

# FLUTTER WAVES

November 2018

American Association of Critical Care Nurses - Northwest Chicago Area Chapter

P.O. Box 1163 - Arlington Heights, IL 60006-1163

Website: [nwchicagoaacn.org](http://nwchicagoaacn.org)

## **Greetings Members of the Northwest Chicago Area Chapter AACN!**

### **Our Voices, Our Strength! — Supporting Healthcare Improvement!**

As the leaves begin to change color and fall from the trees and frost is visible on the pumpkin, we identify the change of the seasons. Moving from warmer weather to cooler makes us wonder if we need new coats and warmer clothes. We see the geese flying south in groups for warmer weather. Another group flying south and west to escape the cold are the Monarch butterflies flying to California and Mexico. They are the only insect that migrates nearly 2,500 miles each year and returns to the place of their ancestors! Amazing!

In health care and nursing, in particular, we also identify changes and support amazing initiatives! Although some changes may originate from habit or someone's personal opinion, necessary changes should be initiated by research, and technology which support best practices and optimum patient outcomes. As our AACN Past-President, Chris Schulman has said, "We are Guided by WHY!" Our current AACN President, Lisa Riggs, has provided our theme for this year, "Our Voices, Our Strength". The two themes seem to flow succinctly together!

By identifying issues and combining our collaborative voices, we meet and develop plans for healthcare initiatives. Truly our voices are our strength. We demonstrated this at NorthShore University Health System, when an issue was identified on our units. In the clinical arena, multiple alarms were part of the milieu and potentially could be ignored because of their frequent occurrences. This issue was identified nation-wide. In order to combat alarm fatigue, we met as a group to develop plans to reduce alarms. The team consisted of staff nurses, educators, managers, physicians, cardiologist, electrophysiologist, director of nursing, respiratory and physical therapists, biomedical technologists and monitoring industry partners. Meetings initially began every other month and changed to every month. Our vision statement was, "Every alarm is actionable!" The question posed was, "How would we change our practice if every alarm was not ignored but required action?" As we did our research, we found several areas where alarms over-lapped, i.e., heart rate had three

alarms for each increased rate—numerical heart rate alarm, tachycardia alarm, and pulse oximetry heart rate alarm. Another example was the setting for PVCs—will an occasional PVC require action? As we asked these important questions, we found that there were a number of instances where we could adjust the alarms and make them meaningful and ultimately, actionable. The outcome was impressive—in the tele units, we reduced alarms by 60-80% and in the ICU approximately 43%. The facility continues to monitor its success and has continued to decrease alarms by making them actionable. Our voices are our strength as we continue to use them to improve patient care.

Every day, you make a difference providing care to patients, their family members, and also supporting each other in the process. I am honored to call you colleagues!

We would love to hear how you have used your voices to improve and strengthen your delivery of care in your facilities. Please send your information to me at [judygiovannelli@yahoo.com](mailto:judygiovannelli@yahoo.com). Thank you in advance for your input and insight! And thank you for using your voices as your strength!

The NWCAC board would like to wish you a fun filled Halloween and a wonderful Thanksgiving filled with many blessings!

*Sincerely,*

*Judy Giovannelli, RN, MSN CCRN PCCN FACCN*

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### NWCAC has been active in the Community this Fall!

The Northwest Chicago Area Chapter (NWCAC) has been busily involved in community events. In August, NWCAC participated in the “Going Back to School” event. The event was held on a 90-degree day in an underserved area in Chicago’s inner city. Most of the student population at the school and their families had limited knowledge of healthcare and caring for themselves. Our primary purpose was to distribute 250 first aid kits. Additionally, we took blood pressures and recorded the results on informational materials which identified normal versus abnormal blood pressures. During the day, we also networked with families and discussed their healthcare concerns and questions about various aspects to care for themselves and their family members. Some of the older students also inquired about becoming nurses in the future. At the end of the day, the students lined up to receive their backpacks and school materials.

As nurses, we are aware that our services may be needed at any time. This was evident at the back to school event when suddenly, we heard a frantic call for help and found a young girl, unconscious, and pulseless. As we began to revive her, a 911-medical emergency was called. Because of the possibility of hyperthermia, and dehydration, we also tried cooling her. As the paramedics arrived, she became more responsive and they took over care for her. Everyone was grateful we were there to help her.

