Welcome to the 2018 Nursing Annual Report.

Congratulations to the entire Nursing Team on achieving our Magnet Re-Designation in 2018! The dedication, compassion and excellence of our nurses was readily evident in our pursuit of this goal, despite many challenges along the way. The Magnet designation is just one public symbol of the incredible quality of care being delivered by our professional nurses working in collaboration with the multidisciplinary team. For our nurses, it’s another validation of their unwavering commitment to our patients and their families.

As St. Vincent’s strives towards fulfilling the promise of the Quadruple Aim – enhanced patient outcomes, enhanced patient experience, enhanced provider experience and lowering the cost of health care delivery – it becomes very evident that the commitment of our nurses to our Mission and to living our core values is what sets us apart in making our organization special. Please enjoy reading about many of our accomplishments this year and pause to take pride in your individual and collective contributions to creating a safe, exceptional experience for those we are called to serve.

In gratitude,

Dale Danowski, MBA, BSN, RN
Senior VP, Chief Nursing Officer
Cardiovascular Services

THE YEAR IN REVIEW

The Cardiovascular service line continues to innovate and remain on the cutting edge with best practices in all areas: medical, surgical and procedural services.

Electrophysiology

In May of 2018, St. Vincent’s opened a new state-of-the-art Hybrid Electrophysiology (EP) Lab. This lab is equipped with the most technologically advanced mapping equipment on the market today. With a variety of mapping systems for the physicians to choose from, it allows for more flexibility in lab utilization as physicians can choose the systems they are most comfortable with to treat various dysrhythmias. This new lab also allows physicians to perform open chest procedures. It was designed and built to meet OR standards and is fully equipped for these types of procedures.

Cath Lab & Structural Heart Program

From FY17 to FY18 we saw a 50% growth in the Structural Heart Program. The most significant growth has been with the Watchman™ and TAVR (Trans Aortic Valve Replacement) procedures. TMVR (Trans Mitral Valve Repair) or Mitracclip® procedures also experienced a strong growth rate.

With a continued focus on patient safety, best practice and improved outcomes, we implemented a holding/recovery process in which all patients that are having both coronary intervention and structural heart procedures are recovered in the cath lab area. Here, a dedicated team of RNs focus on preventing immediate post-procedure complications. This gives physicians the ability to be continuously involved in the recovery process and quickly respond to any changes to the care plan if needed. Holding these patients in this area has also allowed for more efficient same-day discharge.
Reducing CAUTI Risk

GREAT RESULTS IN THE ICU

According to the Centers of Disease Control (CDC), urinary tract infections (UTI) remain the 4th most common type of healthcare associated infection (HAI), with more than 12% of those infections reported by acute care hospitals.

One of the biggest risk factors that predisposes a patient to developing a UTI while hospitalized is the presence of an indwelling urinary catheter. In fact, each day an indwelling urinary catheter is in place results in a 3-7% increased risk of infection.

In 2014, a targeted initiative was developed in the ICU to decrease catheter associated urinary tract infections (CAUTI). With the support of the intensivist group, the nursing staff implemented interventions to reduce the use of indwelling catheters, as well as ensuring proper care of urinary catheters that are deemed medically necessary. Some of these interventions include:

- daily line/device rounding by the CNL of ICU
- avoidance of placing urinary catheters in patients who do not meet medical criteria as outlined by the CDC
- use of bladder scanning and intermittent catheterization
- use of moisture wicking pads for incontinence
- chlorhexidine bathing.

As a result of this hard work by the ICU staff, our practice related to urinary catheters has changed dramatically and the number of CAUTIs has steadily declined. We are proud to report that the ICU has not had a CAUTI since April 2017! This is just one way that the ICU nursing staff is keeping our patients safe and free from HAI.
Hyperbaric Healing

ANOTHER WOUND TEAM WIN
By Jennifer Gengo MSN, RN, CWOCN

Hyperbaric oxygen therapy (HBOT) is a medical treatment in which the patient is entirely enclosed in a pressure chamber breathing 100% oxygen, at greater than one atmosphere of pressure.

One atmosphere is equivalent to diving 33 feet in sea water. Our team at the wound center carefully screens our patients for eligibility in accessing this adjunctive treatment. We have seen patients with difficult-to-heal wounds make great progress with the addition of HBOT. Patients need to be committed to the treatment, as it is typically prescribed for five days a week and takes about two hours per day. The candidates for HBOT are started with 30 treatments but may continue with up to 90-120 depending on their response and progress. HBOT is only one part of a complex limb-saving plan for many diabetic patients.

Our patient, A.R., is an example of a success story for HBOT. He is a 73-year-old active man who still worked at his family-owned business. He presented to our Stratford office with bilateral diabetic foot ulcers. Both feet had deep wounds, but they were not infected. The team implemented our standard diabetic foot care of 12 weeks of wound healing.

