

INOVA
ANNUAL NURSING REPORT
2018





Outstanding Contributions

As we look back over an incredible year, I am so proud to share the highlights from all that was achieved. Early in the New Year, Inova Nursing Leaders gathered to develop our Nursing Strategic Plan that served as our blue print for growth in nursing excellence throughout this year.

Our commitment to patient safety and to improving patient outcomes was paramount when we implemented the Modified Early Warning Score (MEWS) system. This risk assessment tool for nurses helps them identify patients who are at risk for clinical instability and may need medical intervention at an earlier stage before their conditions decline. In addition, this year Inova Nurses formalized our role related to the clinical sprints coordinated throughout the year. The short term sprints are designed to improve workflows, increase efficiency and help care team members get back to basics. We are proud of these quick tests of change and how impactful they can be on our nursing practice and on improving patient care. We also revised our CAUTI and CLABSI bundles and we saw a reduction in hospital readmissions.

In support of our New Graduate Nurses we expanded our Nurse Residency Program from one hospital to all five Inova Hospitals in 2018. Designed to assist new grad RNs through the transition from nursing student to Registered Nurse, the NRP cohorts transition together during the first 12 months of employment at Inova.

And together, all five Inova hospitals remain committed to the American Nurses Credentialing Center Magnet® designation and the excellence it represents. We are very proud of Inova Fair Oaks Hospital who earned their re-designation in October 2018 and thrilled for our Inova Alexandria Hospital nurses who earned the ANCC Pathway to Excellence® in December 2018.

On behalf of all the Chief Nurses, I want to thank each of our nearly 6,000 Inova nurses for your outstanding contributions to Nursing Excellence every day! I am honored to work with all of you and to share your successes in this [2018 Annual Report](#).

A handwritten signature in black ink that reads "Maureen E. Sintich". The signature is fluid and cursive.

Maureen E. Sintich, DNP, MBA, RN, WHNP-BC, NEA-BC
EVP, Chief Nursing Officer, Inova Health System

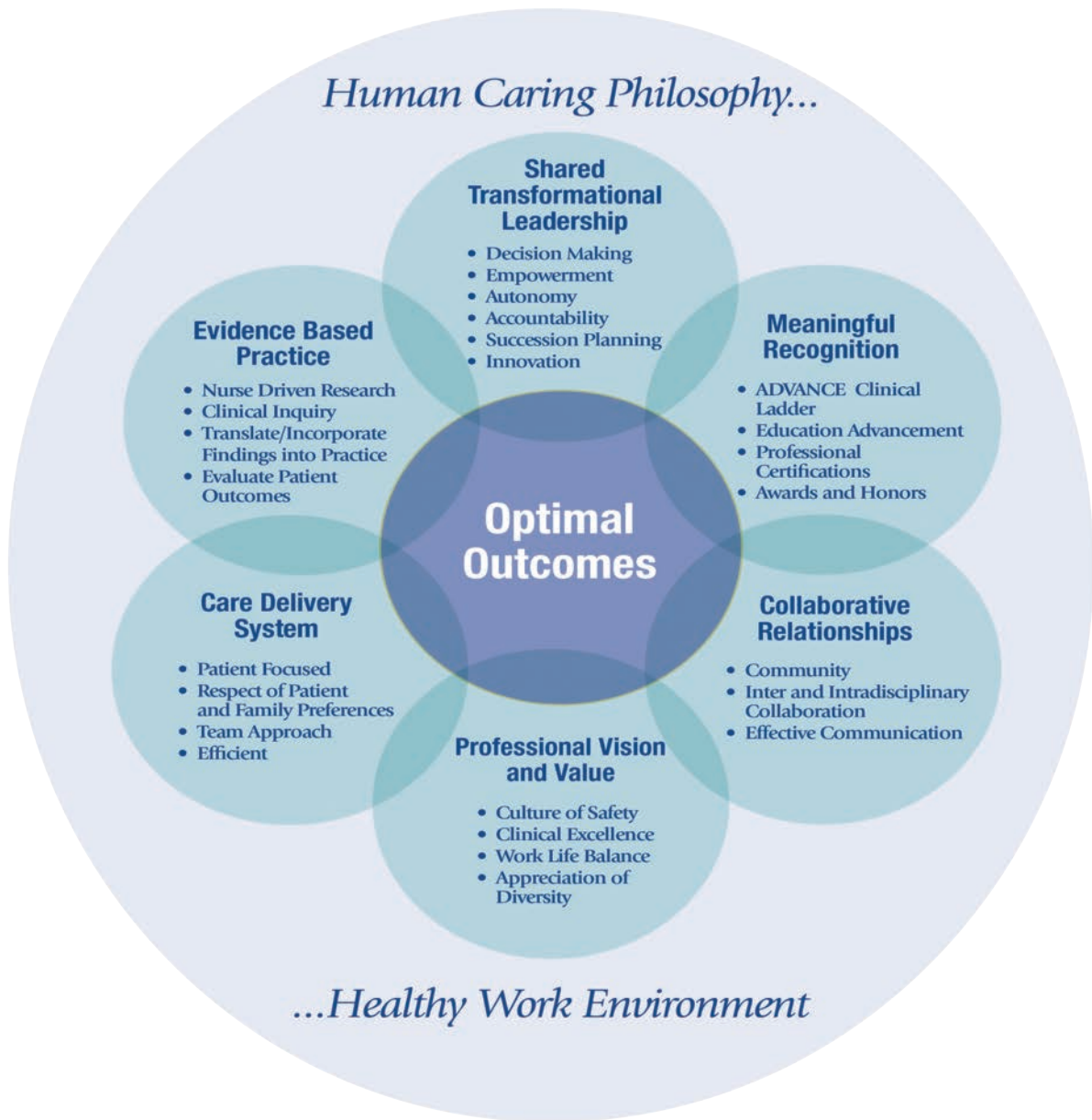
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*Left to right: J. Stephen Jones, MD, FACS;
Maryanne Patricio, RN; John Estoesta, RN; Liz Reilly, RN; Lainie Feyder, RN;
Maureen Sintich, DNP, MBA, RN, WHNP-BC, NEA-BC, RN*



Inova's Nursing Professional Practice Model



Inova's Nursing Aspiration and Purpose

Inova Nursing Purpose

At Inova, our nursing practice is grounded in connection, caring, compassion, and excellence through innovation, and the best evidence, in service to our patients, their families, our communities, and each other.

Inova Nursing Aspiration

Inova nurses are the most trusted nurses in the nation.

Inova Nursing Strategic Plan 2018 – 2020

GOAL 1: Stabilize and Enhance the Nurse Practice Environment

- 1A. Establish a multi-faceted approach to bi-directional communication between nurses. Including Shared Decision Making Framework
- 1B. Implement Unit Based Staffing/Scheduling Committees
- 1C. Evaluate Existing Shared Decision Making Structures (system, hospital and unit)
- 1D. Re-evaluate Professional Practice Model
- 1E. Implement Peer Feedback Process across all nursing positions
- 1F. Continue to Pursue BSN by 2020
- 1G. Continue to support national board certification
- 1H. Implement Nurse Residency Program across all Hospitals
- 1I. Develop and implement Advanced Practice Provider residency program

GOAL 2: Develop Current and Future Leaders

- 2A. Expand opportunities for Interprofessional Collaboration
- 2B. Develop formal Succession Planning Program for aspiring and current nurse leaders
- 2C. Expand RNUS education and mentoring program
- 2D. Develop formal leadership mentoring program for existing and aspiring nurse leaders at all levels

GOAL 3: Achieve Top Decile Performance in All We Do

- 3A. Ensure that Care Delivery Model is supported by Professional Practice Model.
- 3B. Set Nurse Engagement targets to exceed benchmark based upon Magnet criteria in advance of document submission
- 3C. Meet or exceed all Quality Goals

GOAL 4: Eliminate Waste

- 4A. Identify workflow/top of license challenges in model of care for all members of the care team
- 4B. Implement identified changes to ensure top of license

**All above goals are consistent with maintaining and achieving Magnet status throughout all facilities*

2018 Inova Nursing at a Glance



5 Hospitals
130 Primary and Specialty Care Practices
27 Community Clinics
1 Senior Nursing and Rehab Center

17,963

Employees



1,700+

Licensed beds



5,549

Registered Nurses



69.45% BSN in 2018

\$12,683,963

for scholarships and continuing education programs
hosted at Inova in 2018 through generous philanthropic support

\$88,458

Raised by Inova nurses for community outreach and
organizations like March of Dimes, American Heart
Association, & American Cancer Society

281 New ADVANCE
promotions

582 Nurses participating in ADVANCE

Facility	Total RN3	Total RN4	Total
IAH	34	17	51
IFMC	199	171	370
IFOH	40	56	96
ILH	53	57	110
IMVH	53	20	73
System Total	379	321	700



181 new RN3s
100 new RN4s

30 Daisy Award Winners

36 Nursing Excellence
Award Winners



124 New Nursing
Degrees:

2 New DNPs, **2** New PhD
83 New BSNs **36** New MSNs
1 New MSJNs

120

Trained in
Healing Touch

329 Nurses contributed to Research, Quality Improvement
or EBP publications or presenters

388

New Certifications

Inova Chief Nursing Officers



Left to right:

Nancy J. Loeffler, MHA, BSN, ACM, CCM
Chief Nursing Officer
Inova Medical Group

Patricia E. Hill, MSN, RN, NEA-BC, CENP
Chief Nursing Officer
Inova Fairfax Medical Campus

Marissa B. Jamarik, DNP, RN, NEA-BC
Chief Nursing Officer
Inova Loudoun Hospital

Maureen E. Sintich, DNP, MBA, RN, WHNP-BC, NEA-BC
EVP, Chief Nursing Executive
Inova Health System

Alquietta Brown, PhD, MHSA, BSN, RN
Chief Nursing Officer
Inova Mount Vernon Hospital

Fadia Feghali, MS, RN, NE-BC
Chief Nursing Officer
Inova Alexandria Hospital

Debbie Fulbrook, EdM, MHS, BSN, RN, NEA-BC
Chief Nursing Officer
Inova Fair Oaks Hospital

Inova Alexandria Hospital



Magnet® Components Transformational Leadership

At Inova Alexandria Hospital, transformational leadership was essential to our Pathway to Excellence success. We submitted our letter of intent in October 2017, and just one year later, in December 2018, we received the prestigious Pathway designation from American Nurses Credentialing Center (ANCC).

CNO Fadia Feghali, MS, RN, NE-BC, supported the development of the timeline, structures and processes for us to achieve this respected credential. It demonstrates that nursing leaders at all levels of the organization are committed to creating an environment where nurses thrive.

It also shows the world IAH nurses are valued members of the healthcare team who directly impact patient care, safety and quality.

Structural Empowerment

Our Pathway journey highlighted many examples of structural empowerment at the unit and hospital levels.

Unit-based councils worked with our hospital Shared Governance Strategic Initiative Nursing Group on a standard hand-off sheet to improve communication. It includes a Heart-Head-Heart tool that prompts clinicians to communicate with empathy and compassion to decrease patient anxiety. Heart-Head-Heart is part of the ISHAPED patient-centered approach to nurse shift change bedside report. The structures in place at IAH support the necessary decision-making to address this and other opportunities for improvement.

Exemplary Professional Practice

Our nursing team collaborates to advocate for the highest quality of care for our patients. The Pathway journey gave us an opportunity to highlight these efforts. For example, a direct care nurse recognized that care delivery for a patient was not aligned with our standards of practice. She communicated her concerns through the chain of command, and requested a consultation with the hospital ethicist. Together with the nursing team, the ethicist developed an appropriate care plan for the patient. As a result, direct care nurses felt supported. Their ethical concerns were heard and they were able to align nursing practice with our nursing philosophy and Patient Always value.

IAH 2018 Nursing Excellence Award winners recognized at the Edelman Conference.
 Left to right: Maureen Sintich, DNP, MBA, RN, WHNP-BC, NEA-BC, IHS Chief Nursing Executive; Lisa Hawksworth, MSN, RN, NEA-BC (Transformational Leadership/Advancing & Leading the Profession); Gretchen Teel, MA, BSN, RN (New Knowledge, Innovations and Improvements/Education and Mentorship); Carmalina Hembrey, MSN, RN, CWOCN (Exemplary Professional Practice/ Clinical Nursing); Kathleen Rose, RN (Clinical Management); Jase Willette, BSN, RN4, CEN (Rising Star Award); Fadia Feghali, MS, RN, NE-BC, IAH Chief Nursing Officer [Not Pictured: Enkh-Ochir Sanz, BSN, RN (Volunteerism and Community Service)]



New Knowledge and Innovation

Our Pathway to Excellence document highlights the evolution and integration of evidence-based practice into both clinical and operational processes. We partnered with the Foundation to increase nursing certification rates among IAH nurses. Now, more nurses get certified, participate in the ADVANCE clinical ladder and apply new knowledge to nursing care. As IAH continues to provide educational opportunities for certification, we share the knowledge we gain with all nurses across Inova.

Awards and Recognition

Nursing Excellence Awards

Jase Willette, BSN, RN, CEN - Rising Star

Lisa Hawksworth, MSN, RN, NEA-BC

- Transformational Leadership/Advancing and Leading the Profession

Gretchen Teel, BSN, RN - New

Knowledge, Innovations and Improvements, Education and Mentorship

Carmalina "Pepper" Hembrey, MSN, RN, CWOCN - Exemplary Professional Practice/Clinical Nursing

Kathleen Rose, RN3, CAPA - Clinical Management

Enkh-Ochir "Angie" Sanz, BSN, RN

- Volunteerism and Community Service

DAISY Awards

Charity James, BSN, RN

Aisha Fieldings, BSN, RN, CMSRN

Randy Balagtas, BSN, RN, CAPA

Best Poster VNA Innovation Conference for the category - Innovation in Direct Clinical Care

Tracy Cross, BSN, RN, IBCLC, RLC;

Debra Stanger, MSN, RN, NEA-BC;

Linda Cassar, DNP, RNC-OB; Cynthia

Bauley, BA, RN, IBCLC, RLC; Lani

Brown, MSN, RNC-OB; Monica

Brannon, BSN, RN, IBCLC, RLC;

Frances Collins, MSN, RN, CCRN-K;

Dorothy Boresky, DNP, RN, NE-BC;

Martha Schneider, DNP, RN, NEA-

BC; Mary Ann Friesen, PhD, RN,

CPHQ; Quiping Zhou, PhD, RN -

Does Education Level or Specialty

Certification Influence the Level of

Breastfeeding Support that Nurses

Intend to Provide to Newly Delivered

Mothers?

Nurse of the Year

Catherine Edwards, BSN, RN

Second Place Reston Hospital Center's 14th Annual Spring into Research Conference

Theresa M Davis, PhD, RN, NE-BC,

FAAN; Mary Ann Friesen, PhD, RN,

CPHQ; Vicki Lindgren, MSN, RN,

CNS, CCRN, CCNS; Amanda Golino,

MSN, RN-BC, CCRN, CCNS; Robin

Jackson, MSN, RN-BC, CCRN, CCNS,

CHTP; Jennifer Drake, DNP, RN, ONC;

Joanne Gucciardo, MS, BSN, RNC, NE-BC; Lucrezia Mangione, MA, NCC, LCPC, CMT, CHTP; Jennifer Shearer, MSN, RN; Monica DeMariano, RN, MBA; Mary Corkins, RN; Mary Frances Kamin BSN, RN; Anneli Escalante, BSN, RN; Joel G. Anderson, PhD, CHTP - Effects of Healing Touch on Outcomes in Persons Experiencing Orthopaedic Surgery.

Speck Award for Nursing Excellence

Sacha Han, BSN, RN, RNC-OB, C-EFM

Rachel Roudik, BSN, RN-C EFM

Presentations

Caring for the Caregiver: Combatting Compassion Fatigue in the CVICU.

[Poster]

Angela Boggs, MS, MA, BCC; Tatiana

Acevedo, RN, Ramar Andrews-Barr,

RN; Lauren Campbell, RN; Kayla

Dundie, RN; Abigail Emmons, RN; Kim

Fulton, RN; Ginia Hurh, RN; Audrey

Knight, RN; Socheat Long-Elliott, RN;

Mickey Mosser, RN; Ashley Nickens,

RN; Stefanie Orlando, RN; Anika Raja,

RN; Kendall Rayha, RN; Amy Tran, RN;

Mehgan Twomey, RN; Nicolle Villers,

RN; Patrick Bradley, MSN, RN, CCRN.

Inova Research and EBP Symposium.

Falls Church, Virginia, October 12,

2018.

Credit Where Credit is Due: The TULIP Award (Innovation). [Poster]

Ashley Rosteck, BSN, RN, CMSRN;



IAH Nurses celebrate the IAH ANCC Pathway to Excellence designation!

Left to right: Ashley Rostek, BSN, RN, CMSRN, Adult Inpatient Services Clinical Mentor; Jesse Lawson, BSN, RN, LMT, Adult Inpatient Services Clinical Mentor; Fadia Feghali, MS, RN, NE-BC, IAH Chief Nursing Officer; Courtney Caton, BSN, RN, CEN, TCRN, Emergency Services Clinical Mentor; Maddie Haight, BSN, RNC-EFM, Women's and Children's Services Clinical Mentor; Emily Hagedorn, BSN, BA, RN, CCRN, Critical Care Services Clinical Mentor

Sarah Rose, BSN, RN, CMSRN; Katie Eichin, BSN, RN, CMSRN. Virginia Nurses Association (VNA) Innovations Conference. Richmond, Virginia, September 21-22, 2018; Academy of Medical Surgical Nurses, Lake Buena Vista (Orlando), Florida, September 13-16, 2018.

Does Education Level or Specialty Certification Influence the Level of Breastfeeding Support that Nurses Intend to Provide to Newly Delivered Mothers? [Research Poster] [Podium]

Linda Cassar, DNP, RNC-OB; Cynthia Bailey, BSN, RN, IBCLC, RLC; Tracy Cross, BSN, RN, IBCLC, RLC; Lani Brown, MSN, RNC-OB; Monica Brannon, BSN, RN, IBCLC, RLC; Debra Stanger, MSN, RN, NEA-BC; Frances Collins, MSN, RN, CCRN-K; Dorothy Boresky, DNP, RN, NE-BC; Martha Schneider, DNP, RN, NEA-BC; Mary Ann Friesen, PhD, RN, CPHQ; Quiping Zhou, PhD, RN. Med Star Research Symposium. Washington, DC. April 30,

2018; Virginia Nurses Association (VNA) Innovations Conference. Richmond, Virginia, September 21-22, 2018; Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018. 23rd Annual International Meeting Academy of Breastfeeding Medicine. San Francisco, California, November 14, 2018.

Effects of Healing Touch on Outcomes in Persons Experiencing Orthopaedic Surgery. [Poster] [Podium]

Theresa M Davis, PhD, RN, NE-BC, FAAN; Mary Ann Friesen, PhD, RN, CPHQ; Vicki Lindgren, MSN, RN, CNS, CCRN, CCNS; Amanda Golino, MSN, RN-BC, CCRN, CCNS; Robin Jackson, MSN, RN-BC, CCRN, CCNS, CHTP; Jennifer Drake, DNP, RN, ONC; Joanne Gucciardo, MS, BSN, RNC, NE-BC; Lucrezia Mangione, MA, NCC, LCPC, CMT, CHTP; Jennifer Shearer MSN, RN; Monica deMariano RN, MBA; Mary Corkins, RN; Mary Frances Kamin,

BSN, RN; Anneli Escalante, BSN, RN; Joel G. Anderson, PhD, CHTP. Reston Hospital Center's 14th Annual Spring into Research Conference. Reston, Virginia, May 21, 2018; AHNA Conference, Niagara Falls, New York, June 6, 2018; Virginia Nurses Association (VNA) Innovations Conference. Richmond, Virginia, September 21-22, 2018. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Evaluating Quit Now Virginia's Clinical Algorithm and User Guide: A Quality Improvement Initiative. [Poster]

Zachary Wotherspoon, DNP, FNP-BC, RN, CEN, CPEN, CTTT. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Impact of Implementing a Policy for Patient Placement.