At our September educational meeting, we participated in a benefit for Women In Need Growing Stronger (WINGS). A non-profit housing agency established in 1985, WINGS provides services, counseling and housing (up to two years) to victims of domestic violence. We collected over 26 large bags of clothing, shoes, purses, and household items for WINGS. We also distributed informational pamphlets to attendees at the meeting. Several people did not know that this community outreach was available. One participant said, “I wish I knew about this 6 months ago. My sister could have used this help.” Another commented that

WINGS was such an important service and she was going to share the information with a member in her family who would benefit from WINGS.

For the last several years, we have participated in the Feed My Starving Children program. The meals, consisting of rice, soy, vegetables and vitamins, provide life-saving nutrition to starving, malnourished children. On Oct. 20<sup>th</sup>, our NWCAC Chapter packed over 56,500 meals which will be distributed worldwide to children in need and provide food for 146 children for one year. Working together with other volunteers and realizing that this project makes a difference to so many people is very meaningful.

During our Region-10 Meeting on Nov. 10<sup>th</sup>, we will be collecting coats, hats, boots, etc. for children. These items will be collected for “Snug Hugs for Children” which is a collaborative event with Merlin 200,000-mile shops and the Chicago Wolves.

In November we will participate in making “Blankets of Dreams”. At this event, we will be creating blankets from 4-yards of fleece which will be delivered to homeless shelters. These blankets will help provide warmth and comfort for those in-need.

The NWCAC has found the need for nurses and healthcare may be unpredictable and emergent as in the case of the young girl at the school event. The NWCAC will continue to support our mission to bring outstanding education to nurses while also contributing to the needs of the local and world-wide community during their most vulnerable time.

Judy Giovannelli and Sheila Coogan

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## **Reminder: Northwest Chicago Area Chapter Community events**



### **Nov. 10<sup>th</sup> SNUG HUGS for KIDS**



We will be collecting warm outerwear for children at our November 10<sup>th</sup> meetings-both at the NWCAC meeting in the morning and the afternoon Region 10 meeting as well. The program, “Snug Hugs for Kids”, is sponsored by the Chicago Wolves and 200,000 Merlin muffler shops.



### **Nov. 17 Blanket of Dreams**

We will be creating “Blankets of Dreams” for the homeless at Mary Seat of Wisdom Church, 1335 S. Clifton Ave (Cumberland and Granville) Park Ridge, Ill. Bring 4 yds. of fleece (for each blanket) and scissors. Come anytime between 9 am and 4 pm. Stay for an hour or as long as you can.

## Midwest Conference 2019

I am so excited to be the MWC chair this year! We have been hard at work planning the content for next year's conference. So far we have several dynamic speakers lined up with a variety of topics. The current President of AACN – Lisa Riggs and Kathleen Vollman will be our keynote speakers this year. We have changed the location to *The Stonegate Conference Centre in Hoffman Estates*. We have listened to your past feedback and this new location will offer more parking, free WiFi and we will be including lunch once again!! Also this year since we do not have room for posters we have asked members to present a 20 minute oral presentation of your project. You and 2 other members will share the 1.15 hour timeslot. Please submit your presentations to me by Nov. 1<sup>st</sup> at [cindylruiz@yahoo.com](mailto:cindylruiz@yahoo.com). Hope to see you there – March 11 and 12<sup>th</sup> 2019.

Cindy Ruiz  
Midwest Conference Chair

SAVE THE DATE!!

## **2019 Midwest Conference**

**Monday, March 11, 2019**

**Tuesday, March 12, 2019**

**Keynote Speaker:**

**Lisa Riggs, National AACN President**

**Location:**

**The Stonegate Conference Centre  
2401 West Higgins Road  
Hoffman Estates, IL 60169**

Sponsored by Northwest Chicago Area Chapter AACN  
We are still looking for speakers. In lieu of posters we are  
also looking for people to present a 20 minute oral  
presentation about your project. Deadline for submissions is  
November 1, 2018

Questions contact: Cindy Ruiz at [cindylruiz@yahoo.com](mailto:cindylruiz@yahoo.com)



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## NTI 2019

Share the experience of AACN's NTI with your colleagues, and take home new evidence-based knowledge to make an impact at the bedside. With more than 37.5 continuing education (CE) contact hours, the outstanding and diverse learning opportunities and inspirational gatherings promise to reignite your commitment to your practice and our profession. Next years' NTI is being held in Orlando, Florida, May 20th to May 23rd. Housing is now open and is sure to fill up fast. Start planning now, request the time off and book you accommodations!! If you have never been to NTI before, plan on making this your first! You won't be disappointed!