Based on his rate of healing during the latter half of his 12 weeks in conventional treatment he was considered for adjunctive HBOT. A vascular assessment and intervention was performed to optimize his circulation prior to HBOT. After an intense review, to ensure all criteria was met, he started HBOT in our Trumbull office five days a week. His original HBOT order was for 60 treatments, but he only required 48 because his bilateral foot ulcers had healed. This allowed him to return to his business and remain productive earlier than anticipated. Another wound center success!
Contact Plus Precautions

C-DIFF BUNDLE BRAINSTORM

The incidence of hospital-acquired C-diff infections started to increase significantly in FY 2018. The rate (defined as the number of C-diff infections per 10,000 patient days) increased by 27% from 6.2 in FY 2017 (July 2017-March 2018) to 9.8.

Through detailed analysis, by a multidisciplinary group, it was recognized that certain units had a much higher rate of infection than others. After a thorough investigation of the nursing units with the high rates, we discovered that there was significant deviation from best practices. The reasons included timeliness of testing, laxative use, and presence of signs and symptoms specific to C-diff infection. The result of the analysis indicated that in many instances we were over testing for the presence of C-diff or not testing at the appropriate time.

One of the action plans included the development of a diarrhea decision tree algorithm. In April, 2018, a house-wide roll-out of the algorithm, including multidisciplinary education, feedback, questions and answer sessions, staff meetings, visual management board huddles, and individual support and re-enforcement was completed. Based on the above actions and diligence of our staff, the C-diff rate in fiscal year 2019 to date has decreased by 50% to our current rate of 4.9%. The number of cases, on average per month, has decreased from 4.67 cases to 2.37.
Safe and Soothing

BEHAVIORAL HEALTH UNIT UPGRADE

Comprehensive inpatient acute psychiatric treatment is available on the 9 East Adult Psychiatric Inpatient Unit at SVMC’s Bridgeport Campus. 9 East is for the medically and behaviorally-compromised older adult patients, including those seeking treatment for primary mental health challenges coupled with substance use disorders.

The leadership team of the psychiatric service line, with St. Vincent’s Behavioral Health Services, opened the newly renovated 9-East Adult Psychiatric Inpatient Unit in the summer of 2018. The upgrade resulted in a 10-bed semi-private side and a 6-bed private side. All of the unit’s common services, such as the nurses’ station, medication room, galley, showers, etc., have been moved to a centrally accessible area, which allows for a safer environment for both patients and staff.

Upgrades have been made to areas such as ceilings, doors, hinges, toilets, and furniture to ensure that our environment is ligature-free for the safety of our patients.

Other new additions to the unit include a PA system to increase audibility in the milieu from the nurses’ station, four new state-of-the-art behavioral health safe ligature-free medical beds, and freshly painted hallways and patient rooms with soothing, mood-setting colors.

Adults in need of medical assistance for stabilization of an acute emotional or psychiatric crisis turn to St. Vincent’s inpatient services for compassionate care and support. As an interdisciplinary team, we are proud to re-open this newly renovated, beautiful space for our patients.
Caring for Colleagues

A LASTING TRIBUTE TO BRIAN
By Nicole Simpson, MSN, RN

Brian Travis was a beloved monitor technician who worked at St. Vincent’s for about 20 years. He and his wife met while they both were working here. Unfortunately, in 2005, he was diagnosed with brain cancer. Despite his illness, he continued to work.

In 2014, when his treatments forced him to stop doing what he loved to do, he moved to Florida. This allowed Brian to be close to his family. After he left, he continued to stay in close contact with his St. Vincent’s family. Following a long courageous battle with cancer, Brian passed away with his loving family by his side.

When the Level 6 renovation was nearing completion and the brand-new monitor room was ready to open, his colleagues spoke about how much Brian would have loved this big spacious monitor room with a window! There was no hesitation when they requested to dedicate this room to their colleague and friend Brian Travis.

— Rest in Peace Friend.
Trunk or Treat

On Sunday, October 28, St. Vincent’s associates and their families enjoyed our Inaugural “Trunk or Treat,” an employee-led and -funded event held on the Medical Center campus.

Departments picked themes and tricked out their trunks for an afternoon of fun, entertainment and camaraderie. We had 18 trunks and more than 200 guests despite the dreary weather! Many thanks to the Employee Activities Council for providing a collaborative forum to share ideas, and to Sandy Lawrence and Ritt Miller for coordinating such a memorable event!
Congratulations to Ellen Miller, BSN, RN, RN-BC, who was awarded the St. Augustine Medal for service to her parish by Bishop Frank J. Caggiano.

The St. Augustine Medal of Service was instituted by Bishop William Lori in 2005. This award recognizes the men and women from across the Diocese whose exemplary dedication to Christ and to his Church is lived out in the extraordinary service to the parishes, schools, and charitable works of the church across Fairfield County.