Lisa Hawksworth, MSN, RN, NEA-BC; Miriam Founda, MSN, RN4, CAPA. Inova Research and EBP Symposium, Falls

Church, Virginia, October 12, 2018.

Layered Monitoring Keeps the Patients Safe and Reallocates Scarce Resources More Effectively. [Poster]

Eva Keeling, MSN, RN, NE-BC. Avasure Symposium. Grand Rapids, Michigan, October 3-5, 2018.

Optimizing Surgery Patients in a Perioperative Care Clinic.

Rebecca Serra, BSN, RN4. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Student's Perspective of George Mason University's Faster Further Campaign as a scholarship recipient.

Ahmad Clemmons, RN, BSN. George Mason University Celebration of Success. Fairfax, Virginia, December 8, 2018.

New Degrees

Bachelors of Science in Nursing

Elsa Adal, BSN, RN
Zahra Almosawi, BSN, RN
Kaitlan Arnold, BSN, RN
Jeffrey Estevez, BSN, RN
Sunita Kumari, BSN, RN
Erika Pollack, BSN, RN
Nora Skiba, BSN, RN
Samatha Wade, BSN, RN

Masters of Public Health

Yeshi Gebremariam, MPH, BSN, RN

Masters of Science in Nursing

Emily Ohbyes, MSN, RN, ACNP
Michelle Wrieden, MSN, RN, CEN

Doctorate of Nursing Practice

Zachary Wotherspoon, DNP, RN, FNP-BC, CEN, CPEN, CTPP

Scholarships

BSN Scholars

Patricia Molseed, BSN, RN, CEN - Medical Staff/BSN scholarship
Desiree Yarber, RN – Inova Nursing Excellence Scholarship

MPH Scholars

Maureen Lansing, BSN, RN, CIC - Twig Nursing Scholarship

DNP Scholars

Jennifer Drake DNP, RN, NPD-BC, ONC, Caritas Coach - Teh-chang Shih Memorial Scholarship

Certifications

Certified Emergency Nurse

Regan Caviliere, BSN, RN, CEN
Jacqueline DiSalvo, BSN, RN4, CEN
Dawn Kingdom, BSN, RN, CEN

IAH nurses meet nurse theorist Jean Watson at the 2018 Edelman Conference!

Left to right: Dorothy Boresky, DNP, RN, NE-BC, Director of Nursing Outcomes Improvement; Carmalina Hembrey, MSN, RN, CWOCN, Wound Ostomy Continence Coordinator; Enkh-Ochir Sanz, BSN, RN, IAH Float Pool RN; Fadia Feghali, MS, RN, NE-BC, IAH Chief Nursing Officer; Jean Watson; Jennifer Drake, DNP, RN, NPD-BC, ONC, Onboarding Clinical Educator; Rachel Cathey, MS, BSN, RN, CMSRN, Adult Inpatient Services Clinical Educator; Lyn Zehner, MSN, RN, AOCN, AOCNS, Adult Inpatient Services Clinical Nurse Specialist; Gretchen Teel, MA, BSN, RN, Adult Inpatient Services Clinical Mentor; and Eva Keeling, MSN, RN, NE-BC, Director of Nursing Resources



Sarmila Lamichhane, BSN, RN, CEN
 Jaclyn LoBue, BSN, RN4, CEN
 Sean McLaughlin, BSN, RN3, CEN
 Tia Moffa, BSN, RN, CEN
 Shamil Roman, BSN, RN, CEN
 Beth Stephens, BSN, RN, CEN
 Jase Willette, BSN, RN3, CEN

Certified Medical-Surgical Registered Nurse

John Attaya, BSN, RN, CMSRN
 Sadia Iman, BSN, RN, CMSRN
 Kadiatu Kamara, BSN, RN, CMSRN
 Elizabeth Mbou, BSN, RN, CMSRN
 Charis Ed Punzalan, BSN, RN, CMSRN
 Daniel Suh, BSN, RN, CMSRN
 Elizabeth Wainaina, MSN, MPH, RN, CMSRN

Certified Registered Nurse Infusion

Kimberly George-shields, BSN, RN, CRNI

Certified Wound Ostomy Care Nurse

Joselin Bodaghi, BSN, RN, CWOCN

Critical Care Registered Nurse

Emily Fallon, BSN, RN, CCRN
 Hilda Kaetu-Smith, BSN, RN, CCRN

Electronic Fetal Monitoring

Monica Cabrerra, MSN, RN, RNC-LNN, EFM
 Marietta Cacace, BSN, RN, RNC-OB, EFM
 Maddie Haight, BSN, RNC-EFM
 Sacha Han, BSN, RN, RNC-OB, EFM
 Michelle Shaffer, RN, BSN, EFM

Progressive Care Certified Nurse

Tesfaye Belay, BSN, RN, PCCN
 Yeshembel Chekun, BSN, RN, PCCN
 Meseret Desta, BSN, RN, PCCN
 Aclema Leith, BSN, RN, PCCN
 Mariatu Turay, BSN, RN, PCCN



Registered Nurse 3

Erica Asamoah, BSN, RN3, CEN
 Eden Bertrane, BSN, RN3, CEN
 Monica Cabrera, MSN, RN, RNC-LNN, C-EFM
 Kirsten Gunter, BSN, RN3
 Sadia Iman, BSN, RN, CMSRN
 Sean McLaughlin, BSN, RN, CEN
 Rachel Roudik, BSN, RNC-EFM
 Daniel Suh, BSN, RN, CMSRN
 Elizabeth Wainaina, MSN, MPH, RN, CMSRN
 Jase Willette, BSN, RN, CEN

Registered Nurse 4

Jacqueline DiSalvo, BSN, RN, CEN
 Katherine Eichin, BSN, RN, CMSRN
 Michelle Hall, BSN, RNC, RN4
 Sacha Han, BSN, RN, RNC-OB, C-EFM
 Jaclyn LoBue, BSN, RN, CEN
 Shamil Roman, BSN, RN, CEN
 Danielle Thompson, BSN, RN4, CEN
 Laci Wallin, MSN, RNC-OB, RNC-EFM, IBCLC

Professional Organization Activities

Dorothy Boresky, DNP, MBA, RN, NE-BC- Sigma Theta Tau - Epsilon Zeta Chapter- Board Member

Jennifer Drake DNP, RN, NP-BC, ONC, Caritas Coach - National Association of Orthopaedic Nurses - National Speaker for Certification Review Course and Author of certification review course

Lisa Hawksworth, MSN, RN, NEA-BC - Sigma Theta Tau International, Epsilon Zeta Chapter - Recording Secretary

Lynette Juluke, MSN, RN, CPN - Lippincott, Williams & Wilkins - Pediatric Clinical Reviewer/Consultant

Linda Mossey, BSN, RN - Virginia Society of PeriAnesthesia Nurses - State Conference; Ways and Means Committee

Karen Schaeffer, BSN, RN - Virginia Society of PeriAnesthesia Nurses - State Conference; Gold Award Committee

Inova Fairfax Medical Campus



Magnet® Components

Transformational Leadership

Our CNO, Patricia Hill, MSN, RN, NEA-BC, CENP, successfully advocated for resources that changed staffing patterns in several units. In addition, we welcomed a Clinical Educator of Evidence-Based Practice and Research to support the marked increase in evidence-based practice (EBP) and research among our nurse residents and nursing staff. Resources for our continued journey to Magnet® include dedicated hours for unit-based practice councils, Nursing Practice Congress (NPC), its subcommittees and the Magnet document writing team. Nursing leaders across the organization continue to drive our cultural transformation journey.

Structural Empowerment

IFMC embraces a culture of shared governance. Nurses from across the organization now come together the third Thursday of each month for dedicated shared governance activities. They begin with unit-based practice council meetings and transition to NPC subcommittees where delegates focus on collaboration and communication; professional development and recognition; quality, safety and outcomes; and research and EBP. All NPC members convene for the general session in the afternoon.

2018 NPC officers include Diane Bond, BSN, RN, MPH, CCRN, Chair; J. Renee Harris, RN, OCN, Chair Elect; Gail Manuel, MSN, RN-NIC, Secretary; and Tari Kovacs, MSN, RN, CCRN, Parliamentarian.

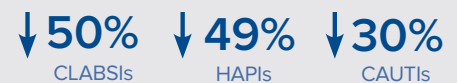
NPC members developed a quarterly newsletter, The Pulse, and a monthly communication, the MEMO to highlight nursing excellence and our Journey to Magnet Excellence™. Additionally, in partnership with Internal Communications, NPC members created a symbol for the journey. They chose the hummingbird, which represents IFMC nursing attributes of continuity, tirelessness, tenacity, hope, jubilation, renewal, sincerity, healing, loyalty and affection.

Our nurses' commitment to professional advancement is evident in BSN and certification rates which reached 84% and 32% respectively. Nurses pursue lifelong learning through local, regional and national conferences. Twelve RNs from IFMC attended the 2018 National Magnet Conference® in Denver.

Exemplary Professional Practice

New nurses, and those partnering with them, benefited from implementation of the Vizient/ AACN Nurse Residency Program. IFMC welcomed 476 RN fellows this year. First-year RN turnover dropped significantly, from 20.1% to 14% thanks to the collaborative efforts of our professional practice team and nurse residency facilitators. We continue to

make significant strides in our journey to zero harm, realizing a 50% reduction in CLABSIs, a 49% reduction in HAIs and a 30% reduction in CAUTIs. Additionally, the majority of our units exceeded the Magnet benchmark on the 2018 Advisory Board Nursing Engagement survey in all domains: adequacy of



resources and staffing; autonomy; fundamentals of quality nursing care; interprofessional relationships; leadership access and responsiveness; professional development; and RN-to-RN teamwork and collaboration. Rounding out ANCC's "big three," IFMC achieved its best performance relative to patient experience in 2018 with the majority of units exceeding the Magnet benchmark.

New Knowledge and Innovation

Integrating new knowledge and evidence into clinical practice is essential for continued professional development. Our culture of clinical inquiry rose to new heights in 2018 with the development of 50 EBP projects. We disseminated results internally and externally at local, regional and national conferences. Two EBP fellowships were awarded to Soheat Long Elliott, BSN, RN, CCRN and Katie Scully, MSN, RN,

CCRN, CAPA. Additionally, Katie Scully received the People's Choice Award at Inova's Annual Evidence-Based Practice and Research Symposium for her work, Riding the (end) Tidal Wave to CO2 Monitoring; Using Capnography for Obstructive Sleep Apnea Following Anesthesia. Nursing research is expanding at IFMC as an area of deliberate focus with five ongoing studies assessing RN engagement, pediatric sleep apnea screening assessment, RN communication in the trauma care environment, heart failure education using iPad technology and the impact of RN education on breastfeeding.

Awards and Recognition

Nursing Excellence Awards

Amber Fuller, BSN, RN - Transformational Leadership

Shannon Thompson, BSN, RN, PCCN- New Knowledge, Innovations and Improvements

Marisela Clark RN, CPAN - Exemplary Professional Practice and Clinical Nursing

Kristin Hood, BSN, RN, CPN - Clinical Management

Jeanette Fallegren, BSN, RN, CAPA - Volunteerism and Community Service

Katie McCarter, BSN, RN, CEN - Rising Star

DAISY Awards

Lara Abou-Rejaili, RN

Rebecca Alabi, BSN, RN, CMSRN

Beatriz Catbay, BSN, RN

Katie Mcinnis, BSN, RN

Rebecca Mensah, RN

Britni Riffe, BSN, RN

Emilia Rodriguez, BSN, RN

Julia Rapp, BSN, RN

2018 Nurse Week Awards

Sumaiya Badshah, BSN, RN -

Exceptional Patient Advocate

Ashleigh Brown, BSN, RN - Spectacular Educator

Ryan Hamilton, BSN, RN, CNOR - Most Inspirational Nurse

Renee Harris, RN, OCN - Legacy Nurse

Allyson Manuel, BSN, RN - Outstanding New Graduate

Maura O'Reilly, BSN, RN, PCCN -

Extraordinary Preceptor

Meg Sourbeer, BSN, RN, CCRN, PCNS-BC - Amazing Team Player; WSSU Team

-Top Team

2018 Inova Fairfax Medical Campus Nursing Excellence Awards

Left to right: Maureen Sintich, DNP, MBA, RN, WHNP-BC, NEA-BC; Amber Fuller, BSN, RN; Shannon Thompson, BSN, RN, PCCN; Marisela Clark, RN, CPAN; Kristin Hood, BSN, RN, CPN; Jeanette Fallgren, BSN, RN, CAPA; Katie McCarter, BSN, RN, CEN; Patricia Hill, MSN, RN, NEA-BC, CENP



2018 Nurse Week Poster Contest

Administrative Supervisor Team - Most Influential Story
 FCC - Best Presentation
 HRP - Most Creative Story
 LDR - Most Creative Story
 NSICU - Most Inspiring Story
 Oncology Unit - Most Innovative Story
 PEDS Oncology Unit - Most Innovative Story

2018 Safety Hall of Fame for Family Centered Care

IWICH: LDR/HRP/OB Triage - LDR Wars: A New Hope
 FCC - Post-Partum Hemorrhage Cart Development
 Float Pool - RN Transport Team: Focus on Patient Safety
 Medicine A - Discharge Checklist –A Simple Tool for Safe Transitions
 Medicine B - Addressing Mislabeled Specimens

Best Poster VNA Innovation Conference for the Category of Innovation in Direct Clinical Care

Linda Cassar, DNP, RNC-OB; Cynthia Bauley, BSN, RN, IBCLC, RLC; Tracy Cross, BSN, RN, IBCLC, RLC; Lani Brown, MSN, RNC-OB; Monica Brannon, BSN, RN, IBCLC, RLC; Debra Stanger, MSN, RN, NEA-BC; Frances Collins, MSN, RN, CCRN-K; Dorothy Boresky, DNP, RN, NE-BC; Martha Schneider, DNP, RN, NEA-BC; Mary Ann Friesen, PhD, RN, CPHQ; Quiping Zhou, PhD, RN - *Does Educational Level or Specialty Certification influence*

the level of Breast feeding support that nurses intend to provide to newly delivered mothers?

Iams Award Winners

Sarah Stanmyre, MSN, RN, CEN - Institute of Healthcare Improvement
 Storyboard: EKG Alert: Saving Lives One EKG at a Time
 Socheat Long-Elliott, BSN, RN, CCRN; Megan Twomey, BSN, RN, CCRN; Lauren Campbell, BSN, RN, CCRN; Patrick Bradley, MSN, RN, CCRN; Katie Hummer, BSN, RN, CCRN, CSC - Reducing Alarm Fatigue in the CVICU

IFMC Quality Board Recognition for 1 Year Without CLABSI PEDS Oncology Unit

Inducted into the 2018 class of American Academy of Nursing Fellows.

Theresa M Davis, PhD, RN, NE-BC, FAAN

Nursing Stars Awards

PEDS ED
 Ortho-Spine Unit
 PCCU
 CTUN
 Peds PACU
 ICAR
 TICU
 NICU
 PEDS ONCOLOGY Unit
 CVSD
 APU

Recognized for Teaching Excellence

Thu Pham, BSN, RN, CMSRN

Second Place Reston Hospital Center's 14th Annual Spring into Research Conference

Theresa M Davis, PhD, RN, NE-BC, FAAN; Mary Ann Friesen, PhD, RN, CPHQ; Vicki Lindgren, MSN, RN, CNS, CCRN, CCNS; Amanda Golino, MSN, RN-BC, CCRN, CCNS; Robin Jackson, MSN, RN-BC, CCRN, CCNS, CHTP; Jennifer Drake, DNP, RN, ONC; Joanne Gucciardo, MS, BSN, RNC, NE-BC; Lucrezia Mangione, MA, NCC, LCPC, CMT, CHTP; Jennifer Shearer, MSN, RN; Monica DeMariano, RN, MBA; Mary Corkins, RN; Mary Frances Kamin BSN, RN; Anneli Escalante, BSN, RN; Joel G. Anderson, PhD, CHTP. - *Effects of Healing Touch on Outcomes in Persons Experiencing Orthopaedic Surgery.*

Ziai Nursing Award of Excellence

RuthAnne Thomas, BSN, RN

Presentations

An Evidence-Based Phlebotomy Protocol to Ensure Accurate Activated Partial Thromboplastin Time (aPTT) Among Adult Progressive Care Patients Receiving Continuous Heparin Infusions. [Poster]
 Jessica Blakely, BSN, RN; Kelsey Leddy, BSN, RN; Christopher Martin, BSN, RN; Casey Herring, BSN, RN. Inova

Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

An Evolutionary Look at Telehealth. [Podium]

Theresa M. Davis, PhD, RN, NE-BC, FAAN; Steve Dean, MS. 2018 ANCC National Teaching Institute (NTI). Boston, Massachusetts, May 21, 2018.

Cardiovascular Surgery Readmission Reduction. [Poster]

Jennifer Stiltner, BSN, RN; Laura Mead, BSN, RN; Teresa Swift, BSN, RN, PCCN; Christopher Dukes, PA; Liza Szelkowski, PA; Cynthia Mowery, BSN, RN, MHA; Charles Murphy, MD. 2018 Hall of Fame for Patient Safety Week Poster. Falls Church, Virginia, March 14, 2018.

Caring for the Caregiver: Combatting Compassion Fatigue in the CVICU. [Poster]

Angela Boggs, MS, MA, BCC; Tatiana Acevedo, RN, Ramar Andrews-Barr, RN; Lauren Campbell, RN; Kayla Dundie, RN; Abigail Emmons, RN; Kim Fulton, RN; Ginia Hurh, RN; Audrey Knight, RN; Socheat Long-Elliott, RN; Mickey Mosser, RN; Ashley Nickens, RN; Stefanie Orlando, RN; Anika Raja, RN; Kendall Rayha, RN; Amy Tran, RN; Meghan Twomey, RN; Nicolle Villers, RN; Patrick Bradley, MSN, RN, CCRN. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Credit Where Credit is Due: The TULIP Award (Innovation). [Poster] Ashley Rosteck, BSN, RN, CMSRN; Sarah Rose,

BSN, RN, CMSRN; Katie Eichin, BSN, RN, CMSRN. Virginia Nurses Association (VNA) Innovations Conference. Richmond, Virginia, September 21-22, 2018; Academy of Medical Surgical Nurses, Lake Buena Vista (Orlando), Florida, September 13-16, 2018.

Cultural Beliefs-Our Journey.

Marisa Little, MSN, RN, RNC, NE-BC; Janet Hooper BSN, RN, RNC-OB Council of Women's and Infants' Specialty Hospitals. Scottsdale, Arizona, September 20, 2018.

Developing EBP Projects: Igniting the Professional in You.

Paula Rigsby Graling, DNP, RN, CNS, CNOR FAAN. AORN Global Surgical Conference and Expo. New Orleans, Louisiana, March 25, 2018.

Discharge Checklist-A Simple Tool for Safe Transitions. [Poster]

Simonette Saldana, BSN, RN, CMSRN; Sumaiya Badshah, BSN, RN; Lisa Calhoun, BSN, RN, CMSRN. 2018 Hall of Fame for Patient Safety Week Poster. Falls Church, Virginia, March 14, 2018.

Does Education Level or Specialty Certification Influence the Level of Breastfeeding Support that Nurses Intend to Provide to Newly Delivered Mothers? [Research Poster] [Podium]

Linda Cassar, DNP, RNC-OB; Cynthia Bauley, BSN, RN, IBCLC, RLC; Tracy Cross, BSN, RN, IBCLC, RLC; Lani Brown, MSN, RNC-OB; Monica Brannon, BSN, RN, IBCLC, RLC; Debra Stanger, MSN,

RN, NEA-BC; Frances Collins, MSN, RN, CCRN-K; Dorothy Boresky, DNP, RN, NE-BC; Martha Schneider, DNP, RN, NEA-BC; Mary Ann Friesen, PhD, RN, CPHQ, Quiping Zhou, PhD, RN. Med Star Research Symposium. Washington, DC. April 30, 2018. Virginia Nurses Association (VNA) Innovations Conference. Richmond, Virginia, September 21-22, 2018. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018. 23rd Annual International Meeting Academy of Breastfeeding Medicine. San Francisco, California, November 14, 2018.