# ***NWCAC EDUCATIONAL OFFERING***

**Saturday, November 10, 2018**

**7:30 AM to 12:00 PM**

## **Agenda**

**7:30—Breakfast and Networking**

**8:00—General Chapter Meeting and Educational Program**

## **Location**

**Northwest Community Hospital**

**LC 3 & 4 located in the Learning Center**

**(Which is on the ground floor in the Busse Center for Specialty Medicine. Park in the Busse garage and take the elevators in the Busse Center for Specialty Medicine to the ground floor.)**

**800 Central Rd.**

**Arlington Heights, IL**

## **Topics**

**“It’s Not Cool to be Too Cool– Managing Hypothermia”**

**by Linda Smith, S, RN, CCRN**

**“Work Place Violence and the ICU Nurse: When Work Hurts”**

**by Daria Ruffolo, DNP, RN, ACNP-CS, CCRN**

**“Fluid Resuscitation Endpoints”**

**by Daria Ruffolo, DNP, RN, ACNP-CS, CCRN**

**Our regular meeting will be followed by lunch /networking and the AACN Region 10 meeting. All are welcome to attend. (see additional flyer)**

**We will be collecting for “Snug Hugs for Children”. Preferred items include new or gently used coats, gloves, mittens, hats, scarves, boots, snow pants, socks and sweaters for newborn to 18 yr old. Donations benefit the Children’s Home and Aid– Sponsored by Merlin 200,000 Mile Shops.**



**No Registration Required, Free Parking**

**Continental Breakfast Provided**

**Free for all AACN Members  
\$30.00 for non-members**

**For further information contact: Linda Smith:  
[lindacdrn@aol.com](mailto:lindacdrn@aol.com)**

**"10 on 10"**  
**AACN REGION 10 MEETING**  
**November 10, 2018**

**Northwest Community Hospital, Learning Center Rooms 3 & 4**  
**800 West Central Road**  
**Arlington Heights, IL 60005**

**11:30AM - 12:15PM**      **Lunch / Networking**

**12:10PM - 12:15PM**

**Welcome**

*Greater Chicago Area Chapter-AACN President Gerri M. Kaye, APN, MS, CNS, CCRN*  
*Northwest Chicago Area Chapter-AACN President Judy Giovannelli, RN, MSN, CCRN, PCCN, FACCN*

**12:15PM - 1:15PM**

**AACN National Updates: Healthy Work Environment:**  
**Appropriate Staffing      Anna Mall, BS, RN, CCRN**

**1:15PM - 2:15PM**

**Nurse Sensitive Outcomes**

**Mandy Haberman, MS, RN, ACNS-BC**

**2:30PM - 3:30PM**

**Post Concussive Disorders**

**Cynthia Gonzales, MSN, APN, OCNS-C, CMSRN**

**3:30PM - 3:45PM**

**Wrap-up & Evaluations**

**6:45 PM DON'T MISS Nurse's Night Out!!**

**Chicago Wolves vs Rockford Icehogs Hockey Game**

**Tickets are \$20.00 each and include a Chicago Wolves Cap**

**AACN Region 10 Will Be Proudly Recognized on the LED laser screen!**

**Rosemont Allstate Arena**

Register online at <https://gcacaacn.nursingnetwork.com>

**AACN Chapter Members-free**

**Non-members-\$20.00**

**Pre-licensed students-\$10.00**

Questions? Email [gmkaye55@gmail.com](mailto:gmkaye55@gmail.com) or [judygiovannelli@yahoo.com](mailto:judygiovannelli@yahoo.com)



**LET'S TAKE OUR VOICES TO  
"NURSES' NIGHT OUT!!"**

**Nov. 10, 2018      7PM**

**Chicago Wolves vs Rockford Icehogs Hockey Game**

**Rosemont Allstate Arena**

**6920 N. Mannheim road**

**Rosemont, IL**

Tickets are \$20.00 each and include a Chicago Wolves Cap

Contact Gerri Kaye for purchase: [gmkaye55@gmail.com](mailto:gmkaye55@gmail.com) or 773-230-3275

*Be seated by 6:45PM for award winning laser-light show!!*

**AACN Region 10 will be proudly recognized!**

There will also be a collection for **"Snug Hugs for Children"** at the Arena.

