

The NURSE ADVOCATE



By Nurses for Nurses

Issue 7, March 2014

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Welcome Note

By Professor Ann-Marie Cannaby – Executive Director of Corporate Nursing



Professor Ann-Marie Cannaby
Executive Director of Corporate Nursing

Welcome to issue number seven of The Nurse Advocate. It's my pleasure to announce the launch of our new website – <http://nursing.hamad.qa/en/>. This website is a focal point for all nursing related topics and includes education and research resources, news and other useful materials. This site will also be a forum for sharing good news and showcasing the incredible skills, dedication and commitment of our nurses. It also contains current and past issues of this newsletter. While this is an online community for nurses at HMC, patients and members of the public are encouraged to use this website as a mechanism to gain insight into the nursing profession and the role that nurses play in providing our patients with safe, effective and compassionate patient care.

Arab Health Award Win Reflects the Positive Contribution of Nursing

By: Ms. Catherine Gillespie, Assistant Executive Director of Nursing Cancer Transformation Team

At the recent Arab Health Conference, the HMC cancer transformation team won the award for 'Excellence in Patient Centered Care'. While the nomination for the award reflected all of the improvements made across the patient pathway, the contribution of nurses to the patient experience is significant and was recognized by the Arab Health Award judges.

We know that when a patient is diagnosed, or even suspected of having cancer, their individual physical, emotional, social and spiritual needs all need to be taken into consideration. The clinical pathway can be complex and patients, therefore, need to be supported to make informed choices. In May 2011, Qatar became the first country in the Middle East and North



Africa to publish a National Cancer Strategy under the patronage of Her Highness Sheikha Moza bint Nasser and the leadership of Professor Lord Darzi.

Since the publication of the Strategy, HMC has implemented the following changes to place the patient firmly at the center of their care pathway:

1. A streamlined referral process – Patients who are suspected of having cancer are referred by their primary healthcare physician to be seen by a specialist cancer doctor within 48 hours.

2. Patient Pathway Coordinators – Every patient with a suspicion or diagnosis of cancer is allocated a patient pathway coordinator who is responsible for helping the patient to navigate their way through the system, supporting them along their journey.

3. Multi-disciplinary team decision-making and coordination – Every patient who is diagnosed with cancer is discussed by a multi-disciplinary team of healthcare professionals to agree the treatment plan.

4. Clinical Nurse Specialists – Every patient who is diagnosed with cancer is given access to a highly trained

nurse who specializes in their specific type of cancer.

The Patient Pathway Coordinators are all nurses by background and they provide the first point of contact for patients who are referred to HMC with a suspicion or diagnosis of cancer. The Patient Pathway Coordinator (PPC) is responsible for guiding and supporting the patient both physically and emotionally through their cancer journey.

The PPC provides the patient with a single point of contact for:

- Managing administrative tasks such as their booking appointments
- Navigating their pathway from referral to diagnosis and treatment
- Understanding each step of their pathway and the options available to them
- Accessing the relevant healthcare professionals

The PPC is the first role of this kind to be implemented in the region and was the suggestion of Her Highness Sheikha Moza Bint Nasser. Nine PPCs have been recruited since 2011 to support cancer patients. To complement their clinical knowledge, they have undergone additional training in cancer care and communication skills to equip them for this role.

In addition, every patient who is diagnosed with cancer will have access to a Clinical Nurse Specialist (CNS) with expertise in their area of care. The key benefits of the CNS are that they:

- Provide expert personalized clinical care and advice on a particular tumor or cancer type and its treatment, including emotional support, information, education and advocacy
- Talk to the patient and their family to understand their wishes and help them access the care that is right for them
- Play a key role in the MDT and contribute to the treatment decision

This role and the contribution of the CNS in cancer care is well documented and has been directly linked to improving patient involvement in the treatment decisions, enhanced pain management practices, increased patient satisfaction, and fewer complications in hospitalized patients. More patients report being treated with dignity, respect and having trust and confidence in their care team when they were supported by a CNS*.

Over the last 12 months HMC has recruited seven CNSs working over five different tumor sites. The HMC cancer CNSs are the first role of this kind to be recruited in the GCC.

Professor Ann-Marie Cannaby said “I am delighted that the contribution of the nursing team has been recognized as a key part of this award. The PPCs and CNSs are working with their medical colleagues to ensure that patients have the right level of support and guidance at the right time which keeps the patient at the centre of all we do.”

