

HARTFORD HOSPITAL

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Nursing



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

Hartford Hospital Nursing

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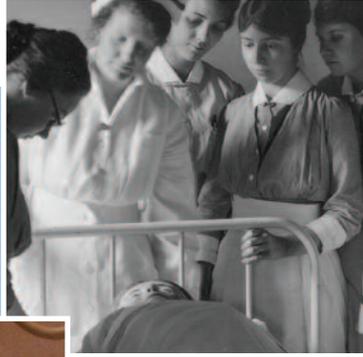
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(Photo by Joy Miller.)



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Hartford Hospital Nursing

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

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To Our Readers

The Relentless Pursuit of Excellence

One of the stories you'll read in this issue of *Nursing* describes the many innovations Hartford Hospital has made to enhance the comfort and safety of a specific segment of our patients and visitors. The story is interesting on its own, but it also underscores an important truth about this hospital: We are relentless in our efforts to improve and protect the safety and health of every person we serve.

We have taken decisive steps to promote quality care and patient safety, and I've mentioned some of them in earlier columns. They include Board involvement in monitoring performance, a standing Quality and Patient Safety Council that meets monthly, and the appointment of an outstanding physician executive, Jamie M. Roche, MD, MMM, CPE, to the newly created position of Vice President for Quality and Patient Safety.

However, we've now gone even further. Dr. Roche and his Co-chair, Gail Nelson, RN, CNAA, BC, meet daily with the Patient Safety Action Group to initiate meaningful changes in the processes that affect quality and safety. We are already seeing improvement. Fall risks and pressure sores are declining, while



John Meehan, President and Chief Executive Officer, Hartford Hospital

our hand-hygiene compliance is well above the national average and still climbing. We have embraced the survey results produced by the Department of Public Health and combined them with results of our own monitoring processes to pinpoint areas needing improvement. We have involved staff throughout the organization in identifying and implementing systemic changes to further strengthen our robust network of safety measures. We are committed to the process of continuous improvement.

Hartford Hospital is noted worldwide for its standard of clinical excellence, and we consistently earn high praise from outside entities for our high-quality programs and favorable clinical outcomes. These achievements are even more remarkable in

light of our high volume of patients. Every year, on average, Hartford Hospital admits 40,000 patients, sees 80,000 people in the Emergency Department and treats 110,000 patients on an outpatient basis.

Every one of these tens of thousands of patients deserves supralative care. We are determined to achieve that goal.



A Magazine For and About Nurses

I'm honored to be serving as Interim Vice President of Nursing while the hospital seeks a permanent replacement for Laura Caramanica, RN, PhD. Laura, who had served as Vice President of Nursing here since 1999, left last fall to become Senior Vice President of Nursing at Westchester Medical Center in Valhalla, N.Y. Laura was a true champion for nursing and a valued colleague, and we wish her well.

It's hard to believe that *Nursing* is beginning its fourth year in publication. From a good idea, it's grown into a lively publication we all look forward to reading. Many people have mentioned to me how much they like the magazine. And I know I've enjoyed learning about what nurses are doing



*Gail Nelson, RN, CNAA, BC
Interim Vice President of Nursing
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in other areas of the hospital and reading about the experiences and lives of earlier generations of nurses.

Nursing is a great way to celebrate nurses of yesterday and today and to spotlight excellence in nursing. The spring issue is always special, because it includes the Nightingale Award winners—nurses chosen by their peers as exemplifying excellence in their profession. This issue also explores the important role of nurses in the rapidly growing field of bariatrics.

I hope you'll enjoy this issue. And if you have ideas for future articles in *Nursing*, please let me know. I'll be glad to share them with the magazine's editorial board.



Congratulations to Hartford Hospital's 2008 Nightingale Award Winners!

Fifteen Hartford Hospital nurses have been named winners of the sixth annual Nightingale Awards for Excellence in Nursing. Founded by the Visiting Nurse Association of South Central Connecticut, the awards program is intended 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.



(l to r) Joanne Auger, RN, BSN, Labor and Delivery; Laurie Bostiga, RN, BSN, Maternity; Gail Rapoza, RN, Specialty Clinic; Janet Speas, MSN, RN, CEN, Emergency Department; Debbie Ann Ellington, RN, BSN, Neuro/Trauma



(l to r) Steven Sklar, RN, Psychiatry; Susan Bolduc, RN, Perioperative Services; Mary Wiechniak, RN, Short Day Admission; Darcie Shewokis, RN, BSN, Palliative Care; Carol Strycharz, RN, MPH, Medicine



(l to r) Jean Boccaccio-Malave, RN, Cardiovascular; Sara Visser, RN, BSN, Cardiac Surgery; Angie Fleig, RN, Orthopedics; Irene Krall, RN, BSN, Transplant; Bonnie Hill, RN, Jefferson House

Bliss 7-I Wins Beacon Award

The Bliss 7-I intensive care unit has won a Beacon Award from the American Association of Critical-Care Nurses. The awards are based on numerous factors, including clinical excellence, direct patient outcomes, staffing ratios, recruitment and retention of nurses, nurses' involvement on hospital committees and qualifications of nurses on the unit. Christine Leffler, BSN, RN, and Pamela Trip, MS, RN, CCRN, who completed the extensive application for the award, will accept the award at the AACN's National Teaching Institute in Chicago in May.



Andrea Hagstrom, MSN, RN, CNL, CNOR

Preceptor and Student Earn CNL Designation

Hartford Hospital Perioperative Nurse Educator Andrea Hagstrom, MSN, RN, CNL, CNOR, has become one of the first nurses to achieve certification as a Clinical Nurse Leader through Sacred Heart University's CNL Program. Hartford Hospital partnered with Sacred Heart in developing the curriculum for the program, and the hospital provides the required immersion experience for students. Ms. Hagstrom served as preceptor for Sacred Heart student Nicole Rogucki, MSN, RN, CNL, CNOR, during Ms. Rogucki's immersion experience. At the end of the process, both teacher and student sat for and passed the rigorous exam. Ms. Rogucki and Ms. Hagstrom have the distinction of being the first CNL graduate and first CNL preceptor in the state.

Awarded by the American Association of Colleges of Nursing, the CNL certification creates a unique credential for graduates of master's and post-master's CNL programs. It is based on national standards of knowledge and experience. The CNL is an advanced generalist clinician who brings a high level of clinical competence and knowledge to the point of care and serves as a resource for the nursing team. The major roles of the CNL are expected to be clinical care coordinator, outcomes manager, patient advocate, educator, information manager and care team leader.

Scaling Down for Better Health



Cristin Chambers, RN, BSN, and Michael Gilgenbach, RN, BSN, CNOR, in an operating room specially designed for bariatric surgery.

The Surgical Weight Loss Program at Hartford Hospital is helping people of size lose weight and get healthy, and nurses are there every step of the way.

