outcome will be. Plus, we bring with us the entire critical care package—highly skilled nurses and respiratory therapists,

medications, equipment, and more. So care for the patient in the air is the same level as in the hospital. That’s why the motto for LIFE STAR is ‘When Team and Time Are Critical.’”

Expertise in the Air

Lenworth Jacobs, MD, director of Hartford Hospital’s Trauma Program, was the driving force in creating the LIFE STAR program more than 20 years ago.

“The idea was, in the event of a car crash or other event, to bring the hospital to the trauma patient,” Dr. Jacobs says. “We basically turned a helicopter into a flying intensive care unit, with a highly trained crew and all the necessary equipment. So we can take the hospital, put it down beside the injured person, and have that person receive all the benefits of the hospital, when they’re 40 miles away in the middle of a ditch.”

LIFE STAR transports more than 1,200 patients a year. It responds to trauma events, ensuring that patients get to the best facility quickly, transports critically ill patients from hospital to hospital and more. Because of the nature of LIFE STAR’s work, the demands on the program’s 11 flight nurses are extraordinary.

“Our nurses must be trained in all categories of patients and all aspects of nursing,” says Kenneth Robinson, MD, program director and medical director of LIFE STAR. “They do every type of call—neonates, pediatric and adult trauma patients, cardiac patients, neurologic patients, burn victims, high-risk OB patients. They care for the whole spectrum, and they never know when they come on duty what types of requests they’re going to receive. They have to be ready for everything.”

LIFE STAR nurses must be degreed registered nurses, certified emergency or critical care nurses and licensed paramedics. They must also have three years’ experience in critical care and be certified in advanced life support. ➤



Cardiac Catheterization Lab staff nurses Paul Beliveau, RN, BSN, left, and Dan Steele, RN, in the procedure room.



Dawn Beland in the neuro bi-plane interventional radiology suite.

Rigorous Training

Maintaining competency across the entire spectrum is a major focus of training for LIFE STAR nurses. Dr. Robinson says the program invests a great deal of time in training, especially in high-risk, low-volume situations. Flight nurses go through the same nursing validations as nurses in other areas, but also take part in annual skill labs to practice procedures they may not do often. Twice a month, the crew spends a four-hour session in the hospital's Simulation Center practicing various scenarios.

"Flight nurses are very well trained and very special people," says Dr. Jacobs. "They have to react to any emergency of any severity at any hour, and the expectation is that they will be able to perform in an excellent fashion. As a flight nurse, you're always pushing yourself—pushing your knowledge and skills right to the edge of your competency."

Flight nurses also have to have additional skills simply because their workplace is a helicopter. For example, all crew members must go through underwater egress training in a special pool. By the end of "dunker training," crew members must demonstrate the ability to get themselves and their patient safely out of a helicopter that's submerged upside-down in the dark.

Above all else, the LIFE STAR program values safety. If any crew member believes it would not be safe to fly a particular mission, the aircraft doesn't take off.

"We have a culture of safety and are ultra-safe in all we do," says Dr. Robinson. "We believe that if we cannot get out and back safely, we haven't helped anyone."

A Regional Resource

LIFE STAR is a program of Hartford Hospital, but transports patients to a variety of facilities and over a wide geographical area.

"We fly anywhere in a 150-mile radius," says Jim Marcelynas. "We can—and do—fly in and out of every hospital and medical center in Connecticut, as well as transport patients to specialty centers in New York and Boston."

A second LIFE STAR helicopter, headquartered at Backus Hospital in Norwich, was put into service several years ago to shorten response times in southeastern Connecticut.

LIFE STAR's service is likely to be used more and more, not only for trauma, but for heart attack and stroke.

"As the American College of Cardiology has more strongly supported angioplasty for treatment of acute coronary syndrome, the number of cardiac patients we have transported has increased, because the cath lab is here," notes Dr. Robinson.

Dr. Silverman of Hartford Hospital's Stroke Center, along with stroke center nurse coordinators Dawn Beland, RN, MSN, CCRN, CS, CNRN, and Donna Avanecean, RN, APRN, CNRN, are working with the Connecticut Department of Public Health to create a statewide network to provide a coordinated system of care for stroke patients. LIFE STAR will be an integral part of that plan.

It's all in a day's work for the LIFE STAR team.

"We feel very fortunate to be able to do our jobs, and we focus on doing them as well as we can," says Dr. Robinson. "We are tremendously grateful for the support the program receives from the administration and every department at Hartford Hospital. Without that support, we could not be successful." ■



Ready and Able



Emergency Department Nurse Director Maria Tackett, RN, MSN, CCRN, CEN, works closely with Lenworth Jacobs, MD, MPH, FACS, director of Trauma and Emergency Medicine, on disaster preparedness.

