

NURSING NETWORK



Fall 2019 | A PUBLICATION OF McLEAN HOSPITAL



ARTWORK COMPLETED BY A NEUROTHERAPEUTICS PATIENT IS ONE OF MANY DISPLAYED IN THE ART GALLERY ON THE UNIT.

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STRATEGIC PLANNING WORKGROUPS UPDATE



LINDA M. FLAHERTY

By Linda M. Flaherty, RN, PMHCNS-BC, Senior Vice President for Patient Care Services

I am delighted to provide an update on the strategic planning workgroups that were initiated last fall and to use this communication to thank all who have participated in the workgroups.

The five workgroups include:

1. Best Practices/Education
2. Developing a Preceptor and New Graduate RN Program
3. Developing a Clinical Ladder Program for RNs
4. Recruitment and Retention
5. Nursing Practice and Quality

The Best Practice/Education workgroup, chaired by Cindy Ruscitti, RN, MSN, and Anne Kenney, RN, and including members Karen Slifka, RN/PCNS, Michele Abate, RN, Patricia Wolf, RN, BSN, Craig Prince, BSN, RN-BC, Charlene Nielsen, RN, and Charles Mahdy, RN, has been working to develop an easy-access SharePoint site for nursing education materials.

The Preceptor and New Graduate Program, chaired by Chris Richard, BSN, and Kelly Carlson, PhD, PMHNP-BC, and including members, Rebecca Fleisher, RN, BSN, Lisa Tobio, RN, BSN, Jody Rochon, RN, Cheryl Cosgrove, RN, and Juliana Pires, RN, developed and sent out a survey to newly hired RNs seeking feedback on their orientation experience. Their responses will be used to help shape a new RN graduate program.

The Clinical Ladder workgroup, chaired by Ann Rapoport, RN/PCNS, Nicole Visaggio, RN, and Teresa Henderson, RN, and including members Katherine Athens, RN, Noah Starr, RN, BSN, Carlos Covarrubias, RN, BSN, and Patti Sullivan, renamed their workgroup to Nursing Professional Advancement Program. This committee has recommended a robust proposal, which is now in the process of implementation.

The Recruitment and Retention workgroup, chaired by Maria Olivier, MSN, RN, Jeanne McElhinney, MS, RN, BC, and Anne Huntington, MSN, RN-BC, and including members Jody Rochon, RN, Joshua Ritz, RN, BSN, Sandy Feehan, RN, BS, Juliana Pires, RN, James Morrison, MHS, Samuel Troxel, MHS, Michelle Lin, MHS, Steve Roma, and Patti Sullivan, has been active in sending committee members to attend job fairs at their alma maters to recruit and expand outreach efforts. They are also exploring innovative programs to defray student loans and planning to survey the nursing group to gather data to understand factors influencing retention.

The Nursing Practice/Quality workgroup, which I co-chair with Paula Bolton, RN/CNP, includes members Bridget Blake, RN, Laura Crupi, RN, BSN, Sarah Hickey, RN, BSN, and Kim Jewers, RN. The group has identified communication and safety as top priority areas to explore. The group also worked on revising the current SBAR to make it more relevant in a psychiatric setting. In addition, the team took advantage of participating in a Partners educational program known as the Clinical Process Improvement Leadership Program (CPIP) to assist in advancing this project.

I hope you will agree that there has been a great deal of work involved in advancing these important initiatives. I look forward to sharing updates with you as recommendations continue to be refined.

MCLEAN NURSE'S DAY CONFERENCE LOOKS AT OBESITY, METABOLIC SYNDROME, AND PSYCHIATRIC NEUROTHERAPEUTICS

To celebrate Nurse's Day 2019, nurses from throughout McLean Hospital came together for the annual McLean Hospital nurse's conference. Held on Friday, May 10, in Pierce Hall on the Belmont Campus, the event explored obesity and metabolic syndrome among individuals with psychiatric disorders and discussed what's new in psychiatric neurotherapeutics at the hospital.

The program opened with a talk by Ariana Chao, PhD, CRNP, FNP-BC, titled "Obesity in Psychiatric Patients."