Over 10 years, Stacie Lepore saw her weight spiral from 110 to 240 pounds. The 5-foot-2-inch young woman struggled to lose weight, but nothing worked. She had chronic migraines, hyperthyroidism, high cholesterol, respiratory problems and borderline diabetes. In 2005, she began researching bariatric surgery. Concerned about complications reported at other programs, she turned to Hartford Hospital and Darren Tishler, MD.

“He stressed that surgery was ‘a tool, not a fix,’” Mrs. Lepore says. After a rigorous six-month evaluation, she had a LAP-BAND® procedure in August 2006. A year later, Mrs. Lepore, who rises at 4:30 a.m. to go to the gym, was down to 149 pounds, and all of her other illnesses were gone.

“Having this surgery was the best life change I’ve made,” says Mrs. Lepore. “I’m healthy. I have confidence. I feel good about myself.”

Mrs. Lepore’s story is a good example of how Hartford Hospital’s Surgical Weight Loss Program is helping people struggling with obesity shed pounds, get healthy and achieve a greater sense of well-being.

The program was launched in 2004, with the first procedure being performed in January 2005. Since then, approximately 500 people have had either the Roux-en-Y gastric bypass surgery or the LAP-BAND® procedure. Many of the operations are performed laparoscopically. Demand is so great that a second experienced surgeon, Pavlos Papasavas, MD, joined Dr. Tishler in the program in January 2008. The hospital is in the process of seeking designation as a Bariatric Surgery Center of Excellence from the Surgical Review Corporation, a nonprofit organization dedicated to promoting quality health care in bariatric surgery around the world.

Clearly, it takes a comprehensive, multidisciplinary effort to create a successful program and provide excellent patient care from start to finish, and that's where nurses come in. Nurses at Hartford Hospital were closely involved in establishing the program, and they play a critical role in every phase of the bariatric surgery patient's experience. Several nurses serve on the hospital's Bariatric Oversight Committee, which seeks to ensure that all hospital departments meet the special needs of all patients of size (also see related article).

A Holistic Approach

Nina Arnold, RN, MPH, first became interested in working with bariatric patients while earning her master's degree in public health and gaining an appreciation for obesity as a major public health issue. Today she is on the staff of Connecticut Surgical Group, PC, as the Bariatric Nurse Coordinator for the Surgical Weight Loss Program.

"As a nurse, I find that the field is conducive to approaching the patient in a holistic manner," Ms. Arnold says. "In bariatrics, you don't deal with just the physical aspects of obesity. There are the emotional, social and mental health issues to consider, and that really appealed to me."

When prospective patients inquire about bariatric surgery, Ms. Arnold is one of the first people they see. She educates them about the process toward surgery and what's involved in the required medical workup. Once the surgeon has determined that the person is a candidate for surgery, Ms. Arnold works with the surgeon to prepare a customized workup plan. It includes lab work; upper GI or chest X-ray; referrals to a Hartford Hospital-based dietician, psychiatrist or psychologist, and cardiologist; or the sleep lab. Certified in support-group leadership, she runs a Hartford Hospital-sponsored support group that patients attend before and after surgery. Meetings typically feature guest speakers and open discussion among patients on a variety of topics.

"Research indicates that attending a support group long-term is one of the things that help patients maintain weight loss after surgery," Ms. Arnold notes.

Two to three weeks prior to surgery, patients meet with the surgical weight loss team, including Ms. Arnold. She reminds them how to prepare for surgery and what to expect afterwards. She reinforces the requirement to start a high-protein pre-op diet to reduce the size of the liver and the amount of fat surrounding internal organs, thereby making it more likely that the surgeon will be able to perform the procedure laparoscopically. Long after patients have had surgery, she continues to follow them to be sure they're doing well and getting regular medical care.

"Part of my role is being up-to-date on evidence-based nursing practice and most current research," Ms. Arnold says. "I'm also an advocate for these patients who have dealt with discrimination and stigma for the majority of their lives. Research shows that people who are obese are less likely to seek preventive care. Once we get them in the system, we try to maintain them, making sure, for example, that they have annual mammograms and regular colonoscopies."



Patient John Rexford, left, and his surgeon, Darren Tishler, MD, note the visible difference following Mr. Rexford's surgical weight loss procedure.

Bariatric nursing has emerged as a distinct field. Ms. Arnold notes that nurses who work with bariatric patients have the opportunity to take a national exam to become Certified Bariatric Nurses through the American Society for Metabolic and Bariatric Surgery.

Welcome to Hartford Hospital

When patients having bariatric surgery arrive for admission, nurses on the admitting unit, Center 8, are ready to see to their unique needs.

"We typically know ahead of time if someone is coming in for bariatric surgery," says Trisha DePietro, RN, BSN, Nurse Manager of Same-day Admission and Interventional Short Stay. "We have two rooms specially designed for bariatric patients and johnnies that help patients feel comfortable and covered."

Since the Surgical Weight Loss Program was initiated, nurses throughout the hospital have taken part in sensitivity training to help them gain a greater understanding of how to help bariatric patients feel comfortable emotionally as well as physically. Nurses on Center 8 put that training to work regularly. Moreover, Ms. DePietro says, "Center 8 offers sensitivity to many different special needs, no matter what those needs are."

The staff is very good about noticing whatever patients and families might need and seeing to their comfort.”

From a clinical standpoint, blood clots are a concern in bariatric patients. So Center 8 staff are vigilant about putting boots or compression sleeves on patients’ feet or legs right away.

“We do it immediately on admission because evidence says if they keep pumping before and during surgery and in recovery, they reduce patients’ risk of deep vein thrombosis,” Ms. DePietro notes, adding that “If we could put them on at the desk, we’d do it!”

The OR Team

When the patient arrives at the operating room suite, the first person he or she is likely to see is circulating nurse Cristin Chambers, RN, BSN. Ms. Chambers and Auria Mercado, a Certified Surgical Technologist, make up the team that works most frequently with Dr. Tishler in the OR. Both women partnered with Dr. Tishler in beginning the program, and Ms. Mercado actually had weight loss surgery performed by Dr. Tishler.

“I talk with the patients before they go into the OR suite, so there will be a familiar face inside,” Ms. Chambers says. “Going into surgery can be a nerve-racking experience. I try to put them at ease.”

Hartford Hospital has an operating room specially outfitted to provide the safest, highest-quality care for bariatric patients. Ms. Chambers and Ms. Mercado make sure that the operating room is completely and correctly set up prior to surgery. But once the patient is there, Ms. Chambers says, “My most important job is the patient.” She does her assessments, helps with special patient positioning and makes sure the patient’s skin integrity is protected, all while making sure the patient is as comfortable as possible. She is responsible for documenting the procedure. Once the surgery is completed, but before the patient wakes up, she takes steps to ensure that the patient will be comfortable on awakening, including dressing the incision, cleaning the patient up, putting a fresh gown on the patient and wrapping him or her in a warming blanket. Then she communicates with the post-anesthesia care unit so a PACU team will be prepared for the patient’s arrival.