Ellen was nominated for this honor by Reverend Monsignor Laurence R. Bronkiewicz, Pastor of St. Mary Parish in Ridgefield. She was one of 150 honorees gathered at St. Augustine Cathedral on November 17, 2018 to receive the award.

Ellen, who regularly gives up her vacations to go on medical missions to Central and South America, is a most deserving recipient. She received this award for her work in rallying support among her fellow parishioners at St. Mary Church to the cause of providing clean drinking water to some of the poorest countries in the world. She coordinates the annual Walk for Water, which this past year raised $18,000 to help provide filtration systems and clean water to the indigenous people of Santa Maria de Jesus, Guatemala.

“We must be full reservoirs in order to let our water spill out without becoming empty, for no one can give what he does not have.”
— St. Vincent de Paul

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Ellen’s work in rallying support among her fellow parishioners at St. Mary Church raised $18,000 to help provide filtration systems and clean water to the indigenous people of Santa Maria de Jesus, Guatemala.
Hartford HealthCare to Acquire St. Vincent’s

DEFINITIVE AGREEMENT SIGNED

In October of 2018, St. Vincent’s and Hartford HealthCare (HHC) signed a definitive agreement for HHC to acquire substantially all of the assets of St. Vincent's Medical Center and its related operations.

As part of Hartford HealthCare, St. Vincent’s will continue to be an organization that is trusted for the care it provides and for meeting the healthcare needs of the community.

Hartford HealthCare, a fully integrated health system with more than 19,000 employees, currently includes six acute-care hospitals, the state’s most extensive behavioral health network, a large multispecialty physician group, a regional home care system, an array of senior care services, a physical therapy and rehabilitation network, and is an accountable care organization. St. Vincent’s will be HHC’s second-largest hospital, after the 867-bed Hartford Hospital.

In a news release announcing the agreement, Elliot Joseph, Chief Executive Officer of Hartford HealthCare, said: “We are proud of the work the people of St. Vincent's have done so well across Fairfield County and beyond. Hartford HealthCare will be privileged to work with the St. Vincent’s team to enhance access to exceptional, personalized, coordinated care.” The acquisition is slated to be complete by the end of 2019.
The American Nursing Credentialing Center (ANCC) made a phone call to St. Vincent’s on March 16, 2018, at noon. Donna Havens, the Chair of the ANCC International Magnet Commission called to announce that we achieved Magnet Re-designation.

About three hundred of my peers, who attended the call in Hawley Conference Center, were overjoyed at this emotional outcome after such a long journey. They proceeded to list what we were exemplary in, which was our Peer Review process and our very low restraint use in our Behavioral Health Units.

I was honored to be asked by Linda Plecity, our Magnet Program Director, to represent St. Vincent’s Medical Center and escort the Magnet surveyors to their sessions during our site visit on January 29-30-31, 2018. I have been working with Linda as a member of the Magnet Champion Committee for four years. I was excited and nervous when I first met the three surveyors, but as one of them said, “You have done all the work, now just tell us about it.” I was at ease after that.

The first time St. Vincent’s applied for Magnet Designation, I was involved as a Shared Governance member. As we applied for our redesignation in November 2015, I was involved throughout the entire process: side meetings, story writings, and kick offs. I also attended the National Magnet Conference in Atlanta in 2015.

I have worked at St. Vincent’s for 24 years, but I was still taken aback at the accomplishments of all the individual departments. Everyone was proud to show what they had been working on or what they excel in. I also learned more about what our hospital offers, including Joint Camp, Baby-Friendly designation, and the Midwifery Suite. The Cardiovascular Unit provides great pre-operative and post-operative education to the open-heart patients. Our Oncology Unit takes ownership of their unit and their patients by figuring out a schedule that works for their patients and department. Our psychiatry department has patient-centered care with group therapy and daily goals. It was an immense pleasure to experience everyone showcase all the splendid work they had accomplished.

I am proud to be a part of an organization that holds nurses in such high regard and puts forth the effort and hard work to attain such a prestigious designation. I am confident that we will continue to attract the best nurses and maintain our Magnet Designation.
Magnet Celebrated

Linda Plecity (left) and Dale Danowski (right) display St. Vincent’s autographed redesignation banner at the Magnet conference in Denver, Colorado.

Magnet conference attendees made the most of their trip and found time for some celebratory photo ops!
Service Awards Return

ASSOCIATES RECOGNIZED IN STYLE

The Service Award banquets for St. Vincent’s associates celebrating milestone anniversaries was held in September, 2018.

The banquets recognized the dedication and service of 728 associates. Their contributions to the organization have created the culture of caring the Greater Bridgeport Community has come to expect. A breakfast banquet appreciated 210 associates with five and six years of service. A dinner banquet honored 518 associates reaching higher milestones starting at 10 years, with three associates, Marianna Decarli, Maria Geismar, and Helen Krysinski, achieving an amazing 50 years of service.