An assistant professor at the University of Pennsylvania School of Nursing and the Perelman School of Medicine, Chao presented a wide-ranging discussion of the prevalence of obesity among patients with psychiatric disorders and the various mechanisms that contribute to weight issues for this population.



ARIANA CHAO

Chao stated that "there is a strong link between obesity and conditions such as depression, schizophrenia, and bi-polar disorder." In fact, she reported that individuals with serious mental illness are 50% more likely to be obese than the general population and live between 10 and 20 fewer years.

Chao said that there is a "chicken and egg" conundrum behind these startling numbers, as researchers investigate "which came first?"—the obesity that contributed to mental illness or the mental illness that led to obesity. She reported that lifestyle factors affecting people with serious mental illness, including "poor diets, sleep disorders, poor self-esteem, and low rates of physical activity," can often lead to obesity. In addition, social determinants, like limited access to health services, food insecurity, and mental health stigma can also contribute to weight issues among this population.

However, Chao explained, many drugs used to treat individuals with psychiatric illnesses can also lead to weight gain. She cited studies showing weight increases among some individuals who take second generation psychiatric medications, and she discussed how certain drug interactions can contribute to obesity.

Given the severity of the problem and the complexity of the underlying causes, Chao discussed ways that nurses and other mental health professionals can better serve patients with severe mental illness deal with obesity and weight-related issues. She stressed the use of people-first language, the need for better monitoring and goal setting, and the importance of positive feedback.

Building on Chao's talk, a group of McLean Hospital nursing researchers presented findings from a series of studies on metabolic syndrome, which they defined as a group of interrelated conditions stemming from obesity. Paula Bolton, MS, CNP, ANP-BC, Peggy Knight, PhD, PMHCNS-BC, and Lynne Kopeski, MSN, PMHCNS-BC, discussed studies that touched on different aspects of metabolic syndrome and nursing practices. The studies looked into risk factors, screening tools, and the impact of various nursing interventions to reduce the risk of metabolic syndrome in individuals with severe mental illness. Other studies investigated how well psychiatric nurses understood metabolic syndrome and attitudes and barriers to care among mental health professionals working with patients who need physical as well as mental health care. Finally, the researchers presented findings from a survey that sought to assess the current state of care for people with metabolic conditions who also have mental health concerns.

In summing up the findings, Bolton said that the best way to provide care for mental health patients who also have metabolic conditions is "integration of health care—but it doesn't seem to be happening." She called for a system in which primary care clinicians are embedded in mental health care settings to ensure that all of an

individual's mental health and physical health needs are met.

Bolton returned to lead the conference's afternoon session "What's New in Psychiatric Neurotherapeutics?" Teresa Henderson, BSN, RN, Courtney Miller, AD, RN, and Cecilia Rush, BSN, RN, discussed several neurotherapeutic services offered at McLean, including electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS), and ketamine infusion. The afternoon presentation also included a talk—along with a lively question and answer session on intranasal esketamine, a newly developed method for administering ketamine to patients with treatment-resistant depression.

In describing the psychiatric neurotherapeutics programs at McLean, Bolton said, the "safety and comfort" of patients is essential. "Keeping the patient at the center of care can be a challenge," she said, "and trying to involve patients in the care process is something we work hard at."

Part of that effort involves the "art as therapy" program at McLean's ketamine clinic. Sarah Anderson, BS, MHS, who runs the effort, said that the patients have responded enthusiastically to the program. She explains that the program



ABOVE
One of the many pieces of patient art on display in the gallery.

encourages individuals undergoing treatment to color in coloring books or create original artworks on their own in a variety of mediums.

Although many patients create "original and beautiful work" in the program, she said, "the process is more important than the product." Anderson presented examples of patient artwork currently displayed in an art gallery on the unit and explained the sense of pride and accomplishment many patients feel when their work is featured in the gallery.

