

***The organization supports nurses' participation in community healthcare outreach.***

*SE9a: Provide one example of organizational support for clinical nurse involvement in community healthcare outreach.*

*And*

*SE9b: Provide one example of organizational support for nurse leader involvement in community healthcare outreach.*

Capital Health's (CH) mission strengthens its commitment to improving the health of the communities it serves. CH has forged many meaningful community partnerships in an effort to provide both routine and complex health management programs. The CH strategic plan drives many of the community outreach initiatives for which CH provides and allocates resources.

Nursing has a stake in improving the health of patients beyond the doors of the hospital. Nurses are encouraged to, and do participate in, many community outreach programs, demonstrating a strong personal and professional commitment to advancing community health. Our nurses conduct health fairs, participate in screenings, and through strong partnerships with local schools, educate grade school children on nutrition, exercise, injury prevention, and safety.

**Example a: Clinical Nurse Involvement in Teen High School Wellness Day.**

In 2015, Capital Health was invited to participate in the Hopewell Valley High School Teen Wellness Day sponsored by the school ([Attachment 1](#)). The event is attended by approximately 1,200 students who have 30 minutes to visit a variety of exhibits focused on teen health and social issues ([Attachment 2](#)). The community project team, comprised of clinical nurses who work in the ED at the Regional Medical Center (RMC) Campus, Kristina Perez, Nancy Distelcamp, Philomena Fonollosa (the Chest Pain Coordinator), and Mary Rosner (the Community Health Educator), met to determine the topics for the event. The team quickly decided on Lyme Disease, which is prevalent in the community, and Ms. Fonollosa suggested the Healthy Heart as a second topic.

Ms. Perez and Ms. Distelcamp, who is also the Injury Prevention nurse in the ED, were charged with selecting a teen-related safety issue to highlight at the event. They selected "Buckle Up For Safety" as the third topic. In the past, topics included bicycle safety, drinking and driving, and concussions on the sports field. RMC is a level one trauma center, and the ED evaluates and treats a large number of teenagers involved in motor vehicle accidents. Recently, there has been an increase in the number of accident victims, especially passengers, who were not wearing seatbelts. Distressed by the easily preventable injuries, Ms. Perez, a mother of two young children and aunt to several teenagers, is passionate about promoting seatbelt use. She often is heard emphatically stating, "teens ought to sign-on to buckling up, both while driving and riding in a car". As one more accident victim appeared in the ED, the two nurses decided to

focus on the theme “Buckle up for Safety”, even designing a “Safety Pledge Board” for teenagers to sign.

Their very popular exhibit showcased the “Buckle Up for Safety Pledge”. Students and staff stepped up to learn seatbelt facts and participate in signing the pledge. Discussion topics included the impact of seatbelt use, proper use of seatbelts, and who is least likely to wear a seatbelt. Ms. Perez and Ms.



Distelcamp were proud that their efforts resulted in over 250 students and staff who signed the Buckle up for Safety Pledge board. They presented the signed board to the High School fair organizers, who promptly decided to display it in strategic locations in the school.



The other exhibits were just as popular. The one highlighting facts on Lyme disease was staffed by CH’s Community Health Educator, Mary Rosner, RN. Students enjoyed spinning the health wheel and answering questions about Lyme disease. Each student received information sheets on Lyme disease, and tick identification cards. The most popular item, at this exhibit, was the one that displayed a variety of ticks that are found in the area for ease of identification.

At the “Healthy Heart” table, Chest Pain Center Coordinator, Philomena Fonollosa, RN had posters on heart disease and healthy choices. Students took a whirl at the heart wheel, testing their knowledge about heart structures, risk factors for heart disease, and signs and symptoms of a heart attack. Students were particularly interested in the dominant topic of the day, sudden cardiac arrest in teens. Nurses at the table stressed the importance of following up with their physicians on a regular basis, and emphasized the importance of diet and exercise. Every student received a wallet card with the signs and symptoms of stroke on one side and heart attack on the other. They also received brochures on CH’s Early Heart Attack Care (EHAC) which is co-branded with the Society of Cardiovascular Patient Care. EHAC stresses the importance of knowing the signs and symptoms of a heart attack and calling emergency services.

