

UC San Diego

Spring 2011 - UC San Diego Health Journal of Nursing: The Unique Power of Nursing

Title

IP Nurses Take the Plunge

Permalink

<https://escholarship.org/uc/item/5n35k2tf>

Journal

UC San Diego Health Journal of Nursing, 4(1)

Author

Condell, Jarne, BSN, RN

Publication Date

2011-04-01

Peer reviewed

IP Nurses Take the Plunge

By Jarne Condell, RN, BSN, PHN

The nurses of Interventional Pulmonology (IP) develop lasting relationships with many of their long term patients and as a result of these relationships, have become involved in some special community events that support causes related to their patient's conditions.

Some of the events in which we have participated include the Breast Cancer walk, the annual Wheelchair Regatta, and fundraisers to benefit the local YMCA, Crohn's disease and the American Lung Association. Additionally, the entire IP team participated in the Clean Air walk for two years in a row.

For the past 5 years in February, Special Olympics of San Diego County has staged a Polar Plunge fundraiser at the Oceanside Municipal Pier. The IP

Interventional Pulmonology Nursing Team at the Polar Plunge (February 2011)



nurses have wholeheartedly adopted this annual tradition of "Freezin' for a Reason" because of one very extraordinary IP patient named Bob. Bob and his sister have become close friends of the IP staff and we have embraced this and other fundraisers for Special Olympics because Bob is a Special Olympics Athlete. At his first appointment several years ago, Bob was very fearful of his bronchoscopy and of all the new faces, strange equipment, sounds and activities. He was very shy. Eventually, with lots of hand holding and TLC, Bob came to enjoy his procedural visits and looked forward to visiting with his nurses at UCSD. He even has his own special place, called "the Bob Room," an area decorated with several photo collages that his sister made for us of his many Olympic achievements, including his highpoint of carrying the Special Olympics torch through Carlsbad.

With Bob's enthusiasm for the Polar Plunge and his sister's dedication to Special Olympics, the IP staff couldn't help but be swept up in this fun but chilly benefit. Bob raised a whopping \$3,345 this year to become the grand winner in contributions, thanks to the support from his friends and the Carlsbad Police Department.

This year's Polar Plunge occurred on a particularly cold and wet weekend, but that did not stop the 5 intrepid IP nurses, along with 200 other people, from taking a dunk in the frigid Pacific Ocean for this worthy cause. Anne Powers NP, Laura Peluso RN, Debbie Rice RN, Mary Pat Holm RN and IP nurse manager Cathie Tiernan RN, braved the elements to represent UCSD and join Bob in his excitement. He taught to always challenge ourselves, and for that we will forever be grateful to Bob.



Jarne Condell BSN, RN, PHN graduated from nursing school in 1968. She essentially began her nursing career at UCSDMC when it was known as University Hospital. She started on a very unique unit with half pediatric infectious disease and half adult neurology medicine patients. She then worked neurosurgery; orthopedics; cardiothoracic ICU; pediatric ICU and dialysis. In dialysis she was the co-founder of the Apheresis unit. She has been a director at Scripps La Jolla, Alvarado, Villa View, and Sharp Coronado comprising many different areas of nursing. In 2005 she returned to her favorite hospital, UCSDMC as a CNIII in the Interventional Pulmonology department where she hopes to retire from. In 2009 she celebrated her 25th anniversary at UCSDMC.