Dear Colleagues,

Through the grapevine, I’m hearing many positive stories about how various units and individuals are embracing the Live Healthy Iowa 100-Day Wellness Challenge and taking actions to improve health and wellness. Our vision “healthy nurses, healthy patients” will benefit all of us in many ways. Collectively, we’re working on increasing healthy offerings in the cafeteria (especially at night and on weekends). Several new nurses have volunteered to be a part of this working group and I appreciate your efforts. If you’d like to join this group or have ideas to pass along, please contact Renee Gould, MS, RN-BC. Also, as part of our Magnet journey this year, Staff Nurse Council is looking into how we can create a house-wide campaign to encourage staff to use the stairs. Stay tuned for more about this.

I promised last week to share with you a bit of my own health and fitness journey. It began more than a half century ago on a farm in eastern North Carolina. As many of you know, being raised on a farm provides ample opportunity to live in the outdoors and be physically active. My mom, a nurse, former high school basketball player, and tomboy, strongly encouraged her four children to be active and value physical fitness. As a child, I spent a lot of time walking, biking, and swimming. I took these passions with me to college and continued to make time
for healthy habits. But, after college, when I was working as a public health nurse and living in a remote county along the South Carolina border, I developed a passion for running. For more than 30 years, I ran five miles or more six days a week. I’ve been fortunate over the years to be virtually injury free and have completed two marathons and six half-marathons—not a huge number, but enough to inspire me to “keep going” in the face of other physical, mental, and emotional challenges over the years. In the past five years or so, my knees are showing signs of wear and I’ve had to curtail the daily pounding of running, but I continue my commitment to fitness by walking on the treadmill or outdoors, using the elliptical, biking (when the weather is warm) and enjoying a joyous jog or two on the weekends. And, I almost always take the stairs at every opportunity. I will never forget what it felt like to begin running regularly and I hope to continue to stay physically active as long as I possibly can. The benefits are not only physical—they are mental, emotional, and spiritual. I encourage you to start by walking 20 minutes a day. Work up to 30 and keep going ... you’ll be happy you did! I also have learned that it works best for me to “pay myself first” by getting up early and exercising in the morning. And, as I’ve gotten older, it’s even less likely that I’ll exercise at the end of a long day. Good luck with your exercise goals. You can do it!

Please feel free to share your personal fitness story, tips for health, or a favorite recipe. We’ll begin to post these weekly in the blog and I hope you’ll find them inspiring. Today, along with my story and tips, Lou Ann Montgomery, PhD, RN-BC, is pleased to share hers. Click here to read Lou Ann’s health and wellness tips.

Additionally, I encourage you to take the brief ~5 item survey from UI LiveWell so they can learn directly from staff nurses what services and activities you’d like to see the UI provide to improve health and wellness (especially for staff working off shifts and weekends). Click here now or at a later time to take the confidential survey.

This past week, Dr. Ellen Cram from the UI College of Nursing and Dr. Lou Ann Montgomery met with Nurse Management Council and our nurse managers to talk about the Dedicated Education Unit model that we hope to implement during this next academic year. Nationally and internationally, this is
a partnership between nursing schools and hospitals where selected staff nurses on a unit serve as clinical instructors for nursing students supported by the faculty. It’s an innovative model of nursing education that has successfully increased BSN enrollment in Oregon, New York, Massachusetts, Australia, and New Zealand, to name a few. We’re delighted to be exploring how we might implement this at Iowa. Stay tuned to learn more about this exciting initiative!

Finally, I’m pleased to let you know that Renee Gould, MS, RN-BC; BJ Hannon, MSN, RN, CPHQ; Becky Humpal, BSN, RN; and Deb Picone, PhD, RN, CPHQ; just returned from the American Nurses Association Nursing Quality Conference, formerly known as the National Database of Nursing Quality Indicators (NDNQI) National Quality Conference. They presented a poster and a podium presentation. Click here to see the poster that focused on the great work of our S.T.A.R. team in reducing hospital-acquired pressure ulcers. The podium presentation focused on how we’ve successfully converted our data to XML in order to share with NDNQI more efficiently. Read more on their experience at the conference from BJ below, including some best practices for improving quality that were shared by front-line staff nurses.

In closing, I want to let you know that on February 1, Ken Kates and I are rounding on night shift. We look forward to seeing many of you on the frontlines and to hearing about the special challenges and opportunities of working off-shift. I’ll share a few of our learnings with you next week. Additionally, this Friday, February 3, I’ll hold my third coffee with staff nurses at 7:30 a.m. in Atrium A/B. Please feel free to stop by, have a healthy breakfast snack and share your thoughts with your colleagues and me.