### **Example b: Nurse Leader involvement in CH Cardiovascular Screening Program**

The Capital Health Heart and Vascular Institute located at Capital Health Medical Center- Hopewell, provides comprehensive vascular care in one convenient location. This innovative model offers members of the community the most current diagnostic testing and treatment options through a coordinated, multi-specialty approach. Our team

of specialists collaborates with patients and their referring physicians to improve the overall quality of care to patients, especially those with one or more conditions affecting the heart and vascular system. The Institute features a new, highly advanced hybrid operating room that allows our fellowship trained vascular surgeons to provide both minimally invasive and open surgical procedures.

As part of its mission, the Capital Health Heart and Vascular Institute offers a quarterly program that includes seminars and free heart and vascular screening tests as an outreach to the community. This program is different from other traditional programs, in that it is a free 2-day event open to everyone in the community. The event, which has the capacity of hosting 50 participants, has been very well received by the community.

The Heart and Vascular Institute Steering Committee is responsible for planning the Screening program ([Attachment 1](#)). One such screening program was held on February 26 and 27, 2014 at our Hopewell campus. Valerie Scannella, MSN, RN, the nurse leader and Director of Specialty Surgery, who is a member of the steering committee, was instrumental in ensuring the success of the screening program ([Attachment 2](#)). In collaboration with Mary Rosner, MSN, RN, the Community Health Educator, Ms. Scannella planned and coordinated the event ([Attachment 3](#)).

Ms. Scannella worked tirelessly to promote the event and recruit the many volunteers that were needed to implement the program. Staff nurses, from community education, critical care, medical-surgical, dialysis, vascular lab, and doctor's office staff, all assisted in performing screenings and counseling the patients. On the day of the screening, Ms. Scannella was seen preparing the facilities, greeting patients, monitoring the screening flow, and checking the adequacy of supplies.

Approximately 50 community residents participated in the 2-day event, which was a great success. The feedback we received from the participants was overwhelmingly positive. The event included the following:

- On the first night of the program, participants received a series of educational talks that discussed with patients various topics including: heart health; diabetes; nutrition education; and vascular disease. The informative and fun talks were delivered by physicians on our medical staff.
- On the second night of the program, participants received free screenings, which included blood pressure assessment, cholesterol measurement, carotid, aortic and lower extremity vascular assessment, and a varicose vein assessment. Screenings were performed by our registered nurses and vascular staff.
- At this particular screening each patient reviewed their results with one of the participating physicians so they had a clear understanding of their results and any questions could be answered.
- Counseling at these screenings was provided by our registered nurses and was based on the guidelines and protocols in the Community Education Policy and Procedure book.
- With the patient's permission, letters were sent to their primary physicians, while those without insurance were referred to area health clinics ([Attachment 4](#)).

- A unique feature of our program is that we provide counseling and follow-up care for abnormal screenings. This demonstrates our firm commitment to improving outcomes not just problem identification.
- According to our protocols and permission obtained, an RN calls the participant about their abnormal screenings to check about follow-up and counsel and educate as needed.

In keeping with our mission to provide comprehensive quality healthcare and to improve the health status of the residents throughout our community, this screening event addressed their evolving health needs by providing education, and conducting disease prevention, disease management, and restorative health programs.

## **Structural Empowerment**

Exhibits for SOE - SE9

**Rosner, Mary**

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**From:** Fyfe, Lois [loisfyfe@hvrzd.org]  
**Sent:** Monday, January 26, 2015 10:29 AM  
**To:** Katharine Mercurio; CCGNJterry@aol.com; charles.feggans@lps.state.nj.us; msherman@hopewelltp.org; gore@aesop.rutgers.edu; Julia Ruocco; Ian Smith; John Hamada; Carol Watchler; Brent Bonesaw; Lynn Libby; BLazzaro@njtransit.com; saa@womanspace.org; rich76hayes@gmail.com; [Rosner, Mary] kgoehrig@princetonhcs.org; Joshua Wilson; Kevin Ryan; Tricia Baker; Paula Flory; Veronica Horvath  
**Cc:** Heidi Kahme  
**Subject:** Hopewell Valley Central Teen Wellness Day  
**Attachments:** Parking\_Teen Wellness Day (1).pdf; Teen Wellness Day 2015.pdf

Good Morning Everyone

Wanted to touch base with everyone with logistics for Monday. I have attached a parking map for you. Lots are very busy before school so we suggest you try to arrive before 7:30. 3ft X 3ft tables and chairs will be set up in the new gym.