Preferred items include new or very gently used coats, gloves, mittens, hats, scarves, boots, snow pants, socks, and sweaters for newborns to 18 yr. old.

Donations benefit the Children's Home + Aid-Sponsored by Merlin 200,000 Mile Shops

**Directions from Northwest Community Hospital:**

- Take the I-90 East towards Chicago and follow the signs to the Allstate Arena
- OR locally, take E Northwest Highway to Graceland Ave and turn right (Graceland Ave will turn into Lee Street and then Mannheim Rd). Follow to Lunt Ave. and turn right.
- Either route will take 15-20 minutes
- PARKING IS FREE

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**Region 10 Attendees Coming from Out of Town:**

**HOTEL INFORMATION**

**Hyatt Place Chicago/O'Hare**

**6810 Mannheim Rd.**

**Rosemont, IL**

The hotel is located in the parking lot of the Allstate Arena

- Hyatt Place will provide a discounted rate of \$109 plus tax for Saturday, November 10, 2018.
- Continental Breakfast included
- Reserve hotel room by October 20, 2018 by calling 1-888-591-1234
- Ask for the **AMERICAN ASSOCIATION OF CRITICAL CARE NURSES** rate

## *Our Voice Our Strength*

11am: It was a typical morning at school when a teacher walked into the nurse's office complaining of SOB. The teacher was anxious and eyes wide open. The Certified School Nurse (CSN) Janice asked me to step and assess the teacher. The nurse's office is part of a larger room that also contains Physical therapists, Occupational Therapists and Speech Therapists (32 staff).

I took a pulse ox: 70. The teacher's B/P 180/100 and Heart Rate 125. The teacher stated she had no past medical history (cardiac, respiratory or allergies,) and that she had no one to pick her up at school. My first response was to call 911. The teacher said she wanted to go home and get some rest and if she still did not feel good she would go to the immediate care center. I talked to the teacher in a low calm voice and told her we could not let her go home at this time because her pulse ox was so low. Janice, CSN asked what would I advise. I advised to immediately call 911. The vital signs did not improve. Janice called the principal and the principal wanted to come and talk to the teacher. I said time is of the essence! The principal arrived and started talking and talking and talking...I interrupted the principal and said "I am here to "Stand Up and be counted and called 911". The ambulance arrived at 11:15am and took the teacher to the closest university hospital and the teacher was taken immediately to surgery". In the meantime after the ambulance left, I was instructed by the CSN that I had to apologize to the principal. As Dave Hansen always said, "Nurses always make it look too easy".

Sheila Coogan MSN

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### **Hospitality**

**The Hospitality Committee will again sponsor a silent auction at the 2019 NWCAC/ Midwest Conference. The silent auction has been supporting various organizations and individual recipients over the past years. The ALS Greater Chicago Chapter was the recipient of the 2018 successful auction. Recommendations for a benefactor of the auction are appreciated. Send me an email: [mapopsgrande@comcast.net](mailto:mapopsgrande@comcast.net) or let me know at one of our chapter meetings.**

**Contributions for our silent auction baskets are appreciated and can be brought to a meeting or contact me. I have some ideas going with the items I have already received and with St. Patrick's Day, Easter, and kids there is lots of room for basket fun.**