The 2018 Employees of the Year were celebrated at the dinner banquet:

- **Zachary Binkowski**
  St. Vincent’s Medical Center
  PharmD, Critical Care Clinical Specialist

- **Tonisha Cohen-King**
  St. Vincent’s Behavioral Health Services
  Director Clinical Services

- **Allison King**
  St. Vincent’s Special Needs Services
  Habilitation Specialist

- **Stanley Crossley**
  St. Vincent’s MultiSpecialty Group
  Registrar Family Health Specialty Clinic
TRANSFORMATIONAL LEADERSHIP

Service Award Celebration

ASSOCIATES RECOGNIZED IN STYLE

Employees celebrating 10 years or more of service enjoyed an evening under the stars with dinner and dancing at Villa Bianca in Seymour.
Medical Mission at Home

St. Vincent’s 4th Annual Medical Mission at Home was another inspiring example of the passion and volunteerism of St. Vincent’s.

Keeping true to our purpose, we were able to once again provide a dignified, compassionate way for people in our community to receive medical care and other needed services that many would not otherwise be able to receive or afford.

The 2018 Medical Mission at Home was held on Saturday, November 3, at Cesar Batalla School in Bridgeport, Connecticut. 290 volunteers served 396 of our most vulnerable neighbors who were given access to free medical care, foot washing and podiatry services, nutrition, physical therapy, smoking cessation, spiritual care, behavioral health and social services, mammograms, vaccinations and flu shots, reader eyeglasses, haircuts, and more.
Nursing Core Values

TRUST
The environment at St. Vincent’s promises that everyone will receive the highest level of safe, compassionate, physical, emotional and spiritual care. We trust that we work in a safe and healthy environment where we are supported and encouraged to care for ourselves and each other.

CARING
St. Vincent’s is committed to building a healthcare system where patients get the right care and the best care every time. We are inspired to see our roles beyond tasks and technology to the true heart of nursing…caring. Caring behaviors are evident in the way we care for our patients and families, ourselves, and our colleagues.

SPIRITUALITY
At St. Vincent’s, spirituality is incorporated into everything we do. We recognize that a person’s spirituality and beliefs are very personal. Honoring that individuality allows us to maintain a culture of caring by always respecting the dignity and diversity of each person. We take pride in listening and responding to the needs of each individual.

SAFETY
Our commitment to a culture of safety stems from the teamwork and leadership of all disciplines. Practices are evidence-based and patient-centered. We are patient advocates in assuring patient safety. Continual emphasis on safety and high quality care is recognized and rewarded.

COLLABORATION
We are committed to cultivating an environment that fosters open communication, collaboration and teamwork. We play a pivotal role in best serving our patients and families. Sharing knowledge, decision-making, innovations and feedback are all ways that, together, we produce exceptional outcomes in a dynamic and challenging environment.

KNOWLEDGE
We believe in creating an environment that promotes professional growth, development, supports the mission and vision ensures high quality, safe care and best outcomes. St. Vincent’s invests financially in continuing education and tuition assistance, and supports national certification so nurses may experience personal and professional satisfaction as well as career advancement. Helping our patients feel empowered make informed decisions about their care and treatment requires expertise and knowledge. We use our knowledge to empower others and drive change.

SCIENCE
Through the application of science, which is best described as advancing nursing practice through the use of assessment, problem solving, knowledge, experience, research and the integration of evidence into practice, our outcomes have continually improved. Nursing research is supported and conducted through our Nursing Shared Governance Councils.

INNOVATION
Creativity through courageous innovation is a core value at St. Vincent’s Medical Center. We are challenged every day to develop innovative ideas that will result in improved efficiency, safety, quality, service and professional practice. Innovation is accomplished by inspired and visionary nurses who are committed to excellence and to moving the organization forward to meet the challenges of an ever-changing healthcare environment.
Awards

Ellen Miller, BSN, RN, RN-BC: St Augustine Medal Award

Presentations

By Ellen Miller, BSN, RN RN-BC

Denise Buonocore, MSN, RN, APN-C, ACNP-BC, CNFH, CCRN
Transitions in care from an acute care telemetry unit to home
An evidence-based quality improvement project
St. Vincent’s Medical Center Research Day, April 26, 2018

What’s New in HF 2018. AACCN Region 1 Horizons Conference
Manchester, NH, October 10, 2018

What’s New in HF 2018. AACCN Region 1 Horizons Conference
Manchester, NH, October 10, 2018

The Value of Certification: Yes You Can!
AACCN Region 1 Horizons Conference
Manchester, NH, October 10, 2018

Ashley Dobuzinsky, MSN, RN, CCRN
The Evolving Role of Rapid Responders
and the Future of Rapid Response
Horizons 2018 Conference
Manchester, NH, October 2018