“I talk with the patients before they go into the OR suite, so there will be a familiar face inside,” Ms. Chambers says. “Going into surgery can be a nerve-racking experience. I try to put them at ease.”

Post-Surgical Care

When the Surgical Weight Loss Program began, Hartford Hospital established a post-operative care unit on Bliss 8 especially for bariatric patients. Bliss 8 Nurse Manager Susanne Yeakel, RN, MSN, CNAA-BC, has been a leader in hospital-wide efforts to meet the needs of bariatric patients.

In addition to ensuring that Bliss 8 has the right beds and other equipment, Ms. Yeakel and her colleagues have addressed the unique clinical needs of bariatric patients.

“About half the patients who have bariatric surgery also have sleep apnea,” says Ms. Yeakel. “They need to have their pulse oximetry monitored for 24 hours after surgery. To free up beds in the ICU for critically ill patients, we increased staffing levels so that the monitoring can be done right here on Bliss 8.”

Bliss 8 Clinical Leader Julie Masamery, RN, BS who cares for bariatric patients and orients nurses new to the unit, notes that the nurse-to-patient ratio of one to four contributes to very high patient satisfaction levels on the unit.

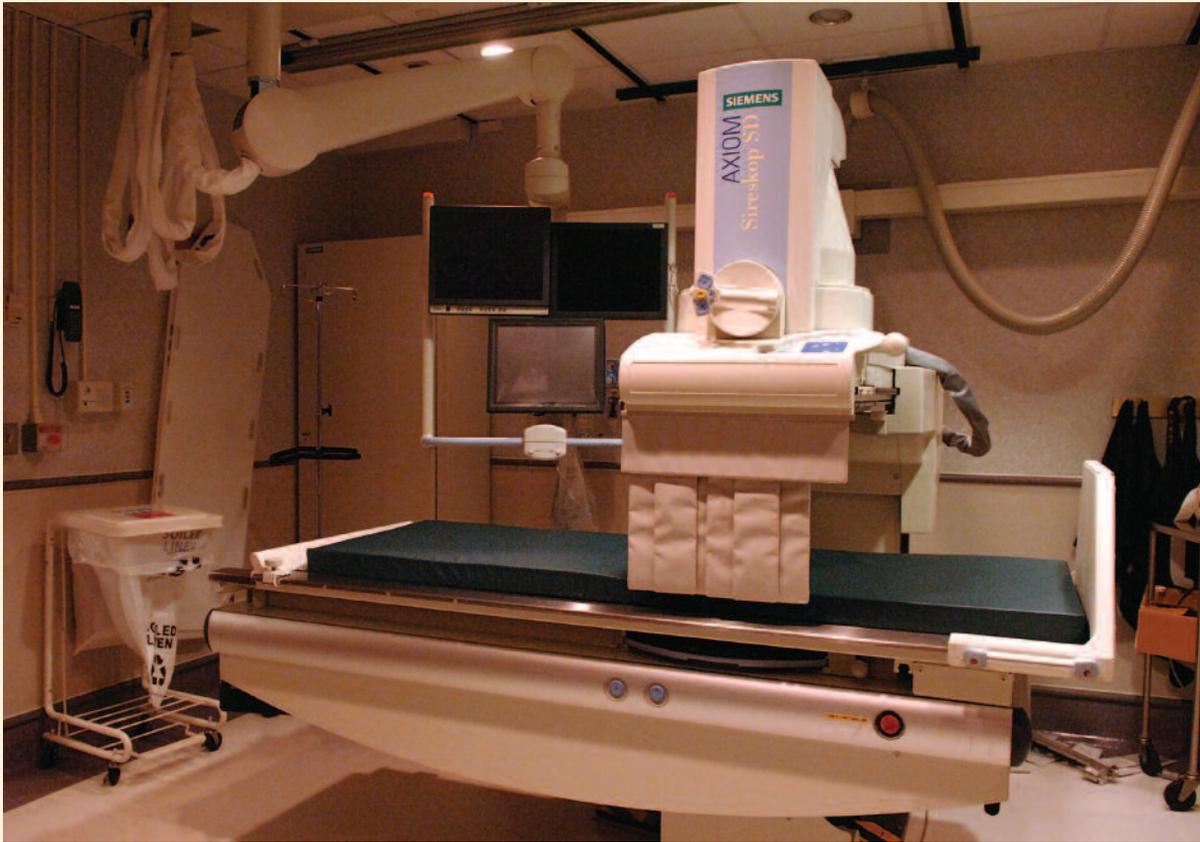
Flexibility is key. Michael Gilgenbach, RN, BSN, CNOR, Nurse Manager of the CORE Department, which includes Bariatrics, notes that the number of patients having bariatric surgery increased significantly when Dr. Tishler began performing the LAP-BAND® procedure.

“The less-invasive procedure meant that a larger number of patients were candidates for the surgery,” Mr. Gilgenbach says. “We adjusted staffing levels to enable us to provide care for many more patients.”

Susanne Yeakel says that her work spearheading hospital innovations that benefit bariatric patients has been a positive experience for her.

“Every step of the way, there’s something else to work on in this program,” she says. “I’ve met a lot of people in other hospital areas. I’ve met a lot of nice patients. And I’ve helped my staff grow professionally. I believe that one of the greatest contributions I’ve made as a manager has been setting up this program and taking it to the next level.” ■

Sizing Up the Hospital



The new Sireskop Bariatric Fluoroscopy Suite accommodates bariatric patients comfortably.

Throughout Hartford Hospital, innovations and education are enhancing comfort and safety for bariatric patients—and their families.

There's no doubt about it: Americans are getting bigger. Data from the Centers for Disease Control show that, over the past 25 years, the percentage of adults who are obese—otherwise known as bariatric—more than doubled, from 15 percent to 32.9 percent. That means there are more people of size everywhere in the community, including hospitals. Especially hospitals. That's why, several years ago, Hartford Hospital formed the Bariatric Oversight Committee.

“A large percentage of the people who go to the hospital are overweight or obese,” says Nina Arnold, RN, MPH, Bariatric Nurse Coordinator of the of the Surgical Weight Loss Program, which is a joint venture of Connecticut Surgical Group and Hartford Hospital. “The Bariatric Oversight Committee is dedicated to ensuring that these patients are cared for appropriately.”

Members of the Bariatric Oversight Committee include Hartford Hospital Chief of Surgery Orlando Kirton, MD; Co-directors of Bariatric Surgery Darren Tishler, MD, and Pavlos Papasavas, MD; Director of Surgical Nursing Catherine Yavinsky, RN, MS; Nurse Manager of Bliss 8 Susanne Yeakel, RN, MSN, CNAA-BC; Director of Perioperative Services Cheryl Ficara, RN, MS, CNAA-BC; Ms. Arnold; and representatives of hospital administration. Over the past several years, the committee has brought about hospital-wide changes to ensure that the hospital meets the needs of people of size—patients and visitors alike.