**As a Center of Excellence
for Bioterrorism and
Emergency Preparedness,
Hartford Hospital helps
ensure the region is
ready to respond
if disaster strikes.**

Hartford Hospital had its roots in disaster. An industrial explosion in Hartford's Dutch Point area in 1854 injured and killed workers in the factory. Ultimately, 19 people died and 23 were seriously injured. The community, suddenly awakened to how ill-prepared it was to care for people in the event of a disaster, called for the creation of a hospital. And so Hartford Hospital was born.

It's particularly fitting, in light of its history, that Hartford Hospital today is designated by the state Department of Public Health as a Center of Excellence for Bioterrorism and Emergency Preparedness. The hospital is responsible for Regions 3 and 4, the north-central and eastern regions of Connecticut. Through its Bioterrorism Preparedness Program, the hospital provides planning, training and education related to emergency response and serves as a resource for the region's 18 acute-care hospitals, as well as long-term care facilities, community health centers, school-based programs and more. The program is charged with planning hospital-based health responses to all types of

emergencies, including biological, nuclear, incendiary, chemical and explosive events, as well as natural disasters such as flu epidemics and hurricanes. Funds for the program come from a grant from the state Department of Public Health.

Hartford Hospital's Bioterrorism Preparedness Program is part of the hospital's Department of Emergency Medicine and Trauma, under the direction of Lenworth Jacobs, MD, MPH, FACS, a nationally recognized expert in disaster preparedness. The program manager is Sandra Brown, MPA, JD. But by its nature, the program involves every member of Connecticut's health care community.

Preparing for the Worst

Begun in 2002, the Bioterrorism Preparedness program has helped Hartford Hospital and others in the region become better positioned to deal with whatever emergencies might occur. To be prepared for a sudden surge of patients, the program has implemented the Connecticut Bioterrorism Preparedness Web Application. Twice a day, the system gathers information from all 32 acute care hospitals in the state about bed availability by bed type, so that the DPH has accurate knowledge about how many beds are available.



Sandra Brown, MPA, JD, is program manager of the Bioterrorism Preparedness Program

"We are one of the few states with surge capacity capability," says Dr. Jacobs. "We always know how many beds we have and on what units. It's all on a computer that we maintain in the LIFE STAR communications center."

Hartford Hospital also has established a hospital command center in the Jefferson Building. The command center is activated if a disaster or other event occurs that requires a coordinated response. The center, equipped with phones and computers, is linked to DPH, media outlets and the Internet.

"In the event of a disaster, hospital leadership goes to the command center, opens it and starts to operate in command-and-control fashion," says Dr. Jacobs. "Doctors, nurses, beds, pharmaceuticals, social services—everything is centrally controlled from there."

From 3 p.m. to 7 a.m. weekdays and around the clock on weekends, when hospital administrators are not present, the person in charge of opening the command center is the nursing coordinator on duty.

"If a problem occurs in the community or within the hospital that creates a crisis situation, we are the ones contacted," says Nursing Coordinator Mary Babcock, RN, MSN, CNA-BC. "It could be a plane crash, a bioterrorism event, an explosion—and we mobilize resources to deal with it. What we do depends on the nature of the problem. We may need to identify patients who can be moved out of the hospital if we need beds, identify staff available to take care of patients, determine what supplies or medications we might need. We are the commander of the incident until an administrator arrives and relieves us of that role."

Nursing Coordinator Kathy Tetreault, RN, MS, says she was originally uncertain why nursing coordinators were tapped for this role, but she now sees it was the logical choice.

"The nursing coordinator is the person who, off-hours, routinely coordinates the activities of departments throughout the hospital and manages any problems that arise," Ms. Tetreault says. "We have a global perspective on the entire institution. If a disaster occurs, we are basically continuing to do our job, but on a much broader level, handling a much bigger problem." Plus, she notes, it all comes down to patient care and ensuring that the hospital can provide the care required.

New equipment and resources have been added to aid preparedness. These include radiation detection equipment in the Emergency Department, powered air-purifying respirators, protective suits and portable decontamination units. The state has purchased a 100-bed mobile field hospital—the first of its kind in the country—that can be mobilized if needed. Hartford Hospital is the first hospital in the state to implement Visual DX, a Web-based tool that helps clinicians diagnose infectious diseases that present with visual symptoms. ➤

Reducing risk for caregivers is a high priority. “We focus primarily on chemical, biological, radiological, nuclear and explosive events. If an event occurred, and the nurses and doctors got sick, we wouldn’t have a chance of fighting it,” says Sandra Brown. “We have to prevent their coming into contact with any toxins or contaminants.”

Training and More Training

Ongoing training and repeated drilling are vital to preparedness. The program follows a nationally prepared curriculum that clearly identifies roles, responsibilities, policies and procedures necessary for all units to manage and recover from an incident. These materials are available on the hospital Intranet and in manuals on each unit.

