

UC San Diego

Spring 2016 - UC San Diego Health Journal of Nursing: The Unique Power of Nursing

Title

Cardiovascular ICU and the Screen Your Teen Event

Permalink

<https://escholarship.org/uc/item/02h8p108>

Journal

UC San Diego Health Journal of Nursing, 9(1)

Author

Chechel, Laura, BSN, RN

Publication Date

2016-04-01

Peer reviewed

NURSE LEADER INVOLVEMENT IN COMMUNITY HEALTHCARE OUTREACH

By: John Noordenbos, RN

The Regional Burn Center has provided burn care and education to the communities of San Diego and Imperial counties for over 40 years. As the Burn Program Coordinator I am responsible for the community outreach throughout the region as an indispensable part of decreasing the incidence of burn injuries as well as improving patient outcomes after injury. The mission of the Burn Center, as the only American Burn Association verified adult and pediatric center for both counties, is to provide these important services.

I have developed a unique two-fold approach to accomplish our mission through provider-targeted burn care education and community-focused burn injury prevention awareness programs. Provider education is directed to first responders such as firemen, paramedics, paramedic students, and emergency department staff. I lecture on topics such as initial assessment of a burn injury, determination of both depth and extent of injury, the importance of evaluating for inhalation injury and initial care of the burn. I also review cases from each catchment

area based on zip code grouping, and present a demographic analysis as well as an overview of select cases. This gives first responders the opportunity to critique the actual cases from their departments and further the development of their competencies overall. Due to the extensive scope of the Burn Center's service area, these education initiatives have helped to ensure better patient outcomes, especially those for whom specialized burn care may be over an hour away.

Community prevention education is an important opportunity to engage with and educate people on a one-to-one basis. I have created educational handouts, posters and tools such as coloring books and other media, which target injuries in the pediatric population. This is a crucial component as this population is particularly vulnerable to scald injury. Fifty percent of burn injuries in children are in those under the age of 5 and 75% of these injuries are from scalds in the home, such as food spills and injuries during bathing. Our information booth set up at fire departments for open houses and community safety fairs allow us to meet with parents



John Noordenbos, RN is the Burn Program Coordinator and has been a member of the Burn Team since 1991. He spent the first 5 years working as a night nurse in the Burn ICU, then transitioned to the role of Clinical Research Coordinator for the Burn Center and Wound Treatment Center. In 2009 John took on the challenge of Program Coordinator and in 2015 added on the additional responsibility of Nurse Manager of the Burn Outpatient Clinic. John has been an active member of the American Burn Association since 1996, during which time he has had multiple abstracts accepted for both oral and poster presentation.

and kids and provide interactive education as well as visual aids to show the consequences of unsafe behavior. Additionally we are able to identify risks which may be in the home and provide prevention tips. While it may seem unsettling for children and families to see firsthand images of burn injuries and treatment, the feedback from the community has been extremely positive. Families report that these strong visual aids have helped them to better understand the risks and consequences of common household hazards, and provide better protection for their families.

2015 Coronado Public Safety Open House



CARDIOVASCULAR ICU AND THE SCREEN YOUR TEEN EVENT

By: Laura Chechel, BSN, RN, CCRN



The highly skilled, compassionate, Sulpizio Cardiovascular Intensive Care Unit (CVC ICU) Nurses are a dynamic team, always willing to lend a hand both in and out of the workplace. As the CVICU Nurse Educator, I encouraged our unit-based shared governance council, to use their strengths to for improving and maintaining the cardiac health of young adults within the San Diego community. The Eric Paredes (EP) Save a Life Foundation provided a perfect pairing for an organization in need, and the Sulpizio CVICU's Nurses accomplished skill set.

Hector and Rhina Paredes

3A Cardiovascular ICU team members screening teens for SCA risks. From left to right; Katie Campbell, BSN, RN, CCRN; Yvette Bleakley, BSN, RN, CCRN; Sarah Hillebrand, MSN, RN; Jonathan Bills, RN; Laura Chechel, BSN, RN, CCRN

established the EP Save a Life Foundation in honor of their teenage son Eric Paredes, who tragically died from Sudden Cardiac Arrest (SCA) at the age of 15. SCA is the second leading cause of death among youth under 25. Approximately 1 in 100 teens are at risk for SCA, but with proper screening, SCA is preventable. EP's Save a life foundation's is committed to preventing SCA in teens and young adults so that no other family has to endure the tragic

loss of a teen-age child.

In San Diego alone, it is estimated that 3-5 teens are lost to SCA annually. For this reason, the organization holds free screenings throughout the year in San Diego County for youth ages ranging from 12-25 years old. Screenings are held approximately 6-8 Sundays per year and are staffed entirely by medical and non-medical volunteers. Sulpizio CVICU nurses team-up in groups of 6 to volunteer for 8-hour shifts. At each of these

screenings, the nurses perform risk assessments for SCA and provide electrocardiograms (ECG). The well-respected cardiologist, Dr. Rogers, reviews all the results.