Education Is Key

One of the first initiatives launched at the recommendation of the Bariatric Oversight Committee was bariatric sensitivity training for hospital staff.

“People with obesity often encounter societal prejudice and physical barriers. As a result, when they come to the hospital as patients, their self-esteem is often already low,” says Susanne Yeakel. “We wanted staff members to be aware of patients’ feelings and be sensitive in the way they communicate with their patients.”

A simple word choice can make all the difference. For example, saying “I’ll get you a more comfortable gown” rather than “a larger gown” eliminates the implied judgment about the patient’s size.

Nurses, patient care associates, transport staff, security personnel and others throughout the hospital are required to participate in the training. Sessions are held regularly in Gilman Auditorium. The training is also available online, so everyone can access it, regardless of work schedule.

To enhance safety for staff and patients alike, staff members received training in proper body mechanics to lift and move bariatric patients.

On Bliss 8, where the post-surgical unit for bariatric patients is located, a dedicated nurse educator works with nurses to ensure they have the special competencies necessary to care for bariatric patients.

Equipment and Furnishings

Many changes have been made in the hospital’s infrastructure to ensure that the facility is well-suited to accommodating bariatric patients and visitors. The Bariatric Oversight Committee began in 2004 to identify changes that needed to be made.

“We needed to ensure proper equipment right from the point of entry into the hospital,” says Ms. Yeakel.

Chairs without arms were installed in the lobby of the main entrance, and larger visitor chairs were placed on floors. In the preadmission testing area, floor-mounted toilets were installed to support greater weight. The hospital made sure it had stretchers that could accommodate more than 500 pounds. In the pre-operative nursing unit on Center 8, two rooms—one single and one double—were renovated to accommodate bariatric patients. Both have floor-mounted toilets with hand-holds to assist with sitting and standing. On Bliss 8, the post-surgical unit right down the hall, which cares for patients who’ve had bariatric surgery, two double rooms and one single room were renovated with floor-mounted toilets. The beds can accommodate patients weighing up to 500 pounds. The hospital purchased larger johnnies and blood pressure cuffs. It also acquired AirPal air-assisted patient-transfer devices that enable staff to move bariatric patients from

“People with obesity often encounter societal prejudice and physical barriers ... We wanted staff members to be aware of patients' feelings and be sensitive in the way they communicate with their patients.”

bed to stretcher more easily and safely and with fewer people.

Toilet facilities throughout the hospital have been modified for bariatric patients, and special signage identifies the ones that are “bariatric-friendly.”

Bariatric patients, just like any other patients, may need diagnostic imaging studies. Hartford Hospital’s Radiology Department has been active in implementing changes aimed at accommodating larger patients. Tables and stretchers are stronger. Step stools have handles. Bathrooms are larger. And the department now features a Siemens Sireskop Bariatric Fluoroscopy Suite.

“This is our newest digital room,” says Triage Lead Technologist Debbie Beebe, who herself had bariatric surgery at Hartford Hospital. “It has a higher table weight limit, as well as a more powerful generator. The increased distance between the image intensifier and table allows more room for the patient. The bathroom is larger and has been renovated with a floor-mounted toilet.”

Throughout the department, older equipment, including CT scanners and MRI machines, is being replaced with equipment able to accommodate larger patients—patients many other facilities can’t handle.

“At Hartford Hospital, we can always image. We can always accommodate what doctors want,” says Ms. Beebe. “We have patients sent to us from all over the state. If we have a particularly challenging patient, our chief radiologist and engineering get involved to figure out how to do it. There’s always a way.”

Similar upgrades have been made in the operating room used for bariatric patients.

“We have a special operating room bed that holds up to 1,200 pounds,” says Cristin Chambers, RN, BSN, circulating nurse in the bariatric OR. “The bed also goes into a particular position that gives optimal positioning for anesthesia. It puts the patient’s back up with the head tilted back so the anesthesiologist can insert the endotracheal tube. Many bariatric patients have difficult airways and are harder to intubate. This bed helps a lot.”

For patients whose weight exceeds the limits of the hospital’s equipment, staff can rent equipment from SIZEWise Rentals LLC, a company specializing in large-scale medical equipment. This can be done right through the hospital’s CPOE system. A bariatric patient bed is always set aside in a special location in the event of emergencies or after-hours admissions.

Knowledge Online

Just about everything nurses may need to know when caring for bariatric patients is contained in a Bariatric Resource Manual that the oversight committee created and posted on the hospital’s Intranet.

“We’ve catalogued equipment throughout the hospital and listed it in the manual,” Ms. Yeakel notes. “Every area, including the Emergency Department, can find out what equipment we have, what its weight capacity is and where it’s located in the hospital.”

The manual goes beyond equipment, however.

“The manual discusses the two bariatric surgical procedures and the clinical pathways for each one,” says Julie Masamery, RN, BS, Clinical Leader on Bliss 8. “It also tells you who to call for a variety of issues, such as skin and dietary concerns, and it provides locations of all the bariatric-friendly rest rooms in the hospital.”

“Creating this manual has been a nice hospital-wide effort toward the care of bariatric patients in general,” says Susanne Yeakel.

Looking Ahead

Ms. Yeakel anticipates that the hospital will continue to implement changes to accommodate people of size. For example, she expects renovations to Bliss 8 that will increase the number of bariatric beds from five to 13 and increase the unit’s capacity to monitor pulse oximetry and telemetry.

After all, Ms. Yeakel notes, according to the literature, “Patients are only going to get heavier.” ■

Research

Discovering How to Prevent Falls

Take an elderly patient population, add psychiatric disorders, side effects from psychotropic drugs, and a therapeutic setting that encourages ambulation and you've got a recipe for a high risk of falls. Falls were a major concern on Donnelly One North at the Institute of Living when Ellen Blair, APRN, CNA, BC, became unit director of the geriatric psychiatric unit several years ago. She and her staff were eager to prevent falls and their resulting injuries, but there was negligible research in the literature involving inpatient geriatric psychiatric units. So Ms. Blair decided to conduct her own clinical research.

"I wanted to find out what was happening that was specific to our unit that was making falls common or harder to prevent," Ms. Blair says. "I'm an advocate of evidence-based practice, and on Donnelly One North, our goal is always to practice in accordance with sound theory and best practice."

Working with Cynthia Gruman, PhD, a researcher at the IOL's Braceland Center, Ms. Blair analyzed falls for three months. Not surprisingly, medications, a history of falls, and walking to and



Ellen Blair, APRN, CNA, BC

from the bathroom were found to be major fall risks. But the research also revealed just how complex the issue is. Because of that, Ms. Blair says, "Our staff began to look at the patient from a more individualized perspective, developing unique, yet practical, fall prevention interventions for each patient's nursing care plan."

Now, staff devote a full page of each patient's individualized treatment plan to assessing fall risk and preventing falls. They also complete a fall rounding checklist twice on each shift as they evaluate each patient. The changes in practice have led to a downward trend in falls and falls with injuries.