“We work with every unit all the time to be sure everyone understands what the plans are, can find them and can execute what they’re supposed to do,” Dr. Jacobs says. “We use our clinical knowledge and expertise to regularly train other hospitals in the region, as well.”

In the hospital’s Simulation Center, nurses and other clinicians work with a sophisticated mannequin that can be programmed to exhibit symptoms of a person who has come into contact with chemical, biological or radiological agents.

Drills are held frequently and, in 2005, the hospital took part in a federally initiated international training exercise called TOPOFF 3.

Jeffrey Schaff, RN, BGS, CEN, a paramedic, is the education and training coordinator for the program. One of his primary responsibilities is training hospital personnel in the National Incident Management System. Developed by the U.S. Department of Homeland Security, NIMS is required training that enables all sectors to work together in the event of a disaster. Mr. Schaff provides incident command training to senior administrators at all hospitals in the region. He provides a variety of other training programs, also, including instructing nurses in proper donning of personal protective equipment and in how to recognize and respond to hazards.

“I’ve worked as a nurse, and I believe we have an obligation to protect them,” Mr. Schaff says. “Too often,

that could get overlooked in a crisis.”

In the Emergency Department, nursing has incorporated bioterrorism content into its orientation curriculum and triage training. The triage nurse plays a critical role in identifying patients affected by an attack and instituting measure to prevent the spread of agents. Through several drills, the ED has also developed expertise in coordinating ED operations with other hospital services. The goal is to develop the ED’s ability to respond to acute care needs, track patients in a mass casualty event, provide for care, schedule staff and restock supplies.

ED Nurse Director Maria Tackett, RN, MSN, CCRN, GEN, says the experiences of retired Hartford Hospital doctors and nurses are an inspiration to her. “When I think about how we will respond to a disaster, I think about them. They faced the polio outbreak, the circus fire, the hospital fire, flu epidemics and more. Their resolve, skill and dedication give me tremendous strength. They have left a strong legacy to draw from as we face the uncertainties ahead.”

Nursing’s Key Role

When it comes to dealing with disaster, Dr. Jacobs says “The role of nursing is absolutely critical.

Nursing is the backbone of all the units where patients go. It is critical to have nurses who are well trained, understand protective gear and are calm. They have to be able to come to work and function well in a situation that is anything but normal.”

Nursing is vital to dealing with not only the physical aspect of disaster, but the inevitable behavioral aspects, as well. In the event of a release of a toxic agent, even people who do not fall ill may panic, fearing they’ve been contaminated. People seeking loved ones following a catastrophe will be distraught. Bereaved people will need support.

“Behavioral health is another area where nursing plays an important role,” says Sandra Brown. “Emotional trauma is a big factor in disaster planning. This is where the greatest volume of patients presenting is going to be in any disaster.” ■

“Nurses ... have to be able to come to work and function well in a situation that is anything but normal.”

Research

Putting Research into Practice

In January Hartford Hospital launched the first in a series of RN Evidence-Based Practice Fellowships. The goal of the fellowship program is to promote the implementation of evidence-based best practices.

The idea for the fellowship originated with the hospital's Research Roundtable. Participants recognized that identifying best practices was only a first step. The next was to ensure that those best practices were actually implemented at the patient level.

"We wanted a more systematic way to ensure that practice changes were actually being made," says Nurse Educator Joanne Roy, RN, PhD, who designed the curriculum and directs the fellowship. "A common problem in health care is that, while we know what's best, we're often not comfortable changing our practice."

Each fellowship program will focus on specific topics. This one is looking at pain management and safe patient handling.

During the six-month program, the four fellows meet one day a week. Through classroom activities and instruction, they learn how to research best practices and evaluate evidence. They also explore strategies for ensuring implementation of best practices. Outside of the classroom, they work with people in their content areas—in this case, people who use patient-handling equipment or are involved in pain management. They also collaborate with volunteer nurse "champions" on units to bring about practice change.



KEVIN HAGAN

Nurse Educator Joanne Roy, RN, PhD, seated, with fellows (L-R) Julia Ericson, RN, BSN; Kim Beekman, RN, BSN; Carol Strycharz, RN, BSN; and Janice Montano, RN, BSN.

Dr. Roy says ongoing monitoring and evaluation will be used to measure outcomes in terms of improved pain management and safe patient handling. "We will also be looking to see whether the fellowship and the collaboration between fellows and champions translate into staff nurses' being more aware of evidence-based practice and using that knowledge to guide their practice."

The next fellowship is expected to begin in January 2008. The program is funded by the Department of Nursing.