Source: *Excellence in Cancer Care: The Contribution of the Clinical Nurse Specialist. National Cancer Action Team. 2010. UK



Shared Governance Workshop

All facility Assistant Executive Directors (AEDs) and Directors of Nursing (DoNs) were in attendance on February 17th for the HMC Nursing Shared Governance Workshop. The workshop provided an overview of the American Nurses Credentialing Center's (ANCC) Magnet recognition program as a precursor for a session on shared governance. The workshop provided leadership with the opportunity to critically review and revise their current committee governance structures. This was a timely exercise as it supports the Corporate Nursing Strategy's call for review, revision and implementation of facility agreed nursing governance structures.

Over the course of the coming six months, shared governance design teams will be working at local levels, with nurses from across all roles and settings, to build out facility based shared governance structures. The Nurse Advocate will be reporting the progression of this initiative as it unfolds.

IV Therapy

The IV Therapy Suite is now located in building 25 in Khalifa Medical City. The infusion center provides out-patient services to a broad spectrum of specialties and is the first unit of its kind to be totally nurse led.

GCC Nurses Day March 13th

GCC Nurses Day is a day in which we recognize all nurses working within the Gulf Cooperation Council Countries. HMC facilities across Qatar are holding a number of events to celebrate GCC Nurses Day 2014. Please contact your supervisor / head nurse to find out what activities are being provided at your facility.

Scope of Practice Statements

Draft Registered Nurse, Midwife, CNS, ANP and management track Scope of Practice (SOP) statements have been developed over the last 4 months, following review of international SOP statements. This important piece of work not only provides parameters in which to support the autonomy of nursing practice, but will also be the foundational work for job descriptions and appraisals for the Nursing Career Framework, which was introduced in the autumn.

Nursing Quality Foundational Plan

The quality foundation plan is based on the results of the Partners Healthcare comprehensive nursing review as well as a comprehensive Magnet gap analysis, which was conducted over the spring of 2013. The key aspects of the plan, outlined at NEC, were divided into three areas reflecting eligibility requirements for Magnet application, Organizational specific

responsibilities (such as strategic planning, annual reports, quality monitoring) and the elements required to demonstrate the delivery of a world-class healthcare service.

Although the plan outlines facility specific initiatives, several components were identified as being relevant across all sites and will be initiated from the corporate nursing office. These included:

- Nursing sensitive indicator implementation across all units and facilities,
- Development of a shared governance model
- Development of a professional practice model
- Review / revision of the care delivery models in each facility
- Working with Corporate HMC regarding the introduction of a third party provided patient satisfaction survey

Arab Health Award

The cancer transformation team was congratulated on winning the 'Excellence in Patient Centered Care'. A full write-up is included in this edition of "The Nurse Advocate".

Skilled Nursing Facility

The Skilled Nursing Facility is undergoing renovations to their original building. The SNF has moved to building 30 in Medical City.

Nurses, Power and Effectiveness

Researched by Fatma Najji, HN-AWH

To consider the benefits of power for nurses, there is a need for us to define what 'power' is, in the context of being a nurse. Power has been defined as having control, influence, or domination over something or someone (Chandler, 1992). Another definition views power as "the ability to get things done, to mobilize resources, to get and use whatever it is that a person needs for the goals he or she is attempting to meet" (Kanter, 1993, p. 166). There are studies which suggest that powerless nurses are less satisfied with their jobs (Manojlovich & Laschinger, 2002) and that the lack of nursing power may also contribute to poorer patient outcomes. Studies such as these suggest compelling reasons to promote power in nursing. Studies also imply that there are gaps in research in this area.

Many studies, which focus on Magnet accredited hospitals, highlight that there is a relationship between the work environment and patient outcomes (Aiken, et al, 2002; Aiken, et al, 1999). Some of the findings from this research demonstrate that empowering organizational social structures can have a wider positive effect. For example, hospitals with characteristics which facilitate decentralization and participatory decision making were found to attract and retain qualified staff nurses. Although relatively little attention has been paid to how a Magnet work environment contributes to nurses' sense of power (Upenieks, 2003), repeated Magnet hospital study findings of empowering workplace structures, and their relationship to improved nursing and patient outcomes, suggest that Magnet accredited hospitals attract nurses in part because of their empowering environments.



Nurse power may arise from three components: a workplace that has the requisite structures that promote empowerment; a psychological belief in one's ability to be empowered; and acknowledgement that there is power in the relationships and caring that nurses provide. Nursing research has been able to demonstrate the relationship between internal structures, self-belief and empowerment, yet there remains a need for research to examine the power that exists in relationships. Nursing research from a relational theory perspective may help make nurses' power more explicit and more visible, moving our understanding of power in nursing further than has previously been possible.