To your good health!

[Signature]
Guest Column on Safety
Best Practices from the NDNQI National Quality Conference
By BJ Hannon
Renee Gould, Becky Humpal, Deb Picone, and I attended the ANA National Quality Conference last week to present a poster on our accomplishments in reducing HAPU at UI Hospitals and Clinics and to present our XML download procedure for getting our indicators into the NDNQI database. Both were well received and stimulated a lot of discussion and networking. The conference was chocked full of great ideas to improve quality indicators at the bedside. The big “take home” was that quality outcomes occur in the grass roots—from individual or groups of bedside staff nurses who decide to “own” these nursing-sensitive indicators. The conference highlighted many examples of staff nurse projects that led to outstanding reductions in CAUTI, CLABSI, VAP, and falls on their units. Click here to read more.

UI Dance Marathon takes the floor this weekend
Over the past 17 years, the University of Iowa Dance Marathon has raised more than $9.8 million dollars and is looking forward to surpassing the $10 million milestone with Dance Marathon 18 at the Iowa Memorial Union this upcoming weekend, February 3 and 4. We’ll report the results as soon as we have them.

Award
Angela Kipp, BSN, RN, staff nurse, SICU, was November’s Service Star Award recipient. On what turned out to be a patient’s last day before death, Angela made it possible for the patient to look outside and relish the beautiful autumn day.

Certification
Nancy Dole, BSN, RN-BC, staff nurse, FCC-Ambulatory, is now board certified in Ambulatory Nursing
Camber Hess, BSN, RN-BC, staff nurse, 4RC, is now a board certified Cardiovascular Nurse (BC-CV)
Certification – the time is NOW!
Congratulations to all who have taken the plunge to get certified!
We’re making great progress on increasing professional certification across the house. Please note that for staff covered by the SEIU contract, the window of opportunity to get the $500 certification differential (payment is made on Aug. 1, 2012) is between Feb. 1 and March 15, 2012. So don’t delay. Watch for announcements from UI Health Care Human Resources. Do you have questions about certification? The Department of Nursing has a dedicated web page with all the answers. Click here to view.

Announcements

Parking changes
I hope you saw last week’s broadcast about the plan for 24/7 cashiering in Ramps 1, 2, and 4. This does not change any current permit holder privileges, but there may be unintended consequences as this gets underway on February 5. For questions and concerns, please contact the Parking and Transportation Office at 335-1475. Questions or concerns may also be sent to vpma@uiowa.edu.

Over-payment in February 1, 2012 paycheck for some SEIU staff due to programming error
SEIU staff who worked the Thanksgiving holiday may have received a duplicate adjustment in their February 1 paycheck due to a programming error. UIPayroll is mailing letters to all those affected. The over-payment will be reversed in the March 1 paycheck. Please see your manager if you have questions or contact Kay Borcherding in Nursing Payroll at 356-2147 or Tara Black at 353-6396.

Open house in new cancer clinic
All are invited to a public open house for the new cancer clinic and infusion suites at UI Hospitals and Clinics. The open house will run from 2 to 4 p.m. this Saturday, February 4, and provides an opportunity to tour the facility and talk
with staff. The clinic is located on the first and second floors of the west end of the Pomerantz Family Pavilion near elevator M. Free parking in Hospital Ramp 4 is available for people attending the event. Refreshments will be served and visitors may sign up for door prizes. Designed with input from staff and patients, the new $12 million clinic brings UI Holden Comprehensive Cancer Center physicians and researchers together and creates a more comfortable and efficient atmosphere for patients.

**Annual Physical Asset Inventory underway**
For the next two weeks, an outside company will briefly visit every patient room to scan items for the annual physical asset inventory. The intent is that no rooms will be exempt from entry as the people move through the units. An escort will make sure that hand hygiene and proper gown/glove/mask procedures are followed.

**Blood Utilization Committee webinar Thursday**
A webinar “Building Effective Blood Utilization Committees,” will be presented by Carolyn Burns, MD, Medical Director, Transfusion Services, Strategic Healthcare Group, LLC, Indianapolis, IN. The webinar is Thursday, February 2, from 1 to 2 p.m. in the Cullen Conference Room, 6426 JCP (Elevator H, Level 6). For more information, contact Aldijana Avdic, RN, BSN, Blood Management Coordinator, 356-2981.