Education

Training for Trauma

Studies show that trauma patients have better outcomes when trauma health care teams use a systematic, standardized approach to care. That's why the Emergency Nurses Association developed the Trauma Nursing Core Course (TNCC), a two-day curriculum designed to promote best practices in trauma care.

Nurses at Hartford Hospital have demonstrated their commitment to excellence in trauma treatment by enrolling in TNCC. In the Emergency Department, 100 percent of nurses are certified in trauma nursing—a distinction few hospitals have attained. Many nurses in other units, including Neurotrauma ICU and North 9, have also completed the course.

Maria Tackett, RN, MSN, CCRN, CEN, Hartford Hospital nurse director for Emergency Department, Flight, Trauma, Neurosurgery and Neurology, is the TNCC course coordinator and instructor.

"One of the responsibilities of nursing is to prepare staff nursing to care for the trauma patient," Ms. Tackett says. "TNCC is an important element of the training we provide for nurses in all units that care for patients with these injuries."

The percentage of TNCC-certified nurses is critical to the hospital's being designated a Level I trauma center by the American College of Surgeons.

Ms. Tackett also provides TNCC training for nurses at Connecticut Children's Medical Center, Backus Hospital, MidState Medical Center and area hospitals that send patients to Hartford.



JOY MILLER

(L-R) Karen Teixeira, RN; John Roske, RN; Susan Tubbs, RN; and Maria Tackett, RN, MSN, CCRN, CEN

Other elements of trauma training include weekly "Red Pod" trauma classes, which feature a case presentation and a review of procedures; trauma practice drills; and pediatric trauma education, with CCMC nurses, in Hartford Hospital's pediatric trauma room.

"Trauma is an exciting and rewarding area of nursing to work in," says Ms. Tackett. "Many of our patients are young and don't have underlying disease processes. With our ability to begin critical care in the field with assets like LIFE STAR, and with highly skilled teams throughout the continuum of trauma care—the ED, ICU, step-down and floor units—these patients have great potential for recovery."

Focus on Alumnae

An Active and Growing Association



As the newly elected president of the Alumnae Association of the Hartford Hospital School of Nursing, I would like to take this opportunity to express my appreciation for this privilege.

Our Alumnae Association continues to be an active and growing organization. Since our entry into the computer age, with our Web site and our growing number of e-mail addresses, we have been better able to provide information to our members. My goal as president is to promote membership in the Alumnae Association as well as the use of the Bed Fund. The association's board members will also be looking for suggestions for how

better to identify uses for this fund. As president, I will continue to encourage participation by the members so that we can continue the tradition of nursing excellence by developing innovative strategies that will encourage people to enter the nursing profession.

Nursing offers an amazing array of opportunities for career choices and collaborations. It has been more than 10 years since the opening of the Connecticut Children's Medical Center (CCMC). The Pediatric Cardiology program at Hartford Hospital had been my home for many years, so it was challenging to move to a brand-new hospital. Time certainly has flown by! Creating a children's hospital in Hartford required the support and encouragement of many pediatric medical professionals; the administrations of Hartford Hospital, Newington Children's Hospital and the University of Connecticut Health Center; businesses; and the community.

Today, collaboration among these institutions continues. One example is the Trauma Nursing Core Course training, which you'll read about in this issue. The training brings together nurses from Hartford Hospital and CCMC to develop the advanced skills necessary to provide excellent care for both adult and pediatric trauma patients.

Clearly, the spirit of collaboration and cooperation that was always a part of our "training" at the Hartford Hospital School of Nursing serves us well even in 2007.

Karen Stinson Mazzarella

Karen Stinson Mazzarella, RN, BA (HHSN '69)

Take Advantage of the Alumnae Bed Fund

The Alumnae Bed Fund is a trust fund that was established many years ago for the purpose of assisting alumnae members of the Hartford Hospital School of Nursing with their medical expenses. In order to participate in the Bed Fund, one must be a member of the Alumnae Association of the Hartford Hospital School of Nursing, in good standing for not less than six months, and have contributed a one-time-only assessment fee of \$50. Assistance from the Bed Fund becomes activated after your insurances are utilized and exhausted.

The Bed Fund can provide assistance for a broad spectrum of expenses, including those for hospitalizations, medical visits, prescriptions, medical procedures and equipment, as well as individualized medical needs. This assistance is provided on an inpatient and outpatient basis at Hartford Hospital, Jefferson House and other Hartford Hospital affiliates.

All Alumnae Association members are eligible to join the Bed Fund. You may be pleasantly surprised at what your one-time \$50 contribution can do! If you'd like more information or a membership form, please contact Terry Gwozdz, assistant treasurer, at (860) 257-3171; or Pat Ciarcia, executive secretary, at (860) 563-2005 or patciarcia@snet.net; or write to: Alumnae Association of the Hartford Hospital School of Nursing, 560 Hudson Street, Hartford, CT 06106.