Ms. Blair and Dr. Gruman published their findings in the December 2005/January 2006 *Journal of the American Psychiatric Nurses Association*, in order to help other hospitals benefit from their research. An article about the project appeared in January 2008 in *Advance for Nurses*. As a result, she frequently receives calls from other institutions.

"They want to know what we're doing that's making our falls go down," Ms. Blair says. "I invite them to come here and visit our unit."

Education

First Class Completes Nurse Residency Program

The first group of graduate nurses has completed the new Nurse Residency Program at Hartford Hospital. The nurses, who are from all areas of the hospital, were hired in summer 2007 and began the six-month residency program in September 2007.

A team of nurse educators and nursing leaders at Hartford Hospital developed the program with the goal of helping new nurses transition more smoothly from being students to being practicing professionals in today's highly complex health care environment. The curriculum is based on standards set forth by the Commission on Collegiate Nursing Education. It includes all the information from the hospital's former nine-week orientation, but provides structured, monthly classes and covers additional topics such as patient-safety initiatives, cultural diversity, communications, critical thinking, staff safety, legal and regulatory issues and professional development. Participants also benefit from regular support groups facilitated by Hartford Hospital social workers.

First Group Finishes ICU Transition Program

This winter, seven new RNs completed Hartford Hospital's first Graduate Nurse to Intensive Care Unit Transition Program. A reception to celebrate the event was held on Jan. 24. At the ceremony, each participant gave her preceptors a personal thank-you note, a single rose, a starfish lapel pin and a copy of "The Starfish Story" (see inside back cover). The GN-ICU program was designed to give new nurses the education and experience necessary to take on roles in the hospital's five intensive care units. Another six graduate nurses began the course in January 2008.



GN-ICU Program orientees and preceptors gather at the Jan. 24 reception. Front Row (seated): orientees Katie Tyminski, Kate Nigro, Stacy Bentil, and Kerri White; standing Susan Ramos. Second row: preceptors Rebecca Lange, Elda Marcelynas, Katie Ortiz, Amy Litchfield, Jacqui Coveney, Leonie Jackson. Third Row: preceptors and nurse educators Kevin Mooney, Lynn Jansky, Olga May Smith, Susan Healy-Schmitman, Ann Russell, Liza Nowicki. Orientees missing from photo: Christina Farrington, Sheena McFarlane, Magilta Joseph.

Obesity and Children—Plus Scholarship Fund



Bariatrics as a field of medicine didn't even exist when we were in training at HHSN. But as seen in this issue of Hartford Hospital *Nursing*, Hartford Hospital and hospitals across the country are increasingly addressing the issue of obesity. A growing epidemic among adults, obesity often begins in childhood and adolescence. The National Health and Nutrition Examination Survey continues to find evidence of an increasing number of children and adolescents classified as obese.

Although the reasons for obesity in young people are varied, the focus on management is varied, as well. Diet, lack of exercise, increased time spent on the computer and genetics are several factors thought to play a part in this epidemic. Recently, Connecticut Children's Medical Center, where I work, has begun to develop a team approach to dealing with this group of patients. The team includes an endocrinologist, cardiologist, dietitian, psychologist/psychiatrist, surgeons, exercise physiologist, pulmonologist, gastroenterologist, adolescent medicine physician, social worker and APRN. A protocol is being developed to identify patients. It includes physical exam, family history and identifying possible endocrine disorders.

According to Christine Finck, MD, a pediatric surgeon at CCMC, the criteria for a child or adolescent to be a candidate for bariatric surgery at CCMC are specific. The favorable candidate must be motivated, have realistic expectations, be compliant, have good decisional capacity, understand the lifelong change and be willing to have long-term follow-up. Strong family commitment and support are vital, also.

Dr. Finck came to CCMC in July 2007 from St. Christopher's Hospital for Children in Philadelphia. While there, she held the position of surgical director of the Healthy Weight Awareness Center. This program cared for and treated overweight adolescents through a comprehensive educational program that included outreach to schools and the community. It is hoped that the new bariatric program at CCMC, including surgical cases, will be fully implemented by this summer. By addressing this issue at an early age, Dr. Finck and her colleagues hope to reduce or eliminate many of the physical problems associated with obesity, including diabetes, asthma and hypertension. Using a collaborative approach to focus on obesity as a disease process may be the best solution for young patients facing this challenge.

On another topic . . .

As you may recall, the Alumnae Association of HHSN formed a Scholarship Committee in order to develop criteria for applicants who are planning a career in nursing. The committee, headed by Betty Ann Fusco, Vice President of the Alumnae Association, has met several times and has almost completed the criteria. They expect that the criteria and application form will be ready to implement in the near future. Our goal is to provide financial assistance to worthy nursing students in order to promote nursing as a career.

Karen Stinson Mazzarella

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

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.



Training for Life

As a high school student, John Ham, RN, BA (HHSN '74) worked in housekeeping at Hartford Hospital. But it was during a later experience as an ambulance attendant that he became interested in nursing. In 1970 he enrolled in the Hartford Hospital School of Nursing. At the time, male nursing students were more the exception than the rule. Yet John made it clear to classmates, staff nurses and instructors that he was not there because of any social agenda.

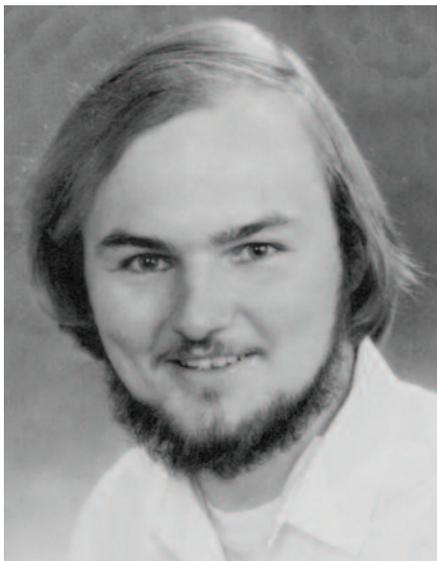


PHOTO COURTESY OF THE HAMILTON ARCHIVES AT HARTFORD HOSPITAL

John Ham HHSN 1974 graduation photo

“I wasn’t there to prove a point,” John recalls. “I was there to learn and to take care of patients. Once people recognized that and got to know me, I got along well.”

Male nursing students were housed with medical residents. Unlike the female students, the men didn’t have the equivalent of a house mother. In off-duty hours, there was no one keeping an eye on the men’s comings and goings. But the training was the same for both genders, and John enjoyed his experience.

“I especially enjoyed direct patient care, working on the floors and talking to the more experienced nurses to learn how to do things,” John recalls.

Looking back, he believes that the hospital-based program was exceptionally effective at not only preparing a whole cadre of people to staff the hospital but also preparing students for what it really meant to be a nurse.

“People in university-based programs got the education, but I don’t think they were prepared for the sacrifice that goes along with staffing a 24/7 institution,” he says.