Marilyn Faber BSN, RN, HN-BC, CHTP
Building Community through Multi-Chapter American
Holistic Nurse Association Meetings and Events
AHNA 2018 Annual Conference
Niagara Falls, NY, June 2018

Susan Goncalves, DNP, RN
Clinical Conundrum? An Innovative Clinical Makeup Approach
Connecticut Nurses Association, 112th Annual Conference
Cromwell, CT, October 2018

Nicole Loiz MSN, RN, NEA-BC:
Impact of an ED Discharge Nurse Navigator
Emergency Department Management Conference
Las Vegas, NV, March 2018

Marit Planton, BSN, RN
Ann Marie White, RN
A Multi-Step, Interdisciplinary
Effort to Improve our Compliance with
Recommended Initial Unfractionated
Heparin Dosing for the Acute
Myocardial Infarction Patient
American College of Cardiology
National Cardiovascular Data
Registry Quality Summit.
Orlando, FL, March 2018

Judy Ruggiri, DNP, MSN, RN
Denise Buonocore, MSN, RN
APN-C, ACNP-BC, CNFH, CCRN
Implementing post discharge scripted
phone call for patients with heart failure
An evidence-based practice quality
improvement project
Values Recognition

7 North Staff
Unit Practice Council Emergency Room
Toni Berry, BSN, RN, CMSRN, Level 7
Lisa Brown, MSN, RN, PACU
Eileen Callahan, BSN, RN, Case Management
Lori Carroll, BSN, RN, 10 East
Lory Cleary, RN, Emergency Room
Patricia Dennis, MSN, RN, Westport
Linda Ghampson, MSN, RN, ICU
Betsy Hlavac, BSN, RN, Radiation Oncology
Ann Kardos, BSN, RN, Resource Group
Nicole Loiz, MSN, RN, NEA-BC, Director
Jennifer Marrocco, RN, ICU

Cynthia Muniz, RN, ICU
Morgan Rattigan, RN, ICU
Olivia Reyes, RN, ICU
Danielle Rivera, MSN, RN, Level 10
Nicole Rogucki, APRN, MSN, RN, Operating Room
Lisa Sanzone, MSN, RN, Emergency Room
Cindy Siclari, MSN, RN, CCRN, Met Team/ ICU
Lindsay Slaybaugh, MSN, RN, Emergency Room
Judy Taylor, BSN, RN, ICU
Marge Tremel, RN, 7 North
Lisa Ucci, RN, ICU
Melissa White, RN, Operating Room

Daisy Awards

January 2018
Linda Scillia, RN
Behavioral Health
Westport

April 2018
Cindy Holvek, RN
GI Suite

September 2018
Sarah Digirolamo, BSN, RN
Infusion Center

November 2018
Paula Dwyer, RN
South Unit
Behavioral Health, Wesport

Nursing Excellence Awards

Volunteerism & Service
Donna Quinlan, RN
St. Vincent’s Special Needs

Susan L. Davis Leadership
Debra Gilbey, MSN, RN, RN-BC, CRRN
Level 10 East

Education & Mentorship
Karen Katrinak, RN,
Level 9 North

Nursing Practice
Mark Pullo, MSN, RN, CEN
Emergency Department

Research
Karen Platt, BSN, RN
Level 10 Orthopaedics

Clinical Support Team
Jake Chambless, CNA
Level 9 North

Greater Bridgeport Medical Association Nursing Excellence
Regina McKay, BSN, RN
Float Department
Honorable Mentions

Education & Mentorship
Kelly Tenney, BSN, RN
Emergency Department

Volunteerism & Service
Beth Hare, RN
Emergency Department

Nursing Practice
Brandi Buskey, BSN, RN
Oncology Services

Greater Bridgeport Medical Association
Brian Ligouri, BSN, RN
Westport Campus

Recognitions

Kyssie Brown-Karikari, MSN, RN was named “A Leader in Nursing” by American Health Council in February 2018.

Denise Buonocore, MSN, RN, APN-C, ACNP-BC, CNFH, CCRN was interviewed for an article written by Keith Loria for Managed Healthcare Executive Called “Nine Ways to reduce Hospital Readmissions from Hospital Executives.” Published September 2018.

Publications

Denise Buonocore, MSN, RN, APN-C, ACNP-BC, CNFH, CCRN


ACE (LOP)

Rachel Bouteiller
MSN, RN, CEN, ED, Level 2

Jaime Chila
BSN, RN, ED Level 2

Jessica Collazo
BSN, RN, PCCN
Cardiac Cath Lab, Level 2

Sarah Digirolamo
BSN, RN, AIC, Level 2

Ashley Dobuzinsky
MSN, RN, CCRN
ED, Level 3

Alyssa Guard
BSN, RN, ED, Level 2

Donna Kelly
RN, RN-BC, SSC, Level 3

Christina Moura
RN, OR, Level 2

Lauren Oliveira
BSN, RN, OCN
9 South, Level 2

Ikeolapo Opayemi
MSN, RN, CMSRN
7 South, Level 2

Nicole Rogucki
APRN, MSN, RN, CNOR, OR Level 2

Michelle Ostrowski
BSN, RN, CVU, Level 2

Marge Tremel
RN, 7 North, Level 2

CT POST

TOP 10 NURSE

Congratulations!
Becky Siddall, RN

Named Top 10 Nurse in 2018 by the CT Post! Becky was nominated by fellow radiology nurse Ann Ballas who described her colleague as having a gift to help the most agitated and anxious patient feel less panicked and more relaxed.