Does the Implementation of a Central-Line Catheter Dressing Team Effect the number of CLABSI's in the Critical Care Setting? [Poster]

Catherine Dembrow, RN; Juliet Hamilton, RN; Agusina Pinto, RN; Aya Sarsour, BSN, RN; Danielle Kemp, BSN, RN; Katherine McInnis, BSN, RN; Silvino Gutierrez-Resendiz, BSN, RN. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Effects of Healing Touch on Outcomes in Persons Experiencing Orthopaedic Surgery. [Poster] [Podium]

Theresa M Davis, PhD, RN, NE-BC, FAAN; Mary Ann Friesen, PhD, RN, CPHQ; Vicki Lindgren, MSN, RN, CNS, CCRN, CCNS; Amanda Golino, MSN, RN-BC, CCRN, CCNS; Robin Jackson, MSN, RN-BC, CCRN, CCNS, CHTP; Jennifer Drake, DNP, RN, ONC; Joanne Gucciardo, MS, BSN, RNC, NE-BC; Lucrezia Mangione, MA, NCC, LCPC, CMT, CHTP; Jennifer Shearer, MSN, RN; Monica deMariano

RN, MBA; Mary Corkins, RN; Mary Frances Kamin, BSN, RN; Anneli Escalante, BSN, RN; Joel G. Anderson, PhD, CHTP. Reston Hospital Center's 14th Annual Spring into Research Conference. Reston, Virginia, May 21, 2018; AHNA Conference, Niagara Falls, New York, June 6, 2018; Virginia Nurses Association (VNA) Innovations Conference. Richmond, Virginia, September 21-22, 2018

Enhanced Recovery After Surgery: A Team Approach.

Paula Rigsby Graling, DNP, RN, CNS, CNOR FAAN. AORN Global Summit. New Orleans, Louisiana, March 24, 2018.

GROW: A Community Quality Improvement Initiative Targeting the Clinical Microsystem using a "Back to Basics" Cognitive Human Factors Approach. [Poster]

Erika Warnick, MSN, RN. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Hi! I'm Your Preceptor: Training New Teammates.

Kara Bauman, MN, RN, CEN, CPEN, TCRN. 2018 Annual Emergency Nurses Conference. Pittsburg, Pennsylvania, September 28, 2018.

Hit Me With Your Best Shot: Leveraging Near-Infrared (NIR) Technology to Improve Peripheral IV Insertions. [Podium]

Socheat Long-Elliott, BSN, RN; Ginia Hurh, BSN, RN, CCRN, Lauren Campbell, BSN, RN, CCRN; Patrick Bradley, MSN,

RN, CCRN; Maite J. Corbin, BSN, RN, FNP-BC, DNP student. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Impact of Implementing a Policy for Patient Placement.

Lisa Hawksworth, MSN, RN, NEA-BC; Miriam Founda, MSN, RN4, CAPA. Inova Research and EBP Symposium, Falls Church, Virginia, October 12, 2018.

Implementation of TeamSTEPPS Strategies to Decrease Specimen Errors to ZERO. [Poster]

Linda Butler, BSN, RN, CNOR; Fatmata Binta Bah, RN; Jill Bates-Matulonis, BSN, RN; Alyssa Clevenger, BSN, RN, CNOR. 2018 Hall of Fame for Patient Safety Week Poster. Falls Church, Virginia, March 14, 2018.

Implementing Heated, High-Humidity, High-Flow Nasal Cannula in Non-Intensive Care Settings.

Randi Colclough, BSN, RN, CPN. National Pediatric Conference. Washington, DC July 25, 2018

Improvement of Hand Hygiene Specific Knowledge in Perspective Nursing Personnel. [Podium]

Laila S. Bailey, DNP, RN, CNS, CNOR, ACNS-BC. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

In Hospitalized Advance Heart Failure Patients, Will a Progressive Mobility Protocol (PMP) Help to Reduce Falls and

Falls Resulting in Injury? [Poster]

Kim Keller, RN; April Livingston, MSN, RN; Stephani Owusu, BSN, RN; Romaine Scott, BSN, RN. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

In the Peri-Anesthesia Care Unit, Will Labeling and Securing Narcotics at the Bedside Improve Safety for Patients and Nurses? [Poster]

Rachel Kagel, RN; Lequila Peterson, RN. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Increased Patient Satisfaction Scores. [Poster]

Kelly McDowell, BSN, RN; Molly McLaughlin, BSN, RN; Raenette Gregory, BSN, RN. 2018 Hall of Fame for Patient Safety Week Poster. Falls Church, Virginia, March 14, 2018.

Institute of Healthcare Improvement Storyboard: Blood Culture Contamination Eradication. [Poster] **Sarah Stanmyre, MSN, RN, CEN.** Institute for Healthcare Improvement Conference. Orlando, Florida. December 8, 2018 - December 12, 2018.

Institute of Healthcare Improvement Storyboard: EKG Alert: Saving Lives One EKG at a Time. [Poster]

Sarah Stanmyre, MSN, RN, CEN. Institute for Healthcare Improvement Conference. Orlando, Florida. December 8, 2018 - December 12, 2018.



The FCC team receives the Quality and Patient Safety Award for their innovative Hemorrhage/Rapid Response cart at the Fairfax Campus Safety Hall of Fame Contest March 15, 2018. This improvement helped increase the safety of our postpartum patients and continues to prove effective in emergency situations. The Code Hemorrhage/Rapid Response programs contributed to a reduction in need for blood transfusions and ICU admissions for patients with postpartum hemorrhage.

Left to right: Emily Marko, MD, FACOG, CHSE; Corie Cloutier, MSN, RN-BC; Ayana Mitchell, RN; Kris Pultz Hematti, RN; Tia Pettit, RN; Amber Fuller, RN

LDR Wars - A New Hope. [Poster]

Amy Donlan, MSN, RN, RNC-OB; Bethany Batres, BSN, RN, RNC-OB; Mahin Beyzaei-Arani, BSN, RN, RNC-OB; Kristina Bruce, BSN, RN; Lauren Givens, BSN, RN, C-EFM; Susannah Grimes, BSN, RN, C-EFM; Karen Hansen, RN; Megan Healey, BSN, RN, C-EFM; Christina Kim, BSN, RN; Rachelle Proctor, BSN, RN; Diane Sarosi, BSN, RN, C-EFM; Fran Sharp, BSN, RN; Christa Valentine, BSN, RN, RN-BC; Rebecca Vanderhoof, BSN, RN; Ariel West, BSN, RN, C-EFM. 2018 Hall of Fame for Patient Safety Week Poster. Falls Church, Virginia, March 14, 2018.

Leveraging Technology to Influence Experiences, Beliefs, Actions and Beliefs. Patricia E. Hill, MSN, RN, NEA-BC, CENP. 2018 American Organization of Nurse Executive Conference. Indianapolis, Indiana, April 12, 2018.

Mental Diversity and Teamwork: Leading Culture Change. Paula Rigsby Graling, DNP, RN, CNS, CNOR FAAN. Inova Fairfax Medical Campus Robotics Symposium. Fairfax, Virginia, April 24, 2018.

Mindfulness: A Safety State of Mind.

Paula Rigsby Graling, DNP, RN, CNS, CNOR FAAN. AORN of Baltimore 3rd Annual Spring Workshop Mercy Medical Center. Baltimore, Maryland, March 3, 2018.

Mislabeled Specimens 2017. [Poster]

Dominique Tecson, RN; Deborah Sackey, BSN, RN; Diana Torrez, RN. 2018 Hall of Fame for Patient Safety Week Poster. Falls Church, Virginia, March 14, 2018.

Nursing Research 101: Finding an Answer to Your Question.

Cindy Bauley, BSN, RN, IBCLC, RLC; Lani Brown, MSN, RNC-OB; Linda Cassar, DNP, RNC-OB. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Post-Partum Hemorrhage Cart. [Poster]

Kris Pultz, RN; Tia Pettit, BSN, RN, RNC-MNN; Stephanie Canales, BSN, RN; Amber Fuller, BSN, RN; Melanie Campanilla, BSN, RN; Kristina Bruce, BSN, RN; Ariel West, BSN, RN, C-EFM; Kate Callahan, BSN, RN, RNC-OB. 2018

Hall of Fame for Patient Safety Week Poster. Falls Church, Virginia, March 14, 2018.

Reducing Alarm Fatigue in the CVICU. [Poster]

Socheat Long-Elliott, BSN, RN, CCRN; Megan Twomey, BSN, RN, CCRN; Lauren Campbell, BSN, RN, CCRN; Patrick Bradley, MSN, RN, CCRN; Katie Hummer, BSN, RN, CCRN, CSC. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Riding the (End) Tidal Wave to CO2 Monitoring; Using Capnography for Obstructive Sleep Apnea Following Anesthesia. [Podium]

Kathryn Scully, MSN, RN, CCRN, CAPA; Sally Schermer, BSN, RN, CCRN, CPAN, CAPA; Erin Sever, BSN, RN; Adrian Jones, BSN, RN; Parul Shah, RRT-NPS, ACCS; Catherine Hodgkins, MS, CRNA; Elspeth, Stanley, MS, CRNA; Jessica Dunn, BSN, RN, DNP student; Jennifer Rickerby, MSN, RN, DNP student. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

RN Transport Focus on Safety. [Poster] Judy Dooley, MSN, RN, CNML, NE-BC.

2018 Hall of Fame for Patient Safety Week Poster. Falls Church, Virginia, March 14, 2018.

Standardized Diabetes Education for Improved Patient Outcomes.
Samantha Ashwell, BSN, RN, CPN; Nina Mosquera, BSN, RN, CPN; Pam Lawson, BSN, RN. CPN Pediatric Nursing Conference. Washington, DC, July 25, 2018.

Stronger Together: Collaborating with Academic and Healthcare Partners in a Breastfeeding Research Study. [Podium]
Linda Cassar, DNP, RNC-OB, CNE; Cynthia Bauley, BA, RN, IBCLC-RLC; Tracy Cross BSN, RN, IBCLC-RLC; Lani Brown, MSN, RNC-OB; Monica Brannon, BSN, RNC- MNN, IBCLC-RLC. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Today's Leader for Tomorrow's Changes AACN.

Theresa M Davis, PhD, RN, NE-BC, FAAN; Sonia Astle, MSN, RN, CNS, CCRN, CNRN. 2018 ANCC National Teaching Institute (NTI). Boston, Massachusetts, May 21, 2018.

Utilizing the Modified Early Warning Score (MEWS) to Recognize and

Respond to Patient Decline: A Pilot Project. [Podium]

Patrick Bradley, MSN, RN, CCRN; Judith Tipton, MSN, RN, CCRN, RN-BC; Marcia DePoLo, MSN, CCRN, CNRN, TCRN, RN-BC; Helen Stacks, DNP, RN-BC, NEA-BC, CHSE; Theresa M Davis, PhD, RN, NE-BC, FAAN. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Validation of Assessment Tools to Assess for Sleep Disordered Breathing or Obstructive Sleep Apnea in Pediatric Patients in the Peri-Anesthesia Setting.
Leilani M. Jankus, MSN, RN, CPAN, CCRN; Mary Ann Friesen, PhD, RN, CPHQ; Martha Schneider, DNP, RN, NEA-BC; Jacqueline Tibbetts, MSN, RN, CPAN; Miriam Faunda, MSN, RN, CAPA; Scott D. Barnett, PhD, MSPH; Carol Swamidoss Douglas, PhD, RNC. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.
What are the Physical and Psychological

Effects on Nurses when Napping on Night Shift? [Poster] Kristen Pedrazzi, BSN, RN; Veronica Crockett, RN; Wilfred Nave, BSN, RN. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Publications

Paula Rigsby Graling, DNP, RN, CNS, CNOR FAAN. AORN Journal Chinese edition, 2018.

Patricia Saulino, BSN, RN, MPA; Behnam Tehrani, MD; Alexander Truesdell, MD; Ramesh Singh, MD; Charles Murphy, MD, Shashank Desai, MD; Scott Barnett, MD; Stephen Lavanier, MD. *Interventional Cardiology Review, Combat Approach to Cardiogenic Shock*, Pgs. 81-86, 2018.
Patricia Saulino, BSN, RN, MPA; Behnam Tehrani, MD; Alexander Truesdell, MD; Ramesh Singh, MD; Charles Murphy, MD; Scott Barnett, MD; Paul Gurbel, MD; Christopher O'Connor, MD. *Journal*

2018 IAMS Awards

Left to Right

Loring S. Flint, M.D.; Patrick Bradley, MSN, RN, CCRN; Socheat Long-Elliott, BSN, RN, CCRN; Lauren Campbell, BSN, RN, CCRN



of the American College of Cardiology, Improving the Management of Cardiogenic Shock: the INOVA Heart and Vascular Institute Standardized Team-Based Approach, Pg. B146, 2018.

Patricia Saulino, BSN, RN, MPA; Behnam Tehrani, MD; Alexander Truesdell, MD; Ramesh Singh, MD; Charles Murphy, MD. *JMIR*, Implementation of a Cardiogenic Shock Team and Clinical Outcomes (INOVA-SHOCK Registry): Observational and Retrospective Study, Pgs. 1-8, 2018.

Rachel Shaw, MSN, RN, CNL. *Journal of Hospice and Palliative Care Nursing*, Pilot of a Pediatric Palliative Care Early Intervention Instrument, Pgs. 486-491, 2018.

New Degrees

Bachelors of Science in Nursing

Cindy Bauley, BSN, RN
Ruth Bedwell, BSN, RN, CNOR
Bridget Botha, BSN, RN, CCRN
Ashleigh Brown, BSN, RN
Aisha Bundu-Wurie, BSN, RN
Jeremy Case, BSN, RN
Estela Cedillos, BSN, RN
Elisabeth Chu, BSN, RN
Kelly Curtis, BSN, RN, CCRN, PCCN
Carolyn Danquah, BSN, RN
YueYue Deng, BSN, RN
Lord Byron Fernando, BSN, RN
Meredith Frilles, BSN, RN
Brittany Gilbert, BSN, RN



Left to right: Khushbu Patel, BSN, RN; Enrique Manriquez

Karen Gillen, BSN, RN
Haley Grace, BSN, RN
Sonja Hall, BSN, RN
Elisabeth Hilaire, BSN, RN, CCRN
Daniela Horseman, BSN, RN
Kimberly Keller, BSN, RN
Jenifer Klemm, BSN, RN
Yoon Joo Lim, BSN, RN, CPAN
Summer Mahoney, BSN, RN
Hope McCoy, BSN, RN
Elisa Mae Molina, BSN, RN
Elizabeth Montgomery, BSN, RN
Charles Olare, BSN, RN
Stacie Osterhoudt, BSN, RN
Eileen Parry, BSN, RN
Morgan Perez, BSN, RN, CCRN
Janne Policarpio, BSN, RN
Heather Ramsey, BSN, RN
Dayna Reynolds, BSN, RN, CCRN, CEN
Tina Sherman, BSN, RN
Consheenia Thibodeaux, BSN, RN

Masters of Science in Nursing

Paige Akers, MSN, RN, ACNP-BC
Peggy Canelos, MSN, RN, ACNP-BC
Darla Ceppi, MSN, RN
Karen Dorr, MSN, RN, RN-BC
Natalie Doudaklian, MSN, RN, WHNP-BC
Miriam Founda, MSN, RN, CAPA
Lynn Hardy, MSN, RN, RNC-NIC
Alysha Hughes, MSN, RN
Lindsey Knight, MSN, RN, CCRN, FNP-BC
Melanie Morrell, MSN, RN, ACNP-BC
Karen Mitchell, MSN, RN
Nicole Papinicolos, MSN, RN, ANP-BC
Teresa Rose, MSN, RN, FNP-BC
Erica Sergent, MSN, RN, FNP-BC
Patricia Solis, MSN, RN
Lisa White, MSN, RN

Scholarships

BSN Scholars

Jennifer Delgado, RN – Gail L. Ahrendts, RN Excellence in Nursing Scholarship
Deborah Kuehhas, RN – Inova Nursing Excellence Scholarship

MSN Scholars

Rebecca Petros, BSN, RN, PCCN – Inova Nursing Excellence Scholarship
Colleen Radich, BSN, RN, RNC-OB – Inova Nursing Excellence Scholarship

Certifications

Cardiovascular Registered Nurse

Agnes Bartek, RN, RN-BC
Stacy Johns, BSN, RN, RN-BC

Certified Addiction Registered Nurse

Kimberly Fox, BSN, RN, CARN

Certified Ambulatory Perianesthesia

Melissa Garcia, BSN, RN, CAPA
Alyssa Kanuch, RN, CAPA
Lindsey Rainwater, BSN, RN, CAPA

Certified Electronic Fetal Monitoring

Cameron Atherton, BSN, RN, C-EFM
Rachel Bieligm, BSN, RN, C-EFM
Emilie Broquet, BSN, RN, C-EFM
Lauren Givens, BSN, RN, C-EFM
Megan Healey, BSN, RN, C-EFM
Navdeep Kaur, BSN, RN, C-EFM
Christine Kim, BSN, RN, C-EFM
Megan Kinkel, BSN, RN, C-EFM
Pulane Manthe, BSN, RN, C-EFM
Andra Messner, BSN, RN, C-EFM
Hong An Nguyen, BSN, RN, C-EFM

Elizabeth Ogle, BSN, RN, C-EFM
Gwendolyn Oliphant, BSN, RN, C-EFM
Caitlyn Parry, BSN, RN, C-EFM
Melissa Piazza, BSN, RN, C-EFM
Emma Rizzi, BSN, RN, C-EFM
Dahlia Rose, BSN, RN, C-EFM
Morgan Savoia, RN, C-EFM
Abigail Schimkus, BSN, RN, C-EFM
Lucia Vanormer, BSN, RN, C-EFM

Certified Emergency Nurse

Glenn Amodeo, BSN, RN, CEN
Cheryl Bantle, RN CEN
Rebecca Baumgart, BSN, RN, CEN
Caroline Beard, BSN, RN, CEN
Stefanie Cole, BSN, RN, CEN
Kasey Curtis, BSN, RN, CEN
Jennifer Fox, RN, CCRN, CEN
Kaitlyn Jackson, BSN, RN, CEN
Susan Leyden, BSN, RN, CEN
Katherine McCarter, RN, CEN
Elizabeth Nidell, BSN, RN, CEN
Tai Phan, BSN, RN, CEN
Jenica Pendleton, BSN, RN, CEN
Dayna Reynolds, BSN, RN, CCRN, CEN
William Wells, BSN, RN, CEN

Certified Executive Nurse Practice

Najeeba Brown, MSN, RN, CENP
Rosemary Walter, MSN, RN, CENP

Certified Medical-Surgical RN

Blair Burns, BSN, RN CMSRN
Katherine Desrosiers, BSN, RN, CMSRN
Maria Estremos, BSN, RN, CMSRN
Woineshet Getaneh, BSN, RN, CMSRN
Melanie Kaufman, BSN, RN, CMSRN
Radhika Khadka Chhetri, RN, CMSRN
Sumi Lee, BSN, RN, CMSRN

Susan Ling, BSN, RN, CMSRN
Jennifer Lyons, RN, CMSRN
Cherie Massey, BSN, RN, CMSRN
Paige Massingill, BSN, RN, CMSRN
Darcelle Williams, BSN, RN, CMSRN
Eunmi Yun, BSN, RN, CMSRN

Certified Nurse Leader

Casey Yelton, RN, CNL
April Livingston, MSN, RN, CNL

Certified Operating Room Nurse

James Averion, BSN, RN, CNOR
Kimberly Cantre, BSN, RN, CNOR
Christopher Goodman, BSN, RN, CNOR
Katherine Hurley, BSN, RN, CNOR
Kaitlyn Kozlowski, BSN, RN, CNOR
Lynn Moroniak, BSN, RN-BC, CNOR
Alexandra Schondorfer, RN, CNOR
Thea Faye Velarde, BSN, RN, CNOR