The Board of the Alumnae Association of the Hartford Hospital School of Nursing

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Join Your Alumnae Association

Become one of the more than 600 HHSN graduates who belong to the Alumnae Association of the Hartford Hospital School of Nursing. Membership dues are only \$30.00 per year. Members are eligible to apply for the Alumnae Bed Fund and scholarships.

To join, simply mail your \$30 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 Karen Stinson Mazzarella, president, at kmazzar@ccmckids.org; Pat Ciarcia, executive secretary, at patciarcia@snet.net; or visit our Web site at www.HHSNalumnae.org. You can also write to the Alumnae Association of the Hartford Hospital School of Nursing, 560 Hudson Street, Hartford, CT 06106.



Five Decades of Dedication



Patricia Rinaldi (HHSN '58)

arrived at Hartford Hospital as a student nurse in 1955 at the age of 18. More than 50 years later, and after a 34-year nursing career, Patti is still here as a volunteer, devoting her talent, time and energy to the patients and the hospital she loves.

"I've always felt Hartford Hospital was very good to me, and volunteering is a way for me to give something back," Patti says. She notes with pride that she has been a member of the Alumnae Association of HHSN since graduation.

Patti was always drawn to nursing, which was something of a tradition in her family. As a teenager, she found she liked looking after children. Her plan was to go into pediatric nursing immediately after graduating from HHSN. But her plans changed.

"When I was a student nurse, we didn't have the technology and treatments we have now," Patti recalls. "During my pediatric rotation, I experienced a lot of deaths. When I graduated at age 21, I didn't feel as if I were emotionally ready for pediatric nursing."

So Patti became first a staff nurse and then assistant head nurse on a medical unit. From 1962 to 1970, she oversaw a 400-employee department made up of non-RN nursing personnel. "That was a very interesting job, because it combined supervision with education," says Patti. She learned human resource skills such as interviewing, hiring and evaluating employees.

When the department was restructured in 1970 to include only RNs and LPNs, Patti became clinically responsible for orientation,

in-service education and continuing education for pediatrics, obstetrics and gynecology. She also worked per diem in gynecology and, at long last, pediatrics. "It was perfect timing for me to become involved in pediatrics," Patti says. "I was older and more mature and

had experienced more of life." One of Patti's fond memories is of a young patient who nicknamed her "Baby Nurse" because of her petite stature.

Retired since 1992, Patti now travels extensively, serves as president of her local Professional Nurses Association, enjoys handcrafts and spends time with her extended family. But she also finds time to volunteer at Hartford Hospital in several capacities, including as a patient advocate. "It's a very fulfilling role, because people don't choose to get sick and come to the hospital. It's a busy, strange place to them. And the majority of them are elderly people with few family members or friends left. They need someone to advocate for them," Patti says.

She also serves and provides training in the hospital's Keeping in Touch program, in which volunteers visit patients with dementia to help keep them oriented. She volunteers in the Emergency Department, supporting both the medical staff and patients. And she is a volunteer in the Bereavement Program, staying in telephone contact with families who have lost loved ones.

Patti has no plans to curtail her volunteer roles. "It's the feeling that I can make a difference for people that keeps drawing me back," Patti says.

Happy Birthday, Marion!



The Class of 1927 of the Hartford Hospital Training School for Nurses. Marion Gledhill is in the front row, sixth from right.



The 1933 HHTS Alumnae Association bulletin announced Marion Gledhill's election to president.



Dressed for duty.



Marion (left) celebrating her 100th birthday in August 2006, with her sister.

Marion Gledhill Engstrom Farnsworth, a 1927 graduate of the Hartford Hospital Training School for Nurses, reached a major milestone last August when she celebrated her 100th birthday.

Born at home in Hartford, Marion lived in West Hartford most of her life. She was the oldest of 12 children and, even as a child, wanted to be a nurse. Today, she remembers nursing school as being extremely strenuous. Students worked long hours and cared for many, many patients. Like all student nurses, she lived in the dormitory. She recalls working hard and studying for her licensing exam, but also finding time to play a little basketball with her fellow students.

After graduation, Marion worked at Hartford Hospital, serving as head nurse on a surgical ward, and then worked at Charter Oak Hospital, a 14-bed private hospital in Hartford's South End. Marion was active in the HHTS Alumnae Association, serving as treasurer and then, in 1933, as president. For many years, she was in charge of a fund her class established to make memorial contributions in honor of classmates who died.

After marrying Clifford Engstrom in 1937 and starting her family, Marion continued her nursing career, doing private duty in homes and convalescent facilities.

In 1985, 14 years after Clifford's death, Marion married Francis Farnsworth and moved to Avery Heights in Hartford, where she still lives today, and where she celebrated her 100th birthday this past summer with family and friends.