After graduating, John worked in Hartford Hospital’s psychiatric unit for two years and consulted at Mt. Sinai Hospital on the other side of Hartford. He subsequently moved to Mt. Sinai, where he helped establish the hospital’s adult psychiatric unit and became that unit’s first head nurse. He earned a bachelor’s degree in psychology from the University of Hartford and began a master’s program in health systems management.

In the late ’70s, though, a very different career beckoned. After accompanying a trucker friend on several cross-country hauls, John decided to get into the business himself. Today he is the sole proprietor of his own company. He owns a truck and seven trailers, and transports goods—primarily food—for several regular customers.

John says that the training he received at HHSN prepared him, not just for nursing, but for life.

“My education prepared me well to solve problems and make decisions,” he says. “I learned how critical it is to get all the facts together before drawing a conclusion. In training, they called it SOAP—subjective, objective, assessment and plan. That concept has served me well in everything I’ve done.”

John, who has maintained his nursing license and Alumnae Association membership all these years, now is considering a return to nursing. He plans to attend an information session at Capital Community College to learn what would be involved.

“I liked psychiatric nursing when I did it, and that’s probably the field I’d go into,” he says. “But instead of going into management this time, I think I’d prefer to be a staff nurse.”



John Ham, RN, BA (HHSN '74)

A Look Back

Fulfillment and Friendship

Avis Velma Warren Butler (HHSN '44) entered the Hartford Hospital School of Nursing in 1941, just prior to the outbreak of World War II.

On registration day, the very eager young Miss Warren was the first to arrive at the school and on her residence floor. She introduced herself to the others as they arrived and gave each one a nickname, including Bernadette Tosko, whom she dubbed "Benny." Bernadette would become Avis's roommate, lifelong friend, sister-in-law and partner in a memorable cross-country adventure.

During Avis's training and early postgraduate years, the war made itself felt on Hartford Hospital and its nursing school. Avis recalls that so many graduate nurses had joined the service that, at night, the floors were staffed almost exclusively by students, with a supervisor or head nurse available in case a problem arose.

"We worked long hours," Avis says. "Nobody punched a clock. If you were supposed to go off duty, but you were needed, you just kept going and going. And we worked six days a week."

Twice, events conspired to change the course of Avis's life. One was when she and some classmates attempted to enlist in the war effort. Twice they walked downtown to the recruiting center only to find the staff absent. Avis and Bernadette decided it wasn't meant to be, so they ultimately remained stateside.

The other was when she and friends who were working nights decided to get up four hours early and go to the circus. But when Avis washed her hair that morning—July 6, 1944—her brand-new permanent wave straightened out. The salon said if she'd come right in, they'd re-do it. She did. And that was why she and her friends were not in the audience when the Great Hartford Circus Fire occurred. But that night, working on her ward, she could hear the children who'd been brought in with burns crying in the ward below.

Avis recalls that one of her most interesting student experiences was a summer 1943 rotation in the communicable disease unit of City Hospital. Housed in a separate building, the unit cared for people with illnesses such as scarlet fever, diphtheria, polio and tuberculosis. Students had to take an

PHOTO COURTESY OF THE HAMILTON ARCHIVES AT HARTFORD HOSPITAL



Avis Velma Warren Butler, then and now



exam at the end of their assignment. One day, after having returned to HHSN, Avis was called to the office of the school's notoriously stern Director, Ethel Brooks, RN.

"I was quaking in my boots," Avis says. "I couldn't imagine what I had done! Miss Brooks told me to sit

down. She said the instructor from the communicable disease program had called her about my exam. 'You got the best mark of any student they've ever had there. Congratulations!' she said. I almost fell out of my chair!"

After graduating, Avis first was among a small number of graduates selected to work in the education department. She was later appointed head nurse on EB-1, male orthopedics. Her friend Bernadette Tosko became head nurse on Ward 2, surgery. Avis had been living at 95 Jefferson Street, but Bernadette's doting mother persuaded Avis to live with them, so her daughter wouldn't have to travel to and from the hospital alone.

In summer 1945, Avis took Bernadette to her family home in Middlebury, Vt., where Bernadette met Avis's brother, Owen, who was on leave from the military. Bernadette and Owen "hit it off quite well." In spring 1947 the three young people quit their jobs and drove to California. Bernadette and Owen had married secretly in the fall of '46—a fact Bernadette waited a year to tell her mother. The three went on to Arizona, where Avis and Bernadette worked in a hospital in Tucson. They were having a wonderful time, despite the fact that they'd sometimes run out of money and food and have to rely on the goodwill of the kitchen staff, who let Bernadette occasionally pilfer a few slices of bread and some eggs from the hospital kitchen.

The next spring, the three set out for Alaska, traveling through Canada on the then-new Alaska Highway. When they reached Whitehorse, Avis returned to Middlebury for her younger brother Donny's wedding. Owen and Bernadette Tosko Warren eventually returned to Hartford, where she was a nurse—and something of an icon—at Hartford Hospital for more than 50 years. Avis married in 1949 and retired from nursing to raise her five children, one of whom, Jayne D.B. Marsh, BS, RN, MSN, MAPH, also entered the nursing profession.

Today Avis recalls that, "The years that I was in nursing school and working as a nurse were the most fulfilling of my life."

CLASS OF 1940

Louise Hitchcock Ost lives in a duplex apartment in Washington, next to her nephew and family who help her tremendously with her shopping and business matters. She is still active in her church and receives visits from missionary families from Nicaragua, Mexico, Spain, France and Morocco.

CLASS OF 1941

Christine Palmer Whitlock has recently published a 25-song CD entitled "Piano Stylings for What Ails You—An Hour Concert by the Sea." The CD is a relaxation series and Christine composed many of the 25 songs it contains. The promotional materials for the CD note that "Christine's piano, the ocean waves, and seagulls are all designed to transport you far away from the cares of the day." Christine believes that her piano playing made a positive contribution to her nursing career.

CLASS OF 1944

Jean Landon Smith has worked with the Red Cross during floods in the states of New Jersey, Texas and Minnesota. She also has worked with the Red Cross when there were fires in San Diego. She is a veteran of World War II and active in the VFW.

CLASS OF 1947

Barbara Wilson Laitinen and the Class of 1947 held their 60th reunion last fall. Twenty classmates attended the festivities and shared treasured memories. They had a wonderful time. The class's former nursing arts instructor, Peggy Eldridge Folgmann, also made the reunion. Her wisdom is priceless even after 90 years! Three classmates attended from outside of New England. These included: *Fran Ruoff Flynn* from North Carolina, *Audrey Gilchrist Carroll* from West Virginia and *Lynn Batter Dabl*, who drove herself down from Quebec, Canada.

CLASS OF 1948

Norma Brundage Marshall notes that the February section of the class of 1948 celebrated its 60th anniversary in February. "We were a small class who became close friends and had many reunions as time and distance allowed," she says of the group of 14 graduates. One member of the class continues to work, one resides in a Hartford nursing facility and three are deceased.