With previous research as a marker, there is enough evidence to support the need for further research. Findings from further research could support that patients (and organizations) would benefit greatly from a nursing team who are empowered not only by organizational structure and self belief but also by relationships. This is likely to develop nurses who

feel good about what they do, feel invested in their job, and who get a great deal of satisfaction from the work they do.

Sources:

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International Nursing News

Researched by Ritze P. Siason – SN Observation Unit–RH

Popular Nursing Website Nursezone.com Outlines Predictions for 2014 (US):

- Article examines what 2014 is likely to bring to the nursing profession.
- Predictions made by industry leaders taking into account developments over the last 12 months.
- Leaders agree that the profession will continue its focus on implementing the recommendations in the Institute of Medicine's (IOM's) 2010 landmark report; The Future of Nursing: Leading Change, Advancing Health.
- The Joint Commission's national patient safety goal on alarm management will place alarm management as a priority in 2014.
- The prevention of healthcare-acquired infections (HAIs) will continue to be a priority into 2014.
- Nurse-patient ratios will continue to be a hot topic. Seven states have introduced staffing bills which mandate certain ratios.



- Experts also acknowledge that the rollout of the Affordable Care Act will continue to have an impact on nurses – care will continue to shift into community based settings and nurses will be employed in these roles.
- 80% of nurses are to be prepared with at least baccalaureate degree by 2020. This will inform activities in 2014. This 80-20 approach is defined as necessary due to the increasingly complex patient

population with a range of multiple chronic conditions.

- The number of states who now authorize nurses to practice independently without delegation or agreement with a physician is growing; the current number is 17. This could rise in 2014.

Read more at: http://www.nursezone.com/Nursing-News-Events/more-news/What-Nurses-Can-Expect-in-2014-Leaders-Predictions_41922.aspx

Patient Advocacy: A Vital Part of the Nurse Role

Researched by Ritze P. Siason – SN Observation Unit–RH

The nurse role is an extremely complex one made up of many different elements. It is hard to define what elements of our role are of the most importance because they all work together to translate into effective healthcare for our patients. Arguably though, our roles as patient advocates is worthy of being singled out as a vital element of the work we do.

Our role involves us spending time with, treating and communicating with patients 24 hours a day, seven

days a week. Of all the healthcare staff that contribute to a patient's care, it is the nurse who has the most interaction and therefore has the most responsibility in translating information to patients and conveying a patient's needs, feelings and requirements to ensure that they are heard and acknowledged for the benefit of their overall care. It is our nursing knowledge and skills in patient education that allows us to effectively translate information about medical diagnosis, procedures and medications in such a way that

the patient can understand. It is a requirement of our role to act as a communicator, educator, interpreter and caregiver as is needed to provide the optimum care and achieve the subsequent positive outcomes for all our patients.

The American Nurses Association (ANA) highlight the importance of the nurse role as a patient advocate in their definition of nursing; nursing is "the protection, promotion, and optimization of health and abilities, prevention of illness and injury,

alleviation of suffering through the diagnosis and treatment of human response and advocacy in the care of individuals, families, communities, and populations.” The ANA also addresses the importance of advocacy in its Code of Ethics by highlighting that “The nurse promotes, advocates for, and strives to protect the health, safety, and rights of patients.” According to the ANA there are three core values which form the basis of nursing advocacy: preserving human dignity, patient equality and freedom from suffering.

As nurses, we recognize that times



of illness are among the worst experiences for our patients and their families. During this difficult experience, all people involved need someone who can understand their needs and assist them to navigate the difficult or complex healthcare issues that they may receive during hospitalization. This is why a vital role of the nurse is being a patient advocate.

Sources:

- <http://www.jacksonvilleu.com/nursing-degree-resources/nurses-advocating-for-patients/>
- <http://nursing.advanceweb.com/article/patient-advocacy.aspx>

Service Overview: PASS Clinic

Researched by Zuhra Tavakol P. Moradi, SN. PASS Clinic (OPD)-RH



The Pre Assessment Surgical Screening Clinic (PASS) is the first clinic of its kind in Qatar, specifically developed to offer pre-surgery screening, assessment and preparation. Originally opening in 2012, the PASS Clinic is currently located in Rumailah Hospital.

The PASS Clinic nurses work with patients after they have seen the surgeon but before surgery. A pre-operative appointment at the clinic provides an anesthesia evaluation, pre operative instructions, and an opportunity for patients to address their anesthesia concerns. One visit takes approximately 15 minutes to half an hour, depending on the complexity of the patient’s condition.