Marion's daughter, Sylvia Webb of New Britain, says she wishes she could recall more of her mother's stories about her days at HHTS, but Sylvia remembers clearly that "Mom has always been happiest when she was helping people—usually by using her nursing skills."

Let Us Hear from You!

We're eager for updates from HHSN graduates. Share your news about your career, family leisure activities, educational pursuits, achievements and more with other alumnae by dropping a note to **Pat Ciarcia, Executive Secretary, Alumnae Association of the Hartford Hospital School of Nursing, at 560 Hudson St., Hartford, CT 06106 or via e-mail to patciarcia@snet.net.**

Class of 1927

Marion Gledhill Farnsworth celebrated her 100th birthday in August '06. She is living in Avery Heights in Hartford, Conn.

Class of 1934

Katherine Blozic Bolis recently celebrated her 100th birthday.

Class of 1944

Jean Landon Smith is still volunteering with the Red Cross and her church. HHSN is always on her mind.

Class of 1946

Mavis French Davis and 20 members of the Class of 1946 celebrated their 60th Class Reunion at the Rockledge Country Club last fall. *Dot Dwyer Claugbsey* headed the committee for the celebration. *The Hartford Courant* ran an article about the class's 60th celebration, highlighting their student days and the role they played in the Hartford Circus Fire. While at the Rockledge, an elderly woman and her son stopped by to thank all the nurses who had taken care of the fire victims. The amazing thing was that both of these people had survived the fire! Both had their injuries treated at Hartford Hospital. The son had been 5 years old at the time of the fire and recalls that his father was asked to give permission to treat his son with an experimental drug: penicillin! The nurses at the reunion were thrilled to meet them and to accept their appreciation.

Betty Reese Bixler has been busy traveling to visit family in Minnesota and North Carolina. She also flew to Connecticut for her niece's wedding, which was held at the Pond House in Elizabeth Park. She recalls skating at the park in her younger days when she should have been studying.

Doris Williams Bruce has fond memories of her days at HHSN. She has five children who live in Ohio, New York, Texas, Denmark and Orlando. She survived Hurricane Charlie without much damage.

Helen Marchocki Carlson has had a hectic year. Her son has been ill, and she cares for him. Her daughter is a teacher in Fairfield County.

Mildred Coupe Carney lives in Florida, where her house survived the first hurricane to hit her area.

Lucy Harrison Eimer still lives in her same home and sends her love to all her classmates.

Shirley Cole Fore lives in Indiana. She and her husband have spent time traveling. She has a daughter in Colorado and a son in Indiana.

Jo Young Gamble has moved to a beautiful rural area in New York to be near her daughter and son-in-law.

Wilma Savage Grennan became a great-grandmother in October.

Ann Desimoni Mains enjoys her family and does volunteer work in Avon.

Anna Mae Jolie Potocki is active in church and nursing home activities.

Bev Phillips Robertson's eldest daughter is a professional singer and is appearing with the touring company of "Annie."

Corinne Gerry Rowland lives in a small retirement community in Ticonderoga, where she enjoys playing bridge.

Class of 1950

Sally Tuttle recently had an incident where her nursing experience proved invaluable. At a Home Depot parking lot in Florida, she observed a man become unresponsive. She immediately went to his aid and positioned the man for possible CPR. She tilted his head back to maintain an airway and gave him a thump on the chest. He immediately started to breathe and to talk. Once the ambulance arrived, she went on with her Home Depot errand. Once inside the store, a man who had observed the incident asked her if she was a nurse. He said that she had saved that man's life.

Class of 1956

Ann Howe Snow has started a business with her encaustic painting that is displayed in some galleries. She has two adopted children. She fondly remembers her days at HHSN where there were canaries in her room and chickens in Marilyn Pieretti's room.

Janet Johnson Arbur has four children, four stepchildren, 11 grandchildren, and two stepgrandchildren. She and her husband have traveled to Hawaii, Alaska, Europe and the Caribbean. Her hobbies include bridge, knitting, cooking, traveling, and spending time with her family.

Phyllis Joyner Chase and her husband have a son, two daughters, and two grandchildren. Her hobbies include golfing, walking, sewing, gardening, cross-stitching and quilting. She remembers working on neurosurgery as a student, having five total-care patients, and wondering if she'd ever make it to graduation.

Marion Kobler Miller has two sons and five grandchildren. Her husband is retired, and they have traveled to Arizona and Hawaii. She enjoys quilting.

Janice LaBelle Bartholomew has four sons, nine grandchildren and one great-grandchild. Her hobbies include reading, quilting, tag sales, parish nursing, flu clinics, and vacations with friends. She has traveled to Holland, England, Germany and France. Her son returned safely from Iraq.