Since the organizations inception in 2010, CVICU has been a part of improving outcome in teens with SCA. Over 17,280 teens have been screened, of those, over 350 had heart abnormalities, and 155 were risk for SCA. Teens with heart abnormalities are provided on-site echocardiograms, and are referred to accessible Cardiologists in the community for follow-up.

The screenings are held at various high schools around San Diego and often our CVC ICU volunteers has find the schools close to their own hearts. Sometimes it's their Alma Mater, their family's Alma Mater, or their child currently goes to the school. Whatever the connection may be, it is always a special day when this happens. Susan Muus, CVC ICU RN, recently volunteered the screening for Hoover High School, where several of her family members had attended. She states "It is great to be able to give back to the community where my husband and sister-in-law went to school. We get to come to a place from our past and help make a difference".

The screen your teen events bring the CVICU unit together as a whole fostering teamwork, interdisciplinary collaboration, and community involvement. Providing top-notch care for the community has resulted in positive outcomes and accomplishments helping save teens throughout San Diego County. UCSD's cardiovascular nursing team is proud to provide volunteer staff to make the EP Save a Life Foundations vision a reality.

EP Save A Life has screened nearly

7,000

teens throughout San Diego County

164

had undetected heart abnormalities

69

were at risk for Sudden Cardiac Arrest

4

required life-saving corrective surgeries

Among teens in the United States

1 IN 350

have an underlying heart condition

20

teens will be at risk for SCA for every 1,000 screened



Laura Chechel, BSN, RN, CCRN is Assistant Nurse Manager of the Sulpizio Cardiovascular Intensive Care Unit at UC San Diego Health. She joined UC San Diego in 2012 as an experience RN. She received her Bachelors of Science in Nursing from the University of Rhode Island, and has worked in the ICU setting since 2004. Laura is an active member of the pain management committee, and Epic critical care. Laura is currently the co-chair of the Professional Development Council.

SUPPORTING TEENAGE MOTHERS THROUGH YOUNG LIFE

By: Rebekah Pruett, RN, BSN, TNC

Founded in 1941, Young Life is a non-denominational Christian ministry that provides role models, safe activities and a sense of significance to high school, middle school, college students, teenage mothers and teenagers with disabilities in communities across the United States and around the world. The presence of a positive role model is crucial to the healthy development of middle school, high school and college students. In communities where Young Life is present, our leaders have the privilege of walking with kids during these pivotal years. During the school year, adult leaders (both staff and volunteers) build relationships with students attending the school to which they have been assigned. They may attend school activities open to the public, meet with students at school during open access periods (with permission of school administrators) or organize activities open to all students. Young Life leaders are committed to knowing and following the guidelines regarding school access established by school officials. We understand that being on campus is a privilege; it is a time for leaders to build friendships, not proselytize. The central Young Life activity during the school year is a weekly gathering, called "club," which usually meets in private homes. Club involves music, games and a brief talk by one of the leaders. Attending a weekend camp during the school year or a weeklong summer camp at

one of our 21 camp properties is also a regular Young Life activity. With more than 3,400 full- and part-time staff and 45,000 volunteer leaders or local committee (the community-based adult support team), Young Life is active in all 50 states, more than 90 countries, reaching an estimated 1.7 million kids annually. More than 140,000 kids spend a weekend during the school year or a week in the summer at one of our 32 camping properties worldwide.

Personally, I am involved with Young Life through YoungLives which is Young Life's ministry to teenage mothers and their babies. I am the YoungLives Coordinator for San Diego in charge of developing YoungLives across San Diego. I started this in San Diego the summer of 2014, and volunteered with the same program for 5 years prior while residing in Ohio. Currently we have the YoungLives program at one high school with 12 teenage mothers participating in the program with another high school getting started in January 2016 with 100 teenage mothers. My husband and I get to hold our monthly club and Bible Study at our house as well as a monthly dinner for all of volunteers in the YoungLives program. Throughout the month we also get to go to events and churches throughout the community to spread the word about YoungLives. Through these events we are able to acquire volunteers to help provide meals, childcare, transportation and baby items for these girls and



Rebekah Pruett RN, BSN, TNC has been a nurse on the Trauma Progressive Care Unit at UCSD since 2013. Prior to moving to San Diego, Rebekah lived in southern Ohio where she practiced as a Cardiac ICU nurse for two years. Rebekah lives with her wonderful daughter Emily who is almost two, and husband Mike. Rebekah and Mike are expecting a baby sister for Emily due to arrive in April.

their babies. I personally love the tool of Young Life that is used to reach millions of kids in so many different situations. When I was in high school, I also had a Young Life leader that helped me navigate the difficult years of high school and is a huge part of why I am who I am today. I love that I get to serve these girls and their babies with my husband and daughter. The girls that we serve are not the only ones being changed through YoungLives, my family is changed as well.