The rationale for this process is to evaluate the presence of any medical conditions that may require further testing or treatment, as some diseases may lead to adverse events if not controlled at the time of surgery. To do this effectively, a pre-assessment is necessary prior to elective surgery to identify any potential anesthesia difficulties. Based on the information obtained in the Anesthesia Clinic, patients may have another consultation, therapy, and testing to minimize the patient risk before going to surgery. In carrying out this process, the PASS Clinic is functioning to maximize care, minimize expensive delay and avoid cancellation of surgery.

Congratulations, Class of 2013



Under the patronage of Her Excellency Sheikha Hend Bent Hamad bin Khalifa Al Thani, the University of Calgary – Qatar, staged its fourth convocation on November 27th, 2013. 49 nurses proudly received their Bachelor of Nursing Degree at the Qatar National Convention Centre. “The Qatar healthcare system is now richer with the addition of this batch of nurses who are equipped with the skills and knowledge to deliver world-class healthcare to the people of Qatar,” stated Dr. Kim Critchley, Dean and CEO. “We are grateful to the State for its support of our program.”

HMC nursing students who have achieved this accreditation have demonstrated both hard work and a commitment to improvement. Earning a bachelor’s degree in nursing is their first step on an progressive path of knowledge – a journey that is praised and supported by HMC.

“The new generation will make a difference and will be the future beacons of healthcare in Qatar,”



Dr. Nabila Al Meer, Deputy Chief of Continuing Care and Supreme Council of Health (SCH) Nursing Affairs, stated in a keynote address.

About UCQ

UCQ opened its doors in 2007. More than 400 students are presently enrolled in the nursing program. The University of Calgary’s Faculty of Nursing is internationally renowned for its excellence in clinical practice and family healthcare. Nursing students who attend UCQ meet the same rigorous Canadian and international standards as students at the Calgary campus. UCQ offers cutting-edge research and educational initiatives that advance health science and community wellness, all in an exciting and energetic environment. The University’s program is designed to help its students succeed as they earn their Bachelor of Nursing Degree and become tomorrow’s healthcare professionals. There

are many partnerships which make the University of Calgary – Qatar successful in research, community programs, clinical placements for students, and sponsorship for students. These valued partners include the Supreme Council of Health, Supreme Council of Education and Hamad Medical Corporation. UCQ has one of the most advanced clinical simulation centers in Qatar with both high and low fidelity mannequins. This center is used for clinical education across all courses at UCQ. In addition, UCQ has established partnerships with Sidra and HMC to provide clinical education to all participants across all sites.

HMC nurses are extremely grateful to the State of Qatar for having the foresight to bring the nursing program to Qatar and for making it a part of its plan to make the country sustainable and prosperous through the 2030 vision.

Practice what you Preach: be a Healthier Nurse

Researched by: Kristine S. Luzano, SN- HGH



Let's face it, in our profession it is difficult to practice what we preach. As nurses, it is our role to provide health instructions to our patients; from their diet to a healthier lifestyle option. But while we are aware of the unhealthy habits that we should avoid, we unwittingly make bad choices when it comes to our own health. Let's say, instead of eating a full meal at home before your shift starts, you opt to grab a quick meal (which may consist of a power bar and a cup of coffee) at the coffee shop in your way to work. In doing that you just traded in a percentage of your required nutritional intake for a bunch of empty calories. Even nurses are not immune to making bad health choices.

In her article: *Seven Healthy Lifestyle Changes That Nurses Can Make*, Megan Murdock featured Beth Battaglino, RN, President and Chief Executive Officer of HealthyWomen.org, an organization aimed at providing health information to women and their families. Battaglino encourages nurses to practice the healthy living guidelines they teach to their patients. Battaglino

recommends nurses looking to improve their health start with one of the following steps*:

1. Bring your own meals and snacks to work: "Personally I like to keep nuts in my car to eat on my way home so I don't walk in the door ravenous at the end of the day," Battaglino said.
2. Stay well hydrated, especially during long shifts
3. Get an extra cardiovascular boost by taking the stairs: Consider wearing a pedometer to track your steps each day.
4. Get enough sleep: "Don't take too many shifts in a row. Think through what schedule will really work for you and your family," she recommended.
5. Fit in workouts on your days off work: "Working out relieves stress, keeps you strong, works to prevent heart disease and osteoporosis, improves sleep, increases your energy and can increase confidence," Battaglino noted.

6. Eat more seafood: "I recommend eating two to three servings of seafood a week. Many of us have relied on supplements for our nutrients, but it is so much better to gain our nutrients from our food," she stated. "A diet high in seafood is good for your brain, as well as your heart."