Nedra Leach Caccomo has three daughters, one son and seven grandchildren. She enjoys needlework and has been a choral member. She is now a NICU "cuddler." She also has traveled extensively to Greece, Italy, Austria, England, Scotland, China and Haiti.

Maryalice McCue Mansbach has a son, daughter and five grandchildren. She enjoys reading, volunteering and golfing. She and her husband have traveled extensively throughout the United States and Europe.

Linda McKee Woblgemuth and her husband have three daughters and three grandchildren. Hobbies include bridge, quilting and antiques. She has traveled to Chicago, Maine, Nova Scotia, Alaska and Germany.

Fran Michalowski Thibodeau has three sons, a daughter and seven grandchildren. She enjoys traveling, gardening, raising orchids, OASIS (literacy program) volunteering and a book discussion group. Her travels include the United States, England, Europe and the Caribbean.

Barbara Morse Curry and her husband have two sons and four grandchildren. She is involved in dog breeding and exhibiting and is an AKC judge. She has traveled extensively as a flight nurse. Travels include Lebanon, Morocco, Tripoli, Lybia, Crete, Greece, Turkey, Germany, France, Spain and England.

Ann Louise Mortenson Swanson and her husband have three children and eight grandchildren. Hobbies include platform tennis, indoor tennis, golf and yoga. She has traveled extensively to Austria, Australia, New Zealand, the Far East and many other European countries.

Jane Story Plitt has four children, 12 grandchildren, and one great-grandson. She especially enjoys reading and visiting her children and grandchildren. Travels include the United States and the Virgin Islands.

Margaret MacDonald Scattoloni has seven daughters and one son. Hobbies include quilting, knitting and swimming. In 1996 she graduated from the University of Maine with a BS in Nursing!

Polly Paradise Russell and her architect husband have one daughter, two sons and two grandchildren. Hobbies include reading, writing, walking, gardening, Reiki, pro football and cross-country skiing.

Barbara Richards Abbe has one daughter, two sons and eight grandchildren. She enjoys traveling, reading, getting together with friends, running her church's Thrift Shop, knitting and watching the Red Sox and UCONN. She spends five months in Florida and also travels within the United States.

Anita Tasillo Cunningham and her husband have five children and seven grandchildren. She enjoys reading, traveling, playing bridge and water exercising.

Martha Thomson Kirschner has three sons and two grandchildren. She has traveled to Europe, London and Paris. Her hobbies include quilting and music.

Elizabeth Wallace Knight and her husband have one son, one daughter and two grandchildren. She has traveled within the United States, Europe, Russia, Canada and the Caribbean. Hobbies include knitting, sewing, crewel, needlepoint, reading and playing tennis. She recently retired as assistant treasurer for HHSN Alumnae Association after serving for 43 years.

Dianne P. Worrall has traveled extensively to the Netherlands, Ireland, France and Spain. She also has backpacked in the West. In addition to traveling, she enjoys gardening, walking and hiking.

Barbara Ziebe Bergstrom has one son, one daughter and four grandchildren. Her son Peter died in 1981. She enjoys traveling, golfing, knitting, reading and playing bridge. She celebrated her 70th year with a trip to Florida and cruise on the Queen Mary II, followed by a trip to Germany and river cruise from Amsterdam to Budapest.

Class of 1959

Ardell Schmidt Patterson and *Irene Cardin Smith* are part of the "59er's," a group of about 10 classmates who have been getting together for the past few years. They have held "mini" reunions in Vermont, Jamaica, Maine, Cape Cod and, this past year, in New Hampshire. They have shared lots of memories and enjoyed good times together. The Class of 1959 will be celebrating their 50th reunion in 2009. Ardell and Irene ask that any address changes or communication be sent to them. Their e-mail addresses are: Ardell: arpat@surglobal.net; Irene: icsmith@cox.net.

Class of 1961

Ann Mathewson O'Sullivan and her husband Kevin volunteered following Hurricanes Katrina/Rita in Baton Rouge, La. Anne worked as an RN in the field, and her husband worked in management. Much to their surprise they were among 12 semi-finalists nominated for the Catholic Community Services Volunteer 2005 Award. Their 11th grandchild is expected in the spring.

Class of 1962

The Class of 1962 will be celebrating their 45th reunion this spring. Plans for the reunion weekend include lunch and tour of Hartford Hospital.

Linda Arle Duval works part time as a substitute school nurse. She also manages flu clinics for a local health service, volunteers as a family advocate in the emergency room of the local hospital, and leads the Membership Committee of her church.

Carol Drumm Ferik continues to work in a health care facility. She enjoys traveling and her two granddaughters.