Certified Pediatric Emergency Nurse

Samantha Brown, BSN, RN, CPEN
Jeanette Fallgren, BSN, RN, CAPA, CPEN
Tien Hoang, BSN, RN, CPEN
Stephani Keen, BSN, RN, CPEN
Brittany McKim, BSN, RN, CEN, CPEN
Kaitlyn Mildren, BSN, RN, CPEN

Certified Pediatric Nurse

Kimberly Czech, BSN, RN, CPN
Jacqueline Dao, BSN, RN, CPN
Parini Gandhi, BSN, RN, CPN
Maisha Hasan, BSN, RN, CPN
Ashley House, BSN, RN, CPN
Caleb Johnston, BSN, RN, CPN
Roxana Juarez, BSN, RN, CPN

Allyson Karas, BSN, RN, CPN
 Christine Luu, BSN, RN, CPN
 Emerald Mitchell, BSN, RN, CPN
 Samantha Saccoccio, BSN, RN, CPN
 Felicia Tanner, BSN, RN, CPN
 Joyce Urban, BSN, RN, CPN
 Vanessa Wang, BSN, RN, CPN
 Edna Weekes, BSN, RN, CPN

Certified Pediatric Oncology Nurse

Ashleigh Brown, BSN, RN, CPHON
 Samantha Castor, BSN, RN, CPHON

Certified Post Anesthesia Nurse

Brenda Sanya, BSN, RN, CPAN

Certified Psychiatric Mental Health Nurse

Hawanatu Kabba, BSN, RN, RN-BC
 Zahra Nouri, BSN, RN, RN-BC
 Olga Sears, RN, RN-BC
 Lauren Steidl, BSN, RN, RN-BC

Critical Care Nursing Cert

Maggie Aronson, BSN, RN, CCRN
 Laura Barreda, BSN, RN, CCRN
 Christien Byun, BSN, RN, CCRN
 Alyssa Caudle, BSN, RN, CCRN
 Carina Cavalheri, BSN, RN, CCRN
 Alicia Cho, BSN, RN, CCRN
 Kristina Czekaj, BSN, RN, CCRN
 Patricia Duff, MSN, RN, CCRN
 Maria Escalante, BSN, RN, CCRN
 David Fallavollita, BSN, RN, CCRN
 Molly Flanigan, BSN, RN, CCRN
 Kathryn Harper, BSN, RN, CCRN
 Michael Hayes, BSN, RN, CCRN
 Mary Heltemes, BSN, RN, CCRN

Laura Honaker, BSN, RN, CCRN
 Kathleen Judge, BSN, RN, CCRN
 Andrew Keens, BSN, RN, CCRN
 Erin Kelley, BSN, RN, CCRN
 Lucianne Koroma, BSN, RN, CCRN
 Sung Hee Lee, BSN, RN, CCRN
 Italo Leva, BSN, RN, CCRN
 Socheat Long-Elliott, BSN, RN, CCRN
 Maya Manser, BSN, RN, CCRN
 James Mazjanis, BSN, RN, CCRN
 Nicole Menard, BSN, RN, CCRN
 Kyle Merrell, BSN, RN, CCRN
 Tatum Middleton, RN, CCRN
 David Moffor, BSN, RN, CCRN
 Elizabeth Montgomery, BSN, RN, CCRN
 Alexandra Morani, BSN, RN, CCRN
 Natali Nemirovsky, BSN, RN, CCRN
 Tu-Uyen Nguyen, BSN, RN, CCRN
 Morgan Perez, BSN, RN, CCRN
 Agustina Pinto, BSN, RN, CCRN
 Kendall Rayha, BSN, RN, CCRN
 Emilia Rodriguez, BSN, RN, CCRN
 Astrid Saavedra, RN, CCRN
 Gonzalo Salomon, BSN, RN, CCRN
 Aya Sarsour, BSN, RN, CCRN
 Robert Simpson, BSN, RN, CCRN
 Tajinder Singh, BSN, RN, CCRN
 Aimee Slizewski, RN, CCRN
 Lauren Sulser, BSN, RN, CCRN
 Melissa Treat, BSN, RN, CCRN
 Amy Yi, RN, CCRN
 Eun Yi, BSN, RN, CCRN
 Kristin Young, BSN, RN, CCRN

Int Board Certified Lactation Consultant

Christa Bracey, BSN, RN, IBCLC
 Dominique Dibacco, BSN, RN, IBCLC
 Shannon Judge, BSN, RN, IBCLC
 Erin Mcintosh, RN, IBCLC

Anne Raley, BSN, RN, IBCLC

Maternal Newborn RN

Jessica Mollard, BSN, RN, RNC-MNN
 Leteace Lee, BSN, RN, RNC-MNN
 Emily Knox, BSN, RN, RNC-MNN
 Amy Nagy, BSN, RN, RNC-MNN
 Alysia Power, BSN, RN, RNC-MNN
 Emily Rettig, BSN, RN, RNC-MNN
 Gloria Ricaldes, BSN, RN, RNC-MNN
 Whitney Rose, BSN, RN, RNC-MNN
 Larisa Wargo, BSN, RN, RNC-MNN

National Healthcare Disaster Professional

Dawne Sokora, BSN, RN, NHDP-BC

Oncology Certified Nurse

Emily Jillson, BSN, RN, OCN
 Michelle Klaiman, RN, OCN
 Ashley Thompson, RN, OCN
 Rebecca Waddell, RN, OCN
 Jessica Wagner, RN, OCN

Progressive Care Certified Nurse

Isaac Acker, BSN, RN, PCCN
 Jessica Blakely, BSN, RN, PCCN
 Samantha Dabandan, BSN, RN, PCCN
 Lanette Davis, BSN, RN, PCCN
 Florianne Escalambre, BSN, RN, PCCN
 Evelyn Fuentes, BSN, RN, PCCN
 Bailey Grove, BSN, RN, PCCN
 Brielle James, BSN, RN, PCCN
 Deirdre Jones, BSN, RN, PCCN
 Rena Jordan, BSN, RN, PCCN
 Luciana Lawrence, BSN, RN, PCCN
 Caitlyn Lucky, BSN, RN, PCCN
 Young Min, BSN, RN, PCCN
 Olivia Osei, BSN, RN, PCCN

Melynda Renner, BSN, RN, PCCN
 Kelly Sawyer, BSN, RN, PCCN
 Kelly Scatton, BSN, RN, PCCN
 Afsaneh Shafaei, BSN, RN, PCCN
 Deeandra Shuemaker, BSN, RN, PCCN
 Margaret Stewart-Fritz, BSN, RN, PCCN
 Brian Watson, BSN, RN, PCCN
 Jessica Watts, BSN, RN, PCCN
 Sarah Wortham, RN, PCCN

RN Certified Neonatal Intensive Care

Andreya Adams, BSN, RN, RNC-NIC
 Rozel Grace Bauzon, BSN, RN, RNC-NIC
 Amber Callahan, BSN, RN, RNC-NIC
 Elizabeth Capeless, BSN, RN, RNC-NIC
 Vikki Cox, BSN, RN, RNC-NIC
 Elizabeth Fisher, BSN, RN, RNC-NIC
 Kirsten Fulop, BSN, RN, RNC-NIC
 Anna Glufing, BSN, RN, RNC-NIC
 Phakkajira Hickey, BSN, RN, RNC-NIC
 Lauren Logioco, BSN, RN, RNC-NIC
 Amy Magnusson, BSN, RN, RNC-NIC
 Priscilla O, BSN, RN, RNC-NIC

Francesca Parada, BSN, RN, RNC-NIC
 Carly Pastilock, BSN, RN, RNC-NIC
 Julia Pena, BSN, RN, RNC-NIC
 Rebecca Petrany, BSN, RN, RNC-NIC
 Meghan Reed, BSN, RN, RNC-NIC
 Dana Reese, BSN, RN, RNC-NIC
 Amy Rollins, BSN, RN, RNC-NIC
 Lauren Santagata, BSN, RN, RNC-NIC

Sexual Assault Nurse Exam Adlt

Ashleigh Daniel, RN, SANE-A

Sexual Assault Nurse Exam Ped

Caitlin Yerkes, RN, SANE-P

Stroke Certified RN

Andrea Gavurin, BSN, RN, SCRNI
 Spencer Holbrook, BSN, RN, SCRNI
 Monica Lee, BSN, RN, SCRNI
 Meghan Lloyd, BSN, RN, SCRNI
 Melissa Mcfclish, BSN, RN, SCRNI
 Macy Mcnair, BSN, RN, SCRNI
 Osila Medi, BSN, RN, SCRNI

Jacquelyn Patton, BSN, RN, SCRNI
 Joseph Rebideaux, BSN, RN, SCRNI
 Hayleigh Rosyston, BSN, RN, SCRNI
 Danielle Shepherd, BSN, RN, SCRNI
 Kristina Wilson, BSN, RN, SCRNI
 Brooke Yellen, BSN, RN, SCRNI

Trauma Certified Regis Nurse

Natalie Grieb, BSN, RN, TCRNI
 Deborah Hermes, BSN, RN, CPEN, CCRNI, TCRNI
 Charles Jankowski, BSN, RN, TCRNI
 Michele Lee, RN, TCRNI
 Esther Park, BSN, RN, TCRNI
 Lindsay Resnik, BSN, RN, CPEN, TCRNI
 Erica Tawney, BSN, RN, CEN, TCRNI



Registered Nurse 3

Andreya Adams, BSN, RN, RNC-NIC
 Isaac Acker, BSN, RN, PCCN
 Mariane Aguilar, MSN, RN, CPN
 Brandi Bailey, BSN, RN, PCCN
 Laila Bailey, DNP, RN, CNOR, ACNS-BC
 Lauren Barreda, BSN, RN, CCRNI
 Dristi Basnet, BSN, RN, CPN, APHON
 Jennifer Beck, BSN, RN, CEN
 Tomiko Bell-Harrington, BSN, RN, RNC-OB
 Sarah Bergstrom, BSN, RN, RNC-NIC
 Jessica Blakely, BSN, RN, PCCN
 Lynne Brents, BSN, RN, PCCN
 Lindsay Bruno, BSN, RN, RNC-NIC
 Blair Burns, BSN, RN, CMSRN
 Christien Byun, BSN, RN, CCRNI
 Amber Callahan, BSN, RN, RNC-NIC
 Samantha Castor, BSN, RN, CCRNI

Left to right: Toyin Akinyemi, RN; Hannah Lake, RN; Eddie Rollins, ST



Michelle Champlin, BSN, RN, RNC-OB
 Elizabeth Capless, BSN, RN, RNC-NIC
 Angie Casillis, BSN, RN, RNC-NIC
 Caroline Clevenger, BSN, RN, CCRN
 Jessica Clough, BSN, RN, PCCN
 Kasey Curtis, BSN, RN, CEN
 Lanette Davis, BSN, RN, PCCN
 Sarah Emily Davis, BSN, RNC-NIC
 Florianne Escalambre, BSN, RN, PCCN
 Daphne Estill, BSN, RN, RNC-OB
 Maria Estremos BSN, RN, CMSRN
 Elizabeth Fisher, BSN, RN, RNC-NIC
 Kirsten Fulop, BSN, RN, RNC-NIC
 Parini Gandhi, BSN, RN, CPN
 Woinesht Getaneh, BSN, RN, CMSRN
 Anna Gluffling, BSN, RN, RNC-NIC
 Bailey Grove, BSN, RN, PCCN
 Shanna Guzman, BSN, RN, CCRN
 Keziah Gyimah, BSN, RN, CCRN, TCRN
 Stephanie Hancock, BSN, RN, PCCN
 Kathryn Harper, BSN, RN, CCRN
 Katelyn Haughinberry, BSN, RN, CCRN
 Samantha Herbert, BSN, RN, CNOR
 Cindy Hickey, BSN, RN, RNC-NIC
 Rebecca Himler, BSN, RN, CEN
 Tien Hoang, BSN, RN, CPEN
 Wilma B. Hogan, BSN, RN, RNC-OB
 Brielle James, BSN, RN, PCCN
 Caleb Johnston, BSN, RN, CPN
 Allyson Karas, BSN, RN, CPN
 Melanie Kaufman, BSN, RN, CMSRN
 Navdeep Kaur, BSN, RN, C-EFM
 Tamara Kennedy, BSN, RN, RNC-NIC
 Supansa Kitjaroen, BSN, RN, CMSRN
 Audrey Knight, RN, CCRN
 Kaitlyn Kozlowski, BSN, RN, CNOR
 Anna Ku, BSN, RN, RN-BC
 Mandy Lazisky, BSN, RN, C-EFM

Michele Lee, RN, TCRN
 Susan Leyden, BSN, RN, CEN
 Socheat Long-Elliott, BSN, RN, CCRN
 Jennifer Lyons, BSN, RN
 Caitlyn Lucky, BSN, RN, PCCN
 Jacqueline Magill, BSN, RN, SCRNI
 Michael Magnotti, BSN, RN, SCRNI,
 PCCN
 Theresa Magnotti, BSN, RN, PCCN
 Lauren Matz, BSN, RN, RNC-NIC
 Elizabeth Montgomery, BSN, RN, CCRN
 Alexandra Morani, BSN, RN, CCRN
 Jocelyn Naranja, BSN, RN, RNC-OB
 Lashay Newman, BSN, RN, RNC-NIC
 Sosthene Ndomo, BSN, RN, PCCN
 Elizabeth Nidell, BSN, RN, CEN
 Priscilla O, BSN, RN, RNC-NIC
 Olivia Osei BSN, RN, PCCN
 Jessica Padilla, MSN, NP, IBCLC
 Francesca Parada, BSN, RN, RNC-NIC
 Bridgette Parker, BSN, RN, CNOR
 Carly Pastilock, BSN, RN, RNC-NIC
 Manju Paudel, BSN, SCRNI
 Julia Pena, BSN, RN, RNC-NIC
 Tia Pettit, BSN, RN, RNC-MNN
 Lindsay Porter, BSN, RN, RNC-OB
 Autumn Prescott, BSN, RN, CPN
 Meghan Reed, BSN, RN, RNC-NIC
 Dana Reese, BSN, RN, RNC-NIC
 Lindsay Resnick, BSN, RN, CPEN
 Emily Rettig, BSN, RN, RNC-MNN
 Gloria Ricaldes, BSN, RN, RNC-MNN
 Amy Rollins, BSN, RN, RNC-NIC
 Whitney Rose, BSN, RN, RNC-MNN,
 NRP
 Samantha Saccoccio, BSN, RN, CPN
 Aya Sarsour, BSN, RN, CCRN
 Fortune Sia, BSN, RN, RN-BC

Margaret Stewart-Fritz, BSN, RN, PCCN
 Dellora Swartz, BSN, RN, CCRN
 Mismak Teferi, BSN, CMSRN
 Katharine Thiemer, BSN, RN, CEN
 Nguyet Tran, BSN, RN, CPN
 Peggy Tang, BSN, RN, CCRN
 Sally Tobias, BSN, RN, RNC-NIC
 Melissa Treat, BSN, RN, CCRN
 Honey Lou Vedar, BSN, RN, CMSRN
 Jenelle Victory, BSN, RN, RNC-MNN
 Hannah Walker, BSN, RN, RNC-NIC
 Jessica Watts, BSN, PCCN
 Laura Welsh, BSN, RN, RNC-NIC
 Janet Wynfield, BSN, RN, CNOR
 Brooke Yellen, BSN, RN, SCRNI
 Eunmi Yun, BSN, RN, CMSRN
 Samantha Zito, BSN, RN, RNC-NIC

Registered Nurse 4

Andreya Adams, BSN, RN, RNC-NIC
 Comfort Avovabey, BSN, RN, RNC-OB
 Laila Bailey, DNP, RN, CNOR, ACNS-BC
 Lindsay Bruno, BSN, RN, RNC-NIC
 Jennifer Cann, BSN, RN, PCCN
 Liz Capeless, BSN, RN, RNC-NIC
 Alyssa Caudle, BSN, CCRN, SCRNI,
 CNRN
 Jessica Clough, BSN, RN, PCCN
 Laurie Douthwaite, BSN, RN, CPHON
 Heather Farrell, BSN, RN, CPN
 Samantha Feldman, BSN, RNC-NIC
 Katherine Garity, BSN, RN, SCRNI
 Susannah Grimes, BSN, RN, C-EFM
 Anna Gufling, BSN, RN, RNC-NIC
 Jessica Hampf, BSN, RN, RNC-NIC
 Stephanie Hancock, BSN, RN, PCCN
 Phakkajira (Cindy) Hickey, BSN, RN,
 RNC



Left to right: *Caty Butler, RN; Dr. Paula Graling; Dr. Gambardella; Kelly Soto, RN; Dr. Moynihan; Kevin Youmans; Crystal Corfman, RN*

Elizabeth Hilaire, BSN, RN, CCRN
 Kaitlyn Jackson, BSN, RN, CEN
 Brielle James, BSN, RN, PCCN
 Caleb Johnston, BSN, RN, CPN
 Sunhwa Jung, BSN, RN, CCRN
 Navdeep Kaur, BSN, RN, CEFM
 Jenny Kim, BSN, RN, CCRN
 Amanda Lazisky, BSN, RN, C-EFM
 Susan Leyden, BSN, RN, CEN
 Marianne Lindholm, BSN, RN, CEN
 Caitlyn Lucky, BSN, RN, PCCN
 Kerry Monaghan, BSN, RN, CNOR
 Lashay Newman, BSN, RN, RNC-NIC
 Elizabeth Nidell, BSN, RN, CEN
 Priscilla O, BSN, RN, RNC-NIC
 Seunghyun Park, BSN, RN, SCRN
 Tia Pettit, BSN, RN, RNC-MNN
 Autumn Prescott, BSN, RN, CPN

Lindsay Resnick, BSN, RN, CPEN
 Emily Rettig, BSN, RN, RNC-MNN
 Meghan Reed, BSN, RN, RNC-NIC
 Heather Robinson, BSN, RN, CNOR
 Mary Beth Robison, BSN, RN, CNOR
 Amy Rollins, BSN, RN, RNC-NIC
 Hayleigh Royston, BSN, RN, SCRN
 Alyssa Russell, BSN, RN, CPN
 Chelsey Salmon, BSN, RN, OCN
 Brittany Slahetka, BSN, RN, CEFM
 Irina Sukharnova, BSN, RN, RNC-NIC
 Lauren Sulser, BSN, RN, CCRN
 Caitlyn Taylor, BSN, RN, RNC-NIC
 Katharine Theimer, BSN, RN, CEN
 Melissa Treat, BSN, RN, CCRN
 Hannah Walher, BSN, RN, RNC-NIC
 Rachel Ward, BSN, RN, CEN
 Michelle Williams, BSN, RN, PCCN
 Erin Wilson, BSN, RN, CCRN
 Jenelle Victory, BSN, RN, MNRNC
 Maria Young, BSN, RN, PCCN
 Samantha Zito, BSN, RN, RNC-NIC

Professional Organization Activities

Laila Bailey, DNP, RN, CNS,
 CNOR, ACNS-BC - Association of
 periOperative Registered Nurses
 (AORN) - Validation Panel on the Role
 of the CNS

Paula Rigsby Graling, DNP, RN, CNS,
 CNOR FAAN - American Congress
 of Obstetricians and Gynecologists -
 Taskforce member, Enhanced Recovery
 in Gynecologic Surgery for ACOG's
 Council on Patient Safety in Women's
 Healthcare Service

Paula Rigsby Graling, DNP, RN,
 CNS, CNOR FAAN - American of
 Perioperative Registered Nurses -
 Trustee, Association of Perioperative
 Registered Nurses (AORN) Foundation
 Board

Tari Kovacs, BSN, RN - American
 Association of Neuroscience Nurses -
 Nurse Reviewer for AANN articles

Transplant Department - International
 Transplant Nurse Association - Created
 local chapter at IFMC

Inova Fair Oaks Hospital



Magnet® Components Transformational Leadership

During our Magnet® journey, transformational leadership at all levels was critical to our success. In 2018, Deborah “Debbie” Fulbrook, BSN, RN, EdM, MHS, NEA-BC, CNO, led IFOH to our third Magnet designation! Through Debbie’s leadership and vision, IFOH nurses practice in an environment that leads to amazing outcomes and collaboration. Debbie advocated for resources to launch the Nurse Residency Program to support the transition of new graduate nurses into practice. She influenced practice changes throughout the organization thanks to strong partnerships with the interprofessional team and collaboration beyond the scope of nursing. Strong leadership from senior directors and clinical directors helped to achieve organizational

goals, facilitate professional growth and promote shared decision-making. Leaders supported and advocated for resources, staffing, equipment and supplies. At IFOH, transformational leaders at all levels of nursing influence change, enrich the practice environment and improve patient outcomes.