7. Find someone to keep you accountable: "I work out with a group of moms on the weekends. Creating plans with a friend, or group of friends, makes you show up because there are only so many excuses you can use. At the end of a stressful week it is great to have a little therapy session, and by the time we are done with our run our problems are solved," she laughed. "Find some girlfriends to do a walking group, before you know it you will be thinking about doing a 5K."

Source: http://nursezone.com/Nursing-News-Events/more-features/Seven-Healthy-Lifestyle-Changes-That-Nurses-Can-Make_41926.aspx

Al Maha Unit 1: Excellence in Rehabilitative Services

Researched by Ms. Lilykutty Joseph HN, Al Maha Unit 1–RH



Al Maha Unit 1 in Rumailah Hospital is a 26 bed capacity unit uniquely positioned to deliver quality medical, nursing and rehabilitative services to long term ventilated and non-ventilated medically complex children from 3 months to 14 years. Our mission is to provide excellent quality of life to children.

Our Patients

Al Maha Unit patients are critically ill children with limited feasible care options. Children who have been discharged from the Neonatal Intensive Care Unit (NICU) and other units at Hamad General Hospital (HGH) are transferred here because they require aggressive and specialized care with an extended recovery time that short-term acute care units are not equipped to provide.

We use multi-disciplinary screening criteria to evaluate the appropriateness of patients admitted to our unit to ensure that those patients requiring less-intense services receive care and rehabilitation best suited for their needs.

Interdisciplinary Care Coordination

We use Interdisciplinary Care Coordination Teams to best treat the child by planning for his or her unique clinical needs, focusing on discharge planning. The expertise of every team member is critical in the collaborative

process in order to achieve a high standard of quality patient care.

The Al Maha Unit team is comprised of physicians, dedicated nurses, respiratory therapists, occupational therapists, physical therapists, speech therapists and social workers. Collaborative working enables us to effectively manage the care we provide to our patients – successfully and seamlessly.

Outcome Excellence

We demonstrate our dedication to quality care and performance improvement through outcomes. Our committed approach has led to a proven track record of success with superior clinical outcomes of:

- Discharging 2 children home after weaning them out from the ventilator support with tracheostomy.
- 3 children with continuous ventilator support attending regular school, accompanied by nurses as a part of social integration.
- We are the only pediatric unit where children with special needs attend school regularly.
- Frequent outing programs for the children.
- We strive for excellence in patient / family satisfaction and quality care outcomes.
- Our care relationships embrace

trust, teamwork and total commitment.

Specialized Clinical Programs

To meet the needs of our patients after discharge, programs have been implemented to educate caregivers and family. These programs, led by specialist physicians and an interdisciplinary team, provide training on the patient's specific condition and any equipment that may need to be used throughout home care. This ensures that the family/ caregivers are confident and capable of delivering the necessary care in the home environment.

Clinical Training for Outstanding Rehabilitation

As our patients have become more medically and clinically complex, Al Maha nurses are educated, trained and specialized in the use of the latest technology to provide services to meet the unique and changing needs of the patient. The provision of rehabilitative therapies contributes to our goal of improving the functional ability of patients.

"We care for our patients as we would our family. Trust, teamwork and total commitment (the three "Ts") are key to our success. Each nurse contributes a lot to our success; their dedication, teamwork and friendly approaches make our patients and their families feel at home," Said Ms. Lilykutty HN.

Educational Resources

Researched by: Tawfiq Elraoush, RN, MSc., Sr. Educator



1) ANCC Accreditation Up-Dates:

The ANCC Virtual was completed on 5th February, 2014. The participating team were: Prof. Annie Topping, Tawfiq Elraoush, Rawia Ali Saabneh, Charlotte Haider, Fawwaz Al Amiri, Shiney Thomas, Sujatha Shajy, Abby Johnson-Olukotun and Allison Mulvihill.

The next steps in the accreditation process are:

- The ANCC appraisers will submit a final report about the quantitative review, qualitative review and the virtual visit result to the ANCC Commission on Accreditation (COA)
- The COA will conduct an evidence-based review of the final appraiser report.
- Following the review, the COA votes to determine organizational achievement of the ANCC Accreditation Standards for providing and/or approving CNE activities.
- The Accreditation Program Director receives notification of the final COA decision and will notify HMC about the decision.

2) First AHS Continuing Education Symposium for Healthcare Educators in Qatar (CHEQ 2014):

As part of the AHS Education Sub-committee project entitled

“Accreditation of Continuing Professional Education,” AHS, in collaboration with the American Nursing Credentialing Center (ANCC), are organizing the First AHS Continuing Education Symposium for Healthcare Educators in Qatar (CHEQ 2014) in the Hilton Hotel between March 24th and 28th, 2014. This event is a part of an up-skilling program for our AHS partner faculty as part of preparation to obtain accreditation for Continuous Healthcare Professional Education, which in the first phase will concentrate on Nursing (following on from ACGME, Graduate Medical education, in 2012) but aims to expand to Pharmacy, Medical Technology and other fields in subsequent phases.

