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 blueprint 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.

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

Human Caring Philosophy...

Optimal Outcomes

Shared Transformational Leadership
- Decision Making
- Empowerment
- Autonomy
- Accountability
- Succession Planning
- Innovation

Meaningful Recognition
- ADVANCE Clinical Ladder
- Education Advancement
- Professional Certifications
- Awards and Honors

Professional Vision and Value
- Culture of Safety
- Clinical Excellence
- Work Life Balance
- Appreciation of Diversity

Care Delivery System
- Patient Focused
- Respect of Patient and Family Preferences
- Team Approach
- Efficient

Evidence Based Practice
- Nurse Driven Research
- Clinical Inquiry
- Translate/Incorporate Findings into Practice
- Evaluate Patient Outcomes

...Healthy Work Environment
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*
**Inova Nursing at a Glance**

- **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
- **5** Hospitals
- **130** Primary and Specialty Care Practices
- **27** Community Clinics
- **1** Senior Nursing and Rehab Center
- **281** New ADVANCE promotions
- **582** Nurses participating in ADVANCE
- **181** new RN3s
- **100** new RN4s
- **30** Daisy Award Winners
- **36** Nursing Excellence Award Winners
- **124** New Nursing Degrees:
  - 2 New DNPs
  - 2 New PhDs
  - 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;
Sarah Rose, BSN, RN, CMSRN; Katie Eichin, BSN, RN, CMSRN. Virginia Nurses Association (VNA) Innovations Conference. Richmond, Virginia, September 21-22, 2018; 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; 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; Aneli 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, CTTP. 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 Faunda, 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]**


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Optimizing Surgery Patients in a Perioperative Care Clinic.  
**Rebecca Serra, BSN, RN4.** Inova Research and EBP Symposium. Falls Church, Virginia, October 12, 2018.

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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.

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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

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

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**MPH Scholars**  
Maureen Lansing, BSN, RN, CIC - Twig Nursing Scholarship

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

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**Masters of Public Health**  
Yeshi Gebremariam, MPH, BSN, RN

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**Masters of Science in Nursing**  
Emily Ohbyes, MSN, RN, ACNP  
Michelle Wrieden, MSN, RN, CEN

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**Doctorate of Nursing Practice**  
Zachary Wotherspoon, DNP, RN, FNP-BC, CEN, CPEN, CTTP

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**Certifications**  
**Certified Emergency Nurse**  
Regan Caviliere, BSN, RN, CEN  
Jacqueline DiSalvo, BSN, RN4, CEN  
Dawn Kingdom, BSN, RN, CEN

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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
Mesorat 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-EMF
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, NPD-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.

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 HAPIs 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 Socheat 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 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, NEA-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

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

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

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 Stillner, 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: Combating 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; 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), Flordia, 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.

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


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

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

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 Faunda, 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.

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.


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; Lauren Bruce, BSN, RN; Lauren Givens, 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.


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 Anpea 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.
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

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

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

Masters of Science in Nursing

Paige Akers, MSN, RN, ACNP-BC
Peggy Cannelos, MSN, RN, ACNP-BC
Darla Ceppi, MSN, RN
Karen Dorr, MSN, RN, RN-BC
Natalie Doudaklian, MSN, RN, WHNP-BC
Miriam Faunda, 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 Papinicos, 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 Bieligk, 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
- Jennifer Fox, RN, CCRN, CEN
- Kaitlyn Jackson, BSN, RN, CEN
- Katherine McCarter, RN, CEN
- Elizabeth Nidel, 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 Centre, 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 Milden, 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 Sliszewski, 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
Amy Nagy, BSN, RN, RNC-MNN
Alycia 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 Klaaiman, 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
Andrey 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 Giulfing, 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 Petany, 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 Adult
Ashleigh Daniel, RN, SANE-A

Sexual Assault Nurse Exam Pediatric
Caitlin Yerkes, RN, SANE-P

Stroke Certified RN
Andrea Gavurin, BSN, RN, SCRN
Spencer Holbrook, BSN, RN, SCRN
Monica Lee, BSN, RN, SCRN
Meghan Lloyd, BSN, RN, SCRN
Melissa Mcfelish, BSN, RN, SCRN
Macy Mcnair, BSN, RN, SCRN
Osila Medi, BSN, RN, SCRN

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

Trauma Certified Regis Nurse
Natalie Grieb, BSN, RN, TCRN
Deborah Hermes, BSN, RN, CPEN, CCRN, TCRN
Charles Jankowski, BSN, RN, TCRN
Michele Lee, RN, TCRN
Esther Park, BSN, RN, TCRN
Lindsay Resnik, BSN, RN, CPEN, TCRN
Erica Tawney, BSN, RN, CEN, TCRN