GERI CINTOLO, BSN, RN, RECEIVES MARGARET C. TIBBETTS AWARD

During the recent Nurses' Day Conference on May 10, 2019, Geri Cintolo, BSN, RN, received the Margaret C. Tibbetts Award for Excellence in Nursing Leadership. The award, named after the longtime director of the nursing school and of Nursing at McLean, is presented each year to a nurse who exemplifies leadership in nursing, including advocacy in the advancement of the nursing practice, teaching, and research. Geri was praised for her continued efforts to advance nursing practice, utilize evidence-based practices when caring for patients, leading calmly, and educating both staff and patients.



ABOVE
Margaret C. Tibbetts Award recipient Geri Cintolo, BSN, clinical coordinator, Older Adult Unit (center), Linda M. Flaherty, RN, PMHCNS-BC (left), and Cindy Ruscitti, MSN, nurse director of Older Adult Unit (right).

NURSES HIGHLIGHT NEUROSCIENCE AND MENTAL HEALTH RESEARCH AT McLEAN RESEARCH DAY

The tenth annual McLean Research Day took place on Wednesday, January 30, 2019. The event featured approximately 125 posters of new research from McLean investigators across the hospital, representing basic science, translational, clinical, neuroimaging, health services, and implementation science research pertaining to neuroscience and mental health. Some of the presentations featured contributions from McLean Hospital nurses.

The goal of McLean Research Day was to enhance communication and encourage potential collaborations within the McLean clinical and research communities. McLean Research Day provides an opportunity for McLean researchers to network and learn about scientific investigation throughout the hospital.

Here is a look at presentations featuring members of McLean's nursing department:

(#18) Embedding medical alert technology into primary care practice to combat self-injury mortality

A presentation of a proposed medical alert system for primary care clinicians to prescribe for patients at risk for life-threatening emergencies due to psychiatric and substance abuse disorders.

Sophie Forte, MSN, a certified nurse practitioner in McLean's Internal Medicine Department, presented along with Arthur J. Siegel, MD, Lucy Ogbu-Nwobodo, MD, Blaise Aguirre, MD, and Hilary S. Connery, MD, PhD.

(#71) Knowledge in Recovery in RNs and MHSs: Impact of ROP Toolkit

Findings of a study aimed at evaluating the effectiveness of Recovery-Oriented Practice (ROP) training was presented. The study looked at how ROP training can foster staffs' self-awareness and views on recovery and help identify areas for improvement.

McLean's Martyna Rusinowicz, BSN, RN, a staff nurse in the Clinical Evaluation Center, and Linda Flaherty PCNS, RN, senior vice president, Patient Care Services, presented along with Nathaniel Van Kirk, PhD.

(#121) Co-occurring attention-deficit/hyperactivity disorder and post-traumatic stress disorder in adults with substance use disorders

This presentation details findings from a study examining the prevalence and clinical correlates of attention-deficit/hyperactivity disorder and post-traumatic stress disorder in adults being treated for substance abuse disorder.

Kathleen McCoy, patient resource coordinator with McLean's Alcohol and Drug Abuse Inpatient Treatment Program, presented with Margaret L. Griffin, Nadine R. Taghian, Roger D. Weiss, MD, and R. Kathryn McHugh, PhD.

(#125) ENCODE: Enhancing Cognitive Domains after ECT (group programming)

A look at peer support groups and group programming created to address the stigma and isolation often experienced by patients seeking ECT treatment. The presenters described the program development and explored ways to expand this programming to address the needs of this patient population.

Teresa Henderson, RN, nurse manager in McLean's ECT unit, and Paula Bolton, MS, FNP, program director of McLean's Psychiatric Neurotherapeutics Program, infection control manager, and a nurse practitioner in the Internal Medicine Department, presented with Lynn Kadden, RN.

(#135) Complexities and Care: Orienting to a Geropsychiatric Unit

This presentation examined the complex process of orienting nursing resource team staff to geropsychiatric care units. Presenters discussed the orientation curriculum and explained how including principles of trauma-informed care and cultural sensitivity in geropsychiatric orientations can improve communications and quality.

Anne Huntington, MSN, RN-BC, nurse director of McLean's Cognitive Neuropsychiatry Unit, and Kelly Carlson, PhD, PNHNP-BC, a nursing professional development specialist, presented with Ruthanne Lamborghini, BS, PT, DPT, GCS.



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