The aim of the Event is the introduction of a quality continuing education framework through continuing professional development of AHS partner faculty. The event will equip educators with the tools needed to integrate a competency-based framework within the process of assessing and evaluating learning. Innovative approaches to continuing education such as virtual technology, simulation and planning and assessing continuous learning

for physicians and other healthcare professionals. This will help education planners address issues of physician and healthcare practitioner competence, physician and healthcare practitioner performance and patient health status. The following themes will be developed in the ANCC-Qatar event:

- CPD planning and design for improving healthcare outcomes
- Approaches for evaluating outcomes of healthcare CPD
- Inter-professional healthcare education
- Simulation and technology based learning in healthcare education
- Relationships between accreditation, CPD and improving healthcare outcomes

3) Nursing Conference

Attendance: An Impression

By: Safia Syed, Nurse Educator, NER

It was a great pleasure to attend the 4th Nursing Conference that took place from 27th -29th October, 2013, at the Abu Dhabi National Exhibition Centre, UAE. I am a nurse educator working in the education department and in cardiology. As part of the HMC and nursing vision of moving towards an academic health system, a number of educational opportunities have been provided in order to support continuous professional development.

The conference formed part of the Abu Dhabi Medical Congress (ADMC) - one of a handful of events in the region to offer accredited Continuing Medical Education to attending medical professionals via its scientific conference program.

The theme of the conference was ‘pillars of nursing care’. The focus was on topics such as:

- Ethics
- Critical thinking
- Patient advocacy
- Reflective thinking
- Holistic patient care
- Research
- Leadership and management

During the conference I was given the opportunity to speak to my colleagues and peers and share some positive patient care experiences from within the Heart Hospital at HMC. It was an opportunity to share my views with not only the audience but also with the guest speaker Professor Jane Griffiths, Director of Nursing, Nursing Department, Rashid

Hospital, Dubai, and UAE. After sharing my feedback the audiences were impressed and acknowledged the care provided by the nurses and management team at Heart Hospital.

This event emphasized that patient care is not only to provide pharmacological management but it is about understanding and accommodating cultural and emotional needs. From the variety of topics discussed, a reoccurring message was that reflective thinking is very helpful in education and improving nursing practice in real clinical settings.

I attended a session entitled “Critical Thinking”, which I feel was extremely beneficial as it offered insight into the areas of conceptualizing, applying, analyzing, synthesizing, and/or evaluating information gathered from, or generated by, observation, experience, reflection, reasoning, or communication, as a guide to belief and action.

The event was particularly interesting to me as a nurse educator in an organization which values holistic care; including physical, emotional and cultural based care –the topics were complimentary to this approach.

NCCCR Collaborate with SCH on World Cancer Day Event

Researched by Mr. Abdulqadir Nashwan, A/HN – UCU – NCCCR and Ms. Noronha Maria Daisy, CN – BMT – NCCCR



Aimed to increase public awareness on prevention, early detection and access to treatment and care for cancer, the National Center for Cancer Care and Research (NCCCR) played a big part in the celebration of World Cancer Day in the State of Qatar. For the second time in the State, NCCCR worked hand in hand with the Supreme Council of Health to support the initiatives undertaken by the Union for International Cancer Control (UICC) in the battle against cancer. The annual and internationally celebrated day takes

place every February 4th and sees organizations and individuals world-wide join its effort to increase cancer awareness and early prevention. This year’s celebration is aimed at dispelling the four myths about cancer, which are;

1. We don't need to talk about cancer
2. There are no signs or symptoms of cancer
3. There is nothing I can do about cancer

4. I don't have the right to cancer care

On the 4th February 2014, information booths were also set up in four different locations (NCCCR, Women’s Hospital, HGH, and Rumailah Hospital) and specialized oncology nurses from NCCCR gave educational sessions and materials to raise awareness about the four myths of cancer. Similar educational sessions were also presented to associates at NCCCR in Arabic and English languages.

Introducing the Pediatric Pain Nursing Interest Group

Researched by Rodney A. Villanueva – SN – ENT/OR – RH



The Pediatric Pain Nursing Interest Group is a network of nurses across HMC that develops and implements strategies at the unit level to enhance pediatric pain assessment and management in children.