Structural Empowerment

Our shared governance councils continue to focus on improving patient care and outcomes. Unit- and hospital-based councils work in concert to improve the patient experience, support RN professional development, and boost patient outcomes through process improvement, research and evidence-based practice projects. With the support of the Professional Development Council and IFOH Foundation, more than 50 nurses obtained specialty certification in 2018.

The Clinical Practice and Safety Council is focused on improving medication administration safety, pressure injury reduction and workplace safety.

All our shared governance councils work collaboratively with the interprofessional team to achieve identified goals and improve the patient experience. Communication is multidirectional with information shared at the unit and organizational levels. Nurses participate in councils, committees and task forces to improve care and outcomes. Ongoing preceptor development and the Nurse Residency Program support the transition of new nurses into the practice environment.



50 in 2018
specialty certification

2018 Inova Fair Oaks Hospital Nursing Excellence Awards.

Left to right: Maureen Sintich, DNP, MBA, RN, WHNP-BC, NEA-BC; Marla Booker, MSHCA, BSN, RN; Olga Torralba, MSN, RN, CCRN; Elizabeth Moran, BSN, RN, CEN; Stephanie Fitch, BSN, RN, CEN, TCRN; Regina O'Connor, BSN, RN; Debbie Fulbrook, EdM, MHS, BSN, RN, NEA-BC (Not Pictured Julie Gordon, MSN, CCRN)



IFOH nurses enjoy strong partnerships with the local and global community. Many participate in local, regional, national, and international missions promoting health and well-being.

Exemplary Professional Practice

Inova's Professional Practice Model drives compassionate care and exceptional patient outcomes. Inova's Care Delivery Model and Jean Watson's Theory of Human Caring are the cornerstones of IFOH nurses' daily practice. Nurses at all levels participate in, and lead interprofessional teams focused on improving patient care and safety. We consistently outperform Magnet benchmarks on all nurse-sensitive indicators. The reduction or elimination of falls with injury, HAPIs, CAUTIs and CLABSIs reflect our nurses' collective commitment to evidence-based practice



IFOH Magnet Redesignation Celebration.

Top Left photo

Mona Khadka, BA, Patient Experience Coordinator; Julie Hudtloff, BS, CPXP, CEC, Director Patient Experience

Top Right Photo

Tammy Razimic, MHA

Middle Photo

Back row

Lani Brown, MSN, RN, RNC; Dena McCoy, MSN, RN, RNC, CEFM; Jennifer McCaughey, MSN, RN, BS, RNC-MMM, CDE; Walter Hodges, MD

Front Row

Jennifer McKeever, MSN, RN, CPN; Jennifer Stroud, BSN, RN, RNC, CEFM; Marla Booker, BSN, RN, MSHCA, NEA-BC

Bottom Photo

Team Celebration

and patient safety. Several units have seen no hospital-acquired infection or pressure injuries for more than a year.

IFOH nurses use research, best practices, national standards and professional guidelines to drive practice and outcomes. Nurses contribute to outstanding patient experience scores, which outperform benchmarks in all nursing-influenced domains. In 2018, we implemented a new, nurse-led workplace safety council to identify strategies to promote staff safety.

New Knowledge and Innovation

IFOH nurses consistently integrate evidence-based practice, guidelines and research into their clinical practice. We are grateful to our colleagues in the Inova Fairfax Medical Campus Library for supporting our many literature searches to identify best practices to improve patient care and outcomes. As a result, we implemented multiple evidence-based practice projects that improved outcomes and patient experience. Results were disseminated both internally and externally at local, regional and national conferences. Research continues to be a focus including use of aromatherapy for pain control, and nurses' role in discharge planning for complex patients and its impact on readmission rates.

Awards and Recognition

Nursing Excellence Awards

Marla Booker, MSHCA, BSN, RN, NEA-BC - Transformational Leadership/ Advancing and Leading the Profession
Olga Torralba, MSN, RN, CCRN - New Knowledge, Innovation and Improvement
Julie Gordon, MSN, RN, CCRN - Exemplary Professional Practice/Clinical Nursing
Betsy Moran, BSN, RN, CEN - Clinical Management
Stephanie Fitch, BSN, RN, CEN, TCRN - Volunteerism and Community Service
Regina O'Connor, BSN, RN - Rising Star Award

DAISY Awards

Linda Arundel, MSN, EN, CWOCN
Emily Daniecki, BSN, RN, CCRN
Diana Kimbal, BSN, RN, RNC-NIC
Robert Foreman, BSN, RN, CCRN

Best Poster VNA Innovation Conference for the Category of Innovation in Direct Clinical Care

Tracy Cross, BSN, RN, IBCLC, RLC;
Debra Stanger, MSN, RN, NEA-BC; Linda Cassar, DNP, RNC-OB; Cynthia Bauley, BA, RN, IBCLC, RLC; Lani Brown, MSN, RNC-OB; Monica Brannon, BSN, RN, IBCLC, RLC; Frances Collins, MSN, RN, CCRN-K; Dorothy Boresky, DNP, RN, NE-BC; Martha Schneider, DNP, RN, NEA-BC; Mary Ann Friesen, PhD, RN, CPHQ; Quiping Zhou, PhD, RN - Does Education Level or Specialty Certification Influence the Level of Breastfeeding Support that Nurses Intend to Provide to Newly Delivered Mothers?

Center of Excellence Bariatric Surgery

Carmen Spencer, BSN, RN, CCRN-K, CBN

Disease Specific Certification Joint Commission: Spine Program

Karen Dutiel, MSN, RN, OCN

Disease Specific Certification Joint Commission: Total Joint Replacement Program

Karen Dutiel, MSN, RN, OCN

Get with the Guidelines - Stroke Gold Plus

Regina Snyder, BSN, RN, CNOR, SRN

Guardian of Excellence - Press Ganey

Radiation Oncology Department

Magnet Redesignation

Inova Fair Oaks Hospital

Minimally Invasive GYN Surgery Presentations

Lynne Kennedy, Ph.D., MSN, RN, RNFA, CNOR, CHPN, CHTP

Second Place Reston Hospital Center's 14th Annual Spring into Research Conference

Theresa M Davis, PhD, RN, NE-BC, FAAN; Mary Ann Friesen, PhD, RN, CPHQ; Vicki Lindgren, MSN, RN, CNS, CCRN, CCNS; Amanda Golino, MSN, RN-BC, CCRN, CCNS; Robin Jackson, MSN, RN-BC, CCRN, CCNS, CHTP; Jennifer Drake, DNP, RN, ONC; Joanne Gucciardo, MS, BSN, RNC, NE-BC;

Lucrezia Mangione, MA, NCC, LCPC, CMT, CHTP; Jennifer Shearer, MSN, RN; Monica DeMariano, RN, MBA; Mary Corkins, RN; Mary Frances Kamin BSN, RN; Anneli Escalante, BSN, RN; Joel G. Anderson, PhD, CHTP. - Effects of Healing Touch on Outcomes in Persons Experiencing Orthopaedic Surgery

Presentations

A Quality Improvement Projected Aimed at Limiting Antibiotic Exposure by Standardizing Care, Reducing Unnecessary Sepsis and Increasing Overall Awareness - year 3. [Poster]

Stephen Spurr, MD; Alan Silk, MD; Jennifer McCaughey, MSN, BS, RN, RNC-MMN, CCE-PI; Remy Ann Jornales, BSN, RN, RNC-NIC; Cydni Miles, BSN, RN, RNC-LRN; Wendy Soto, BSN, RN, CPHQ. Vermont Oxford National Conference. Chicago, Illinois, September 20-23, 2018.

Alginate Molding and the Creation of Custom Pouching to Prevent Leaking and Improve Quality of Life: A Case Study. [Podium]

Linda Arundel, MSN, RN, WOCN. Mid Atlantic Regional WOCN Annual Conference. Ocean City, Maryland, October 11-12, 2018.

Does Education Level or Specialty Certification Influence the Level of Breastfeeding Support that Nurses Intend to Provide to Newly Delivered Mothers? [Research Poster] [Podium]

Linda Cassar, DNP, RNC-OB; Cynthia Bauley, BSN, RN, IBCLC, RLC; Tracy Cross, BSN, RN, IBCLC, RLC; Lani

Brown, MSN, RNC-OB; Monica Brannon, BSN, RN, IBCLC, RLC; Debra Stanger, MSN, RN, NEA-BC; Frances Collins, MSN, RN, CCRN-K; Dorothy Boresky, DNP, RN, NE-BC; Martha Schneider, DNP, RN, NEA-BC; Mary Ann Friesen, PhD, RN, CPHQ, Quiping Zhou, PhD, RN. Med Star Research Symposium. Washington, DC. April 30, 2018. Virginia Nurses Association (VNA) Innovations Conference. Richmond, Virginia, September 21-22, 2018. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018. 23rd Annual International Meeting Academy of Breastfeeding Medicine. San Francisco, California, November 14, 2018.

Effects of Healing Touch on Outcomes in Persons Experiencing Orthopaedic Surgery. [Poster] [Podium]

Theresa M Davis, PhD, RN, NE-BC, FAAN; Mary Ann Friesen, PhD, RN, CPHQ; Vicki Lindgren, MSN, RN, CNS, CCRN, CCNS; Amanda Golino, MSN, RN-BC, CCRN, CCNS; Robin Jackson, MSN, RN-BC, CCRN, CCNS, CHTP; Jennifer Drake, DNP, RN, ONC; Joanne Gucciardo, MS, BSN, RNC, NE-BC; Lucrezia Mangione, MA, NCC, LCPC, CMT, CHTP; Jennifer Shearer, MSN, RN; Monica DeMariano, RN, MBA; Mary Corkins, RN; Mary Frances Kamin, BSN, RN; Anneli Escalante, BSN, RN; Joel G. Anderson, PhD, CHTP. Reston Hospital Center's 14th Annual Spring into Research Conference. Reston, Virginia, May 21, 2018; AHNA Conference, Niagara Falls, New York, June 6, 2018; Virginia Nurses Association (VNA)

Innovations Conference. Richmond, Virginia, September 21-22, 2018

Implementing an Evidence-Based Practice (EBP) Project Aimed at Decreasing Agitation in the Cognitively Impaired Geriatric Patient on a Medical Oncology Unit. [Podium]

Judy Irvine, BSN, RN, RN-BC, Jessica Harasek, MSN, RN, RN-BC, CAHIMS, Chelsea Koser, BSN, RN, RN-BC, Allison Quinlan, BSN, RN, RN-BC, Myriame Zamilus-Osabu, BSN, RN, RN-BC, Laura Mcnicholl, MS, RN, RN-BC, CNS-BC, Frances Collins, MSN, RN, CCRN-K. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Nursing Research 101: Finding an Answer to Your Question.

Cindy Bauley, BSN, RN, IBCLC, RLC; Lani Brown, MSN, RNC-OB; Linda Cassar, DNP, RNC-OB. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Perceived Barriers to Breastfeeding Among the Nursing Staff and Maternity Patients in a Hospital Setting. [Poster]

Jodit H. Beyene, BSN, RN, FNP Student Researcher; Jennifer McCaughey, MSN, BS, RN, RNC-MMN, CCE-PI. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

READI - Discharge Planning Process. [Podium]

Mary Gibbons, MSN, RN, NE-BC. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Reducing the Incidence to Hospital Acquired Pressure Injuries. [Poster]

Linda Arundel, MSN, RN, WOCN. Wound, Ostomy, Continence Nurse (WOCN) 50th Annual Conference: Historical Past; Limitless Future. Philadelphia, Pennsylvania, June 6-8, 2018.

Reducing the Incidence to Hospital Acquired Pressure Injuries. [Poster]

Linda Arundel, MSN, RN, WOCN.

National Pressure Ulcer and Prevention Conference. Las Vegas, Nevada, March 2-3, 2018.

Strong Partnership between Nursing and Ancillary Services. [Podium]

Debbie Fulbrook, BSN, MHS, MED, NEA-BC. Press Ganey National Client Conference. Orlando, Florida, November 2, 2018.

Stronger Together: Collaborating with Academic and Healthcare Partners in a Breastfeeding Research Study. [Podium]

Linda Cassar, DNP, RNC-OB, CNE; Cynthia Bauley, BA, RN, IBCLC-RLC; Tracy Cross, BSN, RN, IBCLC-RLC; Lani Brown, MSN, RNC-OB; Monica Brannon, BSN, RNC- MNN, IBCLC-RLC. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

The Impact of Aromatherapy on Pain and Anxiety: A Pilot Study. [Podium]

Laura McNicholl, MS, RN, BSN, CCNS, RN-BC. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Wound Assessment and Product Selection. [Podium]

Linda Arundel, MSN, RN, WOCN.

Memorial Education Day - DC Affiliated of WOCN, Washington, DC, April 14, 2018.

Publications

Lynne Kennedy, Ph.D., MSN, RN, RNFA, CNOR, CHPN, CHTP. Journal of Hospital Management and Health Policy, The Creation of a Certified Palliative Care Program in a Community Hospital Through Education, March 2018.

New Degrees

Bachelors of Science in Nursing

Maria Carey, BSN, RN
Robert Formen, BSN, RN, CCRN
Kelly More, BSN, RN
Kimberlea Novack, BSN, RN
Lisa Thornley, BSN, RN
Lara Vance, BSN, RN

Masters of Science in Nursing

Heather Austin, MSN, RN
Heather Rizzo, MSN, RN, ONC

RN First Assist

Heather Collins, BSN, RN, CNOR, RNFA

Certifications

American Association of Critical Care

Emuly Daniecki, BSN, RN, CCRN
Epatrical Fontanez Jones, BSN, RN, CCRN
Deborah Mitchell, RN, CCRN
Amy Trang, BSN, RN, PCCN
Critical Care Nursing
Min Ji Kim, BSN, RN, CCRN

Electronic Fetal Monitoring

Jamie Crossett, BSN, RN, C-EFM

Emergency Nurse

Laura Day, BSN, RN, CEN
Helen Kakissis, BSN, RN, CEN
Aly Lowry, BSN, RN, CEN
Cara Snow, BSN, RN, CEN
Kevin Trent, BSN, RN, CEN
Kimberly Winter, BSN, RN, ACM, CEN

International Association of Lactation Consultants

Sarah McDonald, BSN, RN, IBCLC

Maternal Neonatal Nursing

Kathleen Baccari, BSN, RN, RNC-OB
Renee Bloom, BSN, RN, RNC-NIC
Margaret Conte, BSN, RN, RNC-MNN
Larissa Curto, BSN, RN, RNC-OB
Nicole Grace, BSN, RN, RNC-MNN
Michelle Gilliland, BSN, RN, RNC-MNN
Katherine Haase, BSN, RN, RNC-OB
Anna Hayes, BSN, RN, C-EFM
Patricia Ojeda, BSN, RN, RNC-NIC
Lara Vance, BSN, RN, C-EFM
Lindsay Winks, BSN, RN, C-EFM

Medical Surgical Nursing ANCC

Susan Hottle, BSN, RN, RN-BC
Myriam Zamilus-Osabu, BSN, RN, RN-BC

Medical Surgical Nursing Organization

Mark Espiritu, BSN, RN, CMSRN

Nurse Executive – Advanced

Marla Booker, MSHCA, BSN, RN, NEA-BC

Operating Room Nursing Association

Sarah Collier, BSN, RN, CNOR
 Heather Collins, BSN, RN, CNOR
 Janelle Cunningham, BSN, RN, CNOR
 Glayds Mathias, BSN, RN, CNOR
 Emily Shafer, BSN, RN, CNOR
 Ana Thomas, BSN, RN, CNOR

Orthopedic Nursing

Nicole Diamond, BSN, RN, ONC
 Maritza Harris, BSN, RN, RN-BC, ONC
 Sheyllane Incacio, BSN, RN, ONC
 Shannon Judy, BSN, RN, ONC
 Heather Rizzo, MSN, RN, ONC
 Margrit Saghafi, BSN, RN, ONC
 Tina Seeneth, RN, ONC
 Liliana Suchicital, BSN, RN, CBN, CPHT, ONC

Pain Management ANCC

Christine Smith, BSN, RN, RN-BC
 Aminata Steel, BSN, RN, RN-BC

Pediatric Emergency Nursing

Candice Coleman, BSN, RN, CEN, CPEN

Crisling Schaub, BSN, RN, CPEN

Pediatric Nursing

Renu Karmacharya, BSN, RN, CPN
 Sahadi, BSN, RN, CPN
 Jeanne Tidd, BSN, RN, CPN



Registered Nurse 3

Jesus Aranda, BSN, RN, CCRN
 Janelle Cunningham, BSN, RN, CNOR
 Nicole Diamond, BSN, RN, ONC
 Melissa Ficham, BSN, RN, PCCN
 Jana R Harvich, MD, RN, CNOR
 Susan Hottle, BSN, RN, RN-BC
 Sarah Kelchlin, BSN, RN, CCRN
 Gladys Mathis, BSN, RN, CNOR
 Esther Maura King, BSN, RN, CEN
 Carol J Mills, BSN, RN, CNOR
 Marie Evangeline Niemala, BSN, RN, RNC-OB
 Allison Quinlin, BSN, RN, RN-BC
 Stephanie Sandbank, BSN, RN, CNOR
 Tina Seeneth, RN, ONC
 Emily Shaffer, BSN, RN, CNOR
 Erika Shin, BSN, RN, RN-BC
 Halyley Stiles, BSN, RN, CEN
 Ana Thomas, BSN, RN, CNOR
 Lara P Vance, BSN, RN, C-EFM
 Myriame J Zamilus-Osabu, BSN, RN, CMSRN

Registered Nurse 4

Janelle Cunningham, BSN, RN, CNOR
 Susan Shelly Davis, BSN, RN, RNC-MNN
 Catherine "Kitty" Dwyer, BSN, RN, CPN
 Jana R Harvich, MD, RN, CNOR
 Helen Kakassis, BSN, RN, CEN
 Chelsea H Koser, BSN, RN, RN-BC
 Noel Kuchler, BSN, RN, RNC-OB
 Kate Lawlor, BSN, RN, CEN
 Kelly Marfiak, BSN, RN, CNOR
 Gladys Mathis, BSN, RN, CNOR
 Carol J Mills, BSN, RN, CNOR

Patricia Ojeda, BSN, RN, RNC-NIC, RNC-LRN

Allison Quinlin, BSN, RN, RN-BC
 Lisa Perry, BSN, RN, RNC-MNN
 Emily Shaffer, BSN, RN, CNOR
 Rebecca Whitacer, BSN, RN, CPN

Professional Organization Activities

Linda Arundel, MSN, RN, WCON - Mid Atlantic Region WOCN - Chairperson of Continuing Education and Conference Planning

Linda Arundel, MSN, RN, WCON - Ostomy Support Group of Northern Virginia - "Workshop Facilitator: What Can Go Wrong With Your Ostomy"

Stephanie Fitch, BSN, RN, CEN, TCRN - Emergency Nursing Association - Nation ENA Advocacy Advisory Council

Stephanie Fitch, BSN, RN, CEN, TCRN - Emergency Nursing Association - President Elect for ENA State of VA

Vicki Lindgren, MSN, RN, CCRN, CCNS - American Association of Critical Care Nurse (AACN) - Beacon Expert Panelist Reviewer

Inova Loudoun Hospital



Magnet® Components

Transformational Leadership

In 2018, our Chief Nursing Officer, Dr. Marissa Jamarik, DNP, RN, NEA-BC instituted a monthly “Tea with the CNE,” inviting nurses from all departments to meet with her. Inspired by a session at the 2017 ANCC National Magnet Conference®, the tea encourages nurse collaboration, bidirectional communication and collegial working relationships. Accomplishments include creation of a new capacity/patient flow procedure, and bringing forward Workplace Violence concerns such as changing full name on ID badge to first name, first initial last name for system consideration. Various guests were invited to the tea throughout the year, including Inova CNO Maureen

Sintich, to address specific interests and concerns. At the end of the year, Marissa distributed the book *The Antidote to Suffering* by Christina Dempsey. We’ll read it and discuss a chapter each month in 2019.