**Nursing/Safety Grand Rounds Wednesday, February 8, 2012**
Click [here](#) to view a flyer.

**Aging Mind and Brain Initiative announces inaugural symposium in March**
Click [here](#) to view a flyer.

**2012 Nursing Recognition Day call for nominations**
Nursing Recognition Day will be May 10-11, 2012, and you are welcome to nominate individuals who performed beyond what is required or expected as part of their job during 2011. Submission deadline is March 9. Click [here](#) for nomination instructions.
EBP launches grant funding program
The UI Hospitals and Clinics Nursing Research & Evidence-Based Practice Committee (NREC) in collaboration with the UI College of Nursing is pleased to launch a pilot grant funding program to stimulate and advance research and evidence-based practice (EBP) in nursing at UI Hospitals and Clinics. A formal call for proposals will be released February 1, 2012. It is expected that up to five proposals will be funded in amounts up to $3000. Only proposals that focus directly on nursing practice will be eligible for funding. Staff nurses who wish to investigate practice ideas are highly encouraged to apply. All nurses, no matter experience level, are eligible. A mentor will be expected for nurses new to research and EBP. The staff in the NREC will help locate mentors as well as develop proposals. More resource information will be provided in the call for proposals. The proposals will be due by 5 p.m. on April 1, 2012. Funding is expected to begin July 1, 2012. If you have questions, please contact Sharon Tucker (356-0518) or Kim Jordan (384-9098).

UI Health Care Conflict of Interest/Conflict of Commitment policy and process changes
All UI Health Care faculty; P&S, SEIU, and Merit Exempt staff who work 50 percent time or greater are required to disclose their professional relationships with all entities outside the University of Iowa. Some changes have been made this year to the policy and the disclosure process—changes that particularly affect UI Health Care faculty and staff who conduct research. Four educational sessions are being offered to researchers and any other UI Health Care employees who want to learn more about this. The dates and times are below. For complete information, please go to the UI Health Care Conflict of Interest website or the UI COI in Research website. If you have questions after reviewing the information or attending an educational session, please contact the Conflict of Interest Office at 384-5252 or email coi@healthcare.uiowa.edu.

- Thursday, Feb. 9, noon to 1 p.m. in Seebohm Conference Room
- Monday, Feb. 13, 5 to 6 p.m. in Med Alumni Auditorium (Elevator BE, Level 3)
- Tuesday, Feb. 14, 2 to 3 p.m. in 2117 MERF
• Thursday, Feb. 23, 10 to 11 a.m. in Ziffren Auditorium (Elevator G, Level 1)

Quick Links
Click here to learn more about:

• Staff Nurse Enrichment Day, Thursday, March 8, 2012
• Legislative CEU bus trip to Des Moines, February 16, 2012
• EBP hosting Advanced Practice Institute, February 15-17, 2012
• Heart-healthy help available
• “Iowa Experience: Excellence Every Time”
  February dates
• IHERF scholarship application now available – $3000 per year for up to two years

Patient satisfaction update — pediatric inpatient
Our UI Children’s Hospital is off to a great start on Press Ganey nursing questions in the first quarter of 2012! Improvement is noted in each question: friendliness and courtesy, response to call-button, pain control, attention to personal needs and discharge. Keep up the great work!!

Grateful patient letter — many kind words for our great units and staff
Today’s grateful patient letter was mailed to Ken Kates. It is from the wife and family of a recently deceased patient. You can see what a difference the MICU team made to the family upon the unexpected illness and death of their loved one. Congratulations to the MICU team for your compassionate care of this patient and family.
We held the funeral service for our family member in late December. It was well attended. The sharp edge of grief is wearing down a bit and is being replaced by the dull ache of loss and regret over opportunities missed to tell him our love for him. Mixed in with all of this is our gratitude to all of you for the care and concern you gave him and the kind and patient consideration we, the family, always felt and received from each of you. The “virtues of the country doctor making house-calls” has been distilled and absorbed by MICU and put into practice. From the always clean and ready-to-use bathrooms to water, ice and Sprite; from personal cleanup to nursing care; from daily reports and acknowledged frustration delivered with honesty by the physicians (sometimes with nurse interpretations); to the steady and gentle spiritual support, we thank all of you for working as a team on behalf of our beloved family member and us.

It is our hope God sanctifies to each of you the triumphs and losses you witness and work with all year long.

With kindest regards, we are

His Family

Has your unit or clinic received a letter from a grateful patient? Please send to jane-zukin@uiowa.edu or through campus mail to Jane Zukin, UI Health Care Marketing and Communications, W 319A GH.

When commenting, please be respectful of your colleagues.