The Pediatric Pain Nursing Interest Group was formally established on April 30, 2012 to create a network for nurses who:

- 1) Completed the HMC/SickKids Partnership Pain Resource Nurse course
- 2) Identified by their Head Nurses as pain links in their units

Responsibilities:

- Explore and carry out nursing strategies that support HMC's vision for pediatric pain management.

- Provide a pain resource on the unit regarding:

1. Nursing and family education
 2. Patient assessment and management
 3. Inter-professional practice
- Share evidence to support best practice regarding pain assessment and management.
 - Promote use of the pain policy and clinical practice guidelines to provide quality and safe care for children.
 - Raise awareness regarding pain in children across HMC.
 - Encourage staff to include the family in the assessment and management of pain in children.

Achievements:

The Pediatric Pain Nursing Interest Group members are role models for pediatric units and take an active part in leading improvements in pediatric pain management by discussing challenges and solutions through the network, and by developing initiatives to raise awareness regarding pediatric pain.



The Nurse Spotlight

Researched by: Shilah G. Ancheta SN and Gisha Mathew SN

MS. HAILA SWAID SALIM JOHAR

"Epitome of Leadership and Excellence in Women's Hospital"



Sr. Haila Sawid Salim Johar is the Assistant Executive Director of Nursing Services at Women's Hospital.

For more than 42 years she has empowered, equipped and enhanced the healthcare services provided at Women's Hospital.

As a senior administrator, Sr. Johar has promoted an environment in which nurses are empowered to

provide effective, compassionate and efficient nursing care. She has been instrumental in numerous advancements at Women's Hospital, and across the Corporation, including:

- Modernization of equipment in the Neonatal Intensive Care Unit.
- Improvements to the High Dependency Unit; these improvements have allowed more patients to be accommodated.

- Development and advancement of Operating Room Theaters.
- Renovation and expansion of the Emergency Department.
- Upgrades to the Outpatient Department.
- Development of private rooms at Women's Hospital; with assistance from the Ministry of Health.
- Establishment of the Home Care Project.
- Was instrumental in the formulation of Patient and Family Education (PFE) at Women's Hospital.

In addition, Sr. Johar has served as chairperson of various committees, including Patient Family Education and Licensing for the State's Medical Consumables Evaluation. She is also engaged in conducting internal and external recruitment for nurses.

When asked about how she fosters leadership qualities in Women's

Hospital, Sr. Johar said she has an 'open door policy'. She provides her staff with the opportunity to share their thoughts and she empowers them to make decisions. She said she believes in providing her staff with an opportunity to learn from experience; she delegates, educates, supervises, encourages and supports them. In the words of Sr. Johar, "Empower your staff and you will empower your hospital." According to Sr. Johar, it is her goal to see every nurse at HMC with the courage to do their job professionally and with dedication to quality.

Sr. Johar says the best nurses are those who are caring, understanding, professional, honest and motivated. "All nurses must be strong advocates for their patients," says Sr. Johar.

When asked about her greatest achievement, Sr. Johar says she is proud to have initiated the Patient Family Education program. She says

she is also proud to have initiated the simulation lab that is now HMC's largest internet cafe.

Some of her career milestones include:

1977: Appointed as Senior Staff Nurse in the Operating and Recovery Room at Rumailah Hospital.

1979: Appointed as Head Nurse in the Operating and Recovery Room at Rumailah Hospital.

1982: Appointed as Head Nurse in the Operating and Recovery room at Hamad General Hospital.

1984: Appointed as Assistant Director of Nursing, Operating and Recovery Room at Hamad General Hospital.

1993: Appointed as Senior Assistant Director of Nursing Development at Women's Hospital.

1994: Appointed as Assistant Executive Director of Nursing Services at Women's Hospital.

USEFUL LINKS

Researched by Rezielyn D. Clanor RN Staff Nurse

There are many useful resources available on the internet for nurses to reference, enjoy and learn from. This month we would like to highlight:

- www.worldwidewounds.com

This site provides practical guidelines on all aspects of wound management for nurses and other health care professionals.