Structural Empowerment

Nurses at all levels are included in shared governance councils and unit practice councils. The councils are designed to improve nursing care and patient outcomes and foster professional practice. In 2018, 28 nurses advanced on the clinical ladder, 20 nurses became newly certified and another 50+ nurses were working on advancing their degrees, from BSN to DNP. The Professional Practice Council hosted the Second Annual Innovations Conference in November.

Keynote speaker Michelle Leith from the Office of VA Attorney General Mark Herring discussed the national opioid epidemic. Other speakers discussed youth suicide awareness, psychiatric and addiction treatment services at Inova, trauma, the SANE/FACT program, as well as evidence-based practice, research and quality improvement projects at ILH. More than 60 people attended. Approximately 30+ nurses were able to attend professional conferences, such as National Teaching Institute, the Emergency Nurses Association Conference and ANCC’s National Magnet Conference thanks to philanthropic support from the Stavish Family.

Received Lantern Award in June 2018.

Left to right: Eileen Bowie, BSN, RN; Dr. Puccio; Roxanne Horant, RN; Catherine Sharp, BSN, RN; Amber Wilson, BSN, RN, CEN; Mike Bowen, BSN, RN, RN-BC; Juliana Faul, BSN, RN, CEN; Tammy Fitch, BSN, RN, CCRN, CPEN; Andrew O’Connell; Frances Cooper; Paul Jaffe; Marissa Jamarik, DNP, RN, NEA-BC; Fiona Ahrweiler, RN, CEN; Ann Chopivsky, DNP, RN, CEN; Bonnie Zirpoli, RN; Elizabeth Watkins; April Brown, DNP, RN, RN-BC, NE-BC; Eileen Bowie, BSN, RN; Dr. Puccio; Roxanne Horant, RN; Catherine Sharp, BSN, RN; Amber Wilson, BSN, RN, CEN; Mike Bowen, BSN, RN, RN-BC; Juliana Faul, BSN, RN, CEN; Tammy Fitch, BSN, RN, CCRN, CPEN; Andrew O’Connell; Frances Cooper; Paul Jaffe; Marissa Jamarik, DNP, RN, NEA-BC; Fiona Ahrweiler, RN, CEN; Ann Chopivsky, DNP, RN, CEN; Bonnie Zirpoli, RN; Elizabeth Watkins; April Brown, DNP, RN, RN-BC, NE-BC



Exemplary Professional Practice

Exemplary professional practice in Magnet®-recognized organizations is evidenced by effective and efficient care services, interprofessional collaboration and high-quality patient outcomes. With the Inova Professional Practice Model as a guide, ILH achieved 400+ days



400+ Days
NO CAUTIs

without a CAUTI! Our fall rate dropped 35%, from 2.17 in 2017 to 1.61, thanks to two evidence-based practice projects. The majority of our units exceeded the Magnet mean for falls with injury, HAPIs, CLABSIs and CAUTIs. In the 2018 National Database of Nursing Quality Indicators Nursing Satisfaction survey, the majority of units exceeded national Magnet benchmarks in the major domains of adequate staffing, manager/leadership, foundations for quality of care, participation in hospital affairs, autonomy, RN-RN interaction, professional development opportunity/access and interprofessional relationships.

New Knowledge and Innovation

Innovations in patient care, nursing and the practice environment are the hallmark of Magnet organizations. In 2018, ILH excelled in this category with 26 poster presentations at local and

state conferences and two posters at a national/international conference. Sheree O'Neil, MSN, RN4, CPN, clinical nurse on the Pediatric Unit presented the poster The Survivability of Existing Peripheral IV Access Following Blood Sampling at the Society of Pediatric Nursing Conference in Denver. The poster Does Education Level or Specialty Certification Influence the Level of Breastfeeding Support that Nurses Intend to Provide to Newly Delivered Mothers? was presented at the 23rd annual International Meeting Academy of Breastfeeding Medicine in San Francisco. The poster was a system research study with Tracy Cross, BSN, RN, IBCLC, Lactation Manager as the principal investigator at ILH.

We had 14 podium presentations at the local and state level and two presentations at the national level. Sheree O'Neil, MSN, RN, CPN, Sonya Sterbutzel MSN, RN, NE-BC and Cindy O'Hara, MSN, RN participated in a national Press Ganey Pediatric Networking Group Webinar regarding their research on survivability of peripheral IV access. Amanda Golino, MSN, RN, CCNS, CCRN, RN-BC and Ray Leone, MT-BC presented Music Therapy: Just What the Doctor Ordered at the ANCC National Magnet Conference in Denver.

Awards and Recognition

Nursing Excellence Awards

April Brown, DNP, RN, RN-BC - Transformational Leadership/Advancing and Leading the Profession
Jaimee Robinson, MSN, RN, RNC-OB - New Knowledge, Innovations and Improvements/Education and Mentorship
Elaine Lasky, BSN, RN - Exemplary Professional Practice/Clinical Nursing
Nancy Devlin, BSN, RN4, PCCN - Clinical Management
Lindsey Schoem, BSN, RN - Volunteerism and Community Service
Heather Shell, RN - Rising Star Award

DAISY Awards

Stephanie Baumgartner, BSN, RN
Zai Begam, BSN, RN4, ONC, RN-BC
Erin Brand, BSN, RN
Lori Caslin, BSN, RN4, RNC-LRN
Gianna Cussen, RN
Kristy Godfrey, RN
Teresa Lozano, BSN, RN
Becky McCoy, BSN, RN4, CPEN
Robin Morassutti, BSN, RN
Joanne Peters, BSN, RN, CWS
Stasia Skrypczuk, RN3, CPN
Jennifer Straub, BSN, RN, IBCLC

2018 Rose Award

Leslie Brundage, RN4, IBCLC

ADVANCE Healthcare Network 2018 Best Nursing Team

ILH Emergency Services Leadership Team



2018 Inova Loudoun Hospital Nursing Excellence Awards.

Left to right: Maureen Sintich, DNP, MBA, RN, WHNP-BC, NEA-BC; April Brown, DNP, RN, NE-BC, RN-BC; Jaimee Robinson, MSN, RN, RNC-OB; Elaine Lasky, BSN, RN; Nancy Devlin, BSN, RN4, PCCN; Lindsay Schoem, BSN, RN; Heather Shell, BSN, RN; Marissa Jamarik, DNP, RN, NEA-BC

Beacon Awards

ICU - Gold AACN Beacon Award

PCU - Silver AACN Beacon Award

Best Poster VNA Innovation Conference for the Category of Innovation in Direct Clinical Care

Tracy Cross, BSN, RN, IBCLC, RLC;
Debra Stanger, MSN, RN, NEA-BC; Linda Cassar, DNP, RNC-OB; Cynthia Bauley, BA, RN, IBCLC, RLC; Lani Brown, MSN, RNC-OB; Monica Brannon, BSN, RN, IBCLC, RLC; Frances Collins, MSN, RN, CCRN-K; Dorothy Boresky, DNP, RN, NE-BC; Martha Schneider, DNP, RN, NEA-BC; Mary Ann Friesen, PhD, RN, CPHQ; Quiping Zhou, PhD, RN - Does Education Level or Specialty Certification Influence the Level of Breastfeeding Support that Nurses Intend to Provide to Newly Delivered Mothers?

Health Resources and Services Administration (HRSA) Silver Award
Surgical Services ILH

ILH Division of Nursing Awards 2018

Stephanie Bassler, RN - Preceptor
Elizabeth Blair, BSN, RN4, PCCN - Community Service and Volunteerism
Alison Burton, RN - Transformational Leadership
Lori Caslin, BSN, RN4, RNC-LRN - Community Service and Volunteerism
Abigail Legaspi, BSN, RN3, CCRN - Dr. Elizabeth Dugan Grit Award Winner 2018
Elyssa Wood, PHD, RN, CPEN - New Knowledge and Innovation
ICU/OR Handoff Collaboration and The Birthing Inn, L&D/FCC/NICU - Collaborative Cross-Boundary Teams
Medical Surgical Unit - EBP-Unit Practice Council

ILH Unit Nurse of the Year 2018

Rebecca Berry, BSN, RN3, CEN - Emergency Room Ashburn HealthPlex
Monica Castellani, RN - Inova Loudoun Nursing and Rehabilitation Center
Heather Christenson, RN3, RN-BC - Medical Surgical Unit

Lisa Dundas, BSN, RN - Operating Rm, Endoscopy, Outpatient Infusion
Rachel Ellis, RN - Surgical Services
BJ Ford, BSN - Float Pool
Elaine Hornaday, BSN, RN3, CMSRN - Observation
Patrick Hyland, BSN, RN - Loudoun Adult Medical Psychiatric Services
Windy Kana, BSN, RN4, CCRN - Intensive Care Unit
Pam Kravatz, BSN, RN4, RN-BC - Pediatrics
Abigail Legaspi, BSN, RN3, CCRN - Progressive Care Unit
Chris Lesando, BSN, RN, CWOCN, CWS - Nursing Support
Julie Littlejohn, BSN, RN - Outpatient Services
Becky McCoy, BSN, RN4, CPEN - Emergency Room Pediatrics
Brittany Motter, BSN, RN, RNC-MNN, IBCLC, RNC-LRN - Family Centered Care
Scott Mueller, RN - Emergency Room Lansdowne
Elaine Pang, BSN, RN3, RN-BC - Oncology

Janis Tandy, RNC-OB, RN3, CNOR -
Labor and Delivery

Maricel Villanueva, MSN, RN, CSC
- Inova Heart and Vascular Institute/
Radiology

Amber Wilson, BSN, RN4, CEN -
Emergency Room Cornwall

Lisa Wissmath, BSN, RN3, RNC-NIC -
Neonatal Intensive Care

Loudoun Times Mirror's 40 Under 40 Awards

Stephanie Boese, BSN, RN, CCRN
Aurora Newcomer Braman, BSN, RN4,
RNC

Sarah Stinson, RN, BSN, RN, CPEN

First Place at Reston Hospital Center's 14th Annual Spring into Research Conference Press

Amanda J. Golino, MSN, RN, CCRN,
CCNS, RN-BC; Raymond Leone, MT-BC;
Debra L. Stanger, MSN, RN, NEA-BC;
Catherine J. Christopher, M.ED., CCC-
SLP; Mary Ann Friesen, PhD, RN, CPHQ;
Theresa M Davis, PhD, RN, NE-BC,
FAAN; Anthony Meadows, PhD, MT-BC,
LPC; Audra L. Gollenberg, PhD – The
Impact of an Active Music Therapy
Intervention on Vital Signs, Pain and
Anxiety in the ICU

Ganey Guardian of Excellence Award

Pediatric Inpatient Unit

Second Place Reston Hospital Center's 14th Annual Spring into Research Conference

Theresa M Davis, PhD, RN, NE-BC,
FAAN; Mary Ann Friesen, PhD, RN,
CPHQ; Vicki Lindgren, MSN, RN, CNS,
CCRN, CCNS; Amanda Golino, MSN,
RN-BC, CCRN, CCNS; Robin Jackson,
MSN, RN-BC, CCRN, CCNS, CHTP;
Jennifer Drake, DNP, RN, ONC; Joanne
Gucciardo, MS, BSN, RNC, NE-BC;
Lucrezia Mangione, MA, NCC, LCPC,
CMT, CHTP; Jennifer Shearer, MSN,
RN; Monica DeMariano, RN, MBA; Mary
Corkins, RN; Mary Frances Kamin BSN,
RN; Anneli Escalante, BSN, RN; Joel
G. Anderson, PhD, CHTP. - Effects of
Healing Touch on Outcomes in Persons
Experiencing Orthopaedic Surgery.

Virginia Emergency Nurses "Nurse Advocate Award"

Elyssa Wood, PHD, RN, CPEN

Virginia Magnet Consortium Nurse Educator Award

Elyssa Wood, PHD, RN, CPEN

Virginia Nurses Association 40 Under 40 Award

Rebecca Berry, BSN, RN3, CEN

Presentations

"Gimme 5" NICU Handoff Project.
[Poster] [Podium]

Cristin Allio, BSN, RN; Kenneth Frese,
MSN, RN, ACNS-BC; Megan Placido,
BSN, RN3, PCCN; Allison Barton, BSN,
RN; Abigail Legaspi, BSN, RN3, CCRN;
Jennifer Sedlmeyer-Johansen, MSN,
RN, RNC-MNN. Inova Iams Awards.
Falls Church, Virginia, March 9, 2018; ILH
Innovations In Healthcare Conference.
Sterling, Virginia, November 9, 2018.

*ABCDEF: A Bundled Approach to
reducing Delirium and ICU Length of
Stay.* [Poster] [Panel Discussion] [Podium]
Kristelle Toone, MSN, RN, CCRN;
Amanda Golino, MSN, RN-BC, CCRN,
CCNS; Cathy Williams, BSN, RN, CCRN,
CMC, RN-BC. VHHA Conference.
Richmond, Virginia, February 1, 2018;
MedStar WHC Nursing EBP and
Research Symposium, Washington, D.C.,
March 8, 2018; 2018 Premier Annual
Breakthroughs Conference. Nashville,
Tennessee, June 19, 2018.

*Creating a Sensory Friendly Pediatric
Emergency Department.* [Poster]
[Podium]

Elyssa B Wood, PhD, RN; Gina Harrison,
MSN, RN; Serena McReynolds, BSN,
RN; Lauren Nassr, BSN, RN; Kristina
Presgrave, BSN, RN; Erin Rovelli,
RN; Sarah Stinson, BSN, RN; Amber
Trickey, PhD; Eugenia Charles, MD;
Jill McCabe, MD. Inova Research and
EBP Symposium. Falls Church, Virginia,
October 12, 2018; LCPS Mental Health



Center. Washington, D.C., March 8, 2018; Virginia Nurses Association (VNA) Innovations Conference. Richmond, Virginia, September 21-22, 2018; Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018. 23rd Annual International Meeting Academy of Breastfeeding Medicine. San Francisco, California, November 14, 2018.

Educational Discharge Instructions for Pediatric Mild Traumatic Brain Injury. [Poster]

Marjorie Jones, DNP, APRN, FNP. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018; ILH Innovations In Healthcare Conference. Sterling, Virginia, November 9, 2018.

Effects of Healing Touch on Outcomes in Persons Experiencing Orthopaedic Surgery. [Poster] [Podium]

Theresa M Davis, PhD, RN, NE-BC, FAAN; Mary Ann Friesen, PhD, RN, CPHQ; Vicki Lindgren, MSN, RN, CNS, CCRN, CCNS; Amanda Golino, MSN, RN-BC, CCRN, CCNS; Robin Jackson, MSN, RN-BC, CCRN, CCNS, CHTP; Jennifer Drake, DNP, RN, ONC; Joanne Gucciardo, MS, BSN, RNC, NE-BC; Lucrezia Mangione, MA, NCC, LCPC, CMT, CHTP; Jennifer Shearer, MSN, RN; Monica DeMariano, RN, MBA; Mary Corkins, RN; Mary Frances Kamin, BSN, RN; Anneli Escalante, BSN, RN; Joel G. Anderson, PhD, CHTP. Reston Hospital Center's 14th Annual Spring into Research Conference. Reston, Virginia, May 21, 2018; AHNA Conference,



Lisa Dugan Memorial Chapel Dedication Date July 10, 2018.

Left to right: Deborah Addo, CEO ILH; Buchanan (Buck) Dugan, Lisa's husband; Katie Dugan, BSN, RN, Lisa's daughter; Marissa Jamarik, DNP, RN, NEA-BC

and Wellness Conference. Ashburn, Virginia, October 13, 2018; Virginia Emergency Nurses Association Conference. Richmond, Virginia, October 19, 2018; ILH Innovations In Healthcare Conference. Sterling, Virginia, November 9, 2018.

Does Education Level or Specialty Certification Influence the Level of Breastfeeding Support that Nurses Intend to Provide to Newly Delivered Mothers? [Poster] [Podium]

Tracy Cross, BSN, RN, IBCLC, RLC; Debra Stanger, MSN, RN, NEA-BC; Linda Cassar, DNP, RNC-OB; Cynthia Bauley, BA, RN, IBCLC, RLC; Lani Brown, MSN, RNC-OB; Monica Brannon, BSN, RN, IBCLC, RLC; Frances Collins, MSN, RN, CCRN-K; Dorothy Boresky, DNP, RN, NE-BC; Martha Schneider, DNP, RN, NEA-BC; Mary Ann Friesen, PhD, RN, CPHQ; Quiping Zhou, PhD, RN. MedStar Washington Hospital

Niagara Falls, New York, June 6, 2018; Virginia Nurses Association (VNA) Innovations Conference. Richmond, Virginia, September 21-22, 2018

Music Therapy: Just What the Doctor Ordered. [Podium][Poster]

Amanda J. Golino, MSN, RN, CCRN, CCNS, RN-BC; Raymond Leone, MT-BC; Debra L. Stanger, MSN, RN, NE-BC; Catherine J. Christopher, M.ED., CCC-SLP. ANCC National Magnet Conference. Denver, Colorado, October 26 2018.

Nitrous Oxide Use in Pediatric ED. [Podium]

Sarah Stinson, MSN, RN, CPEN, CEN; Elyssa Wood, PhD, MPH, RN. ILH Innovations In Healthcare Conference. Sterling, Virginia, November 9, 2018.

Nursing Research: One Unit's Journey at Inova Research Workshop. [Podium]

Anne Gutierrez, BSN, RN4, CPN. Inova Research Workshop. Falls Church, Virginia, April 26, 2018.

OR to ICU Handoff Project. [Poster][Podium]

Dejon Wright, RN, CCRN, CEN; Adrienne Simms, BSN, RN, CCRN. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018; ILH Innovations In Healthcare Conference. Sterling, Virginia, November 9, 2018.

PCU Managable Workload. [Poster]

Vickie Bamsey, MSN, RN, CNML; Ali Anderson, Lean Coach/ Facilitator; Cristin Allio, BSN, RN; Anne Allard, RN3; Nancy Devlin, BSN, RN4; Jo Gusto, BSN, RN3; Allison Barton, BSN, RN; Surakshya "Sue" Shrestha, BSN, RN4; Megan Placido BSN, RN3; Kenneth Frese, MSN, RN, CCRN; Phillip Cabantog, BSN, RN; Nicole Rainford, Clinical Technician 2; Jairo Rosales, Clinical Technician; Jamie Ulrich, BSN, RN, Clinical Mentor; Phillip Kerns, Material Management. Inova IAMS Awards. Falls Church, Virginia, March 9, 2018.

Pediatric Networking Group thru Press Ganey Webinar. [Webinar]

Sheree O'Neil, MSN, RN4, CPN; Sonya Sterbutzel, MSN, RN, NE-BC; Cindy O'Hara, MSN, RN. Press Ganey Webinar. June 27, 2018.

Standardizing Nursing Handoff Between the ED and the Inpatient Psychiatric Unit. [Poster]

Kossi P. Eklou, DNP, APRN, PMHNP-BC; Christabel Lartey, DNP, APRN, PMHNP-BC; Debra Stanger, MSN, RN, NEA-BC; Mary Ann Friesen, PhD, RN, CPHQ; Elyssa Wood, PHD, RN, CPEN. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Stronger Together: Collaborating with Academic and Healthcare Partners in a Breastfeeding Research Study. [Podium] Linda Cassar, DNP, RNC-OB,

CNE; Cynthia Bauley, BA, RN, IBCLC-RLC; Tracy Cross BSN, RN, IBCLC-RLC; Lani Brown, MSN, RNC-OB; Monica Brannon, BSN, RNC- MNN, IBCLC-RLC. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Survivability of Existing Peripheral IV Access Following Blood Sampling. [Poster]

Sheree O'Neil, MSN, RN4, CPN; Christina Symons, RN, BSN, CPN, BS; Pam Kravatz RN, BSN, CPN; Jennifer Perry, RN, MSN, CPN; Anne Gutierrez, RN, MSN, CPN; Mary Ann Friesen, PhD, RN, CPHQ; Debbie Stanger, RN, MSN, NEA-BC. Society of Pediatric Nursing Conference. Denver, Colorado, April 5, 2018.