Linda Palmer Haberern moved to Maine in 1996 to be near her daughter. She lives in an in-law apartment over the garage. Her daughter and husband have two daughters: Mackenzie, who is 8 years old, and Delaney, who is 8 months old. It is a special joy for her to provide daycare for the baby two days a week. She keeps very busy the other three days with volunteer work and with running "Nana's Taxi" after school. She has

been semi-retired since 1999, but keeps her nursing skills up by working two weekends a month for Southern Maine Medical Center Visiting Nurses doing homecare visits. Because she lives on the coast of Maine, she walks daily at the beach in good weather and spends indoor time with a good book when it snows.

Class of 1967

Carol Beattie Howes has officially retired from nursing and Hartford Hospital. She and her husband, who retired at the same time, had a great retirement trip to Hawaii. They are spending the winter months in Florida. She is looking forward to her 40th HHSN reunion this June.

Class of 1968

Shirley Girouard is presently an associate professor at Southern Connecticut State University. She will be moving to San Francisco State University in August of 2007, where she will be a full professor and director of the School of Nursing.

Class of 1969

Jean Bajek enjoys her new home in Panama City Beach, Fla., which is a five-minute walk from the Gulf of Mexico. Two years ago she retired from St. Francis Care Behavioral Health at the Mt. Sinai Campus in Hartford, Conn. She now works full time at her neighborhood CVS Pharmacy and also works per diem at Delta Healthcare Center in Destin, where her 91-year-old mother is a resident.

Class of 1971

Mary-Ellen Metzner Just is the CEO for New England Orthopedic Surgeons Inc. in Springfield, Mass. She has been married for 35 years, and she and her husband have two daughters and twin grandsons. Their son died in 2000 at the age of 21.

"I commend you, and all the other persons involved, for the development and publishing of the outstanding Spring 2006 issue of Hartford Hospital Nursing. I was impressed with all the various articles, the reporting styles, photography and informative content. It renewed my pride in being a graduate of Hartford Hospital School of Nursing."

— Sandra Stirrat Myers, RN, BSN (HHSN '57)

In Memoriam

We honor the memory of alumnae of the Hartford Hospital School of Nursing who have passed away, and others who touched our lives.

1929 Julianne Filipeck Macchi	1939 Lois Alley Smith	HHSN FACULTY Margaret "Peggy" Sullivan, nutrition teacher
1931 Ruth Clauson Pratt	1942 Elizabeth Cole Sangster	PHYSICIANS Dr. James McAndrews Dr. Arnold Ritvo
1933 Isabelle McKenzie	1944 Bernadette Tosko Warren	
1934 Florence Bangs Malcarne	1962 Karlene Ann Newsome Peterson	



In Fond Remembrance

Bernadette Tosko Warren, RN Oct. 19, 1923 – Jan. 28, 2007



*Mrs. Warren—then Miss Tosko—
in her HHSN 1944 yearbook*

Bernadette Tosko Warren, RN, Hartford Hospital School of Nursing Class of 1944, passed away Jan. 28, 2007, at the age of 83.

Mrs. Warren was a nurse at Hartford Hospital for more than 50 years. She worked in a variety of positions, including staff nurse, charge nurse and supervisor, and retired in April 2004 as assistant director of nursing. She was always proud to be a graduate of HHSN. Throughout her long career, she treated staff as if they were family and viewed Hartford Hospital as her second home. Known for her ability to solve problems and accomplish goals, Mrs. Warren gave her best at all times.

"I will always remember Mrs. Warren as one of the most generous and selfless people I have ever known," says Hartford Hospital President and CEO John Meehan. "She was completely dedicated to the hospital, to physicians and nurses, and to the mission of taking care of patients. She was supportive of hospital administration, yet willing to challenge us when she believed it appropriate. Efficient and plain-spoken, she was at the same time very caring, often quietly and unobtrusively helping staff members with personal problems. She never sought the spotlight."

In 1991, Dr. Henry Low donated a bronze plaque to Hartford Hospital in recognition of Bernadette Warren's dedication to the hospital. As described by Dr. David Crombie in a testimonial to Bernadette, the plaque recognized her "depth of love, her friendship, her generosity and her vision."

Mrs. Warren worked well into her late '70s, gradually reducing her hours until, as Mr. Meehan says, "one day, she just wasn't there anymore. She didn't want a retirement party. She never wanted anyone to make a fuss over her."

Bernadette Warren left an indelible mark on Hartford Hospital. She will long be remembered, and she will certainly be missed.



Mrs. Warren in 1995

*“Panic plays no part
in the training of a nurse.”*

— Elizabeth Kenny



*“The Caregiver,” in the Meditation Garden
on the campus of Hartford Hospital, commemorates the
Hartford Hospital School of Nursing.*

Give a Lasting Gift

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.



In April 1944 the School of Nursing became affiliated with the United States Cadet Nurse Corps. The first cadets entered in September 1944. These cadets received tuition from the government and pledged to serve as nurses during times of national emergency.



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