Mary Roth Burns, Class of 1950

CLASS OF 1950

Mary Roth Burns is pictured during her recent trip to Thailand. She has been extremely active in the Pulmonary Education Rehabilitation Foundation in California, where she has a "Chair" named after her. She travels worldwide spreading information on pulmonary rehab and has published many articles on the subject. She recently retired from being the editor of the foundation newsletter.

Gwen Morrison has a PhD and is also published.

Irene Sakmar O'Day has written a chapter in the recently published book, "A Nurse's Guide to Publishing and Presenting: Dare to Share" by Kathleen Heinrich, RN, PhD, Jones and Bartlett Publishers. Irene writes of her experience as a student at HHSN, and how the Nightingale philosophy affected her nursing career as well as her later life. She invites other nurses to "Dare to Share" their nursing stories.

Marjorie Zenobi Spitzel enjoys retirement and visits with her four children and six grandchildren in California, Arizona and New York. She enjoys ballroom dancing and cruising, which has become a way of life for her in South Florida. She taught nursing for over 25 years and was a junior instructor after graduating from HHSN.

Avery Health Care Center. They have four children in the area as well as 10 grandchildren ranging in age from 3 1/2 to 21 years old.

Sandy Stirret Myers and her husband sold their home and moved into an RV and have been touring the country. They travel extensively and enjoy this new lifestyle.

Beverly Henderson Nortz has a home on the St. Lawrence River where it is beautiful but very cold. In the winter they go to Sarasota, Fla. She taught nursing to vocational students for 30 years.

Diana Woodward Oliveira retired to the Cape in '95. She restored a 250-year-old farmhouse in Portugal and vacations there every year (a large family helps with the language and customs). She is enjoying her travels and grandchildren.

Joal Friese Patterson has worked in nursing for almost 40 years. She has worked as staff nurse, infection control nurse, staff development, assistant director of nursing, and director of nursing. She has three children and has traveled extensively from Nova Scotia to Florida, Kentucky, Arizona, England and Aruba. She spends her summers in northeastern Connecticut, where she enjoys swimming, sailing, and sharing this beautiful spot with her children and grandchildren.

Cindy Johnson Pavano is very active in her church, where she coordinates the caring network, visits and brings communion to shut-ins, plays the organ and piano duets and is director of the bell choir.

Lynn Farrow Peters is still painting and teaching at the senior center in Vernon. She also exhibits and sells her work at the Tinkling Tea Cups and teashops in East Hampton. She and her husband are in good health and go to the gym three times a week.

Peggy Woltersdorf Plutchko enjoys the good life. She spends her time doing watercolor

paintings, swimming, and beaching. She has 20 grandchildren and recently became a great-grandmother.

Alice Gagne Regas retired from nursing in 2006. She has been traveling and enjoying life. She enjoys her visits with her daughter, who lives and works in New Hampshire.

Jeanette Berger Reese is still working per diem in OB at Hartford Hospital.

Jean Hargraves Reil traveled to Europe last summer. Her daughter, son-in-law, and grandchild went with them. They visited Denmark, Germany and Holland and all had a great time.

Polly Thompson Reynolds and her husband have been spending a lot of time in New Hampshire where they have a log home and 31 acres of land and raise beef cattle. They have three sons and five grandchildren. She and her husband are planning a trip to Alaska via train across Canada.

Sue VanderMeer Shaw retired in 2002 after working 30 years in pediatric nursing, which she loved. The last six years were at Connecticut Children's Medical Center, which is in front of Hartford Hospital, so she ended her career in the same city block where it all began! Since then, she and her husband Bob have enjoyed some cruises as well as several trips around the country. They spend eight months a year in their waterfront condo on Manasota Key in Englewood, Fla., where they can watch dolphins, manatees and a wide variety of shorebirds from their living room. Summers are spent in Connecticut, where they enjoy filling their yard with flowers and gentle wind chimes. They have two sons who are doing well and two grandchildren, Stephanie (17) and Austin (14), who are growing up much too fast! Life is good.

Charlotte VanAuken Silbaugh and her husband enjoy traveling. They live in Oregon and spend their summers in Pennsylvania. Trips include snorkeling in

Hawaii or some tropical place. She and her husband have eight grandchildren ranging in age from 17 to 4.

Jayne Larson Smith retired in 2005 after experiencing nursing on many levels. In October she went on a nine-day Caribbean Cruise. She has two children and three grandchildren.

Ann Tomasek Staub and her husband moved into a retirement community in 2005. Their large apartment faces the river with a fantastic view—sunsets are magnificent. She enjoys her neighbors and is busier than ever.

Louise Swanson Steigerwalt retired in 2006 but still works a few hours a month. She has five grandchildren and four great-granddaughters and does a lot of "girl shopping" with them. She travels to Aruba every October.

Patti Fitton Stone and her husband live in a condo in Virginia, where they can easily visit with their children and grandchildren. Previously they lived in Michigan, Illinois, New Jersey, Colorado, Germany and Connecticut.

Joanna Pearson Stranaban and her husband have two children and five grandchildren. She works two days a week for an oral surgeon and one day a week babysitting her grandchild.

Maureen Anderson Summers has a very active life in Maine. She has provided part-time consulting work in occupational health around the country and is now an editor of an Accepted Health Journal, *The Tracker*. She is also vice chairman of the board of United Way for York County, and a member and on the board of a choral group, Seaglas Performing Arts. She enjoys traveling and playing golf.

Sigrid Heland Svensen and her husband celebrated their 46th wedding anniversary in 2006. They have three daughters and six grandchildren. She and her husband enjoy traveling and they go to St. Marten and Florida every year.



Joanna Laskus Hamby, Joanne Leonard Campominosi, Marlene Bredice Fregeau, Marion Brooks Muscbell, Joan Aggard Newth, Carolyn Bickford Calboun, Virginia Owen Chandler, and Judy Welch Friend, from the Class of 1960.

Arline Warner Tinus has been busy painting as always. She lives close to the Grand Canyon, which has become her favorite subject matter.

Vedder Grethen Ungham has three children and three grandchildren. She still works under contract 20 weeks in the ER at Venice Hospital in Venice Fla. She plans to retire soon and then travel, catch up on her reading and enjoy her new grandson.

Marge Collins Wallace retired from the Veterans Administration and has had various jobs, short-term, in between. A few years ago she returned to Connecticut for her 50th high school reunion.

Nancy Griswold Zable has three children and seven grandchildren whom she sees frequently. She attends a lot of her their soccer, basketball and volleyball games. She walks on the beach daily and enjoys traveling.

CLASS OF 1959

The Class of 1959 will celebrate their 49th reunion this year, and they're looking forward to receiving the "Golden Bed Pan." They are asking all their classmates to attend the banquet this year and the 50th anniversary festivities in June 2009. Please make sure organizers have your address or e-mail. Contact Irene Cardin Smith at 860-646-2175.