You do not need to check in the main office, we will check you in at the gym.

HCHY is providing coffee, water and light snacks for you.

If we have a delayed opening or snow day you can check the district website and we will reschedule for March.

Thanks again for participating, be safe and see you Monday.

Lois

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Lois Fyfe  
Wellness Department Coordinator and Teacher  
Hopewell Valley Central High School  
[loisfyfe@hvrzd.org](mailto:loisfyfe@hvrzd.org)  
609.737.4003 ext. 1312

**NOTICE:** This confidential message is intended only for the person(s) to whom it is rightfully addressed. If you have received this message in error, please notify the sender immediately and delete the original message in its entirety. **Please note:** All communication with HVRSD staff



# Hopewell Valley Central High School

259 Pennington-Titusville Road, Pennington, New Jersey 08534

## Teen Wellness Day

HV Central High School Gymnasium

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Please join us!

**Monday, February 2, 2015**

(Snow Date: March 16)

7:30 AM - 12:30 PM



**This is a great opportunity to educate our youth!** Students in grades 9-12 will be attending the program with the goal of learning more about overall health, wellness and safety from community providers and organizations.

**Students will be attending during their regularly scheduled wellness class.** The gymnasium is set up as a fair with 100-200 students coming thorough during each 28 minute period – 8 periods total. You can expect a total of 1200 students.

**Please be prepared to spend a few minutes with students educating them about your area of expertise and providing any resource material.** To encourage students to participate, they will pre-select 3 topics that interest them. They will ask you questions to gain further knowledge of the topic in preparation for writing an essay.

We would like you to bring handouts, give-aways or literature about your topic to share with students. A 6-8' table, cover and chairs will be provided as well as light refreshments. **Thank you in advance for your interest.**

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**Lois Fyfe**, Wellness Coordinator, Hopewell Valley Central High School, 609-737-4003 x1312

**Heidi Kahme**, Hopewell Valley Municipal Alliance, 609-737-0120 x642



## Cardiovascular Disease Prevention & Free Screenings

### Wednesday, February 25 & Thursday, February 26, 2015

Capital Health – Hamilton  
1445 Whitehouse-Mercerville Road, Hamilton, NJ 08619

Led by experts from the Capital Health Heart & Vascular Institute, join us for a free seminar on February 25 at 6 p.m. to learn ways to prevent cardiovascular disease, and make an appointment for the following free screenings on February 26:

- Carotid Artery Duplex
- Blood Pressure and Cholesterol Testing
- Varicose Vein Inspection
- Lower Extremity Pulse Examination
- Abdominal Aortic Ultrasound

You must attend the seminar to be eligible for the screenings. Sign up by Friday, February 20.

Register by calling  
609.394.4153 or register online  
at [capitalhealth.org/events](http://capitalhealth.org/events).



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[capitalhealth.org](http://capitalhealth.org)





**Heart and Vascular Steering Committee**

**January 9, 2014**

**Agenda:**

Opening remarks

Administrative issues

Public Relations

CME Events

Screening Events

Cardiac Care

Vascular Care

Diabetes

Wound Care

HBO

Non-Invasive Vascular Imaging

Interventional Radiology

Operating Room

Cath Lab

Equipment/purchasing

New Business





## HEART AND VASCULAR INSTITUTE STEERING COMMITTEE

January 9, 2014

**Present:**

Jayne O'Connor	Linda Wood, RN	Jean Shellen, RN
Linda Alliprandini, RN	Kelly Holmes, RN	Ajay Choudhuri, MD
Susan Bell, RN	Neil Saxena, MD	Harit Desai, MD
Joshua Eisenberg MD	Gary Oravsky, RN	Ray Gaiser
Kristopher Young, MD	Valerie Scanella, RN	

**Call to order:** 7am

**Opening Remarks:** None

**Administrative Issues:** None

**Database:** Continues to be sparingly used

**PR:** Next Cardiovascular Screening and lectures scheduled for February 26<sup>th</sup> and 27<sup>th</sup> at Hopewell. The lecture schedule and screening events are being put together.