- www.medicalnewstoday.com

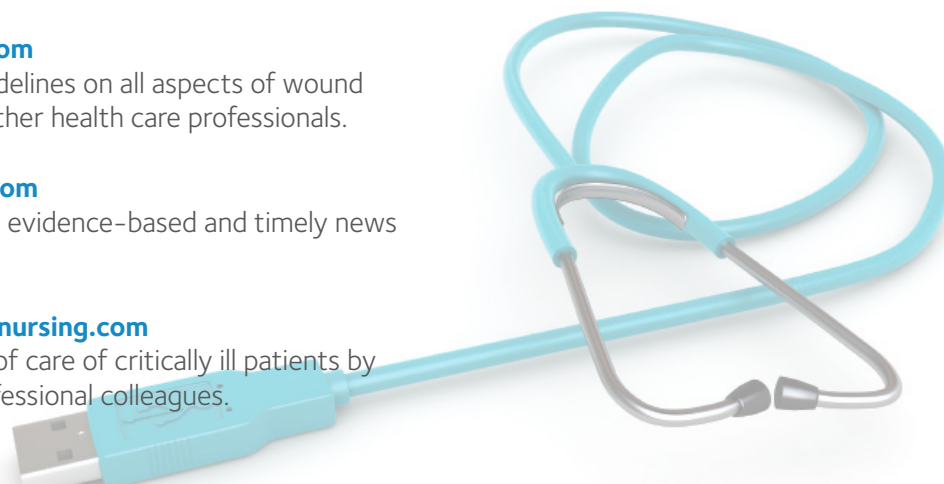
Check out this site for original, evidence-based and timely news and information for nurses.

- www.intensivecriticalcarenursing.com

This site promotes excellence of care of critically ill patients by specialist nurses and their professional colleagues.

- www.cdc.gov

The Centers for Disease Control and Preventions website focuses on public health and safety through control and prevention of disease, injury and disability.



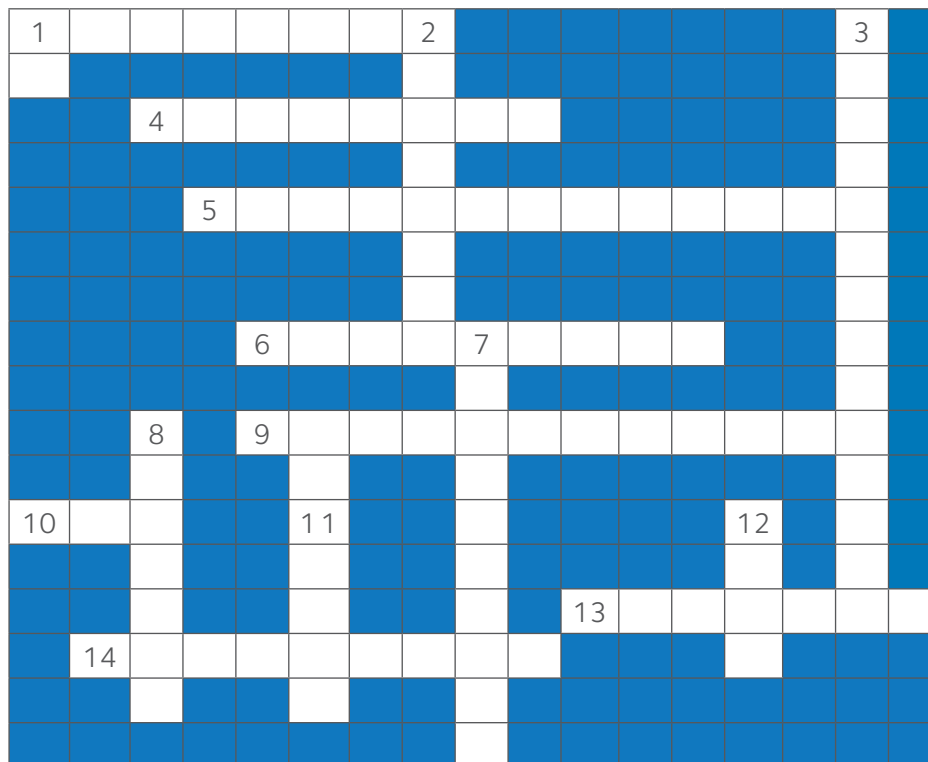
Cross Word

Vital Signs

By Robin Southall

Sourced from (<http://www.armoredpenguin.com/crossword/Data/2012.10/0717/07170830.244.html>)

Researched By Ritze P. Sioason – SN/OU



Across

- 1 Contraction phase
- 4 Pyre is causes the heart rate to?
- 5 The volume of blood pushed into the aorta per heartbeat
- 6 Respirations with increased rate, panting and long grunting exhalation
- 9 Controls temperature
- 10 The rate at which energy is used by an organism at complete rest
- 13 High pitched wheezing sound on inspiration
- 14 Relaxation phase

Down

- 1 Cardiac contractions are initiated by the _____ node
- 2 Breath sound similar to hair rubbing between fingers next to the ear
- 3 The difference between systolic and diastolic pressure is?
- 7 Cellular chemical reactions in the body
- 8 Term for temperature above 100.4
- 11 Groups of quick breaths followed by a period of apnea. Seen in patients with head trauma
- 12 The 5th vital sign