CLASS OF 1960

Joanna Laskus Hamby, Joanne Leonard Campominosi, Marlene Bredice Fregeau, Marion Brooks Muscbell, Joan Aggard Newth, Carolyn Bickford Calboun, Virginia Owen Chandler, and Judy Welch Friend pictured above at a June gathering at the home of Carolyn Bickford Calboun. There was another group that got together at *Mary Clementino Moreau's* home at Andover Lake. They enjoyed a fun summer catching up with so many of their classmates, most of whom are retired and enjoying life with grandchildren.

CLASS OF 1962

Linda Arle Duval works part-time at flu clinics, is a substitute school nurse and volunteers at her local hospital. She and her husband spend the winter months in Florida, where they enjoy the leisurely pace of living, visiting friends, walking and taking in all the sights and adventures in the area.

Carol Drumm Ferik is enjoying her retirement. She keeps busy with church, gardening, walking, crocheting and photographing her granddaughters.

CLASS OF 1968

Shirley Girouard is now in San Francisco as the Director of the School of Nursing at San Francisco State University.

CLASS OF 1969

Jean Bajek is enjoying her new home in Florida, which is just a five-minute walk to the Gulf of Mexico. Her oldest son, two grandchildren, and her brother visited with her this past summer. She works full-time at CVS Pharmacy and also does an occasional shift at the nursing home where her mom is a resident.

Rbonda Calamari Forristall works at Middlesex Hospital Medical Center Shoreline in Essex, Conn. She has been asked by the Emergency Nurses Association to present a poster presentation at the ENA Leadership Conference in 2008. Her abstract, called Building Tomorrow's Leaders, is about a

program that she and her colleagues started about five years ago. The goal of the program is to interest high school students in nursing. This hands-on project has been recognized by the Connecticut ENA and the Connecticut Hospital Association for its community outreach qualities. She and her colleagues are planning their sixth Career Day for area high school students.

Della Pappalardo Usber works as a clinical consulting analyst in the Information Services Department at Hartford Hospital. She recently celebrated 30 years of service to the institution.

CLASS OF 1972

Patricia Crosen Montanaro is Director of Electronic Health Records in the Information Services Department at Hartford Hospital. She recently marked 35 years of service to Hartford Hospital.

CLASS OF 1974

Sally Gurecki Marzi works at Middlesex Hospital Medical Center Shoreline in Essex, Connecticut. She is an active member of a project to interest high school students in nursing.

She and a colleague are currently planning their sixth annual Career Day for area high school students.



At Hartford Hospital's Fall 2007 Research Conference entitled The Essence of Nursing, *Laura Caramanica '72*, left, displays the HHSN nursing uniform from 1898 and *Pat Andreana Ciarcia '62* wears the HHSN student uniform from the early 1940s.

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 email 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 one is if an alum is willing to donate her pin 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.

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.

- 1936
Anne Ellsworth Sexton
- 1938
Edna Boyle Beattie
Elizabeth Roberts Fredericksen
- 1942
Audrey London Grundt
Helen Haywood Sayers
- 1943
Ruth Schroeder Schumacher
- 1946
Eunice Norton
- 1950
Constance Baranski Wilks Pechka

- 1951
Elizabeth Berry
Marjorie Loring Coe
Barbara Condon LeMay
Norma Schoonmaker Reynolds
Anne Satriano

- PHYSICIANS
Dr. Robert Hepburn
Director of the Department of Urology
Hartford Hospital
- Dr. Richard Kay
Anesthesiologist



The Starfish Story

Original Story by Loren Easley

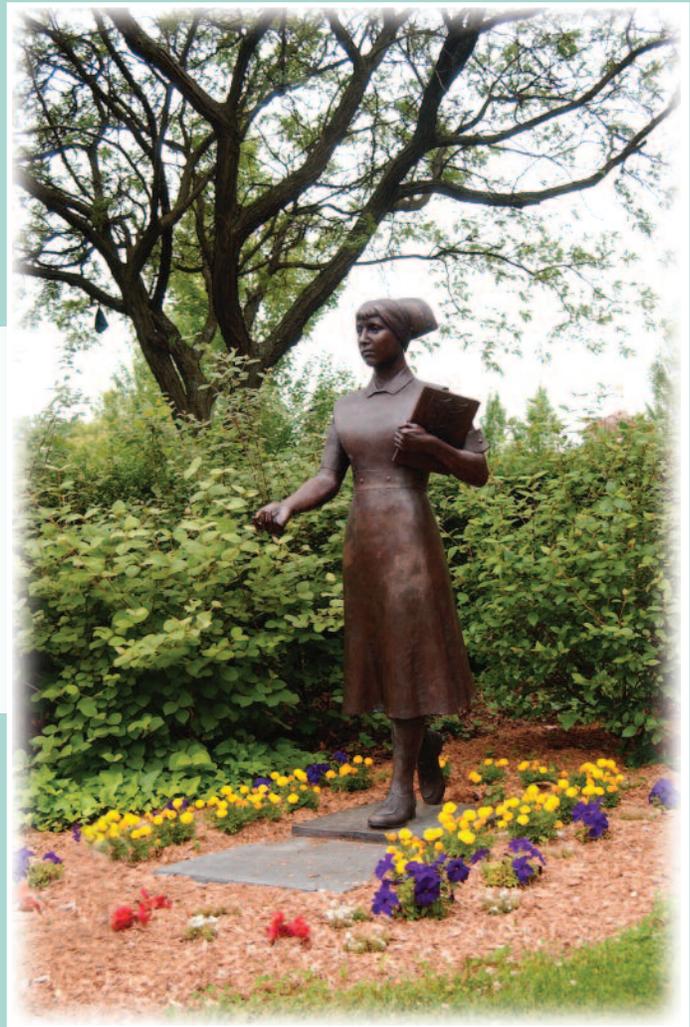
One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean. Approaching the boy, he asked, "What are you doing?" The youth replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

"Son," the man said, "don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference!"

After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, he said, "I made a difference for that one."

Nurses completing Hartford Hospital's Graduate Nurse to Intensive Care Unit Transition Program presented their preceptors with a copy of this story and a small starfish pin at a reception held Jan. 24, 2008.

"The Caregiver," a bronze statue of a student nurse, stands in the Meditation Garden on the campus of Hartford Hospital. The statue honors the 99-year history (1877-1976) of the Hartford Hospital School of Nursing. University of Hartford professor Lloyd W. Glasson of New York City and Cromwell, Conn., sculpted the statue, which was made possible by the efforts of the Alumnae Association of 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.



Instructor Eva Crowdis, a 1915 graduate of the Hartford Hospital Training School for Nurses, instructs students in the Nursing Arts Laboratory in 1921. Eva held several positions at Hartford Hospital including nursing instructor and House Mother of HHSN. Student nurses were touched by her warmth and fondly remember her as serving cake and cookies with tea in the dormitory. She was greatly admired by the nurses and staff and considered Hartford Hospital to be her family.



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