**CME:** The next CME event is tentatively scheduled for April. The topic will be Anticoagulation Therapy and 3 CMEs will be offered.

**Screening Events:** As above

**Cardiac Care:** We are proud to announce we have officially received accreditation as a Chest Pain Center. Advertising plans are being developed.

Physicians are scheduled to attend the upcoming hearing on Capital Health's application for elective angioplasty. We need patients who are willing to testify on behalf of the convenience and quality of services provided at Capital Health.

**Vascular Care:** No Issues

**Diabetes:** Will present next month

**Wound Care:** Overall the number of patients being seen is up. However due to the bad weather, numbers are down for the month of December

**HBO:** Dr. Gugnani reported that the department continues to see a large number of patients.

**Non-Invasive Vascular Imaging:** The department has no issues. The numbers have been good.

**Interventional Radiology:** There has been a significant increase in the number of procedures performed. There have been more referrals and insertions of central lines and PICCs. Physicians are advised to prepare office staff to handle questions. BioFlo PICCs will soon be available at CH. Staff need education about PICC lines, specifically that mid-line catheters are not recommended for blood draws and certain medications. Dr. Eisenberg will speak to Dr. Whitman about including a representative form IR on the Infection Control Committee

**Cath. Lab:** The Cath. Lab has seen its highest numbers of PCIs yet. All the STEMI cases from RMC are treated at Hopewell.

**New Business:** None

**Adjourned:** Meeting adjourned at 8 am. Next meeting scheduled for March 6, 2014.





## HEART AND VASCULAR INSTITUTE STEERING COMMITTEE

### VASCULAR SCREENING EVENT STAFF ASSIGNMENT

**Date:** Thursday, February 26, 2015

**Time:** 5pm -8pm

**Place:** Capital Health at Hamilton

SCREENING	STAFF ASSIGNMENT
<b>Registration (in Waiting Area)</b>	Stephanie Archibald, Director of Marketing
<b>Blood Pressure</b>	Station 1: Margaret Chybinski, BSN, RN
	Station 2: Linda Mercurio, RN
<b>Cholesterol Screening / Counseling</b>	Station 1: Colleen Garneau, RN / Regina Kukulski, MSN, ACNS, CNE, BC
	Station 2: Laurie Beck, RN/ Patty Applestein, BSN, RN
<b>Vascular Screening</b>	Station 1 Carotid Artery: Adam Olsen
	Station 2 Carotid Artery : Staff
	Station 3 Aorta : Staff
	Station 4 Arterial Venous: Staff
	Station 5 Arterial Venous: Staff
<b>Vascular Area Flow</b>	Linda Wood, RN, Director, Renal Dialysis Services
	Margery Miller, Public Relations
<b>Monitor flow &amp; Personnel</b>	Cholesterol area & Provider rooms: Mary Rosner, MSN, RN

Thank you for your help. Any questions, email Linda Wood at [lwood@capitalhealth.org](mailto:lwood@capitalhealth.org) or Mary Rosner at [mrosner@capitalhealth.org](mailto:mrosner@capitalhealth.org)

Date [REDACTED]

Re: [REDACTED]

Dear Dr. [REDACTED]

The Capital Health Heart and Vascular Institute has initiated a quarterly free screening event for patients in our community. This screening event is different from other screenings in that it is a two day event. The first day consists of a series of educational talks that discuss with patient various topics including heart health, diabetes, nutrition education, and vascular disease. The talks are given by a variety of physicians on our medical staff. The second night of the screening consists of BP assessment, cholesterol measurement, carotid, aortic and lower extremity vascular assessment, and finally a varicose vein assessment. Once the screening is completed, each patient reviews their results with one of the participating physicians so they have a clear understanding of their results and any questions can be answered.

Attached, please find a copy of the results of your patient. A copy was also given to the patient at the time of the event. If you have any patients that you feel would benefit from the screening program in the future, please have them call 855- VASC-DOC (855-827-2362) and they will be contacted with the information for the next event.

If you have any questions about the screening event or the Heart and Vascular Institute at Capital Health, please do not hesitate to contact me.

Sincerely,

[REDACTED]

Joshua Eisenberg, MD FACS