ADVANCE
Registered Nurse 3
Andrey 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, CCRN
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, CCRN
Amber Callahan, BSN, RN, RNC-NIC
Samantha Castor, BSN, RN, CCRN

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
Latessa Davis, BSN, RN, PCCN
Sarah Emily Davis, BSN, RNC-NIC
Florianne Escalembre, 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
Woineseht Getaneh, BSN, RN, CMSRN
Anna Gufling, 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, 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 Knignt, 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-Elliot, BSN, RN, CCRN
Jennifer Lyons, BSN, RN
Caitlyn Lucky, BSN, RN, PCCN
Jacqueline Magill, BSN, RN, SCRN
Michael Magnotti, BSN, RN, SCRN, 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 Ndome, 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, SCRN
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, SCRN
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, SCRN, 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, SCRN
Susannah Grimes, BSN, RN, EFM
Anna Gufling, BSN, RN, C-EFM
Jessica Hampf, BSN, RN, RNC-NIC
Stephanie Hancock, BSN, RN, PCCN
Phakkajira (Cindy) Hickey, BSN, RN, RNC
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 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.

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.
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]

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]

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-P. 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)

Reducing the Incidence to Hospital Acquired Pressure Injuries. [Poster]
Linda Arundel, MSN, RN, WOCN.

Strong Partnership between Nursing and Ancillary Services. [Podium]

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
Crising 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 Hottie, 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

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

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 Kakissis, BSN, RN, CEN
Chelsea H Koser, BSN, RN, RN-BC
Noel Kuchler, BSN, RN, RNC-OB
Kate Lawrence, 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

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
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 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, CLABSI and CAUTI. 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 systematic 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
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
ILH Unit Nurse of the Year 2018
Rebecca Berry, BSN, RN3, CEN - Emergency Room
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, CWO CN, 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; Mary Frances Kamin BSN, RN;
Anneli Escalante, BSN, RN; Mary Friesen, PhD, RN, CPHQ;
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 Gucchiardo, MS, BSN, RN, 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;

ABCDEF: A Bundled Approach to reducing Delirium and ICU Length of Stay. [Poster] [Panel Discussion] [Podium]

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 Rivelli, 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

**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 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,
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, RN, 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 Larney, 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.

Survivability of Existing Peripheral IV Access Following Blood Sampling. [Poster]
Sheree O’Neil, MSN, RN4, CPN; Christina Symons, RN, BSN, CPN, BC; 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; 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 Stronger Together: Collaborating with Academic and Healthcare Partners in a Breastfeeding Research Study. [Podium] Linda Cassar, DNP, RNC-OB;
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.

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 GiI, 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

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.

[Poster]

MSSchwartz@Inova.org

New Degrees
Bachelors of Science in Nursing
Heather Brabant, BSN, RN3, CMC
Doris Dixon, BSN, RN
Maria GiI, 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
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Certified Ambulatory Perianesthesia Nurse
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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

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.
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 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

Registered Nurse 3
Mary Jo Dunn, RN3, CMSRN
Linda Dwyer, BSN, RN3, IBCLC
Johanna Emory, BSN, RN3, CEN
Stephanie Herrera, BSN, RN3, CNOR
Elaine Homaday, BSN, RN3, CMSRN
Alison 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
Inova Mount Vernon Hospital
Transformational Leadership

In 2018, Dr. Alquietta 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 (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: Alquietta 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, CCRN; Juliana Asare, BSN, RN3, CRRN; Kelebush Woldetsadik, RN; Shilvone Bryson, BSN, RN4, CCRN; Malou Inocencio, BSN, RN4, CCRN; Sewite Esayas, RN3, CMSN; Elia Gallardo, BSN, RN; Michelle Viars, BSN, RN4- BC; Maria Gyterrez, BSN, RN4, CCRN; Monica Dontoh, BSN, RN4, CCRN, CBIS; Lalini Sharma, BSN, RN3, OCN, CMSN; Wida Ahmad, BSN, RN; Virginia Huynh, BSN, RN; Helen Stevens MSN, RN, CEN; Jeannine Simmons BSN, RN4, CCRN; 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: Combating 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.

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 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.

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]

Understanding the Prevention of Readmissions. [Webinar]

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
Meskerem Tesfaye, BSN, RN
Chinaemerenwa Uzowhie, 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
Scholarships
BSN Scholars
Sewite Esayas, BSN, RN, CMSN
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

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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; Alquietta 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 Ztacht, 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 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

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?

DAISY Awards
Rebecca Mensah, 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.

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; Meegan 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 Friese, 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]
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 Larkey, 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, RN-BC, 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, MSN RN
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