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Degrees

BSN
Priscilla Brown, BSN
Danielle Cardinale, BSN
Dawn Carlson, BSN
 Kiernan Castro, BSN
 Carmen DeCarlo, BSN
 Sarah Digirolamo, BSN
 Michelle Ferraro, BSN
 Mihaela Franceschi, BSN
 Rochelle Gibson, BSN
 Seth Gibson, BSN
 Dianna Harrison, BSN
 Betsy Hlavac, BSN
 Katie Kalweit, BSN
 Christina Lage, BSN
 Ritt Miller, BSN
 Lauryn Moran, BSN
 Esther Okafor, BSN
 Valerie Penebre, BSN
 Alexandra Pierce, BSN
 Aneta Rafalo, BSN
 Danielle Reardon, BSN
 Kristen Reilly, BSN
 Olivia Reyes, BSN
 Patricia Simmons BSN (2017)
 Ann Thompson, BSN
 Eugene Williams, BSN
 Melinda Vazquez, BSN

MSN
Christen Bell, MSN
Alejandro Belistri, MSN FNP-BC
Rachel Bouteiller, MSN
Elanne Bueno, MSN
Suzanne DiMenna, MSN
Margaret Dwyer, MSN
Danielle Rivera, MSN
Natalja Samudosky, MSN
Lisa Sanzone, MSN
Laura Schack, MSN/Ed
Susan Skoog, MSN

DNP
Judy Ruggiri, DNP
Theresa Solitis, DNP
Deanne Walsh, DNP

Certifications

Certified Wound Associate (CWCA) by American Board of Wound Management
Holly DeSimone
Dena Dzialo
Margaret O’Hara

Certified Wound Ostomy Nurse (CWON) by Wound Ostomy Continence Nursing Certification Board
Lea Forcier

Certified Bariatric Nurse (CBN) by American Society for Metabolic and Bariatric Surgery
Susan Rodman

Professional Development Certification (RN-BC) by the ANCC
Joanna Tylutki

Certified Professional in Patient Safety (CPPS) by National Patient Safety Foundation
Susan Stango

Progressive Care Certified Nurse (PCCN) by the ANCC
Sara Colodny
“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

— John Quincy Adams
Nurses Week

National Nurses Week featured many activities, including the hospital’s annual awards and recognition reception, a daily blessing of the hands service, food trucks, a complimentary night shift coffee bar, and other treats. Associates and visitors alike also enjoyed a special slide show tribute to nurses in the Medical Center Main Lobby.
Falls in the behavioral health areas can be very challenging. They have instituted post fall huddles, grab bars in showers, and fall education in their daily community meetings to help decrease falls in their areas.

ED Falls CY 2018: Monthly Trend

The staff in the ED have been working on hourly rounding, care teams, fall champions, daily huddles and developing a fall committee, to help bring staff awareness and decrease falls.
American Heart Association (AHA) guidelines state that hospitals treating STEMI patients should reliably achieve a door-to-balloon (D2B) of 90 minutes or less. Our Door-to-Balloon met the national goal for three out of the four quarters.

**Door to Balloon for PAMI Patients CT 2018 by Quarter ≤ 90 minutes**

![Door to Balloon Graph]

- Q1 2018: 100%
- Q2 2018: 90.91%
- Q3 2018: 100%
- Q4 2018: 100%

MRSA infection rates have been monitored for the past 6 years. This graph represents MRSA infections for 2018. We have had 7 months of no documented MRSA infections.

**MRSA Infections per 10,000 Patient Days**

- Jan-18: 0
- Feb-18: 0
- Mar-18: 1.06
- Apr-18: 2.07
- May-18: 0
- Jun-18: 0
- Jul-18: 3.95
- Aug-18: 2.11
- Sep-18: 2.09
- Oct-18: 0
- Nov-18: 0
- Dec-18: 0
The national goal is greater than/equal to 88%. Any healing rate above 91% signifies that the Trumbull Healing rate meets the Criteria for a Center of Excellence.

2018 Overall Healing Rate
Trumbull Wound Center: 95.63%

The national goal is greater than/equal to 88%. Any healing rate above 91% signifies that the Stratford Healing rate meets the Criteria for a Center of Excellence.

2018 Overall Healing Rate
Stratford Wound Center: 95.23%
The Behavioral Health Unit was given an exemplar from Magnet on their restraint use, which means excellence in nursing practice.