**Sincerely,**

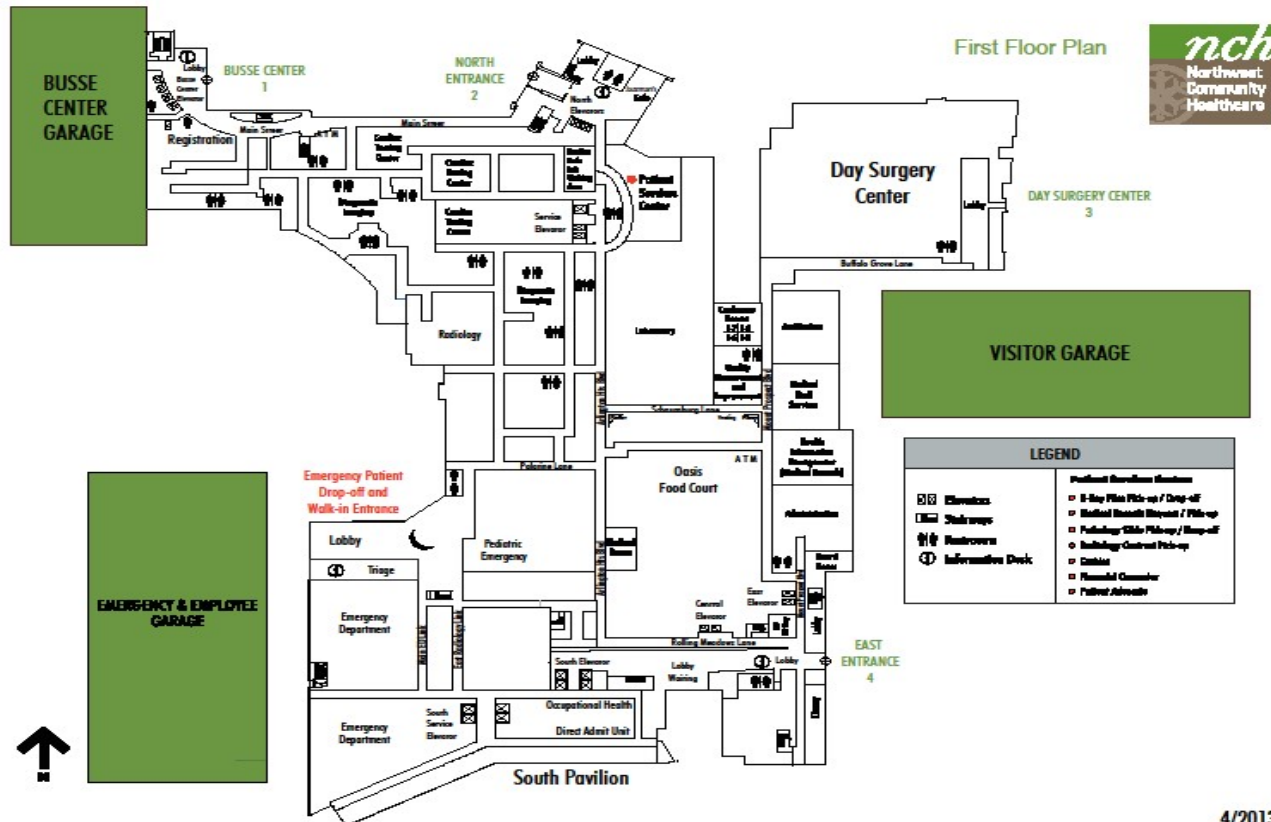
**Rosi Grande**

**Hospitality Chair**

## Directions to the Chapter Meeting

This month's meeting is located in the Learning Center, Rooms 3&4.

(Which is on the ground floor in the Busse Center for Specialty Medicine. Park in the Busse garage and take the elevators in the Busse Center for Specialty Medicine to the ground floor.)



4/2013





### **President**

Judy Giovanelli, RN, MSN,  
CCRN, PCCN, FACCN-II

### **Past President**

Cynthia Bender, APN-CNP

### **Secretary**

Debbie Kantoris, MSN,  
CCNS, CCRN

### **Treasurer**

Kathy Voss, RN, BSN, CCRN

### **Treasurer-Elect**

Sheila Melo-Grospe, RN

### **Program Co-Chairs**

Linda Smith, RN, MSN,  
CCRN

Marie Hagman, MSN,  
ACCNS-AG, CCRN

### **Membership**

Kirsten Howe, RN, BSN,  
CCRN

### **Midwest Conference**

Cindy Ruiz, APN, CCRN

### **Media Relations, Newsletter**

RoseMary Pieniazek, RN,  
BSN

### **Hospitality**

Rosina Grande, RN, MS,  
CCRN, CGRN, CMSRN

### **Awards & Scholarships**

Sheila Coogan, RN, MSN

### **Community Liaison**

Sheila Coogan, RN, MSN

### **Board Learning Partner**

Nancy Haberichter, RN

### **Web Site**

<http://nwchicagoaacn.org>

### **E-mail**

[nwcac.aacn@gmail.com](mailto:nwcac.aacn@gmail.com)