Take a Seat, Get Up to Eat. [Podium][Poster]

Amanda Golino, MSN, RN-BC, CCRN, CCNS; Bailey Bentz, BSN, RN4, CMSRN; Jessica Kelly, BSN, RN4, CMSRN. LCPS Mental Health and Wellness Conference. Ashburn, Virginia, October 13, 2018; Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018; ILH Innovations In Healthcare Conference. Sterling, Virginia, November 9, 2018.

The Impact of an Active Music Therapy Intervention on Vital Signs, Pain and Anxiety in the ICU.

Amanda J. Golino, MSN, RN, CCRN, CCNS, RN-BC; Raymond Leone, MT-BC; Debra L. Stanger, MSN, RN, NEA-BC;

Catherine J. Christopher, M.ED., CCC-SLP; Mary Ann Friesen, PhD, RN, CPHQ; Theresa M Davis, PhD, RN, NE-BC, FAAN; Anthony Meadows, PhD, MT-BC, LPC; Audra L. Gollenberg, PhD. 2018 Inova Integrative and Functional Medicine Conference. Falls Church, Virginia, April 14, 2018; International Congress in Integrative Medicine and Health. Baltimore, Maryland, May 11, 2018; Reston Hospital Center's 14th Annual Spring into Research Conference. Reston, Virginia, May 21, 2018; AHNA Conference, Niagara Falls, New York, June 6 2018.

VDI in Spanish Speaking Population.

[Poster]

Elyssa B Wood, PhD, RN; Sarah Stinson, BSN, RN; Gina Harrison, MSN, RN; Serena McReynolds, BSN, RN; Lauren Nassr, BSN, RN; Kristina Presgrave, BSN, RN; Erin Rovelli, RN; Amber Trickey, PhD; Eugenia Charles, MD; Jill McCabe, MD. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018; ILH Innovations In Healthcare Conference. Sterling, Virginia, November 9, 2018.

Publications

Sheree, O'Neil, MSN, RN4, CPN; Mary Ann Friesen, PhD, RN, CPHQ; Debra Stanger, MSN, RN, NEA-BC. Journal of Pediatric Nursing, Survivability of Existing Peripheral Intravenous Access Following Blood Sampling in a Pediatric Population., Pgs. 90-95, 2018.

Christine Hull, MSN, RN, OCN. Book-Edited by Meghan Routt, MSN, ANP/GNP-BC, AOCNP and Lisa Parks, MSN, ANP-BC. Critical Care Nursing of the Oncology Patient, Chapter 19: Transitions in Care, 2018.

New Degrees

Bachelors of Science in Nursing

Heather Brabant, BSN, RN3, CMC
Doris Dixon, BSN, RN
Maria Gil, BSN, RN, RN-BC
Karyn Hernandez, BSN, RN
Ruth Ann Jewell, BSN, RN4, CPEN
Sara Johnson, BSN, RN
Cynthia Osei-Akoto, BSN, RN,
Erin Rovelli, BSN, RN
Kitty Sharp, BSN, RN
Christina Sternberg, BSN, RN
Sara Towne, BSN, RN
Laura Tricarico, BSN, RN, RNC-OB
Kimberly Ulrich, BSN, RN
Danielle Walker, BSN, RN
Peggy Wiecek, BSN, RN, RN-BC

Masters of Science in Nursing

Stephanie Boese, MSN, RN
Katelyn Chapman, MSN-FNP, RN

Wendy Cole, MSN, RN
Christy Hogan, MSN-FNP, RN
Susan Howell, MSN-NP, RN
Megan Neighly, MSN, RN

Doctorate of Nursing Practice

Christabel Lartey, DNP, RN

Scholarships

BSN Scholars

Jillian Adams, RN
Melanie Rodeheaver, RN
Erin Sweet, RN, CEN
Jessica Timbers, RN
Angy Youseff

MSN Scholars

Jessica Cave, BSN, RN4, CEN

Certifications

Certified Ambulatory Perianesthesia Nurse

Maria Cristina Rivera, BSN, RN, CAPA

Certified Emergency Nurse

Josh Sines, BSN, RN4, CCRN, CEN
Erin Sweet, RN, CEN

Certified Medical Surgical RN

Marissa Caulker, BSN, RN3, CMSRN
Nenita Gonzales, BSN, RN, CMSRN
Elaine Hornaday, BSN, RN3, CMSRN
Sonia Mehta, BSN, RN, CMSRN

Certified Neonatal Intensive Care

Danielle Dowsett, BSN, RN, RNC-NIC
 Dianna Fanning, RN, RNC-NIC
 Marti Howar, RN, RNC-NIC
 Christina Lloyd, MSN, RN, RNC-NIC
 Kaitlyn Lloyd, RN, RNC-NIC

Family Nurse Practitioner

Katelyn Chapman, MSN-FNP, RN
 Christy Hogan, MSN-FNP

Nurse Executive - Board Certified

Debbie Brown Toland, MSN, RN, NE-BC

Nurse Executive Advanced-Board Certified

Vickie Bamsey, MSN, RN, NEA-BC

Oncology Certified Nurse

Katie Staub, BSN, RN, OCN

Progressive Care Certified Nurse

Natalie Mateo, BSN, RN, PCCN
 Jane Trachsel, BSN, RN, PCCN

RN Board Certified Medical Surgical

Peace Peters, BSN, RN, RN-BC

RN Certified Inpatient Obstetrical

Shaundreka Fox, MSN, RN, CNL,
 RNC-OB
 Eric Prichard, BSN, RN, RNC-OB
 Eileen Rizzo, BSN, RN, RNC-OB
 Laura Tricarico, BSN, RN, RNC-OB

RN Certified Low Risk Neonatal Certification

Brittany Motter, BSN, RN, RNC-MNN,
 IBCLC, RNC-LRN

RN Certified Maternal Newborn Nursing

Kristina Resing, BSN, RN3, RNC-MNN

Trauma Certified RN

Johanna Emory, BSN, RN3, CEN, TCRN
 Kelsey Stillwagon, RN, TCRN

**Registered Nurse 3**

Mary Jo Dunn, RN3, CMSRN
 Linda Dwyer, BSN, RN3, IBCLC
 Johanna Emory, BSN, RN3, CEN
 Stephanie Herrera, BSN, RN3, CNOR
 Elaine Hornaday, BSN, RN3, CMSRN
 Alyson Kelly, BSN, RN3, CMSRN
 Abigail Legaspi, BSN, RN3, CCRN
 Brittany Motter, BSN, RN3, RNC-MNN
 Janis Tandy, RN3, CNOR, RNC-OB
 Melissa Parker-Combs, BSN, RN3,
 RNC-OB
 Peace Peters, BSN, RN3, RN-BC
 Megan Placido, BSN, RN3, PCCN
 Kristina Resing, BSN, RN3, RNC-MNN
 Laurie Rhinehart, BSN, RN3, CCRN
 Michelle Trepal, BSN, RN3, CAPA

Registered Nurse 4

Tammy Fitch, BSN, RN4, CCRN
 Magdalene Greaney, BSN, RN4, CPN
 Antoinette Hart, BSN, RN4, PCCN
 Ruth Ann Jewell, BSN, RN4, CPEN,
 CPN
 Allison Lynch, BSN, RN4, CMSRN
 Zita Merz, BSN, RN4, RNC-OB
 Mita Patel, BSN, RN4, RN-BC
 Megan Placido, BSN, RN4, PCCN
 Laurie Rhinehart, BSN, RN4, CCRN
 Lewis, Shawn, BSN, RN4, CAPA
 Adriene Simms, BSN, RN4, CCRN
 James Stephens, BSN, RN4, CEN
 Michelle Trepal, BSN, RN4, CAPA

Inova Mount Vernon Hospital



Transformational Leadership

In 2018, Dr. Alquieta Brown, PhD, MHSA, RN, CNO successfully advocated for RN unit supervisor positions for the night shift, a medical-surgical clinical nurse educator position, a clinical director for the Joint Replacement Unit and coordinator support for the Nurse Residency Program. To support the growth and enculturation of shared governance throughout IMVH, Dr. Brown made sure direct care staff serving on these councils had protected time to attend the meetings and do the work. This support enabled IMVH to fully embark on the journey toward Magnet® designation. Nurse leaders throughout the hospital advocated for additional resources and equipment to enable frontline nurses to deliver excellent patient care.

Structural Empowerment

Throughout 2018, IMVH put structures and processes in place that allowed for the growth and development of shared governance councils and unit practice councils. This work supports the nursing staff by influencing decisions and solving problems that directly relate to practice, patient outcomes, safety and the work environment. By year's end, every unit had a council in place. In 2018, 32 nurses were promoted on the ADVANCE clinical ladder, and 38 nurses were newly certified in their area of practice. The Foundation provided

more than \$90,000 for 40 staff nurses to attend various regional and national professional development educational programs. A Nurse Residency Program was implemented to support graduate nurses' onboarding and transition to practice. Currently, 27 new graduate nurses participate in three cohorts. We continue to provide a quarterly professional development program for our RN unit supervisors to help them grow in their roles as frontline leaders.

Exemplary Professional Practice

IMVH started 2018 on a high note, outperforming the Magnet benchmark for nursing-sensitive indicators around CAUTI and CLABSI on the majority of our units. The Annual Skills Fair incorporated evidence-based practices



ALL **19** Units
Exceeded Magnet Benchmarks

(EBP) of preventing harm into all its stations to validate knowledge and skills. IMVH's nursing culture encourages nurses to collaborate, communicate and escalate concerns to strengthen the foundation of a healing environment with excellent patient outcomes.

The 2018 NDNQI RN Satisfaction Survey had 89% participation by IMVH RNs. All 19 of our units exceeded the Magnet benchmark in adequate staffing, foundations for quality care, participation in hospital affairs, RN-to-RN interaction, professional development opportunities, interprofessional relationships and manager/leader ability.

Zaid Kelib-Kidane, BSN, RN4, CRRN; Catherine Tallant, BSN, RN; J. Stephen Jones, MD, FACS



New Knowledge and Innovation

Integrating new knowledge and evidence into clinical practice is essential to the nurse's professional development and optimal patient outcomes. IMVH nurses embrace a culture of inquiry as they utilize EBP to seek answers to clinical questions. In 2018, nurses from IMCU and the Float Pool received an EBP grant to look at the impact of a structured, well-defined discharge education process for heart failure patients on patient satisfaction and readmissions. As a result of this project, patient satisfaction with discharge education improved and heart failure readmissions dropped. Direct care nurse participation on the IMVH

Nursing Research and EBP Council increased. The council is vetting two potential research projects and a third is ready to begin in Rehab with a direct care nurse as the primary investigator.

Awards and Recognition

Nursing Excellence Awards

Reba Miller, BSN, RN, JD - Clinical Management

Daniel Ampomah, PhD, BSN, RN, NE-BC - New Knowledge, Innovations, and Improvements/Education and Mentoring
Helen Stevens, MSN, BSN, RN, CEN - Transformational Leadership/Advancing and Leading the Profession

Megan Comunale, BSN, RN, OCN - Volunteerism and Community Service
Alex Graf, BSN, RN, CBIS - Rising Star
Linda Perkins, BSN, RN - Exemplary Professional Practice

DAISY Awards

John Lawrence, BSN, RN, SCRN
Margaret Pobee-Orleans, BSN, RN

Second Place Reston Hospital Center's 14th Annual Spring into Research Conference

Theresa M Davis, PhD, RN, NE-BC, FAAN; Mary Ann Friesen, PhD, RN, CPHQ; Vicki Lindgren, MSN, RN, CNS, CCRN, CCNS; Amanda Golino, MSN, RN-BC, CCRN, CCNS; Robin Jackson, MSN, RN-BC, CCRN, CCNS, CHTP; Jennifer Drake, DNP, RN, ONC; Joanne Gucciardo, MS, BSN, RNC, NE-BC; Lucrezia Mangione, MA, NCC, LCPC, CMT, CHTP; Jennifer Shearer, MSN, RN; Monica DeMariano, RN, MBA; Mary Corkins, RN; Mary Frances Kamin, BSN, RN; Anneli Escalante, BSN, RN; Joel G. Anderson, PhD, CHTP. - Effects of

Edelman Nurses Day Celebration.

Left to right: Alquieta Brown, PhD, RN; Megan Comunale, BSN, RN3, ONS; Cassie Palas, BSN, RN3, CMSN; Michelle Cortez, BSN, RN3, CMSN; Maria Cachafeiro-Cavadas, BSN, RN3, CMSN; Daniel Ampomah, PhD, RN, NE-BC; Kathy McNamara, MSN, RN, NEA-BC; Zaid Kelib-Kidane, BSN, NR4, CRRN; Juliana Asare, BSN, RN3, CRRN; Kelebush Woldetsadik, RN; Shilvone Bryson, BSN, RN4, CRRN; Malou Inocencio, BSN, RN4, CRRN; Sewite Esayas, RN3, CMSN; Ella Gallardo, BSN, RN; Michelle Viars, BSN, RN4-BC; Maria Gytierrez, BSN, RN4, CRRN; Monica Dontoh, BSN, RN4, CRRN, CBIS; Lalni Sharma, BSN, RN3, OCN, CMSN; Wida Ahmadi, BSN, RN; Virginia Huynh, BSN, RN; Helen Stevens MSN, RN, CEN; Jeannine Simmons BSN, RN4, CRN; Reba Miller, BSN, RN; Maryn Mi Reka, BSN, RN; Mary Milam, BSN, RN3, CGN; Dinah, Clark, BSN, RN3, CMSN



Healing Touch on Outcomes in Persons Experiencing Orthopaedic Surgery.

Presentations

Caring for the Caregiver: Combatting Compassion Fatigue in the CVICU.

[Poster]

Angela Boggs, MS, MA, BCC; Tatiana Acevedo, RN, Ramar Andrews-Barr, RN; Lauren Campbell, RN; Kayla Dundie, RN; Abigail Emmons, RN; Kim Fulton, RN; Ginia Hurh, RN; Audrey Knight, RN; Socheat Long-Elliott, RN; Mickey Mosser, RN; Ashley Nickens, RN; Stefanie Orlando, RN; Anika Raja, RN; Kendall Rayha, RN; Amy Tran, RN; Meghan Twomey, RN; Nicolle Villers, RN; Patrick Bradley, MSN, RN, CCRN. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Effects of Healing Touch on Outcomes in Persons Experiencing Orthopaedic Surgery. [Poster] [Podium]

Theresa M Davis, PhD, RN, NE-BC, FAAN; Mary Ann Friesen, PhD, RN, CPHQ; Vicki Lindgren, MSN, RN, CNS, CCRN, CCNS; Amanda Golino, MSN, RN-BC, CCRN, CCNS; Robin Jackson, MSN, RN-BC, CCRN, CCNS, CHTP; Jennifer Drake, DNP, RN, ONC; Joanne Gucciardo, MS, BSN, RNC, NE-BC; Lucrezia Mangione, MA, NCC, LCPC, CMT, CHTP; Jennifer Shearer, MSN, RN; Monica DeMariano, RN, MBA; Mary Corkins, RN; Mary Frances Kamin, BSN, RN; Anneli Escalante, BSN, RN; Joel G. Anderson, PhD, CHTP. Reston Hospital Center's 14th Annual Spring into

Research Conference. Reston, Virginia, May 21, 2018; AHNA Conference, Niagara Falls, New York, June 6, 2018; Virginia Nurses Association (VNA) Innovations Conference. Richmond, Virginia, September 21-22, 2018

Implementation of TeamSTEPS Strategies to Decrease Specimen Errors to ZERO. [Poster]

Linda Butler, BSN, RN, CNOR; Fatmata Binta Bah, RN; Jill Bates-Matulonis, BSN, RN; Alyssa Clevenger, BSN, RN, CNOR. 2018 Hall of Fame for Patient Safety Week Poster. Falls Church, Virginia, March 14, 2018.

Patient Centered Care, But Let's Not Forget the Ending. [Webinar]

Carine Wawa, MSN, RN, CMSN; Florence Afriyie, RN. VHHA- Webinar. September 24, 2018.

Reducing Heart Failure Readmissions and Improving Patient Outcomes Through a Structured Patient Education Program. [Podium]

Melissa Dickerson, BSN, RN; Alyssa Gurley, BSN, RN; Virginia Huynh, BSN, RN. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

SOS! Spotlight on Sepsis. [Podium]

John Lawrence, BSN, RN, SCRN. Belvoir Woods Health Care Center. Fort Belvoir, Virginia, August 15, 2018.

Understanding the Prevention of Readmissions. [Webinar]

Alyssa Gurley, BSN, RN; Florence Afriyie, RN. Premier Healthcare – Webinar. December 4, 2018.

New Degrees

Bachelors of Science in Nursing

Nasteho Abdulle, BSN, RN
Tyera Herbin, BSN, RN
Perrine Jackson, BSN, RN
Krikett Kirk, BSN, RN
Linda Owusu, BSN, RN
Julieanne Parker, BSN, RN
Regina Plange, BSN, RN
Anita Rios, BSN, RN
Roberta Ryan, BSN, RN
Marguerite See, BSN, RN
Meskerym Tesfaye, BSN, RN
Chinaemerwa Uzowihe, BSN, RN
Nilda Wilman, BSN, RN

Masters of Public Health

Kelly Grunstra, MPH, BSN, RN

Masters of Science in Nursing

Roselle Anderson, MSN, BSN, RN CRN
Christiana Banjura, MSN, BSN, RN
Edna Banjura, MSN, BSN, RN
Shirley Frimpong, MSN, BSN, RN
Kelly Grunstra, MSN, BSN, RN
Theodora Robinson, MSN, BSN, RN
Helen Stevens, MSN, BSN, RN, CEN
Carine Wawa, MSN, BSN, RN

MSIN – Informatics

Sarah Naputi, MSIN, BSN, RN

Scholarships**BSN Scholars**

Sewite Esayas, BSN, RN, CMSRN

Evangaline Outzen, EMT

Certifications**Certified Brain Injury Specialist**

Agnes Brogan, BSN, RN, CBIS

Certified Emergency Nurse

Patrick Hahler, RN, CEN

Mackenzie Hamilton, BSN, RN, CEN

Kara Johnson, BSN, RN, CEN

Cameron Summers, BSN, RN, CEN

Justin Sunga, BSN, RN, CEN

Certified Gastroenterology Nurse

Perrine Jackson, BSN, RN, CGRN

Eefar Tan Missana, RN, CGRN

Certified Medical Surgical Nurse

Melanie Blasingame, BSN, RN, CMSRN

Dianah Clark, BSN, RN, CMSRN

Michelle Cortez, BSN, RN, CMSRN

Sewites Esayas, BSN, RN, CMSRN

Cassie Palas, BSN, RN, CMSRN

Michael Preko, BSN, RN, CMSRN

Lalni Sharma, BSN, RN, CMSRN, ORN

Certified Nurse Operating Room

Eunice Quesbral, BSN, RN, CNOR

Alexandra Schondorfer, BSN, RN,

CNOR

Certified Nurse Practitioner

Rajni Sharma, BSN, RN, FNP

Certified Pediatric Emergency Nurse

Mary Farmer, BSN, RN, CPEN

Certified Rehabilitation Registered Nurse

Juliana Asare, BSN, RN, CRRN

Janet Badu, BSN, RN, CRRN

Ma Josefa Echaluse, BSN, RN, CRRN

Rebecca Mbulu, BSN, RN, CRRN

Chioma Roberts, BSN, RN, CRRN

Mary Teale, BSN, RN, CRRN

Critical Care Registered Nurse

Doug Spectalnick, BSN, RN, CCRN

2018 Inova Mount Vernon Hospital Nursing Excellence Awards.

Left to right: Maureen Sintich, DNP, MBA, RN, WHNP-BC, NEA-BC; Helen Stevens, BSN, RN, CEN; Daniel Ampomah, Ph.D., RN, NE-BC; Linda Perkins, BSN, RN; Rebekah Miller, BSN, RN; Megan Comunale, BSN, RN, OCN; Alexander Graf, BSN, RN, CBIS; Alquetta Brown, PhD, RN, MHSA