With 6 nurses becoming Certified Wound Associates (CWCA), we have managed to decrease our pressure ulcer rate to a new low. Their new expertise has helped our patients stay safe.

The Behavioral Health Unit was given an exemplar from Magnet on their restraint use, which means excellence in nursing practice.
Knitting and crocheting have been a love of mine for many years. My favorite thing to make were baby blankets — to welcome a new life into the world with warmth and love.

Soon after I started working at St. Vincent’s, I began to make comfort shawls for the Comfort Shawl Ministry. At first, I just thought it was a wonderful thing to do, a way to use a gift I’d been given. Then I heard stories of the powerful effect the shawls can have on patients and their families. I realized that a shawl could provide warmth and love for a person as they leave this world, as well as when they enter it. The shawls also provide comfort for family members after their loved one is gone. Shawls are sometimes given to an associate as they retire or move on to a new opportunity. It is an honor to play even a small part in wrapping someone in love during times of sadness and of joy.

Many of our nurses participate in knitting and crocheting for the Comfort Shawl Ministry, while others have been personally touched by this comfort. Here is one such example of “wrapping someone in love” by Liz Carrena, MBA, BSN, RN.

The Comfort Shawl Ministry is an extension of St. Vincent’s. If anyone in our ministry needs support, love, prayer and comfort during a challenging time or a time of sorrow, we, as nurses, have been called to be by their side during that time of need.

Our patients and associates come from all walks of life, backgrounds, ethnicities, cultures and religious beliefs. During the same time that Mexico, Texas, Florida and Puerto Rico were experiencing devastating natural disasters, we suffered yet another tragedy in Las Vegas, involving a mass shooting.

Rather than place blame or question God, we held a prayer service for all associates, volunteers and visitors. Many of us who had families in these locations attended the service. It was very moving to also have colleagues who were not personally affected by these disasters in attendance. They prayed with us and lent support to those of us who were grieving over the devastation and loss. As attendees entered the service, we were each presented with a pocket-sized comfort shawl. We held them tight throughout the service and I will treasure mine always.
In 2017, The Laboratory team at St. Vincent’s founded “Trim for the SWIM” as a way to give back in support of St. Vincent’s SWIM Across the Sound. In 2018, the event proved even more successful.

SWIM Across the Sound is a charitable organization which provides education, medications, transportation, wigs and support for cancer patients in need. The Unit Practice Council (UPC) of the David H. Lobdell M.D. Clinical and Anatomical Pathology Laboratory wanted to find a way to help contribute to this cause, while at the same time getting the whole Medical Center involved.

The UPC came up with the idea that departments throughout the Medical Center and affiliates could decorate trees and raffle them, with the proceeds going directly to the SWIM. This was coordinated with the Foundation, who generously supported the project by providing the 3-foot trees to any department that volunteered to decorate it.

Now, each year, the Laboratory UPC distributes the trees to individuals/departments, who get to show off their creativity by decorating these amazing trees. The trees are put on display in the lobby for all to gaze at, enjoy, and soak up some holiday spirit. This past season, the UPC, along with volunteers and St. Vincent’s Special Needs Services participants, sold a record number of tickets, which helped double the proceeds from the previous year. The 2018 donation to the SWIM was over $10,000!

The Lab coordinates the whole project signing up departments, distributing trees, setup, ticket stamping, coordination of the volunteer ticket sellers, all the way to the raffle and getting the trees back to the winners. While the Trim for the SWIM takes a tremendous amount of time and work, the joy it brings to staff and visitors alike make this charitable event worth the effort.

Dozens of decorated trees were on display throughout the Medical Center Lobby and Cardiology waiting area.
Baby Baby Boom

A TRIO OF TWINS IN THE FAMILY BIRTHING CENTER (FBC)

It is not so unusual to have a “season for” particular types of cases in Obstetrics. But in November of 2018, three sets of twins were born and admitted to the NICU within days of each other.

The first set were two girls, the second set was one girl and one boy, and the third and last on the scene were two boys. These babes consumed 60% of our total capacity for several weeks, through the entire holiday season. The staff rallied around the moment and set up a variety of swing shifts to prepare for both their arrivals and their lengths of stay. Not only did we get a chance to care for the babies, but the FBC staff also cared for the parents and families as they commuted back and forth at all hours to spend time with their newest family members. The parents of the three sets of twins got a chance to bond with each other as well! As they trickled home one by one, or two by two, there were joyful tears from both parents and staff. There was such a sense of gratitude, from the FBC staff for being able to participate in such life-changing events for these families.