Family Nurse Practitioner

Christiana Bangura, BSN, RN
Theodora Robinson, BSN, RN

Gerontology Nurse Certified

Jenna Tomajko, BSN, RN-BC

Oncology Nurse Certified

Michelle Caycedo, RN, OCN
Megan Comunale, BSN, RN, OCN
Ashley Esquilin, BSN, RN, OCN
Abiola Olaseinde, BSN, RN, OCN

Psychiatric and Mental Health Nurse

Cardina Ross, BSN, RN-BC

Trauma Certified Registered Nurse

Bonnie Albares, BSN, RN, TCRN
Christina Caulkins, BSN, RN, TCRN
Jamie Cypress, BSN, RN, TCRN
Caitlin Matthews, RN, CEN, TCRN
Lindsey Vaughn, BSN, RN, TCRN
Lindsay Wells, BSN, RN, TCRN

**Registered Nurse 3**

Cariza Abinguna, BSN, RN, CCRN
Juliana Asare, BSN, RN, CRRN
Melanie Blasingame, BSN, RN, CMSRN
Stephanie Casady, BSN, RN, CRRN
Dinah Clark, BSN, RN, CMSRN
Megan Comunale BSN, RN, OCN
Michelle Cortez, BSN, RN, CMSRN
Clare Davidson, BSN, RN, CBIS
Sewite Esayes, BSN, RN, CMSRN
Selamawit Hadege, BSN, RN, CRRN

Bernadeth Haile, BSN, RN, CRRN
Mackenzie Hamilton, BSN, RN, CEN
Perrine Jackson, BSN, RN, CGRN
Zaid Kelib-Kidane, BSN, RN, CRRN
Tigist Mannaye, MPH, BSN, RN, CRRN
Beth Mekonnen, BSN, RN, PNCC
Abiola Olaseinde, BSN, RN, OCN
Cassie Palas, BSN, RN, CMSRN
Alexandra Schondorfer, BSN, RN,
CNOR

Tracy Scott, BSN, RN, CRRN
Lalni Sharma, BSN, RN, CMSRN, ORN
Doug Spetalnick, BSN, RN, CCRN
Cameron Summers, BSN, RN, CEN
Tadesech Tsegaye, BSN, RN-BC
Stephen Wireko, BSN, RN, CEN
Carol Ztatic, BSN, RN, CEN
Shilvone Bryson, BSN, RN, CRRN
Jane Candelaria, BSN, RN, CMSRN
Monica Dontoh, BSN, RN, CRRN
Tigist Mannaye, MPH, BSN, RN, CRRN
Sarah Naputi, BSN, RN, CRRN
Lauren Schwindt, BSN, RN, CEN

Inova Medical Group

Awards and Recognition

Nursing Excellence Awards

Katie Wilkinson, BSN, RN - Exemplary Professional Practice/ Clinical Nursing

Inova Medical Group Clinical Operations

Nursing Excellence

Nurses in the Inova Medical Group focused on improving care to diabetes and congestive heart failure patients in

↓ 2 POINTS
A1c levels dropped on average

2018. Nurse navigators were deployed to these specialties. They worked to increase patient understanding of their disease process and improve patient self-management at home.

American Diabetes Guidelines were reviewed and best practices in patient teaching and learning were created for use. Keys to success included serial face-to-face appointments and working with patient food preferences. Hemoglobin A1c measures defined that success. Levels dropped on average by two points. The significance of this cannot be understated. Every drop in Hemoglobin A1c point translates to a 40% reduction in eye diseases, nerve damage and kidney damage. This further translates into as much as five additional years of life.

In heart failure patients, readmission was the marker of success. Nurse navigators worked with physicians and patients on medication adjustments and provided phone consultations on self-management. As a result of this support, readmissions dropped. Prior to nurse navigator support, 195 patients had one readmission (2017). In 2018, with nurse navigator support, only four of 65 patients were readmitted within 30 days, and only four within 90 days, for a total of 205 avoided admissions in 2018.

Preliminary results were posted at the VNA Conference in Richmond in September.

Presentations

Innovative Nursing Care for Chronic Conditions in Outpatient Setting Provided by RN Navigators.

Elena Rushing, BSN, CDE; Diana Villalobos, BSN, MBA, CPHQ; Kelly Statz, BSN. [Poster] Virginia Nurses Association (VNA) Innovations

Conference, Richmond, Virginia, September 21-23, 2018. [Poster] Inova Research and EBP Symposium, Falls Church, Virginia, October 12, 2018.

LDR Wars - A New Hope. [Poster] Amy Donlan, MSN, RN, RNC-OB; Bethany Batres, BSN, RN, RNC-OB; Mahin Beyzaei-Arani, BSN, RN, RNC-OB; Kristina Bruce, BSN, RN; Lauren Givens, BSN, RN, C-EFM; Susannah Grimes, BSN, RN, C-EFM; Karen Hansen, RN; Megan Healey, BSN, RN, C-EFM; Christina Kim, BSN, RN; Rachelle Proctor, BSN, RN; Diane Sarosi, BSN, RN, C-EFM; Fran Sharp, BSN, RN; Christa Valentine, BSN, RN, RN-BC; Rebecca Vanderhoof, BSN, RN; Ariel West, BSN, RN, C-EFM. 2018 Hall of Fame for Patient Safety Week Poster. Falls Church, Virginia, March 14, 2018.

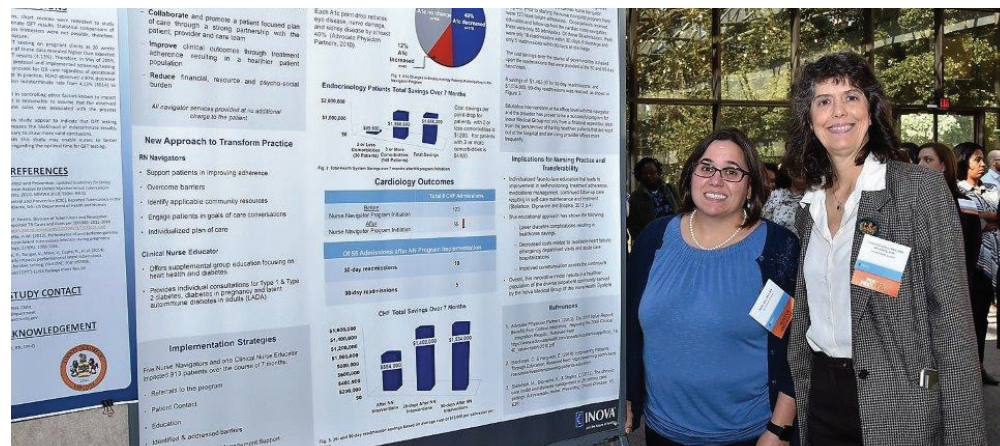
Scholarships

DNP Scholars

Jennifer Nguyen, BSN, RN

October 12th Inova Nursing Research and EBP Symposium.

Left to right: Elena Rushing, BSN, CDE, Diana Villalobos, BSN, MBA, CPHQ, ACM and Kelly Statz, BSN



Inova System Office

Awards and Recognition

Nursing Excellence Awards

Marc Bailey, MSN, RN - Transformational Leadership/ Advancing and Leading the Profession

Brigitte Taylor, MSN, RN - New Knowledge, Innovations and Improvements/ Education and Mentorship

Sonya Dunn, RN - Exemplary Professional Practice/Clinical Nursing Award

Nadine Gallo, MSN, RN - Clinical Management

Jennifer Allison, BSN, RN - Volunteerism and Community Service

DAISY Awards

Rebecca Mensah, BSN, RN

Best Poster VNA Innovation Conference for the Category of Innovation in Direct Clinical Care

Tracy Cross, BSN, RN, IBCLC, RLC; Debra Stanger, MSN, RN, NEA-BC; Linda Cassar, DNP, RNC-OB; Cynthia Bauley, BA, RN, IBCLC, RLC; Lani Brown, MSN, RNC-OB; Monica Brannon, BSN, RN, IBCLC, RLC; Frances Collins, MSN, RN, CCRN-K; Dorothy Boresky, DNP, RN, NE-BC; Martha Schneider, DNP, RN, NEA-BC; Mary Ann Friesen, PhD, RN, CPHQ; Quiping Zhou, PhD, RN - *Does Education Level or Specialty Certification Influence the Level of Breastfeeding Support that Nurses Intend to Provide to Newly Delivered Mothers?*

Second Place Reston Hospital Center's 14th Annual Spring into Research Conference

Theresa M Davis, PhD, RN, NE-BC, FAAN; Mary Ann Friesen, PhD, RN,

CPHQ; Vicki Lindgren, MSN, RN, CNS, CCRN, CCNS; Amanda Golino, MSN, RN-BC, CCRN, CCNS; Robin Jackson, MSN, RN-BC, CCRN, CCNS, CHTP; Jennifer Drake, DNP, RN, ONC; Joanne Gucciardo, MS, BSN, RNC, NE-BC; Lucrezia Mangione, MA, NCC, LCPC, CMT, CHTP; Jennifer Shearer, MSN, RN; Monica DeMariano, RN, MBA; Mary Corkins, RN; Mary Frances Kamin BSN, RN; Anneli Escalante, BSN, RN; Joel G. Anderson, PhD, CHTP. - *Effects of Healing Touch on Outcomes in Persons Experiencing Orthopaedic Surgery.*

Presentations

Caring for the Caregiver: Combatting Compassion Fatigue in the CVICU.
[Poster]

Angela Boggs, MS, MA, BCC; Tatiana Acevedo, RN, Ramar Andrews-Barr, RN; Lauren Campbell, RN; Kayla Dundie, RN; Abigail Emmons, RN;

2018 Inova System Office Nursing Excellence Awards.

Left to right: Maureen Sintich, DNP, MBA, RN, WHNP-BC, NEA-BC; Marc Bailey, MSN, RN; Brigitte Taylor, MSN, RN; Sonya Dunn, RN; Patricia Horgas, MSN, RN; Nadine Gallo, MSN, RN; Patricia Mook, MSN, RN, NEA-BC, CAHIMS; Jennifer Allison, BSN, RN; Katie Wilkinson, BSN, RN; Nancy Loeffler, MHA, BSN, ACM, CCM



Kim Fulton, RN; Ginia Hurh, RN; Audrey Knight, RN; Socheat Long-Elliott, RN; Mickey Mosser, RN; Ashley Nickens, RN; Stefanie Orlando, RN; Anika Raja, RN; Kendall Rayha, RN; Amy Tran, RN; Meghan Twomey, RN; Nicolle Villers, RN; Patrick Bradley, MSN, RN, CCRN. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Does Education Level or Specialty Certification Influence the Level of Breastfeeding Support that Nurses Intend to Provide to Newly Delivered Mothers? [Research Poster] [Podium]

Linda Cassar, DNP, RNC-OB; Cynthia Bauley, BSN, RN, IBCLC, RLC; Tracy Cross, BSN, RN, IBCLC, RLC; Lani Brown, MSN, RNC-OB; Monica Brannon, BSN, RN, IBCLC, RLC; Debra Stanger, MSN, RN, NEA-BC; Frances Collins,

MSN, RN, CCRN-K; Dorothy Boresky, DNP, RN, NE-BC; Martha Schneider, DNP, RN, NEA-BC; Mary Ann Friesen, PhD, RN, CPHQ; Quiping Zhou, PhD, RN. Med Star Research Symposium. Washington, DC. April 30, 2018; Virginia Nurses Association (VNA) Innovations Conference. Richmond, Virginia, September 21-22, 2018; 23rd Annual International Meeting Academy of Breastfeeding Medicine. San Francisco, California, November 14, 2018.

Effects of Healing Touch on Outcomes in Persons Experiencing Orthopaedic Surgery. [Poster] [Podium]

Theresa M Davis, PhD, RN, NE-BC, FAAN; Mary Ann Friesen, PhD, RN, CPHQ; Vicki Lindgren, MSN, RN, CNS, CCRN, CCNS; Amanda Golino, MSN, RN-BC, CCRN, CCNS; Robin Jackson,

MSN, RN-BC, CCRN, CCNS, CHTP; Jennifer Drake, DNP, RN, ONC; Joanne Gucciardo, MS, BSN, RNC, NE-BC; Lucrezia Mangione, MA, NCC, LCPC, CMT, CHTP; Jennifer Shearer, MSN, RN; Monica DeMariano, RN, MBA; Mary Corkins, RN; Mary Frances Kamin, BSN, RN; Anneli Escalante, BSN, RN; Joel G. Anderson, PhD, CHTP. Reston Hospital Center's 14th Annual Spring into Research Conference. Reston, Virginia, May 21, 2018; AHNA Conference, Niagara Falls, New York, June 6, 2018; Virginia Nurses Association (VNA) Innovations Conference. Richmond, Virginia, September 21-22, 2018

Hit Me With Your Best Shot: Leveraging Near-Infrared (NIR) Technology to Improve Peripheral IV Insertions. [Podium]

Left to right: Anne Sullivan, MSN, RN, CNOR; Lisa Robinson MSN, RN, CPN, RNC-MNN; Cherra Timberlake-Blount MSN, RN, CMSRN; Janice Gunn, MSN, RN; Diane Swengros, MSN, RN, BC, CHTP, Nursing Staff Development with ANCC (RN-BC), Certified Healing Touch Provider; Karole Nielsen, MSN, RN, OCN Oncology, CBCN, Certified Breast Care Nurse; Allison Eustace, ACNS-BC, Gerontological Nursing RN-BC, Nursing Professional Development RN-BC; Janine Duran- MEd., RN; Lori Kozich, RN, BSN; A. Ronnette Hobart, RN, BSN; Kimberly Mitchell, MSN, RN; Richard A. Billingsley, DNP, MHA, RN



Socheat Long-Elliott, BSN, RN;
Ginia Hurh, BSN, RN, CCRN, Lauren
Campbell, BSN, RN, CCRN; Patrick
Bradley, MSN, RN, CCRN; Maite J.
Corbin, BSN, RN, FNP-BC, DNP student.
Inova Research and EBP Symposium.
Falls Church, Virginia, October 12, 2018.

*Nursing Research 101: Finding an
Answer to Your Question.*

Cindy Bauley, BSN, RN, IBCLC, RLC;
Lani Brown, MSN, RNC-OB; Linda
Cassar, DNP, RNC-OB. Inova Research
and EBP Symposium. Falls Church,
Virginia, October 12, 2018.

Reducing Alarm Fatigue in the CVICU.
[Poster]

Socheat Long-Elliott, BSN, RN, CCRN;
Megan Twomey, BSN, RN, CCRN;
Lauren Campbell, BSN, RN, CCRN;
Patrick Bradley, MSN, RN, CCRN; Katie
Hummer, BSN, RN, CCRN, CSC. Inova
Research and EBP Symposium. Falls
Church, Virginia, October 12, 2018.

*Standardizing Nursing Handoff
Between the ED and the Inpatient
Psychiatric Unit.* [Poster]

Kossi P. Eklou, DNP, APRN, PMHNP-BC;
Christabel Lartey, DNP, APRN, PMHNP-
BC; Debra Stanger, MSN, RN, NEA-BC;
Mary Ann Friesen, PhD, RN, CPHQ;
Elyssa Wood, PHD, RN, CPEN. Inova
Research and EBP Symposium. Falls
Church, Virginia, October 12, 2018.



Back row left to right: Carol Carl, MSN, RN-BC; Susan Weatherbee, RN, MSN, CAHIMS;
Brigitte Taylor, MSN, RN; Monica Datta; Nadine Gallo, MSN, RN; Sarah Gallo, RN
Front row left to right: Patricia Mook, MSN, RN, NEA-BC, CAHIMS; Jean Watson, Debbie
Bendahan, MSN, RN, NE-BC; Ilona Edwards, MSN, CAHIMS, RNC-NIC

*Stronger Together: Collaborating with
Academic and Healthcare Partners
in a Breastfeeding Research Study.*

[Podium] Linda Cassar, DNP, RNC-OB,
CNE; Cynthia Bauley, BA, RN, IBCLC-
RLC; Tracy Cross BSN, RN, IBCLC-RLC;
Lani Brown, MSN, RNC-OB; Monica
Brannon, BSN, RNC- MNN, IBCLC-RLC.
Inova Research and EBP Symposium.
Falls Church, Virginia, October 12, 2018.

*Survivability of Existing Peripheral IV
Access Following Blood Sampling.*

[Poster]

Sheree O'Neil, MSN, RN4, CPN;
Christina Symons, RN, BSN, CPN, BS;
Pam Kravatz RN, BSN, CPN; Jennifer
Perry, RN, MSN, CPN; Anne Gutierrez,
RN, MSN, CPN; Mary Ann Friesen, PhD,
RN, CPHQ; Debbie Stanger, RN, MSN,
NEA-BC. Society of Pediatric Nursing
Conference. Denver, Colorado, April 5,
2018.

*The Impact of an Active Music Therapy
Intervention on Vital Signs, Pain and
Anxiety in the ICU.*

Amanda J. Golino, MSN, RN, CCRN,
CCNS, RN-BC; Raymond Leone, MT-
BC; Debra L. Stanger, MSN, RN, NEA-
BC; Catherine J. Christopher, M.ED.,
CCC-SLP; Mary Ann Friesen, PhD, RN,
CPHQ; Theresa M Davis, PhD, RN,
NE-BC, FAAN; Anthony Meadows, PhD,
MT-BC, LPC; Audra L. Gollenberg, PhD.
2018 Inova Integrative and Functional
Medicine Conference. Falls Church,
Virginia, April 14, 2018; International
Congress in Integrative Medicine
and Health. Baltimore, Maryland, May
11, 2018; Reston Hospital Center's
14th Annual Spring into Research
Conference. Reston, Virginia, May 21,
2018; AHNA Conference, Niagara Falls,
New York, June 6 2018.

Utilizing the Modified Early Warning Score (MEWS) to Recognize and Respond to Patient Decline: A Pilot Project. [Podium]

Patrick Bradley, MSN, RN, CCRN; Judith Tipton, MSN, RN, CCRN, RN-BC; Marcia DePolo, MSN, CCRN, CNRN, TCRN, RN-BC; Helen Stacks, DNP, RN-BC, NEA-BC, CHSE; Theresa M Davis, PhD, RN, NE-BC, FAAN. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Validation of Assessment Tools to Assess for Sleep Disordered Breathing or Obstructive Sleep Apnea in Pediatric Patients in the Peri-Anesthesia Setting.
Leilani M. Jankus, MSN, RN, CPAN, CCRN; Mary Ann Friesen, PhD, RN, CPHQ; Martha Schneider, DNP, RN, NEA-BC; Jacqueline Tibbetts, MSN, RN, CPAN; Miriam Faunda, MSN, RN, CAPA; Scott D. Barnett, PhD, MSPH; Carol Swamidoss Douglas, PhD, RNC. Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

Publications

Sheree, O'Neil, MSN, RN4, CPN; Mary Ann Friesen, PhD, RN, CPHQ; Debra Stanger, MSN, RN, NEA-BC. Journal of Pediatric Nursing, Survivability of Existing Peripheral Intravenous Access Following Blood Sampling in a Pediatric Population., Pgs. 90-95, 2018.

New Degrees

Bachelors of Science in Nursing

Katherine Becker, BSN, RN
Sonya Dunn, BSN, RN
Hannah Lake, BSN, RN
Fatana Nasary, BSN, RN
Kristal Parker, BSN, RN
Sarah Recto, BSN, RN

Masters of Science in Nursing

Jessica Toutebon, MSN, RN

Certifications

Certified Medical-Surgical Registered Nurse

Editah Palapal, BSN, RN, MSNRN

Certified Pediatric Emergency Nurse

Melissa Ketron, BSN, RN, CPEN

Nurse Executive Advanced-Board Certified

Patti Horgas, MSN, RN, NEA-BC

Registered Nurse, Certified in Inpatient Obstetrics

Kristal Parker, BSN, RNC-OB



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