Left to right: Krista Lilly, RN, holding Amias & Liam Rivera; Department of Pediatrics Chairperson Joseph Vitterito, MD, holding Jordan & Aidan Cordova; and Sue Bousa, RN, holding Malaysia & Michael Jones.
ICU Team’s Drive
FOR BACK-TO-SCHOOL TEACHER SUPPLIES

A+ for St. Vincent’s ICU team, whose recent assignment was a Back-to-School for Teacher’s Drive to collect supplies for teachers at the Bryant Elementary School in Bridgeport.

“...the boxes full of supplies,”

said Olivia Reyes, BSN, RN, CCRN, who organized the drive with Sam Ditchkus, BSN, RN. “Not only did we provide for Miss Caitlin Perry’s first grade class, but we helped stock up several teachers and their classrooms. I am so proud of my ICU family!

L to R: Olivia Reyes, Bryant School Principal Vicki Egri, 1st grade teacher Caitlin Perry, 2nd grade teacher Jane Baldyga, and Sam Ditchkus.
Ellen Miller, Staff Nurse

I have been going on medical missions for the past 17 years with Helping Hands Medical Missions (www.hhmm.org). The indigenous people of Santa Maria de Jesus, Guatemala, live in extreme poverty.

Most of the parents have, at best, a primary education and limited literacy skills. They work as agricultural workers in the fields earning just $4 per day. Mothers help by doing laundry for others to earn a little extra to feed their children.

In this village of 30,000, Angelitos de Dios is the only Catholic school serving the poor families of the village. Their mission — to change the community by providing a good education for the children. Thanks to generous donations from fundraisers at St. Mary’s parish in Ridgefield, CT and support of Helping Hands Medical Missions, we bought $1400 of children’s books (written in Spanish) and seven Chromebooks for the school. These were the first books of children’s literature they have had. The computer center, funded by a generous parishioner, is now complete and teachers were provided computer training. We continue to have fundraisers at St. Mary’s parish to raise funds for this project.

On a personal note, the missions helped me to become a better nurse. I can relate more to the patients coming from developing countries in rural areas to our hospital because of having served in my various medical missions. These people may be materially poor but they are spiritually rich, which continues to inspire me to live my faith!
I participated in a few medical missions to Haiti with my church group, named Missionnaires Sans Frontiere. We covered different areas each year.

We have worked in the north part of the island, Petit Anse, near the Cap Haitien. Last year, I helped in the town of Lascahobas, near the Dominican Republic. We held health fairs, provided over-the-counter medications to patients, visited a jail, and provided toiletries and food. We also attended weddings, which we funded. We had a few doctors who volunteered to accompany us to provide free consultations. The population we serve has no access to healthcare. Our focus is usually health education, primarily on diabetes, disease prevention and BP screening.

On a personal note, it is very rewarding to me knowing that I can make a difference in the lives of those less fortunate. Having the ability to supply over-the-counter medicines to help relieve someone’s pain is very rewarding. I was born in Haiti and feel that giving back as a Christian individual fulfills the principle of God’s love for others.
Denise has been traveling to Haiti on yearly medical missions since 2011. She has served as a volunteer, consultant, and clinical expert in developing a heart failure (HF) and peri-partum cardiomyopathy (PPCM) for the Crudem Foundation, at Hôpital Sacré Coeur in Milot, Haiti.

Denise identified a great need for specialized HF care for women with PPCM as Haiti has the largest number of women in the world with this condition and many die from it. She initially worked with the local staff to understand, educate and develop HF programs. Denise also worked with the local team to develop a program that will identify women with PPCM and institute the treatment protocols.

While on her mission, part of her time is spent rounding both in the hospital and in the clinic. She consults with the local staff to provide guideline-based HF care, increasing their knowledge and understanding of HF treatment given the local constraints. She focuses on peer-to-peer education working side-by-side with her Haitian colleagues. “I have had the fortunate opportunity to do medical mission work for the past 22 years in several different countries,” Denise said. “I am so grateful for the knowledge, compassion and understanding I have gained from these experiences. Being able to serve others in this way is life transforming.”
St. Vincent's Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.
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• Written information in other formats (large print, audio, accessible electronic formats and other formats).
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• Qualified interpreters; and
• Information written in other languages.
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Section 1557 Coordinator, 2800 Main Street, Bridgeport, CT 06606
P (475) 210-6300, TTY (203) 576-6096, F (203) 581-6534, section1557coordinator@stvincents.org
You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Section 1557 Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

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St. Vincent's Medical Center proporciona asistencia y servicios gratuitos a las personas con discapacidades para que se comuniquen de manera eficaz con nosotros, como los siguientes:
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Section 1557 Coordinator, 2800 Main Street, Bridgeport, CT 06606
P (475) 210-6300, TTY (203) 576-6096, F (203) 581-6534, section1557coordinator@stvincents.org
Puede presentar el reclamo en persona o por correo postal, fax o correo electrónico. Si necesita ayuda para hacerlo, Section 1557 Coordinator está a su disposición para brindársela.
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“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring; all of which have the potential to turn a life around.”

— Leo Buscaglia, PhD